

N.Y.B.L. Podcast Ep 165 (Refusing to Settle Against Narcissists with David Chatfield) Mix 1 V1

[00:00:00] **Rebecca Zung:** Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung. I am so excited today to talk to David Chatfield. He's an attorney. Uh, he is been in the arts. He's a record producer. He's been, I mean, he is so accomplished. He is been on. Hundreds of TV, radio shows. He's written a book called Taking Control, cracking the Code to Happiness.

[00:00:28] He was Robert Shapiro's law partner. He is done all kinds of things. His resume is longer than long, even though he's only, you know, 35 years old. Right. Um, but anyway, , you know, however, He felt prey to a narcissist as it happens because as I say all the time, they don't attach themselves to you [00:01:00] because you have so little value.

[00:01:02] They attach themselves to you because you have so much and he's been through hell and back and. He wants to share how to break free and how to crack that code to happiness and how to really reclaim your power, and it's such an unusual story, especially from. Number one, a guy, somebody so accomplished, somebody who is, you know, a, a a man who's, you know, not just a man who's, uh, you know, a, a, a, he's a, you know, of a certain generation and he's willing to come forward and tell his story.

[00:01:55] And I'm so, so thrilled to have you here. David, thank [00:02:00] you for being willing to share your story.

[00:02:02] **David Chatfield:** Well, thank you. I think it's, uh, very important for people to know what I know and to feel what I feel.

[00:02:11] **Rebecca Zung:** Yeah. So talk to us a little bit about your journey.

[00:02:20] **David Chatfield:** Well, first of all, this is not the first time I've been faced with a narcissist.

[00:02:26] Uh, you know, being an attorney, um, we have clients who are narcissists that we have to deal with, and that is an interesting experience. And each time I've dealt with that, I've had to go no contact with them in order to get rid of him. And then in my personal life, I never, you know, I didn't know what

a narcissist was and, uh, I, uh, fell victim to the normal, uh, cycle, the normal cycle of, uh, a narcissist that I learned from you, [00:03:00] Rebecca, um, and all your guests.

[00:03:03] And the, the, one of the things that struck me the most was when you interviewed the medical people and they talked about the chemicals that are released in your body when, when the narcissist captures. . And so I, I was the victim of a typical love bomb. And then, um, after a couple months, I got the degrading part going.

[00:03:30] And then, uh, a month later, you know, uh, mini abandonment and, uh, like most people, by the time we were done with the cycle, I was addicted chemically. To my narcissist. And, um, I didn't realize at the time that, um, she had objectified me that she, because of her [00:04:00] condition, her internal condition, she objectified me.

[00:04:04] I took my, um, image and took it inside her and, and, but made it grandiose. So that when she got to really look at me, um, then she'd have some way to degrade me. But I found that during, I had very intense love bombing that um, you know, by the time we were done, we were engaged already. And it was, to me, it was the most powerful love I've ever felt in my life.

[00:04:40] Something I had never felt before. And I didn't realize it at the time, but because she had taken and objectified me, I was actually falling in love with myself and . It was, it's very interesting to realize that after all this time, [00:05:00] you know, uh, I is it, they mirror

[00:05:02] **Rebecca Zung:** you. They mirror you. They know how to do that.

[00:05:04] **David Chatfield:** Yeah, yeah, yeah. Because I always wonder, I mean, how could a person. Who is so different from me in age and ethnicity, be so much like me now, how could they like the things I like, do the things that I do? I mean, it was like, you know, uh, um, a relationship made in heaven and, uh, I, I couldn't do anything to fight it.

[00:05:32] It was like impossible. And then when the degrading came, um, I started, you know, I did unconsciously well, was consciously, but it was hidden from me by my subconscious. I did what you, you recommend, you recommend to take a journal, to make a journal entry as, and I did that. I, I didn't know that I had done that until after, um, [00:06:00] uh, the arrest.

[00:06:02] And . .

[00:06:05] **Rebecca Zung:** Oh, he just throws that in there. Like,

[00:06:07] **David Chatfield:** Hmm. Well, I think we'll get there eventually, but, um, the, uh, I, I wrote down, uh, I'm 55 days worth of notes over, uh, five, six year period of what abuse I took, and when I read it, And excuse me if I get emotional about this, cuz it's, you know, very close to me and it's close in time to me.

[00:06:38] I'm still, you know, in the middle of it. And when I read the notes, I, I can't believe it's me. And, uh, you know, it, the abuse was so obvious and tragic. Um, and the control, I can't believe I gave away my control. Uh, I wrote a book. [00:07:00] Cult taking control, and I gave it away to somebody else. And , how, how can I do that?

[00:07:08] You know? So I, when I saw those notes, I, I was ashamed, I was embarrassed. I said, who is this person? Uh, who am I? How could I let this go? Um, and, but I couldn't help it. I was like a, a heroin addict. And. I had always wondered about my friends in the music business who were heroin addicts and ended up committing suicide.

[00:07:34] A and now I know because, you know, in the trauma bond at the end, uh, it's, you can really feel the na narcotic effects of this. You know, you are caught in a, a web like, A prisoner, you know, people would say to me, well, you know how, how was the pandemic for [00:08:00] you? And I go, what pandemic? And they said, well, you know, the lockdown and all that.

[00:08:04] And I go, well, I've been in lockdown for six years. I, I don't know what, what difference it is really. And so, um, I, uh, took the, the notes and I put them someplace and, um, forgot about. Absolutely forgot it. Completely struck it from my memory and I had no re memory of ever writing any note yet. When I read them, it flowed right back to me.

[00:08:38] And, um, so the reason why I know about the chemical addictions from watching you on the show and, um, All your, your, uh, YouTube videos were very instructive. Um, you, you referred me to my attorneys [00:09:00] and, um, I have been dealing with this and all of the consequences of it ever since. And, uh, I, uh, there's so many things to talk about what happened, but what exactly would you like to hear

[00:09:19] **Rebecca Zung:** Well, why don't you talk about how you felt at the darkest hour?

[00:09:31] **David Chatfield:** No, at the darkest hours,

[00:09:37] you know, um, I'm gonna get a little emotional, but you know, I found a note that I left in my phone. Uh, a day after I had taken pictures of some knives that were threatened and, um, the note said, um, if I'm dead, uh, I'm [00:10:00] not suicidal, you know, investigate the person next to me on my bed. So I thought I was a bad man and I still harbor that fear today.

[00:10:12] And you know, as a result, I have a protective. Uh, which, uh, enables me to maintain no contact. Hmm. It's a protective order. It's supposed to protect me. So, you know, um, and I know my attorneys are, are, uh, knowledgeable and narcissism and, and it's very important that when someone gets involved in a, in a marital or other kind of relationship, or they need a lawyer, if they actually pick someone who knows what a narcissist is.

[00:10:47] Because no one will believe you. They, because you do things that rational people don't do, and they think you're making it up, they don't understand that there is a group of people. [00:11:00] Who didn't develop without being abused. And because of that abuse, they become a narcissist later in life. And it's, what I never understood was what exactly was wrong with her and could I help her, um, could I, uh, fix her?

[00:11:20] And I tried everything I could. I talked to the elders at my church, I talked to the police. I talked to everyone I could to try and figure out how can I help. And then when I watched your YouTube videos, I realized, oh, it's not my fault if this happened to me. And there's no cure for her. So gotta go no contact.

[00:11:44] And uh, that's.

[00:11:47] **Rebecca Zung:** So, and, and, and I think what you just said, you said something that was, I think, very distinctive and important, and I make that distinction in my new book too, which, so I wanna make sure we highlight this. [00:12:00] And that is that it's not just that the narcissist needs to be under, you know, people need to understand the narcissist.

[00:12:10] People need to understand what the victim is going through as well, because you are also not in your right mind at that point. I mean, you've also experienced so much cognitive dissonance and so much. Uh, you know, they've, they've used so many different tactics to destabilize you and to mentally abuse and amu and emotionally abuse you.

[00:12:45] And if it's been over a period of time, you've, you are in a state of such C P T S D. Yeah, that you come [00:13:00] across sometimes the victims or the targets. I like to use Target better because really it's more that you've been targeted, um, come across sometimes as the crazy one. And I think sometimes judges don't understand that.

[00:13:20] Mediators don't understand that because you know, the narcissist sits around looking calm, cool, and collected. While the targets look like they're all over the place. But part of that is because they've been subjected to this craziness for so long. Would you

[00:13:43] **David Chatfield:** agree? Yes, you just described the body cam videos.

[00:13:48] Um, , I'm explaining the circumstances to my officer and she's cool, calm, and collected talking and persuading and winning over, and love [00:14:00] bombing the other officer. So believe me, they know what they're doing and they're good.

[00:14:09] **Rebecca Zung:** Right, and, and you know, part of it, of course is that they've spent, you know, I often talk about how in Malcolm Gladwell's book, he talks about the 10,000 hours to achieve mastery.

[00:14:22] Well, I mean, 10,000 hours is like roughly four years or whatever it is. I mean, they've been working on this since childhood. So I mean, 10,000 hours has been achieved by them years and years and years ago. I mean, and, and if you don't have the empathy factor and so you're not worried about how people are feeling or anything else, it's no holds barred, right?

[00:14:46] Yeah. So,

[00:14:49] **David Chatfield:** You know, the, the, the hardest part is that, you know, I love her so much and I am hurt so much that someone that I love that much [00:15:00] and trusted that much could harm me. You know, it's just re it is really a hard thing to accept and, but you have to, in order to go on.[00:16:00] [00:17:00]

[00:17:55] **Rebecca Zung:** You have to understand that. You're not loving a person [00:18:00] who is capable of loving you back, number one. Mm-hmm. . And number two, it's not really love because it's re it really more of that, what you were talking about, that trauma bond, that addiction, that, that, you know, I

talk about Robert Sapolsky's study, you know, where he did that study on monkeys and.

[00:18:25] You know, for those of you who haven't heard me talk about this before, that you know, these, these monkeys were given a, a, a reward, a treat. If they did something good and if they got this treat every single time they did something good, then the dopamine levels in their brain were more non-reactive.

[00:18:47] Everything was the same, but if they. Got a a, a treat intermittently such that they didn't know when they were going to be rewarded [00:19:00] than just the anticipation that they might get a treat. Cause the dopamine levels in their brain to rise to the level of cocaine so that it's the it, it's, you actually become physiologically addicted.

[00:19:23] To that narcissist because of that high and low, that love bomb, the ghosting, the hot, the cold, the, you know, and the highs are so high. You know, they love you more than you've ever been loved. And they, you know, the, the pedestal, the sweep you off your feet and then the lows are so low and. That's what it is.

[00:19:51] So it's not, it's not a, it's not a true love. And then the thing is, they also target [00:20:00] people who have. Their own trauma. By the way, people who have had trauma in childhood, they, they're able to feel that core that, you know, who have their own core wounds, who need to love other people, who wanna pour all that love into somebody else, who want to save people who think that they can.

[00:20:31] Give their, you know, that, that empath thing, you know, and, and so they take all of that and, you know, deplete you completely. And you are left feeling totally and utterly complete, you know, depleted and they're still starving for as much supply as [00:21:00] possible. And it's a, it's an unending cycle, but they feel, they, they, they target people who have that kind of core wound of, I need to save somebody.

[00:21:13] You know, some people who have. Unhealed stuff inside of them as well,

[00:21:20] **David Chatfield:** right? Well, I am, my character flies that I'm a rescuer. That's my point. And uh, I also didn't take drugs, so I would have no idea if, if my body was being taken over by something physiological, because I don't know what drugs feel like.

[00:21:40] Um, I barely drank. And, um, I really think that they have to make you a better person even than you were when they captured you because they need more supply. And I actually, [00:22:00] I, I think that there is a positive, there's a positive thing that happened to me. Uh, because I was in a relationship, despite all the abuse and all the things that I took, I actually grew to be a, a better person in every aspect because I was pushed to be that way by the person who was captured me.

[00:22:25] Well,

[00:22:25] **Rebecca Zung:** hey, if you can have gratitude for it, that's a good thing. That's a

[00:22:31] **David Chatfield:** good thing. Well, I think it's important that you learn from every experience and that you, um, turn every disappointment into an opportunity for better and, you know, learn from the past. But, and that way you, you're not gonna repeat it if you learn from it.

[00:22:51] And those who do not learn from the past are doomed to repeat it. So I hope that nobody out there. [00:23:00] Uh, repeats what happened to me and what's happening to them. It's, it's, I think it probably would be seductive to people to wanna repeat it and, and to allow their narcissists to come back and take them over again.

[00:23:17] Um, because you think, you believe, you really believe that. There's no other person in the world that can make you feel like that. And it's a lie.

[00:23:33] **Rebecca Zung:** Yeah, no, I totally agree. And, you know, but that, that is, you know, what that trauma bond is all about. But if you can be grateful for it and start to see the signs for the future so that it doesn't happen again, then that's, you know, definitely all the better for it. Right. So after being in that dark place, How did you start to turn yourself around?[00:24:00]

[00:24:00] **David Chatfield:** Well, , uh, I probably would've still be taking it if, um, uh, she hadn't taken the violence to the next level and hit me and so hard in the face, and that kind of snapped me out of it right there. And at that point I thought, wow, I'm really in danger. I better do something. And then I called the police and, uh, as a result I had a moment of clear thinking and I watched her videos very carefully for two weeks.

[00:24:38] And during, during that time period, I discovered a lot about myself and a lot about her. And, um, then I hired. Uh, some attorneys that you

recommended and we've been dealing with the problems and, uh, I have a victim's rights lawyer who is, uh, [00:25:00] making sure that I'm treated like a victim and not as a criminal, and it's important through therapy.

[00:25:08] I have therapy. I found a great therapist in England who is urging me to be a strong person. And to show, uh, everyone, including the narcissist, that I am not going to be captured anymore by anyone. And I am strong.

[00:25:29] **Rebecca Zung:** I love it. Uh, I love to hear that. I love to hear that.

[00:25:36] **David Chatfield:** I mean, there is life after narcissism definitely.

[00:25:41] And, um, You know, you get a kind of a clue as to how good life can be. You just during the cycle. You just don't get to stay in it very long. You know it, it could just happen at a flash [00:26:00] like that. You've said it a lot of times on your podcast, that boom, they just switch. You know, they're all of a sudden they go from being, you know, the.

[00:26:10] One, one most loving person to like a she devil, and it's just, you can't understand it. Now, I would just walk away and I would, you know, I learned a long time ago not to confront people. Who are like that, and I just would leave and I would think, what is going on here? This is insane. Now, how could somebody switch from saying, you know, uh, how do you feel that I love you so much to, you're a liar, you're a cheater.

[00:26:47] You're, you're saying all these bad words to me. You're yelling and screaming at me, and, and you're thinking, wait, who's she talking about? That's not me. Now, that's, That's, it's really [00:27:00] interesting, you know, every, she called me, I looked at my notes. She must have called me a liar 10,000 times. Yeah,

[00:27:07] **Rebecca Zung:** yeah.

[00:27:08] Meanwhile, she's the liar, of course, projected every time she

[00:27:11] **David Chatfield:** said liar, she's actually just raising her hand saying, liar. Liar.

[00:27:16] **Rebecca Zung:** Exactly.

[00:27:18] **David Chatfield:** Because, you know, I found out that a lot of stuff she told me was not true, and, um, Uh, I'm not gonna go into any details, but we really need to form relationships with people that you can trust.

[00:27:35] Ah, so true. And people who have integrity and you, you know, the narcissist does not have integrity and you can't trust them. You know, it's just, And if you give away your trust to them, you can guarantee that they're going to use it against you.

[00:27:58] **Rebecca Zung:** Oh. And [00:28:00] especially when you go to negotiate with them at, at the, you know, at the end.

[00:28:05] Right.

[00:28:06] **David Chatfield:** Yeah. Uh, I know that, um, through listening to you, I know that a lot of people would waste their money, uh, if their lawyers got involved in a lot of, uh, mediation or settlement meetings or conferences with judges. I've been through all that, you know, being a lawyer and everything, so I know that you, what you have to do is you gotta get to the point where, uh, it's over and it's time to send them home with their prizes and that's it.

[00:28:42] And, um, uh, I feel bad about the whole thing because, uh, still being kind of a, a rescuer, you know, I feel bad about the people who were damaged and I don't know how, how God's going to deal with that at the end, because you have people who [00:29:00] were injured when they were kids and they turned into, you know, the people who abused them.

[00:29:06] And, uh, I don't know how that's gonna come out in the wash cause I'm not sure it's their fault, but still it doesn't make them a good person. Yeah.

[00:29:17] **Rebecca Zung:** And has, as a lawyer, how do you, uh, feel about the Slay Program and how do you think that that helps people?

[00:29:28] **David Chatfield:** Well, having, um, subscribed to it myself, you know, I think that it has very helpful hints for people about how to put things together for their lawyers, so their lawyers understand what's going on.

[00:29:43] You know, most lawyers and judges, they don't know what a narcissist is. They think that you're the crazy one and not the other person. And you have to, you know, somehow get your orders on the right page. That by [00:30:00] showing them things, like, I picked out all my notes and my emails

and gave 'em to my lawyer, and my lawyer came back the next day broken and them saying, oh, I can't believe we gotta get you out of this.

[00:30:15] You know, because they, they can recognize it when they see it, but when they hear it, They just, they just don't get it. A lot of them, and they don't understand that they're dealing with someone who is not a normal person. You're dealing with a narcissist, someone who is only out to get a. What the narcissist wants.

[00:30:42] And so you have to figure out how to get from here to the end as fast as possible and safely as possible. And sometimes that requires you to put the case together yourself and hand it to your lawyers and [00:31:00] say, this is what happened. Do you need to talk to my, my therapist? You know, do you need to hire an expert in narcissism to explain it to the court?

[00:31:09] What do you need to do to make them understand, you know, it's, and the slave program program does that.

[00:31:20] **Rebecca Zung:** That's, um, awesome. Thank you. Well, I, I mean, I know that it has helped you and, uh, I'm so grateful that you've been able to be able to break free. And so how do you feel today? How are you feeling today?

[00:31:37] **David Chatfield:** Well, you know, um, We can't be, uh, a hundred percent 24 7. We just can't even a normal, let alone a victim, uh, or as you said, a target, you know?

[00:31:53] And so today, for example, I woke up and I was very melancholy and I was thinking about, [00:32:00] uh, coming on here, talking, and it's, of course, it's bringing up things for me and. Um, I knew that I was going to leave, uh, the pain and the melancholy in the room where it was, and I was gonna walk it out and close the door behind me and leave it in the room.

[00:32:26] And that's how I got the strength to make it to this. That's how, that's how I got there. So my day went from being dark to being light. It's, and you really appreciate the light. When you've seen the dark. It's like, uh, if you, you really can't appreciate the dawn unless you are in the darkness first. Then all of a sudden this beautiful light comes out and it feels so warm and comfortable, and you forget [00:33:00] about the darkness, and this is very important to do that.

[00:33:03] You can't, you can't dwell on that. You have to look forward. You know, the people who who make it through life after dealing with a narcissist

are the ones that take all of the baggage that they carry on their back and work through it and get it off. Because if they don't, the doors that are open in front of, they're not gonna fit through.

[00:33:28] They're gonna have too much baggage and they need to do that. They have to get through it. And, um, It's rough. It, it's very rough because not only is it a mental and emotional addiction, it's a physical addiction and, uh, the chemicals that go through your body. I suspect that if you exercise a lot, like I've, I've gone and I've hired a trainer, someone who I trained with in the past, [00:34:00] and I have, uh, started an exercise program.

[00:34:04] That creates some of the chemicals that my body missed after I, uh, severed the relationship and, uh, The cortisol from the, from the, uh, bashing that I took. I don't wanna see that. You know, I don't, I don't wanna recreate that, but, you know, uh, so what I did was I, I did therapy and I did what the therapist suggested, which was to be a powerful person to go back to the person, to who I was before I met her, and, uh, to just, Look at, at my inner child and, and be that person again and be strong and not give up myself to anyone again in that way.

[00:34:56] And that's what I'm doing every day. [00:35:00]

[00:35:01] **Rebecca Zung:** I love it. I love it. It's what, what would be the theme of your life today?

[00:35:06] **David Chatfield:** My theme of my life today would be, um, the clouds party. Clouds are parting. Yep. I love it. Clouds parting and the sun is coming up.

[00:35:20] **Rebecca Zung:** I love it. Ah, so any final words of wisdom for anybody who's listening who might be where you

[00:35:28] **David Chatfield:** were?

[00:35:29] Well, I would say that, I was so attached by the trauma bond that every minute of the day I wanted to write or talk to my ex, and I knew I couldn't. So I wrote it down on papers and then I threw them away instead of sending 'em to. And my advice is to the people that if you get the urge [00:36:00] to contact the person who's hurt you, write it down.

[00:36:04] If you have, look at it, read it, accept it, and then tear it up. And throw it away. , that's what you gotta do to stay mentally focused. Because you're being torn apart every day, and you have to put yourself back together by

realizing that in the morning you're gonna feel one way, and by noon you will have worked your way out of it and everything's gonna be okay.

[00:36:30] It is as long as you don't make contact, that's the other rule. You have no contact. No contact means no contact. Uh, I don't know why people don't get that. You know, it's the person, the other person is dead. You can't contact them. You can't watch them on their Facebook, you can't watch them on a social media.

[00:36:50] You can't follow them. You can't look at them. They're dead. That's the way you have to look at it. And, um, if, if you really. [00:37:00] really can make, make yourself do that, then you'll be fine.

[00:37:06] **Rebecca Zung:** Mm. I love it. Thank you so much. This has been so helpful. So inspiring. So empowering. I know for me, it certainly has. I hope it, it has for everybody else as well.

[00:37:19] So David, I really, really appreciate your courage and your willingness to come forward and be. Um, you know, courageous enough to tell your story because it's, it's not an easy thing to do. So I, I really, really appreciate you. So thank you.

[00:37:44] **David Chatfield:** I really appreciate you and all that you've done for me and for all the people who are connected to.

[00:37:52] Thank you. Thank you.