

The thing you're missing out on because of your trauma. . .

I was hunting audiobooks on YouTube when it happened.

I discovered something I hadn't seen in ages. A podcast between the Dilbert cartoonist, Scott Adams and journalist Megyn Kelly.

And during the interview, Megyn gushed about Scott's book *Reframe Your Brain*. With one reframe she LOVED:

"My trauma is why I can kick your ass!" - Scott Adams, Author of Reframe Your Brain

To which I respond:

**Your trauma is why you'll never know all the things
you're missing out on!**

If trauma injects "nice guy syndrome" into your blood:

Nice guys, who are so desperate to be liked, are never respected.

Because respect comes from being honest. Having opinions that disagree with the herd. And setting boundaries by uttering the one word that makes men's knees quake in fear: the dread word "No".

But, so-called "nice" guys can't do any of that. It would trigger rejection. And rejection, in their minds, is the same as death.

Meaning, "nice" guys will never experience respect. Close friendships. Or even trust in another human being.

If trauma turns you into a hostile person who avoids humanity like they're a plague of diseased rats:

Hostile people are the opposite of so-called "nice" guys. Where the so-called "nice" guys are desperately seeking love, these guys avoid it! Keeping everyone at arms length.

Because they've forgotten how to love. And how to be loving.

They still remember being abandoned. And are terrified it will happen to them again.

I used to make fun of women who had "Daddy Issues"

Until one day, I realised all the women I made fun of will never know what it's like to have a healthy relationship with your Dad.

And suddenly, I didn't want to be someone who made fun of them anymore.

Oh. . . and one more thing. . .

(As Steve Jobs used to say)

Chances are, you can probably name a millionaire or billionaire whose trauma drove them to make their money.

Their trauma made them risk takers. And entrepreneurs. They out worked and out fought their competition. Like Scott Adams said, they kicked ass!

And yet, how many stories do you hear about the mega-wealthy hating their lives? Feeling worthless? Still being miserable despite their wealth?

I'm not going to tell you a single hypnosis session would solve those problems.

You probably know that already.

So, I'm gonna ask:

Do you want to die without knowing the things you're missing out on?

Because one day, you, like the rest of us, will die.

If you found this thought provoking, join my newsletter: lawrencebartley.com.

Or if you want to skip to the part where you clean out your mental gunk, book a hypnosis session: lawrencebartley.com#anxiety

-Lawrence Bartley,

The Autistic Hypnotist