

[Transcript] The Diary Of A CEO with Steven Bartlett / Doctor Gabor Mate: I Regret My Interview With Prince Harry! The Shocking Link Between Kindness & Illness!

70% of the adult population is at least on one medication.
Quarter of women are on antidepressants.
The rate of childhood is going on.
Worldwide, there's this epidemic of distress.
What can we do about that?
So, the first step would be to
Dr. Gabor Matei, legendary thinker,
celebrated speaker and best-selling author,
highly sought-after for his expertise on addiction,
trauma, childhood development and distress.
People, these are the people that tend to develop diseases
when people don't know how to say no.
The body will say no for them.
That niceness is a repression of healthy anger
and that repression of healthy anger
has huge implications for your health.
And when you repress your immune system,
you're more likely to have that immune system
turn against you. People who are emotional repressed
are more likely to get cancer.
And emotional repression is one of the impacts
of childhood trauma.
We interrupt this film to tell you we are getting reports
that the people's princess is dead.
Here he was a traumatized child.
What he was told about his mother's death
is that it was an accident, your mother didn't make it.
His father touches Harry on the knee and says,
but it'll be okay, and leaves the room.
This 12-year-old, nobody held him.
And children can be traumatized
not just by terrible things happening to them,
but just by not having their needs met.
By not being seen, not being heard, not being held,
those are wounding for a child.
I brought my interview with Prince Harry.
I had a gut feeling all along
that I shouldn't agree to do the interview.
It really got to me. I lost myself.
What happened?
Gabor, there's a question we often ask each other
in flippant conversations,
which we usually kind of brush away

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because it's the convenient thing to do.

That question is the question I wanted to start by asking you, which is, how are you?

Yeah.

So that question, for me, brings up two dimensions.

One is, how am I at this present moment?

I am I at this moment, which is all there is.

I'm well.

I feel rather peaceful inside.

I'm very happy to be here with you.

If you'd asked me two days ago,

I wouldn't have said that.

I would have said I was feeling somewhat anxious and kind of troubled.

So in the moment of answer, I'm well.

I also know how to keep well as long as I stick with what I know.

And when I forget what I know, then I can be very not well.

So the last year since we've met has been in many ways a tough year for me.

Also one of deep learning.

So if the question is, how have I been?

Up and down.

And I've had real challenges that I've had to learn from.

How am I right now?

I'm really well. Thank you.

Two days ago, if I'd asked you that question, your answer would have been anxious and troubled.

Yeah. Why?

I gave a talk on Monday night to 2100 people.

And I just didn't think I did my best.

Here in London.

And I thought, oh boy, I could have done better.

I let people down.

I allowed myself judgments and self-doubts to really dominate my thinking.

And as much as I think I'm immune to that kind of self-doubt, evidently I'm not.

So that's what happened.

When you say you let it cloud your thinking, what were the symptoms of that?

So you gave a talk two days ago to 2100 people.

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And you didn't feel you did your best.
You went home that night.
What was going on in your head?
Feeling.
Constant cyclical self-criticism of
I could have been more present.
I could have been more grounded,
more attuned with the audience perhaps.
But you know, there's all these self-criticisms
which then are accompanied by certain feelings in the body,
like kind of a roiling in my belly and so on.
And that's what I went through.
And what was the remedy for that?
Because we can all relate.
Yeah, earlier this year,
also feeling in the state of discombobulation,
just a few months ago, I did something radical.
I did a two-week total sabbatical from the internet.
No cell phone, no emails,
no checking on Amazon how my books are doing,
all this self-referential ego enhancement stuff.
And it just really made a difference.
By the end of two weeks, I was a different person.
And so I'm keeping it up.
And one of the things you learn is you start noticing
these body states that you're in
and the mental hoops that you jump through,
but you don't identify with them.
So what's the worst case scenario?
I didn't do the best possible job.
Okay, what's the headline in the newspaper?
Human being fails to do his best on a particular occasion.
What's the big deal?
So it's a matter of observing this all,
all this stuff and not identifying with it,
not letting it take you over as it tends to.
I was reading something that said
when we vocalize or share our stress,
it moves it from the emotional center of our brain
to the much more rational center of our brain
where we can kind of step outside of the video game
and hold the controller per se.
Exactly.

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Yeah, it's the midfrontal cortex of our brain that has insight and social connection and awareness, you know, which so often goes offline as soon as some emotion takes over some anxiety or anger or resentment takes over. The midfrontal cortex tends to go offline and the more trauma you experience as a child, the more likely that is to happen so that your insightful capacities, the executive functions get taken over by some deeper emotional dynamics. And so one of the benefits to me of meditation is it restores that executive function so that I'm not taken over or too long taken over by emotional dynamics that just sweep me away. For two weeks this year you said you went offline.

Yeah.

Why?

Sometimes people say to me, I've written this book that I know that you have on your desk when the body says no one and my contention is my people don't know how to say no. The body will say it in the form of illness and I can tell you hundreds of times people have said to me, your book has saved my life and my response has always been maybe I should read it myself because the fact is I'm quite capable of giving advice and dispensing wisdom that I don't follow myself. And that was the case. So I became quite stressed and my relationship with my wife Ray became very fraught. And she said, enough. Enough of this gap between who we are there in public and how you are in private. So that was a big incentive for me because we're coming up to a 54th anniversary and on the whole I'd rather stay married than not. Everything else being considered. But also for myself I don't need that guy anymore who can speak the truth. A lot of people consider it to be a truth so articulately but not follow it myself. So I just don't want to be that person

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and that takes practice.
And that's why I take the break from the internet.
And what was interesting is
I had my cell phone on airplane mode
so nobody could get through me.
A couple of times a day I'd still pick up the cell phone
and I'd say, what are you doing?
There's nothing on it because it's on the internet
but the compulsion to try and get some from the outside
to fill some gap within.
I just kept noticing it.
By the end of two weeks it wasn't so strong anymore.
So I did it because I needed to
for the sake of my own mental health.
An up and down year for you, you said?
Yeah, yeah, yeah.
Is that the down you were talking about?
Well, I remember a conversation, my conversation with you
and I think I remember you telling me
that you had this goal of becoming a millionaire.
When I was younger, yeah.
When I was younger.
And then it's when you achieved that goal
that you realized that that ain't all there is,
that you still left very much with your internal demons.
And that's a very common lesson.
I mean, there's two ways to wake up.
One is failure where you keep asking yourself,
but success is even more because you think
that once you get something, then you'll be happy.
So I thought, okay, well, jeez,
so this book, The Myth of Normal,
Best Seller Internationally and published in 35 languages,
I should be happy.
No, the more I got involved with it,
the more I toured with it,
the more engaged with the outside,
the more miserable I became inside.
So the great success of the book,
it swept me away and I lost myself.
So that was one thing.
And I did this very long, exhausting tour.
I wasn't taking care of myself.

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Then there was my interview with Prince Harry
and all the fruitful around it before it and after it.

And I allowed that to take me over as well.

Really?

Yeah, yeah.

I mean, in retrospect, I can see what happened,
but at the time I was too caught up in it to notice.

So what I'm saying is that it doesn't matter what I know.

If I don't pay attention, rigorous attention

to what's going on inside,

and if I keep looking to the outside to give me meaning

and give me validation,

then I can lose myself.

And that's what happened.

Your interview with Prince Harry,

how did that cause you to lose yourself?

Well, in two ways.

One is I had a gut feeling all along

that I shouldn't agree to doing it the way they set it up.

Because the way it was set up is in order to watch it,

people have to buy a copy of Harry's book.

And I thought this is not fair.

Four million people have already bought the book.

Why can't they watch this into you?

Do they have to buy another copy?

In other words, I believed that there should be a free public service

and a part of two people who can have a very interesting conversation.

But out of sheer opportunism, I agreed to it.

So I didn't follow my gut feelings.

I lost myself even in agreeing to the format.

And afterwards, Harry and I both wanted it released to the public for free,

but the lawyer said you can't do that.

Because this was advertised as a one-time only event,

and there could be a class action suit.

So the result was that I agreed to something that I didn't really like.

Not that I didn't like the idea of talking with him.

I didn't like the idea of putting this behind the paywall.

So I lost myself just in agreeing to it.

Number one.

Number two.

Then there was the incredible social media and British media reaction to it.

That was, for the most part, so negative and so demeaning and so dismissive and so distorted
that I barely even know how to talk about it.

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I thought by this age I would know better.
But you know what?
It really got to me.
It really got to me.
I mean, I can give you examples.
But eventually what happened was that I was really in a negative state of mind.
And have you read the book, The Fox, the Mole, the Horse, The Boy and the Horse?
I bought it last week.
It's upstairs in my bag.
Wonderful.
So it's a great little book.
A great big book.
Although very few words in it.
Mostly just these wonderful drawings.
Charlie McKeezy, he's really channeling wisdom in that book.
And The Horse is the most grounded of the four characters, of the four friends.
And he's asked, what's the most courageous things you've ever said?
And The Horse says, help.
So it's so difficult to ask for help.
But I did.
You know, in the middle of all this frou-fra and my upset.
And I called a friend of mine, a psychiatrist.
And I said, I'm just in a bad state.
And he said, what's going on for you?
And I said, well, this is all this bad press.
And all the social media distortion of who I am and my motives.
He said, what is it about that you had bought us you so much?
And I said, not being seen.
Not being seen is one of the needs of the child.
But he said to me, okay, look, Gabor, when you were an infant, you're not being seen for who you are as a human being.
Almost cost you your life.
Which you did.
As soon as he said that, I said, yeah.
This isn't about the present.
This is an old unresolved, not yet fully resolved.
At age 79, I'm still upset at not being seen.
I don't care if people agree with me or they refute my ideas.
But I want them to see me and what I'm actually saying.
Not some distorted version created by their own minds.
And when he said that, that not being seen really threatened your life.
Yeah, that's what's going on.
And then I could relax.

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So what?

What somebody else says.

I don't live in the British press.

I don't live in somebody else's mind.

Here I am, you know, let them think and say what they say.

But it took somebody to wake me up to that.

So that's what happened.

You said you could share examples of how it got to you.

Of, yeah.

Well, oh boy.

They called me a stern, overbearing merchant of pain, you know.

At some point in the interview, you know, when Harry was,

and the other thing was, see, Harry, he was a traumatized child.

And when you read his book, you can see why.

And people couldn't understand how this is possible.

How could somebody so privileged that the very apex of society and gilded palaces be traumatized.

Total misunderstanding of trauma.

It's true.

People have it much tougher in many ways.

But as an infant, as a sensitive infant to be born into a loveless marriage

where the father's having an affair even before he's born,

where the mother's a troubled, very sensitive, very creative, warmhearted, but very unbalanced young woman.

So Harry describes in his book, spare, that he's 12 years old when his mother's killed.

How he's told about his mother's death is that his father then pinched Charles,

comes into his room early in the morning and says,

something terrible happened.

There was an accident.

Then there's a few moments of awkward silence.

And finally Charles touches Harry on the knee and says,

but it'll be okay and leaves the room.

And this is how this 12 year old was told.

Nobody held him.

Charles himself was only doing what happened to him

when Queen Elizabeth went on an international four or five month royal tour

leaving the five year old kid behind

when she returned to England.

She greeted him by shaking his hand.

And now what I said to Harry was that even animals hold and touch their kids, their infants, mammals, that's what they do.

Because mother rats, when the baby's born, they lick their babies.

And the way the mother rat licks the baby, this has been shown in the laboratory,

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this one is the brain development of the child.
And those babies that get the right kind of licking, it's called grooming,
they have better brains as adults.
Premature infants used to be put in incubators and nobody used to touch them.
Then it was found out that just by stroking their backs 10 minutes a day,
that promotes healthy brain development.
And the great British-American anthropologist, Ashley Montague,
wrote a book called Skin, the Human Significance of Touch.
So I was saying that touch is important.
You're not being held and not being touched.
It was a deprivation.
And I said, mammals, monkeys.
You know what happens when a baby elephant is born?
This is fascinating.
The mother, I read this in the book called The Evolved Nest,
for which I wrote the preface by a wonderful psychologist called Darcya Narvez.
When an infant elephant is born and the mother goes into labor,
all the other mother elephants stand around in a circle.
When the infant plops on the ground, they all stroke them with their trunks.
So touch and being held is so important for mammals.
And I was saying, animals do that.
This journalist, who I don't know what she was listening to,
said, I said, the royal family treats like kids like animals.
I said, no, I wish they'd had.
So, I mean, the distortion is just laughable
if I hadn't taken it so personally,
for the reasons I already explained.
For you to take it so personally,
which led you to call a psychiatrist,
a man like you with the knowledge you have
that writes books about the mind and stress and the body and all these things,
you must have been in a pretty dark place.
I wasn't in a dark place.
But look, I'm a human like the rest.
And what Charlie McKeece says in that book
is that the most courageous thing you can do is ask for help.
It's true.
I don't remember the Beatles song, Help, I Need Somebody.
And John Lennon sings,
when I was younger, so much younger than today,
I didn't need anybody's help in any way.
But now, those days are gone, I'm much less self-assured.
He's actually saying that when he was younger,

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he believed he didn't need help.
But the reason he believed he didn't need help
is that he has to make it on his own
because he was so traumatized as a child.
His father left him when he was born.
His mother left.
He was brought up by an aunt.
And Lennon goes up feeling abandoned,
that I can do this on my own.
I don't need anybody, you know?
And later on, he realizes, I need help.
But actually, we're all born needing help.
We're all born needing to be understood,
to be attuned with, to be seen,
to have emotions received and validated.
That's one of the essential needs of children
as I make the point in the myth of normal.
And children can be traumatized,
not just by terrible things happening to them,
but just by not having their needs met.
By not being seen, not being heard, not being held,
those are wounding for a child,
which is what the meaning of the word trauma means.
So you don't need terrible things to happen.
It's so difficult for people to understand that.
You know, they think for trauma,
you need horrific events.
Well, horrific events can be very traumatic,
but you can wound people, sensitive people.
The sensitive child or any child can be hurt,
just because the parents are too stressed
and unavailable emotionally,
to really see them for who they are.
I've struggled with that in my life,
especially being a CEO, I think.
I've struggled to ask for help when I need it,
because you kind of see yourself as the helper.
And also, I've struggled with the idea.
Maybe, I don't know where I got this story from that.
People like me, maybe because I'm a man,
maybe because I'm the head of businesses,
we have to figure it out on our own.
And the cost of repressing how I feel

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has become more and more evident over time.

Yeah, how so?

Just like, I think, when I was younger,

I never experienced anxiety before.

And then as I had more difficult moments in business,

where I tried to solve the problem in my mind,

for the first time at like 25, 26, 27, 28, 29, 30,

that I experienced like fully fledged,

what I'd call anxiety,

where I just couldn't get a thought out of my head

and I felt it in my body.

My breath was short, this constant state of like angst.

And yeah, I just thought I could deal with it myself.

I thought I could think my way through it.

Was that the hardest moment

in terms of your own psychology and your adult life

in recent times?

Let me answer that question a moment,

but let me ask you a question or a curse to me,

if I may.

Yeah, please.

It's like with beautiful women,

they sometimes have a very hard time

because they can never know

that somebody want me for who I really am

or they're just attracted to my physical features.

So for somebody who at a young age

becomes quite wealthy and successful,

how do you know when somebody's approaching you?

Are they approaching you

because they want something from you

or because they really care about you?

I mean, that must be a problem for you, I imagine.

100%.

100%.

You never really know and understand

what your relationships are.

Yeah.

You know?

Yeah.

So it must be confusing sometimes.

It is.

And I typically fall back

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onto the relationships I had before.

Yeah.

Because I can trust those ones.

Yeah.

So I have the same...

My best friends, people I spend my time with
on my birthday, there's five people there.

Yeah.

Are the five people that were there 10 years ago?

Yeah.

Unless, I think,

we get reconnected to our gut feelings,
then our gut feelings will tell us
what is real and what isn't.

But the problem for many of us
is that we get disconnected from our gut feelings
very early in life,

like in this room of 2100

at the troxy on Monday night.

I think I asked this question.

I always do.

Have you had the experience
of having a strong gut feeling about something
and not paying attention to it,
ignoring it and being sorry afterwards?

Yeah.

Almost everybody puts their hand up.

That's a child's sign of childhood wounding
because we're born connected to our gut feelings.

No baby is disconnected from the gut feelings.

Something happens to make us disconnect.

What is a gut feeling?

Is it from a physiological perspective?

Because gut feeling is used as a word to describe
an intuition or...

Well, real gut feelings really happen in the gut.

In the western way of looking at it,

we tend to look upon the intellect

and the intellectual brain

as the only brain that we have.

But actually,

our brain is a form of complicated structure
and our heart has a nervous system

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which is connected to the brain up here
and is a kind of knowing in the heart.
Sometimes people say,
I knew in my heart and they did.
If they're connected,
gut feelings are what all animals possess.
It warns them of danger
or when it's safe and when it isn't safe.
Not in the brain.
The gut is connected to the brain.
The gut sends more connections to the brain
than the brain sends to the gut.
And the gut has more of the neurotransmitter
or serotonin in it than the brain does.
So that gut things are here
to tell us about what is safe and what isn't.
And when the brain in the gut
and the brain in the heart
and the brain up here in the head are connected,
then we're grounded and present
and very alert and very aware of what's going on.
But when childhood trauma interferes
with those connections, which it does,
then we start to just work from up here
and we can figure things just from up here.
But actually, when you think about human beings,
where did we evolve?
We evolved for millions of years out in nature.
How long does any creature in nature survive
if they don't pay attention to their gut feelings?
So to go back to your question about me,
I used to believe, I really used to believe
into my 40s that everybody else could be stressed,
but I couldn't be.
And it's like you and your anxiety.
I think the reason you...
I didn't feel the stress because I had coping mechanisms.
Like working hard
and getting people's attention
or using my smarts
and having status and all this kind of stuff, you know?
Then that broke down.
I realized I could be stressed like everybody else,

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but literally, I had this belief.
I mean, it's almost unbelievable to me now
that I used to believe that I couldn't...
Everybody else could be stressed, but I couldn't be.
That's what I thought.
Your wife, when you went through that dark moment,
if I was her, what would I have observed?
Well, first of all,
and I talk about this in the myth of normal,
and Ray, my wife, came on stage at the truck
on Monday night and talked about this.
I asked her to.
Women have 80% of autoimmune disease in this society
so that disease with the immune system
that attacks the body
happens to women much more than to men.
Things like rheumatoid arthritis, systemic lupus,
chronic fatigue, fibromyalgia,
inflammatory diseases of the gut,
and so on.
Why?
So, those diseases tend to happen to people
not just to go into my own observation,
although it's very much my own observation
when I was working in family practice
and palliative care.
Before I did addiction medicine,
I noticed that who got sick and who didn't
was an accident.
It's the subject of my book when the body says no.
And then again, in the myth of normal,
people tended to be
compulsively concerned with the emotional needs
of others rather than their own.
Identified with duty, role, and responsibility.
So, they're working in a world
rather than their own true selves.
They tended to suppress healthy anger.
So, they tended to be very, very nice and peacemakers.
And they tended to believe that they're responsible
of how other people feel,
and that they would never disappoint anybody.
Too fatal beliefs.

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So, these are the people that according to my observation,
but according to a whole lot of research as well,
that I didn't even know about,
but have since found an elegant research.
These are the people that tend to develop
autoimmune disease.

Now, in this society, which gender
is more acculturated, programmed,
to suppress their healthy anger,
to be the peacemakers, to be the caregivers?
Women. This is a function of a reality
that a lot of people deny,
but it's a patriarchal society,
which we can talk about, but it's not a conspiracy.
It's just how it works.

So, me and my marriage expect my wife
to absorb my stresses.
And if I'm unhappy, guess who I blame?
And who do I take it out on?
So, she would experience somebody who can be hostile
for no reason and blaming,
and she has to walk on eggshells.

No.
Thank God, she's not the type to do that for too long.
At some point, she'll call my bluff.
And then I either wake up or she says,
thank you very much, but enough of this.
And so, she would experience somebody who was irritable
and unreasonably blaming
and not taking care of their own needs
and then expecting her to take care of them for me.
And we both had to grow up.

Now, she was programmed that way as a child.
Her parents had a lot of problems,
and she became the peacemaker and a caregiver emotionally.
And then she carries that role into her marriage with me.
And here's where the bad news is for people.
We always marry somebody at the same level
of emotional development or trauma resolution as we are.
So, when we met, we were two traumatized people,
not even realizing it.
And then we played out our traumas,
in a typical male way,

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which is to be aggressive and demanding and resentful
if she wasn't around to mother me.
And that's what she would have seen.
And this dynamic can still arise,
except when it does,
she puts a stop to it right away.
And I have the grace and the wisdom
I know to understand, yeah, I'm doing it again.
In fact, I haven't done it since then,
because I just don't want to be that guy.
But that's what she would have seen.
And what was going on inside your head?
Were you anxious? Were you depressed?
I was anxious, and then I want her soothing.
I want her, how should I say this?
There's an interesting sexual dynamic
between men and women that men very often
unconsciously expect their women to mother them,
to give them a mothering that they didn't fully receive as kids.
And the women take on that role,
because they are acculturated in this society to do that.
But then what happens sexually?
No healthy guy wants to sleep with his mother,
and no healthy woman wants to sleep with her son,
so that the ardor and the passion kind of drains out
because of this unconscious dynamic
of women mothering men and men demanding that they do.
So then I become frustrated.
And then who do I blame for that?
I blame her, rather than looking at how do I contribute,
how do I create this situation?
So all that stuff played out in our marriage,
and we've had to learn a lot from what didn't work.
In my relationship, when I was most anxious,
it's also when my relationship nearly ended with my partner,
because like you said, I inadvertently took it out on her,
because I felt that she should understand how I'm feeling
and basically adapt to me.
Exactly.
And she didn't, and so there was conflict,
because I felt like she was misunderstanding me,
and wasn't acting in the right way to meet the needs that I had.
And so that, I think I wore her down,

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and then there was kind of like, as you say,
that ultimatum moment where she's basically saying,
listen, shall I just go?
Yeah, and what you probably didn't do,
and what I didn't do for a long time,
is just to go to her and say, you know what, I'm feeling anxious.
Yeah, that's what happened after.
You know, and I'm feeling unsettled,
and I realized that I have resentful feelings towards you.
And instead of owning it, we acted out.
Yeah.
And then we, why don't they understand us?
You know, and actually, so what we're actually demanding
is that we can be children emotionally,
and they be the mothers who, without any effort on our part,
will understand and see us.
You know, and this is a strong dynamic
in men-female relationships,
and what tends to happen is that men then,
women at some point get to, if they're healthy enough,
if they're not strong enough to assert themselves,
you know what happens, they get sick.
And I know this is a mouthful,
but a lot of women's cancers and autoimmune disease
are precisely because of this self-repression,
and I could talk about that at great length,
the physiology of it.
But either the body will somehow say no for them.
That's why women are much more likely to be antidepressants,
because they're taking a medication for both of them.
You know?
And so either the woman gets ill somehow,
or she asserts herself and says,
I'm not doing this anymore.
At which point the guy will go seeking a younger mother
who's not yet mature enough to assert herself.
And this happens all the time in relationships.
The cost of self-repression,
the cost of sort of emotional repression,
I think everybody is guilty at some point in their life
of repressing their emotions.
I think men do it a lot as well.
I mean, if you look at the suicidality

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in the UK amongst men...

Men tend to act it out on themselves like that, yeah.

What is the cost of self-repression that you talked about, the physiological mechanism of what's going on when we repress our emotions and how we feel?

It's been well studied, not just by me,

but others and documented

that repression of healthy anger

disturbs the immune system.

Now, why should that be the case?

Now, healthy anger is simply

when somebody is intruding on your space

and they won't desist.

You say, you're in my space, get out.

That's healthy anger.

It's in the moment.

One, it's done its job, it's finished with.

It's different from chronic rage,

which is a whole other thing.

No.

In other words, anger is a boundary defense.

That's all it is.

Animals do it.

Get out of my space.

Now, the emotional system in general

has the job, the human emotional system

in general has the role of allowing in

what is nurturing and loving and healthy

and welcome and to keep out what isn't.

That's the job of the emotional system.

Let me ask you a trick question.

What's the job of the immune system?

Okay, I'll answer.

It's to keep out what is unhealthy and

unwelcome and toxic and to let in

what is nurturing and healthy.

So the immune system is like,

it's been called a floating brain.

It is a memory.

It is reactive capacity.

And it allows in nutrients and vitamins

and healthy bacteria and keeps out

and destroys what isn't toxins

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and unhealthy invading organisms and so on.
In other words, the immune system
and the emotional system are exactly the same role.
That's the first point.
The second point is they're not separate systems.
Physiologically speaking,
emotional system, the nervous system,
hormonal apparatus and the immune system
are all one system.
And there's a whole new science when I say new.
60, 70, 80 years old,
called psycho and neuroimmunology.
That studies the unity.
So it's not even that all these things are connected.
They're one.
So therefore, when you're suppressing one aspect of it,
you're also suppressing the other.
So people that repress healthy anger,
they have diminished in immune activity.
And this has been demonstrated.
So the repression of emotions has a physiological function.
And when you repress your immune system,
you're more likely to have that immune system
turn against you or to fail you
when it comes to malignancy.
The immune system,
like you and I have cancer cells in our bodies
probably every day because nature makes mistakes.
That's not a problem.
The immune system recognizes them as...
Cancer cells don't have on their surfaces
markers that our normal cells do.
So the immune system says,
this is a foreigner.
It's an enemy.
I'm going to destroy it.
But when you repress your emotions,
you can also undermine your immune system.
And now your immune system will not recognize malignancy
and not destroy it and allows it to proliferate.
There was a British surgeon in the 1960s
who operated on...
Am I talking too much?

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No, you're not.

There's no such thing on this podcast.

Okay.

Because I just get so passionate about this stuff.

And the reason I get so passionate about it

is because it's so important in healing.

And we as physicians could do so much more for people

if we understood these scientific facts,

what we don't as a profession.

Anyway, there was a British thoracic surgeon

called David Kissen in the 1960s

who noticed what I noticed in my practice

that people emotionally repressed

are more likely to get lung cancer.

Now, it's true that most people

who get lung cancers are smokers.

But out of 100 smokers,

only about 10 or 15 get lung cancer.

Which doesn't mean that smoking

isn't the major contributor to lung cancer.

It is.

But he found that it was those of his patients

that were emotionally repressed

that were likely to get the lung cancer

as a result of the smoking.

And the more repressed they were,

the less smoking they had to do

in order to get lung cancer.

This guy noticed this in the 1960s.

So emotional repression has huge implications physiologically.

And emotional repression is one of the impacts

of childhood trauma.

Why?

The child is born with some fundamental needs.

One of them, as I've articulated earlier,

is for attachment, for closeness, proximity,

unconditional loving acceptance

by caring adults.

Not just a human child.

All mammalian children have that need.

Without that, they don't survive.

So that's called attachment.

The seeking of closeness and proximity

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for the purpose of being taken care of
or to take care of the other.
And our brains are wired for attachment.
We have circuits in our brain
dedicated to the attachment relationships.
And that's so important all through our lives.
But especially when we're infants and young children.
Now, while we have another need,
we've already talked about it.
I just haven't named it.
The other need is for authenticity.
We used to be ourselves connected to our bodies
and our gut feelings.
Because again, without access to our gut feelings,
we don't survive out there in nature
where we evolved and where we lived
until 15,000 years ago.
And so that authenticity is very important
to be connected to yourself
so that you know when you're safe and when you're not.
You know what you want and what you don't want.
You know how to say no when you don't want something.
You know how to say yes when you do.
That's authenticity.
Out of the self, being ourselves.
And to go back to Harry,
his challenge all his life
was that he wasn't allowed to be authentic.
He had to play a certain role
and fit into a certain set of expectations
of how to be and who to be.
And he could never figure out who am I really
in that context.
But that's so general.
So many of us face that challenge of
who are we really, who are we authentically
as opposed to what's expected of us.
Now, so we have these two needs.
Attachment on one hand, authenticity on the other.
Ideally, the two are not in conflict.
Ideally, you can be in a relationship
or I can be in a relationship
where we can be ourselves

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and be accepted and connected with.
And that's ideal all our lives.
But what happens to a young child
where if they're authentic, they're not accepted?
So for example, certain psychologists
recommend that angry children
should be punished for their anger.
Rather than their anger being understood
as to what it's all about
and the child being taught
different ways to express it,
they just to be punished for it
and by different ways.
By the way, if you're a parent of a two-year-old
and if you don't frustrate your child
you're probably not doing a good job
because your two-year-old may want a cookie before dinner
and you say, no, cookie before dinner.
Cookie, yeah.
In a minute, they're throwing a tantrum
because what do even adults do when they're frustrated?
They throw tantrums.
Children, that's just what they do.
They have no self-regulation yet.
Every year old gets upset.
Now you punish them.
You give them a message.
You're not acceptable to me when you're angry.
You have to be a certain way for me to accept you.
Or you mustn't be sad.
Cheer up.
What's wrong with you?
So when children are given this message of conditionality
that you're acceptable to me
if you behave in ways that I approve of
otherwise the attachment relationship is threatened
then the child is faced with this choice
which is not a choice at all.
Do I stay attached to my parents?
If my father's an alcoholic
and the only way I can find acceptance
is by repressing my emotions
and not showing my sadness and my fear.

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Then do I show my sadness and my fear or my anger?
Or do I threaten their relationship?
Well, there's no choice at all.
The child will choose the attachment
and therefore they give up connection to themselves
which is the essence of trauma.
That disconnection from ourselves
not in my own words, in the words of other trauma theorists
who I agree with,
the worst aspect of trauma is the disconnection from ourselves.
And we do that for the sake of maintaining the attachments
which means for the rest of our lives
we'll be afraid to be ourselves.
Is this what they call people pleases?
Exactly.
So Cheryl Crowe, the American singer and musician
developed breast cancer
and she said that since my breast cancer
I've been a different person.
Until then I was always trying to please others.
And now, and there used to be voices in my head
that always telling me that I was wrong.
I don't listen to them anymore.
So that people pleasers are the ones
who gave up not by conscious choice
but as a matter of survival their authenticity
in order to stay liked and accepted and attached to it.
But then they carried that on in the rest of their lives
and they're at risk.
I always worry for the very nice people.
I find it incredibly fascinating
that when we look at the back end of Spotify
and Apple and our audio channels
the majority of people that watch this podcast
haven't yet hit the follow button
or the subscribe button wherever you're listening to this.
I would like to make a deal with you.
If you could do me a huge favour and hit that subscribe button
I will work tirelessly from now until forever
to make the show better and better and better and better.
I can't tell you how much it helps
when you hit that subscribe button.
The show gets bigger which means we can expand the production

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bring in all the guests you want to see
and continue to do this thing we love.
If you have a small favour and hit the follow button
wherever you're listening to this that would mean the world to me.
That is the only favour I will ever ask you.
Thank you so much for your time. Back to this episode.
You always worry for the very nice people.
You talk a lot about that when the body says no.
Why is being nice a potential risk to one's health?
There's two places to be very nice from.
One is just genuine human compassion and concern for others
but you're still grounded in yourself.
That's great.
But a lot of people are very nice because they are afraid not to be.
Because they weren't liked who they were.
They weren't loved for who they were.
Being nice was the way of getting the love and the attention they needed.
Let me tell you a story.
In 1870 there was a French neurologist called Jean-Martin Charcot
who was the first one to describe multiple sclerosis
which is an inflammation of the nervous system.
Very debilitating.
And Charcot said in 1870 without any scientific research
but just from his own observation that this was a stress-driven disease.
Since then there's been a lot of research to show how stress and trauma
potentiate multiple sclerosis.
It's not even controversial.
Not that any neurologist knows that.
They don't get taught the stuff in medical school.
I was just there and I presented in my books.
In any case, when I was writing when the body says no
a group of a self-help group of multiple sclerosis patients
called me and said would you come and talk to us?
Because I would understand you working on stress and illness.
And I said yeah sure I'll come and talk to you.
And there's about 25 people in the group.
This is in Vancouver, Canada.
And I gave them very tentatively, apologetically.
I said look I don't know this for sure
but the sense I get from my work in family practice
and palliative care is that the people that develop your condition
and other conditions tend to be people with three pleasers.
They tend to have difficulty saying no.

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They tend to be very nice people.
And I said you know I'm sorry if I offended you.
I don't mean to.
I'm just giving you something very tentative.
I haven't done the research yet.
I'm just giving you my observations.
They said you just described us.
And they all said that.
And there's a woman who says in the group who says
I don't even know how to say no.
I said terrific give me \$100 right now.
She says well I don't have \$100 with me right now.
I said it's not a problem.
I said outside this building there's an ATM machine.
We can go on after the meeting.
We can go out.
You can get \$100 and give it to me.
She says I'm not comfortable doing that.
I said listen I'm just trying to get you to say no
to a ridiculous demand by a perfect stranger
to whom you own nothing whatsoever.
She said I can't say the word.
Because in childhood, by the way, when you have kids
you're going to find out what the word no means
because age one and a half all kids start saying no.
They say that long before they say yes.
Why?
Because that no is the boundary defense of I figure out who I am.
I'm not going to exceed to your demands.
I need to figure out what I want.
Put your shoes on.
No.
And the parents think this is something wrong.
There's nothing wrong.
It's nature individuating the child.
When families punish that, the child will repress the no
and the body will say in the form of multiple sclerosis.
For example, niceness, ALS, amyotrophic lateral sclerosis
are known in Britain as motor neuron disease.
Stephen Hawking was diagnosed with it at age 21.
He was told he'd be dead within two years.
He lived another 55 years.
Doctors don't know everything, you know.

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But there's been studies on ALS patients.
They're extraordinarily nice.
There was a Cleveland clinic in Ohio, a major referral clinic.
Two neurologists published a paper at an international ALS
or motor neuron congress.
Why are ALS patients so nice?
And what they described was that when people came to their office
for diagnosis before they met the physician,
they had underwent EDX,
electrodiagnostic testing of the nerves.
And the technicians who performed the tests
would write on the side of the test,
this person can't have ALS, she's not nice enough.
Or I'm afraid this person has ALS, they're too nice.
And the physicians, the neurologist specialists said
despite the shortness of their contact with their patients
and the obviously unscientific nature of their observations,
invariably they turned out to be right.
And then I called Dr. Wilbur and who did the study
and I said, what did the other neurologists say?
When you presented this, they said,
yeah, we all noticed this, we just can't explain it.
Since then there's been a study where they've asked neurologists
about their patients and the answer is
all our ALS patients are extraordinarily nice.
Now, what the neurologists don't do is they don't make the connection.
That niceness is a repression of healthy anger
and that repression of healthy anger plays a role
in the onset of that disease.
So it's not a accidental connection.
So why do I reward very nice people?
Because they're putting themselves at risk.
Again, niceness can come from genuine concern for others
but that's not accompanied by an ignoring of yourself.
You also care for yourself.
Then you can be as nice as you want.
But you also know how to say no.
And you also know how to set boundaries.
You know how to be angry if you need to be.
But the niceness that comes from self-repression,
that's the one that hurts.
There's clearly going to be a lot of very nice people hearing that.
That know they're nice, that know their people please,

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that know they've experienced in their lives
the consequences of putting everyone else before themselves.
It's funny as you were talking, I was thinking about the person
that I know who I think is nicest.
And that individual is sick all the time.
And I just connected that dot in my head.
But I remember making a joke to her about,
oh, you're sick, so whatever, you're sick a lot.
And then also thinking, oh my god, she is probably the nicest.
Nice is an interesting word because that can be
misconstrued as like, hiya!
Or like saying nice things to someone else.
But it's really at a deeper level
from what I've observed in that person,
putting everyone else before them
or chronically serving other people's needs before their own.
Well, so my contention is, as I said earlier,
when people do not say no, the body will say no for them
in the form of illness.
And for a lot of people with serious illness,
the illness is the wake-up call.
And they actually learn.
And when they do, that can make a difference
to the course of their illness sometimes.
Not always, but I've seen examples
of remarkable healing when people learn to say no
and stop being people-pleasers.
And I just only wish that physicians understood this.
So when somebody comes to them with chronic XMR
and all these other chronic conditions,
they will not just provide the physical treatment,
but they will also talk to the person about
how much stress do they're taking on.
It's very stressful to take on everybody else's issues
and ignoring your own. It's very stressful.
That stress has a physiological impact on the body.
How does someone who is a people-pleaser,
how do they turn that ship around?
Because they'll hear that,
but because their niceness or their people-pleasing
is so deep within them and it started so early,
they're not going to change.
Most of them won't change.

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Well, they may change if they get sick,
and if they learn something from it.
I've had a lot of people tell me that.
But it happens very early,
but it's everybody's second nature, not their first nature.
It's a very interesting phrase, second nature.
It means that it's a first nature.
Now, no baby is born as a people-pleaser.
No baby lies there, no one-day-old baby lies there thinking,
gosh, I'm hungry and wet and lonely,
but gosh, mom and dad have been working so hard,
I better not bother them.
Babies will express their needs very volubly
and very articulately and very loudly.
That's how we're born.
We're meant to be born that way.
So that this suppression of that is our second nature,
and that first nature never goes away.
We can always retrieve it,
but you have to become conscious of it.
So, when the body says,
no, I lay out certain principles of healing.
In the myth of normal, I will actually teach this exercise.
Ask yourself this question.
Where in your life are you not saying,
no, where no one wants to be said,
but you're not saying it?
Let me give you an example.
Let's say I come to London and we're friends,
and I call you up, hey, Stephen, here I am,
doing enough coffee,
but you've been up all night helping a sick friend,
or otherwise you're just too stressed
to want to meet me right now.
Your desire is to say, no.
But what if you suppress that, no?
And you say, yes, for the fear of displeasing me
or disappointing me or losing my friendship.
If I say, no, Gabor won't like me anymore.
What's going to be the impact on you
if you keep behaving that way?
Physically, what's going to be the impact?
I'm going to be more tired, more exhausted,

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probably going to be more stressed.
All that.
You can be resentful.
Yeah, exactly.
So this person,
I teach this exercise in the book,
but where am I not saying no?
And what is my belief behind not saying no?
I don't want to upset Gabor if he's coming to London.
Exactly, and I depend on Gabor's liking.
Which means as a child,
you depend on your parents' liking
and you had to suppress your nose to be like,
thirdly, where did I learn this belief?
But if I say, no, I'm not likable
or I'm guilty or I'm not worthwhile.
And the fourth question is,
who would I be without that belief?
And so if your friend does this exercise regularly,
believe me, she can turn it around.
But it takes some practice.
Who would I be without that belief?
When I put myself in her shoes
I'm a people pleaser in certain environments,
but I wouldn't say I am generally.
I can imagine someone would respond to that
and say, well, I'd lose all my friends.
She'd find out who her friends really were.
Because the real friends would celebrate it.
They'd say, oh, finally.
We're so glad to see you being yourself.
The friends that were just using her
or relying on her to be their supporter unconditionally
will turn away.
And I say this to people.
This contest between attachment and authenticity
can be a painful one,
but you can decide which kind of pain you want.
As a child, you have no choice.
As an adult, it's true.
If you're authentic,
you might lose some attachment relationships.
That's going to be painful.

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But which pain would you rather have?
The pain of being authentic
and losing some friendships that were no friendships at all?
Or the pain of losing yourself
and all these implications and all these impacts on the body?
So it would be difficult for her,
and it's true, some relationships that she has now,
they would fade away,
but my God,
she would also attract much more genuine and authentic relationships.
And her true friends would really celebrate her.
Now, let me tell you something that just occurred to me.
Forget it.
There's a book written by an Australian nurse
about 12 years ago.
This nurse, like I used to work in palliative care
with dying people,
she works in hospice with dying people.
And these are people who tend to die
of malignancy and chronic illness
well before that time.
She wrote a book called
The Top Five Regrets of Dying People.
For any way.
And you know what the top regret was?
That I wasn't being myself.
That I wasn't true to myself.
I wasn't being authentic.
That's the top regret of dying people.
And the third one was
that I didn't express my feelings
for fear of disturbing or displeasing others.
So authenticity is not just a new age concept.
It's actually a central dynamic
in staying healthy human beings.
Oh, one more thing.
I was in Westminster Abbey.
And I was looking at all these beautifully
and articulately worded monuments
to all these colonialists.
To all the people
that oppressed and murdered
and robbed and despoiled

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native people all over the world.
They're the heroes of the British Empire.
And I think one of the reasons
there's such a strong pushback
against the idea of trauma in this society
is if you recognize trauma
which exists not only on the personal individual level
but very much on the collective level.
The ruling elites in this country
would have to come to terms with the fact
that their wealth is based on
the traumatization of foreign peoples.
Which incidentally
was one of the crimes of Harry
is that he pointed that out.
Let's face it.
The royalty, the wealth that I was born into
was achieved at the despoilation
and oppression of people around the world.
So trauma is not just a personal issue.
It's very much a social and collective and historical issue.
What's the cure?
Because if many of us are byproducts
of generational trauma
and we're seeking different ways to ease our pain
through the means of addiction
whether it's pornography or heroin or alcohol
we can't all afford
expensive therapists.
But we exhibit
those self-destructive behavior patterns
maybe every single day
maybe with social media addictions or whatever.
What do we do?
Unfortunately
the healthcare systems around the world
have very poor appreciation
of the emotional contribution
to people's physical or mental ill health.
And most physicians
and most psychiatrists are not trained in it.
Unfortunately, there's a huge
gap between science and research

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and medical practice and the other.
It's maddening sometimes to contemplate it.
So the first step would be to educate the caregivers.
Just educate doctors about the actual science
of the mind-body connection and the impacts of trauma.
Educate them.
So when you go to a physician
with chronic fatigue
or inflammation of your joints
they don't just give you the necessary medication
which I'm not against
but they will also ask you what's going on.
So that's the first thing.
Second thing is let's prevent the problem.
So let's support young families
to be really there for their kids
so that families don't have to struggle economically
and their parents are so stressed.
As I may have mentioned, I've forgotten now
when parents are emotionally stressed,
economically stressed
according to a number of studies
the kids' stress hormone levels are abnormal.
And that is a harbinger of future disease.
And so let's look after young families.
Let's make people feel secure,
uncertainty, lack of control, lack of information.
These are some of the drivers of physiological stress.
So let's create a society
where there's a more sense of mutual acceptance
and communality and social support.
Let teachers be educated
that the kids who are so-called misbehaving
are kids who are actually troubled,
troubled because of stuff at home
and that the solution is not to exclude them
or to punish them
but to actually give them emotional support
in the classroom and in the schools.
Let the schools be.
The human brain, according to a Harvard study,
develops from before birth.
It's an ongoing process that begins before birth

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and condenses into adulthood.

The necessary conditions for human brain development is safe, supportive, emotional relationship with adults.

Let everybody who deals with children from social workers to teachers to daycare workers to kindergarten supervisors to parents understand the emotional needs of kids and provide that safety.

Let the justice system, so-called, about which there's very little just, in Canada, 50% of the women in jail are indigenous. They make up 6% of the population. 50% of the jail population.

You call that justice?

You take the most traumatized people who then act out their traumas and then you punish them for it.

So let the medical system, let the educational system, let the legal system understand child development and trauma.

Now, in terms of the adult, to answer your question more specifically, so there's a social answer, but then there's the individual answer.

Yeah, a lot of people can't afford good therapy.

It's true. It's expensive.

And then, even though there's a lot of people who get therapy but not getting appropriate therapy, well, if you can't afford therapy, go to the library, read some books.

My own, but not just my own.

I could rattle out five of the books you should read.

Read Dick Schwartz's book on internal family systems called No Bad Parts.

Read Bessel van der Koos' book on trauma called The Body Keep the Score.

Read Peter Levine's book Waking the Tiger on Trauma.

Read Oprah Winfrey's and Bruce Perry's book What Happened to You.

Read Bruce Perry's book called The Boy Was Raised as a Dog.

I'm interviewing Peter Levine.

Oh, yeah. Oh, good. Oh, good.

Wonderful. I'm glad to hear that.

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He's one of my mentors and friends.
We often work together.
And all of these books will have some advice
about how to help yourself, including my books.
Then there's a lot of stuff on internet.
So this interview that you and I had a year ago,
I checked this morning, has been seen by 2.5 million people.
I'm sure it's helped a lot of people.
There's a lot that you can get just freely.
I'm in charge on the YouTube.
Lots of my talks are available.
Lots of talks by other really good people are available.
Do that.
They're self-help groups of all kinds.
Is there a risk here?
This is what the one side of the narrative sometimes argue,
that you can kind of over-traumatise your life
in terms of over-labelling everything that you do as a trauma.
I mean, that always happens, right?
When people become aware of something,
they become over-aware and they start over-labelling
and saying, that's a trauma response,
that's a trauma response, that's a trauma response.
And they kind of live with a feeling that they are inherently broken.
Yeah, but my point is that nobody's broken.
Actually, I talked about our first nature.
That's always there.
When people recover, it's interesting, word recovery.
What does it mean to recover?
When you recover something, what are you doing?
Going back to...
You're finding it.
Oh yeah, I'm true, yeah.
That's the definition of the word, isn't it?
What do people find when they recover?
They find their true selves.
That's what they'll tell you.
That true self never went away.
Nobody's damaged goods, nobody's broken.
To talk about trauma is not to disempower people,
but to empower them.
If I learn that my response to the British media
and the hairy issue

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was actually nothing to do with the present moment,
it's actually some old programming.
Oh, okay, now I can drop it.
Are you glad it happened?
I'm glad that everything happened,
because everything is learning.
Nothing in this life is wasted if you know how to use it properly.
And so what I'm saying is that
to be aware of trauma is not to lose power,
but to gain it, because it's not an excuse.
I can't keep going to my wife and saying,
I'm being resentful of you and punishing you,
because my mother didn't take good care of me when I was a baby,
because she was too stressed, you know?
I mean, that's lack of responsibility.
But for me to understand that my demands on my wife
to take care of me like a mother would of a baby
actually is my trauma response, then I can drop it,
because I'm not a baby anymore.
I don't need, I'm not that helpless.
I'm not that resourceless.
I'm not that ungrounded.
So that when you recognize trauma,
it's not in order to use it as an excuse,
but to actually to overcome it.
That's the whole point.
When we talked about the suppression of our emotions and anger,
you used the word healthy anger.
Yeah.
Because there's a risk, isn't there,
when you're saying that anger can be a positive thing,
that people will then assume that berating someone
behind a counter or a waitress in a restaurant,
because they got one item when you're all the wrong,
is standing up for your boundaries.
I've done it.
No, it's not.
So healthy anger is in the moment,
and it's just the boundary defense.
It's not outrage.
It's, you're in my space, get out.
That's its purpose.
That's its only purpose.

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Or to protect something.
Like you want to see anger,
try and tell a mother bear,
not to be close to their cubs.
You'll find out what healthy mother anger is all about.
That's just healthy.
The kind of rage you're talking about,
have you ever had that kind of rage?
Definitely on a spectrum.
So the reason I struggle with the answer is
because I've got a friend that's fully shown me
what the extreme side of that is,
where we used to call it the red mist with him,
where he would literally lose control.
Which is incidentally what Harry used to call his anger.
Oh, really?
So my friend,
one of my best friends in the world,
he talks about this all the time,
is you could trigger him by saying something,
usually by saying he was wrong about something,
or something like that,
and then he would just lose it.
So I remember the last time it happened was,
when the pandemic rolled in,
I was staying with him in his apartment
because the lockdown,
and I was living in America at the time,
and we were discussing the virus.
And I said to him,
I think people that are older,
and that have certain health situations,
are more at risk.
And he said to me,
no, people that are younger are more at risk.
And I showed an NHS website,
which said, no, it's people that are older are more at risk.
And he just went into this red mist,
where he was totally triggered
and lost control of his emotions.
And then what you would have noticed is,
remember what I said about healthy anger?
It's in the present moment.

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Once it's done its job, it's gone.
Your friend, the anger he gets, the anger he gets.
So the rage just keeps building on itself.
Now we talk about a fit of anger.
It's a good word.
You know what else we talk about fits?
It's epileptic fits.
In epileptic fits,
certain electrical misfiring in the brain,
then recruits other brain circuits,
and it gets more and more and more
until the whole body is shaking
and the person may even lose consciousness
and soil themselves and so on.
That's an epileptic fit.
A fit of anger is the same.
That a fit of rage is the same.
So the more severe it gets,
the more brain circuits it recruits.
So rather than expending itself
doing its job
and then being gone,
it actually gets worse and worse and worse.
That's unhealthy anger.
And triggering is a good word.
Triggering means.
Now if you look at a weapon,
how big a part of the weapon is the trigger?
This big.
For the trigger to set off anything,
there has to be ammunition there.
There has to be
explosive material there.
So
your friend is carrying a lot of explosive material.
I can tell you,
your friend never felt understood or validated
as a child.
And he's still carrying the rage of that.
You trigger him
and then
by disagreeing with him
and all the pain of invalidation

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and all the rage of no being understood
now gets triggered
and recruits more and more brain circuits.
Now I can tell you something.
Healthy anger is essential
for our physical integrity.
That rage
in the aftermath of a rage episode,
your risk of a heart attack
or stroke doubles for the next two hours.
What happens? Your blood pressure goes up.
Your blood vessels narrow
and the clotting factors in your blood increase.
So of course you had more risk.
So the repression of anger
can lead to chronic illness,
but so can rage.
Lead to heart attacks
and strokes and so on.
So anger is a delicate thing.
Should I tell you something about my friend
that we found out because he then went
to a childhood psychologist
to understand himself.
You can imagine that was three years ago.
The pandemic two, three years ago.
He went to a childhood psychologist
and what they uncovered through their work
was that as a kid, he was not only
a foot shorter than all the other kids,
but he was both dyslexic
and struggled a lot intellectually.
So the people around him
and on his report card
basically called him stupid
as a child.
I think he found a text message at some point
between his mum and his nan
and his chances of success.
And he grew up with this deep sense
of like, I am not intelligent.
A deep, deep sense of it.
And it's come out in all of these ways

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as an adult and that, you're right,
that's what was coming out in that moment.
I was challenging, I was taking him back probably.
Well, and you know what,
again to come back to here, that's what happened to him.
They called him stupid
and thick-ho and naughty.
And
he was none of those things.
He just had trouble concentrating
and paying attention because of all the stress.
I find that's ADHD as well.
Yeah, yeah, and so
in his book he describes that he's been told
he had post-traumatic stress.
I didn't diagnose him with all this stuff, it's in his book.
I said, you know what, but I think
given how you were distracted as a kid
you're trouble paying attention.
They called you stupid.
This is ADD.
And I wasn't saying he's got a disease.
I was saying
that was a normal response
that you had to an abnormal situation
where you were under a lot of stress
and they made you wrong for it.
They called you naughty, they called you stupid,
they called you thick-ho. You're not any of that.
Now, a whole bunch of British psychiatrists
got their knickers tied in a knot
because they made that diagnosis.
You know?
My God, people.
I was saying to the guy,
you don't have a disease, you have a normal response
to have no circumstances.
You were not stupid ever.
But children
undergo this character assassination like you fended.
And imagine the rage inside him.
So when you disagree with him
you're triggering all that.

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That's just how it works.
Not interestingly enough.
People call me stupid.
That's not a trigger for me.
Yeah, it's not for me.
Because I know I'm not.
I always grew up with a sense of my own intelligence
not over-stated.
But I never had any doubt about it.
But certain things you can do
like not see me
and that'll trigger me.
And for context for anybody
that doesn't know why you not being seen
triggers you?
Well, look,
I was born,
you know, I may have mentioned this last year.
So I was born two months before
the Nazis occupied Budapest.
Then they started exterminating all the Hungarian Jews.
So literally
my life was under threat
because they didn't see me as a human being.
They saw me as a vermin.
Now, not that I knew that directly
but my mother, can you imagine
what it was like for her
to have a two-month-old
and living under the risk of death all the time
for a whole year.
And then, as I mentioned before
she gave me to a stranger to save my life.
And I didn't see her for
five weeks.
I was not being seen
and my father's not there to see me
because he's in forced labor.
So literally not being seen
threatened my life.
So no wonder
when people,
when that happens now,

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that for me is the trigger.
Now, of course the answer is
is to see myself.
If I fully see myself
it doesn't matter whether you see me or not.
So if you see me
if you're not seeing me
if you're distorting
who I am in your mind
and in your words
bothers me, it's only because I'm still
cunning on you
but other people
to see me because I don't know how to see myself.
If I'm fully confident in myself
I'll say, gee, it's too bad.
You know, Stephen doesn't see me.
Well, maybe we could talk
about it or maybe
you'll never understand it but
I don't live in his mind.
How do I fully see myself?
It's hard to do, right?
It's hard to do because
when you were seeing
it's not hard to do
because you children see themselves
through their parents' eyes.
But when you're not seeing
then you have to learn it.
This is one of the things
to go back to meditation.
That's not the only way.
First of all, notice all the ways that you're not seeing yourself.
Like two days ago
when I had this anxiety about how I may
I didn't give my best talk on Monday evening
you know what, I did my best.
It may not have been perfect but I prepared for it.
I put myself out there for two hours
and
I spoke a lot of truth.
It might have been the best but so what?

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But at that moment
I wasn't seeing myself.
You know, I can still lose it.
So meditation
which is the form of meditation
at least I am learning
is about just noticing
and seeing what's going on inside with our judgment.
So being aware.
So let's practice.
And do you also suggest
removing the things from your life
that will stop you from seeing yourself?
Like social media?
Well...
Because that can be a lot of...
I can't remove social media from my life
but what I can remove is my attachment to it.
For example
I don't have to look at the comments
on
all my talks on YouTube.
Who says what? Who likes it?
Who doesn't like it?
I'm not on Facebook.
I have a professional Facebook page
but I don't administer it.
But people go on Facebook
and who says what?
Who likes me? Who doesn't like me?
They can win themselves off that.
So we may not be able to
stay off social media
to write my books.
Thank God for the internet.
But I don't have to
be attached to it.
So it's using it
but not letting it use you.
Which is very hard.
A new podcast sponsor that I'm super excited
to talk about with all of you
is LinkedIn Jobs.

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Hiring as I would know is one of the most important steps in your business. Without good people there is no company.

Trust me, I found out along the way that your business is nothing without good people. You want to be 100% certain though that you have access to the best candidates available. And that's why you have to check out LinkedIn Jobs. LinkedIn Jobs helps you to find the right people for your team faster and for free.

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you could probably see it in a couple of supermarkets
but you can order it online and the link is in the description below.
Let me know which flavour is your favourite
and also tell me if it ends up adding
value to your life in the form of making
you nutritionally complete on those difficult days.
The social media and all of these things,
these stimuli, I feel like
I'm concerned
that many of us are living in a state of
chronic stress,
mild
background stress.
And I say that a lot because
the amount of times that I catch myself, I spoke to James Nesta
who talks a lot about breathing and breath
and the amount of times that I now catch myself
very shallow in breath
after just looking at my
my phone or thinking about
something
let's get my skits and oxygen back into me
in bed at 1am as I'm trying to sleep
catch my breath being shallow during this podcast
when I start thinking about something my breath gets really shallow
looking at my phone my breath gets really shallow
I live in this, I feel like I'm living
in a state of like constant
subtle background stress.
Yeah, well
I'm glad you mentioned breath because
it's one of the
to go back to the question of what people can do for themselves
they can learn to breathe
and Eckhart Tolleo
is a spiritual teacher
he says that
rather than go to retreats and
therapists just take a few conscious breaths
several times a day
not to dismiss the other
but that's more important than anything else
and interestingly enough

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the Buddha
when he was teaching his monks
in fact one of the Buddha's
assistants Ananda
asked him
oh holy one do you still meditate
and he said yes and what kind of
meditation do you practice says Ananda
and
Buddha says observing the breath
so in Buddhist meditation
I'm not here to advocate for any particular
pathway and I'm not a practitioner
of any religion
but
this is a very wise man
he thought awareness of breath
as the most important portal
into reality.
What do you think the antidote is
for the way we've designed
our lives to be constant
in this sort of stressful stimulation
because we're clearly, I was just wondering
if human beings are supposed to endure
this much constant stimulus and stress
in their lives and with chronic
inflammation and all these kinds of things
and now killing people at alarming rates
the diseases that are caused
by inflammation
what can we do about our stress
and is it okay, maybe it's okay
well
it's the norm so you can say
it's normal, is it okay
well the question is
to be answered by looking at
what the impacts are
and what are the impacts
the impacts are very serious
for, you can see it on
the individual level and in terms of mental

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health conditions as I said earlier
are burgeoning internationally
autoimmune conditions are
but if you look at it also on the social level
there's more conflict
there's more
division, there's more intolerance
in our culture
than it has been for quite a while
these are the impacts of the stressful culture
that we live in, so is it okay
if you want this
it's okay, but if you don't
it's not okay, it depends what you want
relationships
romantic relationships
I thought a lot about the role that our trauma plays
in our ability to
form relationships, obviously society
has changed quite profoundly in the last couple of decades
different sort of gender
transformations have caused
certain mismatches and difficulties
with people connecting, the world has gone very digital now
so dating apps run
a lot of dating, I think 50% of people
originally meet online
that's their first point of contact
dating is very very hard for people and there's a lot of people that are kind of giving up on it
attachment, dating
trauma
I've come to learn that we are mirrors
I think I found love in my life when
not when I
discovered anything
externally, but when I did a lot of work
to figure out the barriers
that were standing in my way of connection
well you just answered your own question
oh really?
we can't form proper relationships
until we have the capacity to be alone
and be comfortable

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with ourselves
and the more comfortable we can be alone
which is different from being lonely by the way
the more capacity to be with yourself
and to be around yourself
in your own truth
the more likely you're able to form meaningful
and positive relationships
rather than asking
a lot of people run into relationships
to solve their problems
then there's the initial
in love phase where everything is just ideal
and then reality hits
and then all of a sudden
that person who you're so infatuated with
becomes your enemy
and you hate them so much
I mean
I've experienced such hatred for my wife
over the years
and
when I've been disappointed
or dissatisfied
because I was looking to her
to fill me with
and nobody can fill you from the outside
so once you no longer need it
once you no longer are dependent on it
then you can enter into a healthy relationship
or to put it more positively
a relationship
can be a real ground
for mutual growth
so you can enter into a relationship
you're not going to be perfect
you're never going to be perfect
carry a certain degree of trauma
a certain degree of dysfunction
certain things that trigger you as we said earlier
but if both people
are committed to the truth
which my wife Ray and I have been

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that's one thing you can say about ourselves
for all the stuff that we've been through
ultimately the truth mattered more than
who's right and who's wrong
so if you commit it to the truth
and working it out and it's a fundamental
love is there
then you can grow together
and so for me the relationship
has been the most important growth
going ground of my life
not the therapy that I've had
or the reading that I've done
not that I'm just missing any of that
but the actual relationship has been
my most
important schooling
in how to become authentic
there's no real chance of a good relationship
if one or more parties
in that relationship aren't committed to truth
and they're committed to being right
or to victory or
it happens all the time
as I said earlier people always meet at the same level
of
emotional development
or trauma resolution
so that water finding its
own level
but when one person starts growing
and it doesn't
it becomes impossible
either the person that does the growing
gives it up and goes back to their previous selves
which is almost impossible
or the other person is challenged
to start growing themselves
or they're going to split
that's just what's going to happen
and again to go back
to the situation between men and women
this is what tends to happen

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and I've seen it
in my own marriage I've seen it
as an observer of human beings
the couple are kind of getting along
but then the children come along
now the mother's
caring energy has to go towards
the children
where it needs to go
the father
may feel now a bit of
their nose is a bit out of joint
because now they're not getting the attention
and now the woman is a decision to make
do I look after the
three day old baby or the three month
old baby
or do I look after the 35 year old baby
and
to the extent that the mother chooses
to look after the 35 year old baby
she's depriving the three month old
a lot of women then
make a choice that I need to look after my kids
and I can't put all this caring energy
mothering caring energy into my husband
anymore
and then relationships get into trouble
because the guys can't stand it
I've seen this over and over and over
it's universal
but it's very common
sex
in your practice
I imagine you've come across this quite often
where there's a sexless relationship
and that's causing issues
what is typically
the true cause of that
that disconnect
with intimacy with sex in the bedroom
because a lot of people are struggling with that
yeah

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but first of all
today we jump into sexuality way too early
in other words
um
we talk about intimacy
but intimacy really means the innermost
and we tend to have
physical intimacy before we have emotional intimacy
so that
people jump into bed rather quickly
I'm not being prudish here
I'm not
prescribing that you should only have sex
when you get married or anything like that
but when we enter into sexuality
early
without the emotional intimacy
and emotional authenticity
then the sex becomes divorced
becomes divorced from our
our real needs
and especially for women
who tend to
I can't speak of everybody
but in general
women tend to want to have
more intimacy emotionally
um that becomes very hard
and if the emotional intimacy doesn't follow
sex becomes rather mechanical
becomes mechanical
so that's one big reason
the other reason we already talked about
is sort of parenting dynamic
between the genders
I know we're only talking about the two major genders now
there's all kinds of
gender variations these days
but these dynamics exist in all kinds of context
so that when one partner
is doing all the emotional carrying
or most of the emotional carrying
this is parent-child relationship

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this is the sexual drive
you know Marissa Peer
she's a psychologist
she actually said to me the other day
never call your partner
mommy or daddy for this very reason
yeah well oh good
that's a good way to put it
I think it's because
we put sexuality
in this society
of course it just glorifies sexuality
and if you look at some of the
famous sex symbols
who were they
abused women
in like a Marilyn Monroe deeply traumatized child
and
abused
as an adult by president
Kennedy and
just about everybody
and she was the woman
everyone was asleep with
so that really distorted sexuality
here
and for women especially
safety is so important for sexuality
yeah
we talk about frigid women
but when do people freeze
it's a fear response
there's no way it's true nature
it's just a response
and usually something happened to them
or something is happening now
so that unmelting can happen
in a condition of safety
and then the intimacy, the emotional intimacy
is there which creates the safety
for the sexual opening
and that's the dynamic in my marriage as well
you know

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what my wife says
she says truth is sexy
such a good point
is there anything in your practice
that you're increasingly
being confronted with
in the last couple of years that you weren't seeing as much
as when you first started
what I see out there is
increasing distress in this society
and people are more confused
people are just so challenged
and in the United States
the rate of childhood suicide
is going up
suicide
more and more kids are being
medicated for all kinds of conditions
in the U.S.
70% of the adult population
is at least on one medication
quarter of women at least in the U.S.
are on anti-depressants or anti-anxiety medications
those numbers are growing up
in Britain as well
from all the statistics that I see
so I see these are growing
manifestations of
distress, what I call a toxic culture
I see that all the time
and look
the fact that this book, The Myth of Normal
is being published in North Macedonia
and Thailand and Vietnam
and Northern Europe and Eastern Europe
and it's just
worldwide there's this epidemic of distress
that's what I'm seeing
and
I'm saying people
either we can look upon this as some
unexplainable misfortune
and bad luck

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or we can actually look for the actual causes of it
in a way that we relate to each other
in a way that we raise our children
in a way that we approach ourselves
and I'm saying that
solutions are possible
but yeah, the world is getting more and more difficult
for a lot of people
and I do see that
and I don't think it's going to get better any time soon
You're not optimistic
So
Noam Chomsky once said that
when he was asked if he's optimistic
or pessimistic he says
strategically I'm an optimist
and tactically I'm a pessimist
which means that
in the long term I do believe in people
and in the same way I do believe in human beings
I do believe in the human capacity
to grow
to transform
to come to a deeper grounded
sanity in themselves both on the individual
and the social level
I do believe in that
if I didn't believe that I would just stay at home
and read books and listen to music
I do believe in that
I'm optimistic in that sense
but at the same time
I think in the short term it's getting darker and darker
and you can see that
so many manifestations of that
so yeah I am optimistic
in humanity and human beings
and I think we have a hard road
to travel
before we
get to our
better sense of self
and I have to close

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this conversation by
seeking some solutions
you use the word solutions there and you
talked about this better sense of self
we've talked about this from a social level
what governments can do to change
education systems
on an individual level
on a family level
what can
what can I do
well
first of all
you need to define what your actual goals are
okay so let me try
I want to be
I want to do work that serves others
I want to do work that I
um
I find fulfilling and that keeps me challenged
and I want to
which incidentally serves your health
because it's been shown that people that live a life
of purpose and meaning
they're physiologically healthier
I want to be healthy because I want to do all of these things for longer
I want to have
relationships that are full and
true and raw
and honest
okay
and I want to
I think that's it, that's the work in person
and then I want to raise a family
that is
beautiful and
pure and free of as much trauma
as I can possibly make them be
and I want to be close to my children
in a way that I wasn't close to my parents
yeah
well then the question you're going to have to ask yourself is
um

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what factors in your life support those goals
and what don't
what activities are you engaged in
that will support those aims
what will undermine them
and uh
to diminish or eliminate the ones
that are undermining your goals
and uh and and strengthen
the ones that are supporting it
that's what it is and um
you know
and your intentions by the way
are not
only superficially the ones you articulate
if owner or your real intentions
I have to look at how you live your life
not what you say about it
so when I was a young parent
if you had asked me
what is your goal what's your intention
I would have said this is the happiness of my children
and I would have said that
totally sincerely
if you had looked at how I live my life
as a workaholic doctor
not available to my kids
always out there looking for
being important and serving others
and and and and and you know
being at the center of people's lives
because I was so essential to them
my actual intention was self-importance
my stated intention
the happiness of my children
as much as I would have meant it
sincerely
did not jive
with how I was living my life
so what you need to ask yourself
is what anybody needs to ask themselves is
look at your intentions
both the conscious ones

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and also the ones that show up
when you look at how I actually live your life
and bring the two into alignment
so look at again
what serves your intentions
and what undermines it
and look at that seriously
that would be my answer
it's so difficult to distinguish between the two sometimes
because
I mean on the surface
the system you gave there
are actually looking at how I'm allocating my time
and is my time being
allocated towards things that would further
what I'm saying my intentions are
is a very useful exercise to run
but you know as I said
those things that I said
as my stated goals
I do find a disconnect I think
I think those things have been handed to us
when you ask them when they're goals
they will say things
that will make the person asking the question
think well of them
because there's one goal that you didn't state
which is
I stayed away from the selfish goals
what was the one I didn't state
inner peace
because
without inner peace
you're not going to be able to serve any of those goals properly
or if you were
you'd do it at some risk to yourself
and so
how would that be for you as a goal, inner peace
and then
if running around
serving others in the name of this so called
higher goal undermines your inner peace
then you're not on the right track

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and you know who I'm talking to
I'm talking to myself
took it to me as well
inner peace is not a selfish goal
it's from a position of safety
sorry a position of inner peace
that we can speak
compassionately and truthfully to others
that we can
serve our other goals
but Eckhart totally talks about
our inner purpose and our external purpose
and
you stated a bunch of external purposes
and that's why there's this
I believe
the diagnosis
or the analysis
that's why that disconnect that you mentioned
because the goals that you stated were largely external
and what are the internal goals
inner peace
very good, now you have to put that into the mix
and once you do
I don't believe that, now nobody handed that to you
I just
I think this is the issue with workaholics
is we think that the path to inner peace
is just by aiming at the external goals
like I think
maybe at some level that's what I believe
workaholics think they can
work their way or validate
external validate or trophy their way
or number one book their way to inner peace
because temporarily
when your book shows up as number one
on the best sellers list or shows up at all
you feel some inner peace
and there's a wonderful
physician and researcher
Vince Feliti
who studied childhood trauma quite a bit

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and showing his relationship
to adult negative outcomes
and he said
it's hard to get enough of something that almost works
and so
yeah you can get that temporary inner peace
but look at the long term consequences of the workaholism
it's not inner peace
I can tell you that
I can tell you after a long experience
it doesn't matter even how successful you are
there we started the conversation
with this it's never gonna give you inner peace
inner peace doesn't come from the outside
that's not a goal anybody ever handed to you
that's something that
you have to come to yourself
you know this
how are you acting in line with what you know
are you doing it well
you know what
I'm not gonna give myself a hundred percent
by any means I mean just look at
this week but
I'm doing so much better than I ever did
and I'm so much more comfortable about it
and so much more comfortable about the future as well
you know I am
what is the one thing that we didn't discuss
that maybe
is the most important thing for
my audience that are listening
right now
that
not that we should impose suffering on any children
or anybody in order to teach them anything
life will bring its own suffering
but when
suffering comes along
there's two things we can do with it
we can
try and just get rid of it
not to feel it to numb ourselves

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or we can actually learn from it
so suffering and pain can be big teachers
if you know how to relate to them
so
when illness comes along
when a crisis comes along in your life
you'll notice that the Chinese word
for crisis
is made up of two character letters
meaning danger and opportunity
so when there's a crisis
there's danger
but there's also opportunity to learn
and to grow
and there's such a thing as growing older
in other words not just getting older
but actually growing older
and
actually still keep growing as you get older
and that growing older
actually has to do with
becoming more and more authentic to yourself
so sometimes I do that successfully
sometimes I don't
but that's certainly the journey
and I'd recommend that journey to everybody
you can actually grow older
in other words you don't have to shrink
you can actually grow
when you said the word growth there
it reminded me of something you said in a topic
we haven't actually talked about which I did want to
speak to you about which is vulnerability
I remember you making this interesting connection
I saw it somewhere online between vulnerability
and growth
and vulnerability is a risk
for a lot of people it's always felt like a risk for me
so vulnerability comes
from the Latin word vulnerability to wound
to wound
yeah that's vulnerability to wound
and so

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as human beings
or as any living creature
we're all profoundly vulnerable
from the moment that we're conceived
to the moment we die
we can be wounded
physically we can be wounded emotionally
that's just a given
when children are
safe
and seen and understood
they can accept their vulnerability
because they have the confidence that they can
deal with it
but when children are traumatized
or
not understood, not seen
and they're alone
emotionally
the vulnerability becomes too painful to bear
so be shut down or a sense of vulnerability
you know not to feel
the pain
but when you look at life
nothing goes without vulnerability
so a tree doesn't go where it's hard and thick does it
it goes where it's tender and soft
and there's these shoots that are very vulnerable
they can be eaten by animals
or insects
a crustacean animal
like a crab
they go inside a hard shell
what does it have to do when it needs to grow
it molds
and becomes this soft creature
that's very vulnerable
but without that vulnerability there's no growth
without emotional vulnerability
there's also no growth
and so much of our culture
is designed to deny vulnerability
and to shut it down

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or to somehow distract ourselves from it
and what's the cost
and the cost is that we stay mature
and that we lose ourselves
that's what the cost is
I also think vulnerability is the
and I've just learnt this from doing this podcast
that vulnerability is a great connector
when I
much of the reason why I have good conversations
on this podcast I think is because I'm willing
to be open myself
which then allows your client
your guests the safety
to open up themselves
and in your personal life with your friends
I mean what's more
you can talk about
the scandal of Newcastle
beating Manchester City
in some game recently
by one to nothing
I don't say to talk about it
if that's interesting to you
but which is more meaningful to you
that or when you actually share
Struggle
Struggle and what's going on for you
no contest
but so much of this culture
designed to distract ourselves
from our vulnerability
but we have a closing tradition on this podcast
where the last guest leaves a question
for the next guest not knowing who they're going to leave it for
question that's been left for you
it's quite a long one
today is your last day
on earth
you're allowed to make two phone calls
one phone call
to the person you love the most
and the second phone call

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to the entire world
what do you say on both of those phone calls
what John Lennon sang all those years ago
all you need is love
and the phone call to the person you love the most
to the person I love the most
I don't have to say anything at all
why
because she knows
but if you were calling her
on that last day
I'd say thank you
what for
for everything
and uh
you know what I may even say that to the world
I might even say thank you
you know I mean for
um
for all the struggles and the trials
and troubles and tribulations
of childhood and adulthood
and parenting
and career and all this
thank you
you've given me so much
that's what I would say
I mean if I wasn't giving you advice
which is all you need is love
which is advice no forget that
I'd say I'd just say thank you
how do you want to be remembered
as somebody who did his best to make a difference
and who made a difference
which I know I have by the way
so um not that everybody agrees with me
but I also know I've made a difference
what difference do you think you've made
how to say this without
it's difficult
um
but I get so many messages
from around the world I mean literally from around the world

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about reading my books
have transformed people's relationship to themselves
have made them understand themselves
um
I think um I mentioned maybe
in a different into you that
the best
review I ever had of the myth of normal
was that
some young guy said to me thank you
I read that book and I remembered myself
so um
my work
for those who are open to it
really helps to connect them to themselves
and to see themselves clearly
and that's a gift
in a world where it's increasingly hard to see
you really are
and it's hard for people to see themselves
and so people don't see themselves as broken
or as they retrieval be damaged
but actually they can begin
to see their capacity for wholeness
which incidentally is the root of the word
health is wholeness
and uh
so um
that's the difference I'm making
is that people can see themselves
not as broken and damaged
but as actually fundamentally whole
with some stuff to work through
that's it
we can learn so much from children can't we
so much of your work brings us back to the first nature
as you describe it of children
yeah well
a lot of parents will tell you
and you'll find out is that the greatest
teachers are your children
if you're willing to learn
Gabor thank you

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thank you so much I
it's a difficult question to ask someone else about the impact they've made on the world
but I but even what you said I think is
a huge understatement
because the people that I know
close to me like my partner
who um like my partner who
just I mean her life I think has been
changed personally
but also professionally
much of the reason she does the work she does
she's the reason why she's not here to meet you
because she would have flight she would have gotten the next flight to fly here
is because she's doing a retreat in the south of
France with a big group of women
and much of the work she does there
is built on the work that you've
written about in your books and taught online
um so not only have you impacted people
personally but you've impacted the next generation
of teachers
and therapists
um which is going to be
a generational
it's like a domino's effect
it was counteracting the generational trauma
is the generational healing
that has come about because of people like you
who are wizards in our culture
and that are willing in the face of often
great um you know
adversaries who take a different
stance to persist with
truth but thank you
and one of the things that most
and harden me is that when I go about
London or any city in the world just about these days
it's all kinds of young people coming up to me
thanking me it's not people my
I mean people of all ages
but I'm just so enthused by
how young generations like people
one quarter of my age are coming up

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to me to thank me well that shows me that
it's making a difference
if she could have been here and she was so annoyed
she realized she'd booked a retreat
on the same day that you were coming to London
because you didn't get to meet you last time because she was in Bali so
oh wow some other time
trust me she's probably watching live right now
but thank you so much
again for your generosity and your wisdom it's changed my life
and it continues to change many other people that are listening to this
but all around the world so thank you
thanks so much
as you guys may know this podcast is sponsored by
one of my favorite bands in all the world which is Woop
AI is a topic I've spoken about
various times on this podcast and it's a topic that I'm
pretty obsessed with but we don't
often talk about how it could be used as
a force to make our lives even better
Woop is using the power of AI
to drive meaningful positive change
my Woop doesn't leave my wrist
and their new feature which is called
Woop Coach uses the power of
advanced AI to synthesize
all of your health and fitness data
and to provide you with personalized recommendations
to support you on your
health and fitness journey
you can literally ask it questions like
why am I so tired or can you help me
build a strength training program
and its advanced AI system will provide
you with answers that are unique
to you so if you would like to check it out
and level up your health and fitness journey in the process
go to join.woop.com
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you