

AUSITN MEN'S DEVELOPMENT
PRESENTATION

THE DARKSIDE

HELL HATH NO FURY

How we become strong when experiencing extreme trauma from women

**WITHOUT PAIN YOU CANNOT HAVE STRENGTH
WITHOUT PAIN YOU CANNOT HAVE WORTH
WITHOUT PAIN YOU CANNOT KNOW YOU**

All of that is dependent on how you feel, see and live that pain

WHAT WE WILL COVER

TRAUMA AND ABUSE IN RELATIONSHIPS

CHARACTERISTICS OF TRAUMA

VICTIMHOOD

STRENGTH



WHO AM I

I am Steve Mayeda

I am a Men's Coach. I have worked with men since 2006 as a professional
Specializing in Dating, Sex Related Issues and Addiction in all forms

I am not a therapist, psychologist or psychiatrist

I am not a replacement for mental health professionals

I am not a lawyer or a replacement for legal advice

I have worked with men at an intimate and personal level and have helped 1000s
of men achieve personal excellence that have come from extremely traumatic
backgrounds.

Some of those men only attended the groups I created and facilitated.

Some of those men worked in tandem with me and other professionals

What I know is that no matter what pain you've lived you can live a great life

I would argue that you could live a better life than had you never experienced that
pain before.

But you will have to work. It isn't easy, it isn't fast.



THE PURPOSE OF THIS

Nature does not need science, man needs science to understand nature.

Perhaps my non-traditional form of education helped me gain some insights. Perhaps it allowed me to make careless mistakes. If you ask me what I think, it is not my insights versus someone else's, especially a trained psychologist, but how we can gain greater depth and a true understanding. Human behavior should not be feared, but understood.

Disagreement should create dialog, not a complete throwing away of ideas and information

Disagreement should create a motivation of understanding each other's ideas, experiences and concepts.

Agreement shouldn't be the end of curiosity.

Even with 1000s of hours of experience, or whatever the highest standards someone may have on this subject we will be wrong, and most likely tragically wrong. We can't fear that, we need to be willing to find the right process to helping with all of this.

Much like in many subjects - Sex, Addiction and this Mental Illness or variants of behavior the therapeutic community doesn't communicate with the psychological community, the social worker community, the grass roots communities so we can find out what works and make it more available. Too many of these communities argue with each other usually centralizing on a small disagreement.

Ideas and ingenuity are not served by borders in ideology. Science is not served by borders, but more so by curiosity and devote testing.

To find the answer in this we need to know that is the overall philosophy that holds us together. You and I may need rules to understand...but the pursuit of philosophy, meaning and nature does not.

Nature does not need science, man needs science to understand nature.

NOT A DAY GOES BY

In the past 5 years I have gotten inquiries that highlight male trauma from women.

“My ex was a narcissist”

“I dated someone who is borderline”

“My wife is a sociopath”

“After my divorce I did all this research and my ex wife was a psychopath”



FOR YEARS I HAD THE SAME STORIES AS THESE MEN IT GOT WORSE AND WORSE UNTIL I CHANGE ME

I also have been called all these things by many women as well. Some women that I thought that about them, some women that I wouldn't have said the same thing about.

But all women that were in unresolved pain. All women who felt they were hurt so bad they couldn't move on

And I noticed this was the same for me too.

I felt so wronged by these people that I had to find out what was wrong with these women and share about it to inform people about it.

This is one of the most unhealthy things I did. It took me many years to stop that, change my life and then teach other men how to do the same.





**IF YOU WANT TO BE YOUR BEST
YOU CANNOT REMAIN A VICTIM
BUT YOU HAVE TO START WITH
BEING A VICTIM**

A close-up, high-angle photograph of a woman's face. She has a serious, somewhat stern expression. Her eyes are looking slightly to the right of the camera. Her skin is fair, and her hair is dark. The lighting is soft, highlighting the contours of her face.

WHAT DO WOMEN DO

- Lie
- Cheat
- Steal
- Manipulate
- Humiliate
- Degrade
- Divorce-Rape
- False Rape Claims
- Destroy Reputations

Women hurt men in unique ways.

In ways that are psychologically creative, extremely painful and demoralizing

Logical/Rational Result

This means women are bad

Fundamentally evil

They need to be avoided or controlled

WORDS & DEFINITIONS

ma·nip·u·la·tion

/məˌnɪpyəˈlāSHən/

noun

1. the action of manipulating something in a skillful manner.
"the format allows fast picture manipulation"
2. the action of manipulating someone in a clever or unscrupulous way.
"there was no deliberate manipulation of visitors' emotions"

psy·cho·path

/'sɪkəˌpɑTH/

noun

1. a person suffering from chronic mental disorder with abnormal or violent social behavior.

so·ci·o·path

/'sōsēōˌpɑTH/

noun

1. a person with a personality disorder manifesting itself in extreme antisocial attitudes and behavior and a lack of conscience.

nar·cis·sist

/'nārsəsəst/

noun

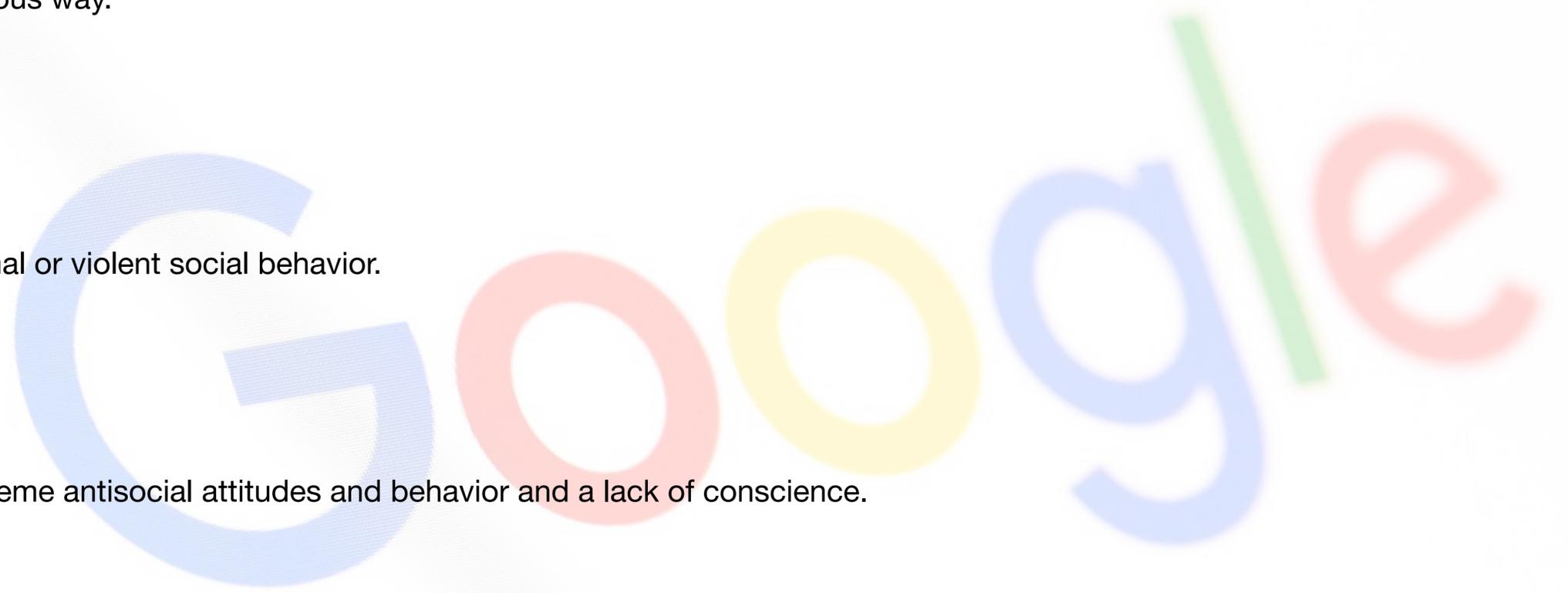
1. a person who has an excessive interest in or admiration of themselves.

Mach·i·a·vel·li·an

/ˌmākēəˈvelēən,ˌmakēəˈvelēən/

adjective

1. cunning, scheming, and unscrupulous, especially in politics or in advancing one's career.



TRAUMA

trau·ma

/'troumə, 'trômə/

noun

1.a deeply distressing or disturbing experience.

"a personal trauma like the death of a child"

ABUSE

a·buse

verb

/ə'byʊz/

1. use (something) to bad effect or for a bad purpose; misuse.

"the judge abused his power by imposing the fines

2. treat (a person or an animal) with cruelty or violence, especially regularly or repeatedly.

THE WAY MEN ABUSE

THE WAY WOMEN ABUSE

Abuse is an over stepping of power. Abuse isn't power alone or an agreed upon dynamic but abuse is when that dynamic or agreement is broken.

When one party is fighting and the other party has stopped.

Characteristics of abuse can be intimidation, humiliation, power, manipulation, destruction and so on.

Men abuse - *Physically* or whatever the culture promotes with men - money, status hierarchy, sex.

Women abuse - *Psychologically* through reputation, gossip, sex

The key here is both can abuse but in different ways.

They pursue the same degrees of abuse

But they share the same characteristics and the same phenomenon.

Power over
Humiliations
Destruction
Dependence

They both produce victims and trauma

They both may have abuse which is forced (as in one part absolutely knows it wants to leave but are forced not to in some way).

They both produce most subtle forms of abuse where both parties seem happy but at the split they determine they were manipulated or psychologically coerced for years.

UNDERSTANDING ABUSE

THE DIFFERENT FEELINGS

Abuse how it is felt - Unending Terror & Acceptance

Abuse how it is told or talked about - Fear, unable to articulate, search for definition

Abuse how it is perceived while in it - Feared, Accepted, Wishful thinking, Resentment

Abuse how it is perceived once out of it - Fear of the unknown, hating and objectifying (partially of self or that part of self) Inspirational transformation

Abuse when perceived when it is agreed upon being wrong - Resentment, blame, terror, needing to define and promote the wrongness of it, vengeance, and justice



BECOMING A VICTIM

If you have been abused, you start as a victim.
You can become something different

How People Tell the Story of Abuse

People tell the story of as things being done to them.

This is called the victims perspective.

Being a victim is a terrible thing, but it comes with some baggage that one needs to be aware of.

Being a victim is a necessary part of the healing process.

The sharing of abuse needs a reaction.

This is not because the people sharing it are in need of drama but because the people who have experienced abuse are trying to articulate something that is impossible to communicate.

To them it is a series of feelings that are never ending, putting a massive fear within them and the pain or terror is impossible to describe.

The people that have gone through abuse have had an enormous stress and they can only describe so much of it.



THE PATTERN OF ABUSE

A Tough Pill to Swallow

Abuse is a pattern that is repeated and also manufactured.

That sounds crazy.

But you can see it very clearly when you have seen multiple people in abusive relationships.

When in pain we first want to get out of pain.

We get out of pain and then we seek comfort in whatever is the opposite of that pain.

If we touch something hot we get away from it and seek something cold.

However emotional pain is different because it incorporates complex choices and decisions one makes.

If we are in an abusive relationship, we want the pain to stop.

- We get out of that pain.
- We run
- We seek safety
- We get support
- We categorize that pain
- We seek traits that are the opposite of what caused the pain
- We try and live that way and fail
- We go back to that pain or create the same pain in a new relationship

FEMALE EXAMPLE

A woman who is beaten by her boyfriend
This is seen by many men as how women lie

- Let's say a girl says she always dates men that cheat.
- She is hurt by this.
- She makes up rules and definitions of men first and how they are wrong.
Swears to never date them
- Attempts to date other men who don't have those characteristics
- She doesn't feel anything or does what she normally does in a relationship and does not have any success
- She meets a guy she really likes.
- She lays down her boundaries
- He agrees
- Then he abuses her

There are areas where she may pick a guy that abuses her, and there are times where a guy may walk in with his own baggage but not an abuser and she brings it out of him.

Socially he has done the worse crime.
However if she is continuing this problem she will need to fix this.



MALE EXAMPLE

Many women say this is how men lie

A harder one is of a man who does the same thing, but different circumstance.

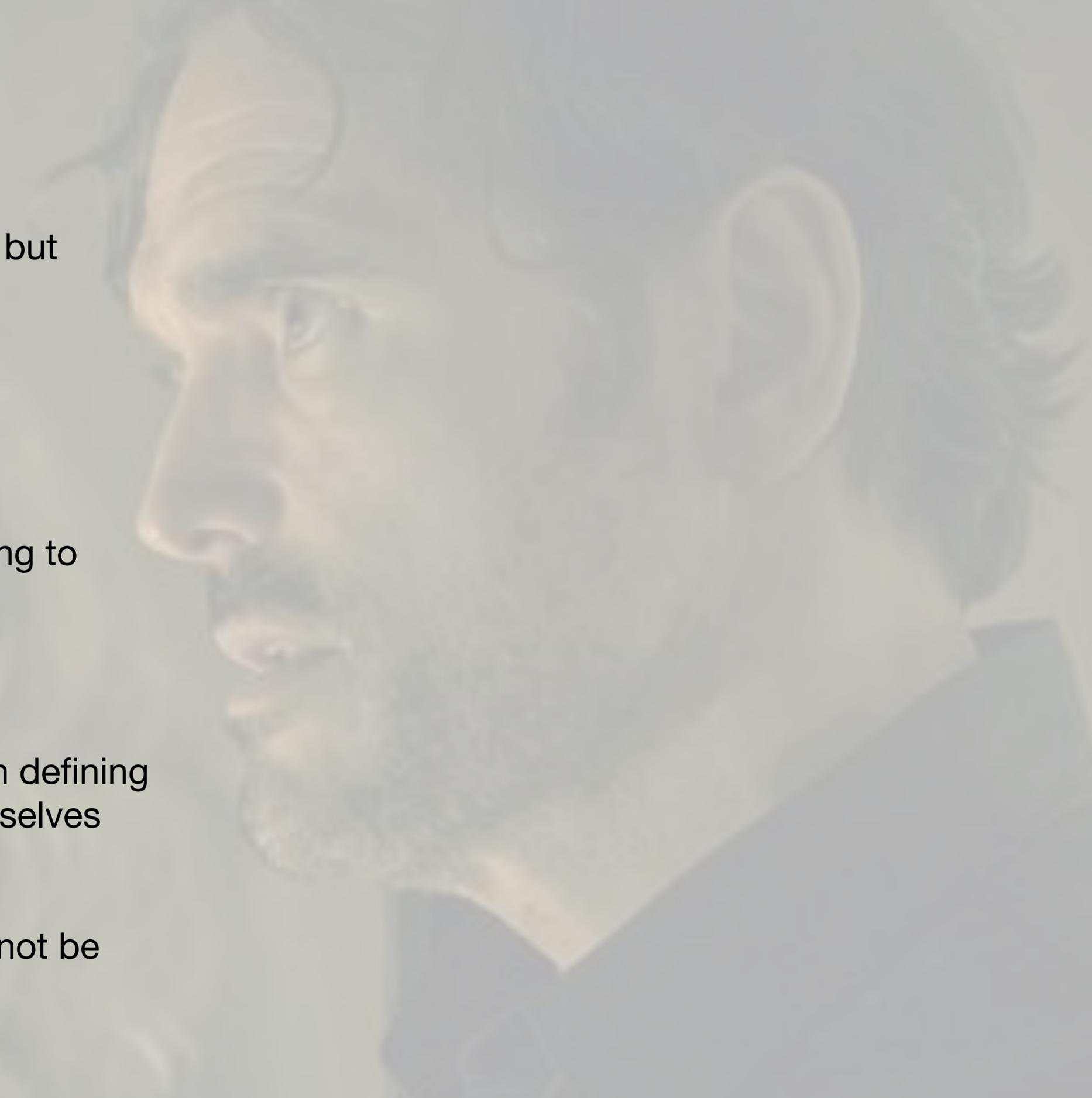
- Women who psychologically belittle him
- Women who cheat on him
- Women who don't respect him
- Women who ripped them off
- They live in fear or repeat the problem of continuing to date people like this

Women who have victimized or abused men.

Abused men, like abused women stick too much on defining the problem, making rules and boundaries for themselves and fearing the women they date.

This is a necessary part of the process, but should not be empowered or lived by men.

Otherwise they will stay stuck living their fear.



THE VICTIM MINDSET OF MEN'S COMMUNITIES

I know no men from the Red Pill Communities, MGTOW (it is against their philosophy) or INCEL communities who have handled their trauma and not have it dominate their life.

I know very little Red Pill and MGTOW people, too many PUAs, but there are too few high profile men in these circles who have functioning healthy lives that aren't fear based.

To know 0 men in a community that is based on men's empowerment who have experienced trauma that can have a relationship with women that isn't dependent on fearing them and thus controlling them is pathetic.

*And this is specifically one of the problems with the Pick Up, the Red Pill and MGTOW.
The dependency on fear, control and often times hate and judgment.*

Think about this

This is about healing

This is about being a man who can come back from catastrophic pain and build himself up

In my communities and other great coaches communities who have move away from Pick Up Artist definitions like David Tian, Hans Comyn, Zan Perrion, I know multiple men that have been in extreme pain and have moved into healthy lives and mindset where they find empowerment completely absent of controlling or fearing another group.



HEALING FROM ABUSE

STARTING AS A VICTIM BECOMING EMPOWERED

I know a lot of victims
Many of them stay victims.
Let's look at the ones who don't remain victims.

All empowered men and women who have been abused slowly but surely get to a place where they no longer see themselves as victims.

That can be a long road

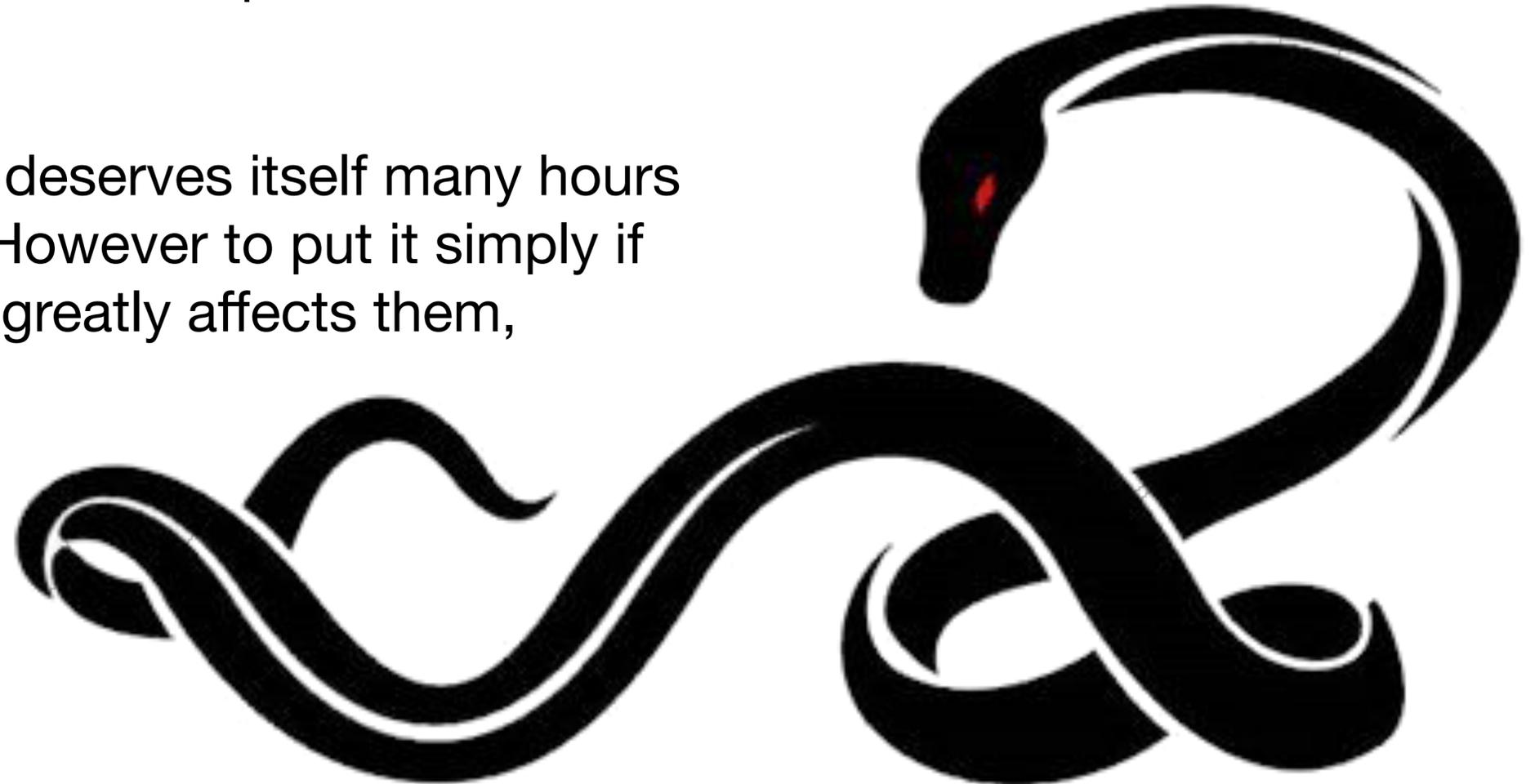
This means that you can definitely be empowered while still seeing yourself as a victim, but remaining there is not the end goal and will eventually move into toxicity.

TYPES OF VICTIMS

Feeling trauma and thus becoming a victim of trauma should not have a set definition, but trauma is dependent on the people around you.

This is a very complex idea and deserves itself many hours of discussion and exploration. However to put it simply if someone experiences pain that greatly affects them,

- Heartbreak
- Bit by a snake
- Almost drowning
- Being attacked



TRAUMA & HEALTHY SOCIAL CULTURE

And they don't have a social outlet that can help understand those emotions those emotions move deeper down the line of being traumatic.

If they are able to process these emotions with people in informal ways they have a better chance of not being traumatized for a long period of time.

It will just be something that happened and it may have changed them, but it doesn't define them or who they are in their social structure.

TRAUMA & ISOLATION OR JUDGMENT

If they can't talk about it or are alienated for it, trauma will grow

TRAUMA & FEAR BASED CULTURE

However if there is a part of society that does empower their fear or pain their emotions will only follow 1 path, that is fear, blame and resentment. Especially if this is an online group because many in person groups achieve, in formal and informal ways, some level of acceptance of the trauma.

TRAUMA HEALED FROM GROUPS

I have seen many people heal from what society would consider massive trauma into people that no longer consider themselves victims heal in groups.

In the addiction world this is most prevalent. This is also where I have seen the most extreme forms of trauma (that society would consider the worst)

In the men's development this only exists in few pockets of men

This also exists in therapy and psychiatry.

WHAT ARE THE TRAITS STRENGTH EMERGING FROM VICTIMHOOD

We broke down the process of one who stays in victimhood and this is a natural part of the process.

I am not going to breakdown the process of the complete healing. This would take too long and I would encourage you to sign up at an entry level of my groups or a men's group that has a history of helping men. This group cannot be one that sells to your pain or focuses on blame.

THE TRAITS OF STRONG MEN

- **Stop focusing on the 'abuser'**
- **Personal responsibility**
- **Groups & Outside Perspective**

The Traits of Strong Men

- **Stop focusing on the ‘abuser’**

No longer defining or telling people about how bad they were or the events were. This is a part of the process, but it cannot remain a key part of it. You will need to share your pain, but if you continuously share your pain without solution you will stay sick.

- **Personal responsibility**

You need to work on you. Even if you did NOTHING to create the abuse you need to focus on how you played a role - even if that is still having it affect you constantly reacting to the world. You need to look at the full spectrum of emotions, habits and beliefs it has created. You need to get to know them and not suppress them. You need to look at your ideals and beliefs you want to grow into and realize they will be foreign and difficult to live. This is where a support group is necessary. First for you to process the ideals, but also to deal with the confusion and failures of those. If you think this won't happen it will.

- **Groups & Outside Perspective**

Support groups, therapist, psychologists and mental health professionals are key. You need an outside perspective that you regularly meet with. You will miss a lot of this. The mental eco-system that has been built by living with the trauma, through the trauma and after the trauma has kept you alive and has served you in many benefits. There's a lot of good that fear, panic and caution have built. You need people who have been there and done that to help you.

GET HELP OWN YOUR LIFE

YOU WILL EXPERIENCE PAIN

YOU WILL BE CONFUSED BY SEX, MONEY, RELATIONSHIPS, PURPOSE, AMBITION

Life is truly meant to be learned in a hard way.

Your value as a human being is dependent on how you live with what you got.

Not to blame what happened

Not to fear the world

To Live

Personal Strength is dependent on and how you live in the world around you. Not the world your pain tells you to live. Control, judgment, endless desire and a need for power over others is the voice of pain.

Find your strength

AUSTIN MEN'S
DEVELOPMENT