

ROOTED

THE PROGRAMMING

The subconscious code running your identity, your love, your energy, and your kids. And how to rewrite it before you hand it down.

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START HERE

YOU THINK YOU'RE MAKING CHOICES. YOU'RE MOSTLY RUNNING A PROGRAM.

Most of what you do every day, you never decided. How you love. How you fight. How you parent. How you handle money. Whether you feel like enough. That was wired into you before you were old enough to argue, by people who were wired before you.

This is true for men and for women. It runs every area of your life at the same time, because it is all the same code. Fix it in one place and watch it shift everywhere.

**YOU ARE NOT BROKEN.
YOU ARE NOT ADDICTED.
YOU ARE UNHEALED AND RUNNING OLD CODE.**

That last line is the whole book. A wound wearing a lifestyle. The good news is simple: code that got written can get rewritten. That is what ROOTED is. Let's find yours.

THE INSTALL

HOW YOU GOT PROGRAMMED.

A small child's brain is built to do one job above all others: stay safe and stay connected to the people keeping it alive. So it watches everything and writes rules. Fast. Permanent. Below thinking.

If love came when you achieved, the rule became **I earn love by performing**. If big feelings got punished, the rule became **my feelings are dangerous**. If a parent was unpredictable, the rule became **scan everyone, stay ready**. Smart rules then. Running your adult life now.

THE RESEARCH

The CDC's **Adverse Childhood Experiences (ACE) study** (Felitti & Anda, 17,000+ adults) proved a hard childhood reshapes the adult, with a clear dose response: the more a child goes through, the higher the lifelong risk to health and relationships. About **64% of adults carry at least one ACE**. This is not rare. It is most of us.

Felitti, Anda et al. (1998), CDC-Kaiser ACE Study.

**THE WOUND IS NOT WHAT HAPPENED.
IT'S THE **RULE** YOU WROTE TO SURVIVE IT.**

DOMAIN 1

IDENTITY: THE "YOU" YOU DEFEND ISN'T YOU.

Most people spend a life defending an identity they never chose. "I'm just an anxious person." "I'm not a creative." "I'm the strong one." "I'm too much." Those are not facts about your soul. They are verdicts you accepted from a room that needed you a certain way.

You will protect that identity even when it costs you, because the brain treats the familiar as safe, even when familiar is a cage. That is why people self-sabotage right at the edge of something better. The win does not match the old story, so the program pulls them back to known.

THE RESEARCH

Dr. Bessel van der Kolk (*The Body Keeps the Score*) and decades of neuroscience show the self-image laid down in childhood becomes the default the nervous system defends, until it is made conscious and re-patterned. You do not think your way out. You re-pattern your way out.

van der Kolk, The Body Keeps the Score.

You were never meant to outsource your mind, not to a screen, not to a critic, not to a story a wounded adult handed you at age six.

DOMAIN 2

LOVE & NARCISSISM: THE LOCK AND THE KEY.

People do not fall for strangers. They fall for the familiar. Your nervous system recognizes the exact emotional climate you grew up in and calls it home, even when home hurt. That is why good people end up with people who drain them, and call the chaos chemistry.

Two programs find each other on repeat:

THE EMPATH

Learned love is earned by feeling everyone, fixing everyone, keeping the peace. Built a giant antenna pointed at others and never learned to read himself. To a healthy person that is a gift. To a narcissist it is a supply line.

THE NARCISSIST

Also a wound. A child who learned love was conditional and unsafe, so the self collapsed into a mask of "better than," defended at all costs. Not a monster from nowhere. A different survival rule, built from the same kind of pain.

Neither chose it. Both got programmed. The empath is not weak and the narcissist is not magic. It is a lock and a key cut in two different childhoods. You break the pattern not by hunting red flags forever, but by rewiring the part of you that calls the wound "home."

THE RESEARCH

Attachment science (Bowlby, Ainsworth, and 50 years of research) shows the love blueprint built in childhood runs adult relationships on autopilot until it is made conscious. We repeat the familiar. Awareness is what finally gives us a choice.

Bowlby & Ainsworth, attachment theory; Johnson, *Hold Me Tight*.

DOMAIN 3

PARENTING: THE LINE RUNS THROUGH YOU.

You cannot give a child something you never got. The calm you were never shown. The repair you never received. The feeling of being delighted in for no reason. If no one gave it to you, you have to build it now, or your kid inherits the gap.

THE RESEARCH

Young children cannot calm themselves. They borrow a nearby calm adult's nervous system to learn how. Scientists call it **co-regulation** (Siegel; Porges). And Dr. Ed Tronick's **still-face experiment** proved the secret is not being a perfect parent, it is the **repair** after you mess up. Rupture is normal. Repair is the medicine.

Siegel, *The Whole-Brain Child*; Tronick, still-face experiment.

**YOU'RE NOT RAISING YOUR KIDS.
YOUR CHILDHOOD IS.
UNTIL YOU GO BACK AND REWRITE IT.**

Here is the freedom: you do not have to be perfect. You have to repair. "That was me, not you. I'm sorry. I love you." That one move, on repeat, breaks a hundred-year line in a single generation.

DOMAIN 4

ENERGY: WHERE YOUR LIFE FORCE LEAKS.

You are tired in a way sleep does not fix. That is not laziness. That is energy bleeding out of leaks the program drilled years ago.

The scanner burns fuel reading every face for danger that is no longer there. **The pleaser** spends all day managing other people's comfort so nobody leaves. **The performer** never sets the mask down, so there is no rest, only intermission. You were not built to run hot 24/7. You were trained to.

THE RESEARCH

Chronic threat-scanning keeps the body in a low-grade stress state (Porges' **polyvagal theory**), which exhausts the system and, over years, shows up as burnout, gut problems, and illness, the body keeping the score of a danger that ended long ago.

Porges, polyvagal theory; van der Kolk, *The Body Keeps the Score*.

Turn the antenna inward and the leaks close. The same sensitivity that drained you, aimed at yourself first, becomes the sharpest tool you own.

SAME CODE, TWO DISGUISES.

The programming is universal, but it usually gets installed in two different shapes. Read both. Most homes are running one of each.

HOW MEN GET WIRED

Taught don't cry, don't need, don't flinch. Feelings get pushed down until they leak out as anger, numbness, or a heart attack at 55. Researchers named it **normative male alexithymia** (Levant), a trained inability to feel your own feelings. Strength gets faked by going cold.

HOW WOMEN GET WIRED

Often taught be good, be agreeable, take care of everyone, do not take up space. The result is over-giving, people-pleasing, and a self that disappears into other people's needs, then resents it. Different rule, same root, love must be earned.

Put those two in a marriage and you get a man who went cold and a woman who went invisible, both starving, both sure it is the other one's fault. It is not. It is two programs colliding. Name it, and you can finally fight the pattern instead of each other.

**IT'S NOT WHO YOU ARE.
IT'S HOW YOU WERE WIRED.
AND WIRING CAN BE CHANGED.**

THE SYSTEM

FOUR WORDS. ONE WAY OUT.

This is the engine. Works on any domain, any trigger, any bad night. Walk yourself through it.

MASK

What you show the world. "I'm fine." The success, the smile, the role. Name what you've been performing, and what it costs you.

ROOT

What's really running you underneath. The old rule. "Not enough." "Earn love." "Don't need anyone." Find the one line you've lived by since childhood.

MATRIX

The moment you see the program from outside. "That's not me. That's the wiring." You stop being the wound and become the one watching it.

CENTER

Turn the attention inward and make one move from there, not from the old fear. One repair. One honest sentence. One thing for you, not for applause.

STEP ONE

THE 7-MINUTE MORNING RESET.

Reading does not change you. Reps do. Do this before your phone tomorrow. Seven minutes, notes app or paper.

- 1. Name the weather (1 min).** Read your own mood before anyone else's. "Right now I feel ____."
- 2. Find the root (2 min).** If there's a knot, ask "how old does this feeling actually feel?" If it's young, it's the program, not today. Write the rule it believes.
- 3. Step outside it (1 min).** Say it out loud: "That's the old code, not the truth."
- 4. Pick one move (2 min).** One thing today done from center, not fear. One repair, one honest ask, one promise to you.
- 5. The 8-and-80 question (1 min).** "Why am I doing this, and what does it do for the people I love?" For the kid who grew up too fast, and the old version of you who wants to look back in peace.

**FROM SURVIVAL
TO ASSIGNMENT.**

WHEN YOU'RE READY TO REWRITE IT

ROOTED

This guide is the map. ROOTED is me walking it with you. Six weeks, one on one. We find the exact program running your identity, your love, your energy, and your home, and we rewrite it, so all of it shifts at the same time. For the man or woman done surviving and ready to build.

**THE FIRST CALL IS FREE.
DM THE WORD ROOTED.**

6 weeks 1-on-1 from \$3,500 · @joshua_betancur on Instagram

Heal first. Then build. You were never the problem. You were running someone else's code.
Rewrite it, and break the line for good.

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