

Jessica Berlin

via Contact form: <https://www.jessica.berlin>, Jan. 18, 2026 : 09:00

Dear Mrs. Berlin,

May I express my appreciation for some of your brilliant, yet easily understandable comments on the recent Megalomania phenomenon (Trump and others).

Here in Vienna it is not so easy to follow the example of US-citizens and call on political representatives in order to engage in discourse or respond: If not belonging to the (self-appointed) elite, you are quite unlikely to receive any comment — if so, a prepared statement from a secretary emphasizing their own competence and integrity.

A few years ago, I decided to write against destructive attitudes and dooming consequences — some of my publications aim to analyze the phenomenon of psychosocial oppression by outlaws holding elected honorable positions, and the fact of a downright "erotic" worship by deprived individuals and groups, known as a mass phenomenon (ref.: Sigmund Freud: Massenpsychologie und Ich-Analyse, 1921).

If asked, I can only advise against attempting to "appease" a classically antisocial, deeply disturbed narcissist — any destructive individual — by the means of never ending narcissistic reinforcement. Their greed is insatiable.

On the contrary: Any hesitation will be taken as a weakness. Weakness will be hated, the weaker one must be destroyed in order to perpetuate the Borderliner's own system of perpetual greatness in eternity.

Being systematically flooded with what feels like 10 new scandals every day must end up in apathy and resignation, which is what such potentates rely on. We know about the difficulties of taking in all these issues published in a frenzy — reflect on them, check validity, issue counterarguments, while endless numbers of new scandalous statements are already drowning out the previous ones.

I therefore do not advise "taking to the streets" or "contacting politicians", as this may always come late, still might trigger reflexive repression and even more of a radicalized (mob- or executive) violence. I therefore advise **consistently: ignoring!, not reporting on** such persons in question, and their henchmen.

The tactic of penetrating the unconscious of millions of ordinary people worldwide through a "constant presence in their most private areas", the tactic of establishing facts without contradiction, must urgently be counteracted:

This will diminish one's vanity, reduce attractiveness, shrink the "eros of power and wealth", and make that house of cards built on dreadful lies collapse.

Until then, it seems expedient and promising for all the many isolated, constructive-minded people to network and cooperate — which, unfortunately, seems to be systematically hampered at present. Networking means taking position, discussing issues, finding and communicating solutions — often in contradiction to a suggested "mainstream". Networking means becoming detectable, thus endangered.

Social wellbeing and global peace need both, courage and benevolence.

Despite the floods of negativity, I remain creative, thus hopeful.

You may contact me informally, if you like.

Fondest regards from Vienna,

V. Ellmauthaler

References:

<https://medpsych.at/Artikel-Psychoanalyse-Supervision.pdf>

<https://medpsych.at/Balint-Schindler-Vergleich-Thieme.pdf>

<https://medpsych.at/Versuch-Hass.pdf>

<https://medpsych.at/Witz-Gott-fragt.pdf>

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<https://medpsych.at/Offener-Brief-WWPutin-DE.pdf>

<https://medpsych.at/Off-Brief-DrE-DrLoringhofen.pdf>

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