# Richard Gadd opens up about trauma and triumph after sexual assaults



Richard Gadd, the 35-year-old performer from Fife, has opened up about the profound impact that a series of sexual assaults had on his life, detailing the journey from trauma to triumph. Gadd, who is the creator of the critically acclaimed series Baby Reindeer, revealed that he was groomed and assaulted by a powerful theatre director during the early stages of his career, an experience that plunged him into a deep depression and severely affected his self-worth.

The revelations about Gadd’s ordeal are echoed in Baby Reindeer, a semi-autobiographical series on Netflix that delves into his experiences. Gadd recounted how the assaults, which he described as a violation of trust and an affront to his self-confidence, created an overwhelming sense of self-doubt and despair. "If you’re lacking in self-confidence that’s easier," he noted, highlighting the mental health struggles that can accompany such trauma.

In recounting his experiences, Gadd likened the journey through trauma to navigating a nightmare, stating, "It’s like waking up in a nightmare," which altered his brain chemistry and left him struggling with basic daily tasks. The mental burden of his experience proved particularly challenging, as he compounded the pain with substance abuse. He expressed the devastating reality of living with trauma, noting the cyclical nature of despair leading to isolation and dependency on friends for emotional support.

His initial forays into addressing his trauma publicly came during his stand-up performances. In 2016, his show Monkey See Monkey Do touched on his experiences of abuse, a decision he described as risky given the societal environment at the time—that was before the #MeToo movement opened channels for discussion around such themes. Despite fearing judgement, Gadd received critical acclaim for his honesty, winning a Perrier Award, which he initially perceived as potentially damaging to his career.

Gadd's latest success with Baby Reindeer has garnered international acclaim, with the series winning six Emmy awards and two Golden Globes. Reflecting on his unexpected rise, he stated, "I never would have thought that," citing his previous focus on artistic recognition rather than mainstream awards. The show itself has been marked by controversy, notably involving allegations against a real-life figure who Gadd claims contributed to his stalking ordeal during his earlier disruptions.

The character of Martha in Baby Reindeer has drawn parallels to Gadd's real experiences, leading to legal action from the subject of his allegations, who denies the claims. Gadd described the overlapping nature of the traumatic events in his life, acknowledging that difficult periods can often invite further challenges, stating, "You do become a magnet for other dangers in your life because you are so exposed."

As an ambassador for the charity Break The Silence, Gadd advocates for awareness and dialogue surrounding sexual trauma. He underscores the importance of sharing one's experiences, expressing that breaking the silence is essential to mitigate the internal damage such violations cause. He reflected on the significant transformation he underwent during therapy, finding solace in spaces where he could confront his fears without judgement.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://time.com/6967483/baby-reindeer-netflix-true-story/> - This article corroborates Richard Gadd's experience of being groomed and assaulted by a powerful theatre director, and how it affected his life and self-worth, as depicted in the Netflix series Baby Reindeer.
* <https://time.com/6967483/baby-reindeer-netflix-true-story/> - It details Gadd's mental health struggles, including self-doubt, despair, and substance abuse following the trauma, and how he addressed these issues publicly through his stand-up performances.
* <https://en.wikipedia.org/wiki/Baby_Reindeer> - This Wikipedia page confirms the critical acclaim and awards won by Baby Reindeer, including six Emmy awards and two Golden Globes, and provides details about the series' creation and reception.
* <https://en.wikipedia.org/wiki/Baby_Reindeer> - It also mentions the controversy surrounding the character of Martha and the legal action taken by the subject of Gadd's allegations, which aligns with the narrative of overlapping traumatic events in Gadd's life.
* <https://time.com/6967483/baby-reindeer-netflix-true-story/> - The article explains how Gadd's initial forays into addressing his trauma publicly came through his stand-up show Monkey See Monkey Do in 2016, which touched on his experiences of abuse.
* <https://en.wikipedia.org/wiki/Baby_Reindeer> - This source confirms that Monkey See Monkey Do explored Gadd's experience as a survivor of sexual violence and that it won the top prize at the Edinburgh Festival Fringe.
* <https://time.com/6967483/baby-reindeer-netflix-true-story/> - It highlights Gadd's advocacy for awareness and dialogue surrounding sexual trauma as an ambassador for the charity Break The Silence.
* <https://en.wikipedia.org/wiki/Baby_Reindeer> - The Wikipedia page provides details about the series' episodes and how they reflect Gadd's real-life experiences, including the stalking by Martha and its impact on his life.
* <https://time.com/6967483/baby-reindeer-netflix-true-story/> - The article discusses the legal and societal challenges Gadd faced when trying to report the stalking, including the lack of concrete evidence and the complexities of harassment laws.