

Has Prince Harry pressed the self destruct button? 'Deluded' Duke is 'spiralling' in bombshell interviews, experts claim - and he is 'projecting anger' from his 'painful grief' onto his adult years

- **Harry sat down with ITV's Tom Bradby as part of a publicity blitz for Spare**
- **Claimed Will invoked mother's memory during argument over Oprah interview**
- **Body language expert Judi James says Harry showed 'evasiveness' over William**
- **Meanwhile Duke also gave a bombshell interview to CBS' Anderson Cooper**
- **There, he launched into his fiercest criticism yet of Queen Consort Camilla**

By Harriet Johnston For Mailonline

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Prince Harry is 'spiralling' out of control and has become 'self destructive' with his bombshell interviews and shocking new book, experts have claimed.

The [Duke of Sussex](#), 38, has sat down for multiple bombshell interviews in a publicity blitz for his memoir Spare, including chatting with ITV's [Tom Bradby](#) and CBS' Anderson Cooper.

During the intricate interviews, the royal discussed his relationship with both his brother Prince William and his stepmother Camilla in intimate detail, saying the Queen Consort 'plotted' to marry his father.

Experts have now revealed how the royal is 'exhibiting self destructive behaviour' which could be a result of PTSD, and 'projecting anger and bitterness' from grief over his mother's death onto his adult years.



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'DELUDED' DUKE 'IS SPIRALLING'

Appearing on Lorraine this morning, former Army Colonel Phillip Ingram discussed his own experience of PTSD - and suggested the Duke may be suffering from a similar disorder, without even realising it.

He said: 'I think he's exhibiting self destructive behavior as a wider part of suffering PTSD.

I'm doing that not as a clinician, but I've suffered that. You put things out that are designed to shock.

'He won't realise that's what he's doing. It will shock, it will attack. People should just listen to what he's saying, and not amplify it.'



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Former Army Colonel Phillip Ingram said Prince Harry is 'on a spiral' and he 'doesn't realise he is ill' or 'suffering'

He went on to say he believed the Duke is 'on a spiral', saying: 'It will end up one of two ways, he will do something and suddenly realise this is not me, I need proper help. Or something more horrible will happen.'

What is post-traumatic stress disorder (PTSD)?

Post-traumatic stress disorder (PTSD) is an anxiety disorder caused by very stressful, frightening or distressing events.

People with PTSD often suffer nightmares and flashbacks to the traumatic event and can experience insomnia and an inability to concentrate.

Symptoms are often severe enough to have a serious impact on the person's day-to-day life, and can emerge straight after the traumatic event or years later.

PTSD is thought to affect about 1 in every 3 people who have a traumatic experience, and was first documented in the First World War in soldiers with shell shock.

People who are worried they have PTSD should visit their GP, who could recommend a course of psychotherapy or anti-depressants.

Combat Stress operate a 24-hour helpline for veterans, which can be reached on 0800 138 1619.

He went on to say that he recognised certain behaviours from the Duke as 'flashbacks' to his own PTSD .

He said: 'I do think that he is probably suffering PTSD, we're seeing it. When I was suffering, a lot of every close friends couldn't tell. It's like an actor on a stage. But people don't know what's going on behind that.

'He doesn't realise he's ill. The last person to see that he's ill is the person suffering.'

Meanwhile royal expert Jennie Bond commented: 'I feel incredibly sorry for him. Watching 90 minutes of Harry on television, I still found him likeable.

'I have huge sympathy for what he went through, obviously everyone does. There were still glimmers of the old Harry, here and there.

'But then, he suffers from what I honestly think is near delusion in his damaged state against the press.'

'Everything is the fault of the press and he is so vitriolic about it, he just cannot seem to move on from that, and it' understandable given his mother's death. I understand that.

'But so much of what he said conflicted and contradictory. He allowed his family to be hung out to dry on an accusation of racism, which Harry says now he never says and wasn't true.

'That's in my view, unforgivable.

'He seems a little bit deluded about the fact he wants to save the UK from the evil, evil press and if there's a reconciliation between himself and the family, that will ripple through the world and bring peace to the world.

'Some extraordinary thoughts are coming out of that youngish man's head.'

'I thought he and William were close. I don't think it's quite right that he has given away so much of William's private thoughts, feelings and torment.

'William has chosen to deal with his mother's death privately, Harry has chosen a different way but when Harry says, this is my story to tell...that's fine Harry, but you've also told everyone else's stories.

'I don't think that is the correct way to go about it.'

'We were told by the palace, he was fine, he was the mischievous one. he wasn't fine, he was never fine. He wasn't that fine in childhood and after his mother died, he was not fine.'

MASKS GRIEF ABOUT DIANA



Meanwhile body language expert Judi James said the Duke appeared to be 'masking' his grief about Diana, who pointed out how his eyes rolled upwards in a 'cut off' gesture

Speaking about his mother's death in the ITV clip, Harry recalled how he was 'unable to show any emotion' in public after her fatal car crash in 1997, and that he had only shed tears when she was buried.

He also spoke of feeling 'some guilt' as he greeted crowds who gathered to pay their respects to his mother outside Kensington Palace.

Experts have revealed how the Duke appears to show a complex level of painful grief surrounding his mother Diana's death.

Psychotherapist Liz Ritchie said the interviews indicated a 'clear' demonstration of 'complex grief.'

She said: 'This has precipitated Harry's need, rightly or wrongly, to tell all, including the trivial fraternal scuffles, his early sexual experiences and the ill-advised revelations about his time in combat in Afghanistan.'

ITV INTERVIEW BECAME 'POLITICAL'

Body language expert Judi James said that there were times during Prince Harry's 90-minute chat with ITV when it 'took on the look of a political interview'.

She told MailOnline: 'There were times when Harry's interviews took on the look of a political interview, with Harry using body language and verbal swerve techniques to either try to close a line of questioning down or to move to a different viewpoint or topic.'

'Grief is a very subjective experience and can become complicated if the painful emotions are not processed and can become long lasting and severe.

'Harry reported that after his mother died he refused to believe it and thought that she was in hiding and would come back.

'This suggests the presence of intense emotional pain related to the loss of his mother, making it very difficult to process these painful emotions and leaving Harry with feelings of anger, bitterness and sorrow which he is now projecting in his adult years.

'Harry's grief is unresolved and his mother memory is a constant presence in his life.'

'Harry is relentlessly unforgiving about having to walk behind his mother's coffin in front of the world at such a young age.

'As well as the role the press had to play in the death of his mother. This clearly damaged the young Prince and whatever our thoughts, both William and Harry have suffered an incalculable loss.'

'I believe that Harry sharing his mental health struggles deserves compassion, yet it is understandable that many loyal to the Monarchy will feel that Harry and Megan deserve only criticism.

'It could also be seen that Harry is using his new found freedom to purge and confess all, after a lifetime of imposed secrecy and repression.

'In the process his perceived betrayal could potentially destroy the relationship between his father and brother as well as alienating him from his birth right.'

Meanwhile body language expert Judi James described how Harry tried to show a 'signal of bravado', but was likely masking grief.

She said: 'Harry's body language when he talks about his mother's death and his reactions and feelings at the time suggest a disassociation, as though it is still too raw and painful to fully immerse himself in the narrative.

'He starts by using an incongruent signal. His eyes move to the side and he performs a very weak smile that is applied like a signal of bravado. This is often a sign that someone is masking, i.e. concealing their pain or their grief.

'His eyes then roll upward in a cut-off ritual and here we get to glimpse the pain as his mouth stretches in a horizontal grimace that reveals his lower teeth, like a wince of physical pain.

'But then he seems to adopt an outsider's view, almost as though he is a commentator on his own documentary. His left hand moves in a conductor's gesture to suggest control as he switches away from the first person as though talking about someone else.

'The two people most loved by her were unable to show any emotion' sounds as though he is looking in at these two tragic boys rather than immersing himself and identifying with his young self and, again, the suggestion is that it is still too raw for him to deal with.

HARRY DISPLAYED RESENTMENT WHILE DISCUSSING CAMILLA



During the ITV interview, Prince Harry appeared to grow 'defensive' of his comments about his stepmother Camilla, according to Judi

During the ITV interview, Harry addresses a number of topic covered in the book, including his consumption of cocaine a 'few' times during his wilder party years and his relationship and his sensational accusation towards Camilla of plotting to marry Charles.

In Spare, the Duke claims that he and his brother William 'begged' the then-Prince of Wales not to remarry after Princess Diana's death, fearing that she would be their 'wicked stepmother'.

Body language expert Judi told MailOnline that Harry displayed examples of 'anger and resentment' when talking about the Queen Consort.

She said: 'Harry's body language signals are contradictory when he talks of his father.'

'His voice drops and his features soften but he also seems to prep physically for a challenge or confrontation, despite telling how he has already opened up to his dad and gained the apology he seems to have been craving.'



During the interview, Judi pointed out the Duke appeared near tearful, sucking his lips in at one stage

'At times he looks tearful but his mantra: "I love my father. I love my brother. I love my family", sounds like an unemotional recitation.

'The phrase "certain members of my family" prompts signals of anger and resentment.

'He sucks his lips in, and describes how they "decided to get into bed with the devil" using precision gestures to signal righteousness and correctness. His "killer" accusation here comes through a mime. Using one hand for his family and the other for the tabloid media he presses one hand on top of the other.

'With Camilla Harry is a welter of conflicting signalling.'

'He acts out anger when Tom suggests he has been 'scathing' about her but his hand lands on his hip in a partial splay gesture of aggressive arousal or defensiveness.'

'His positive comments skid up towards a 'but...' as he sniffs and bristles before swerving politically again to get off this more specific target.'

DUKE WAS 'DISPLEASED' WITH QUESTIONS



Judi explained that the Duke appeared 'displeased' with the line of questioning taken in the ITV interviews, using a 'hard stare' with a 'mouth clamp'

Judi explained that the Duke appeared 'displeased' with the line of questioning taken in the ITV interviews.

Judi explained: 'There were frequent uses of the 'one sniff' signal. This was like a 'tell' in poker and quickly seemed to establish itself as a hint he was not keen on the question.

'It looked like a simple gesture but it could have had different purposes for Harry.'

'Firstly it can be a hint of mild disgust. But it also created an 'excuse' for a cut-off ritual when he brought one hand up to touch his face by rubbing his nose.

'A gesture like this is often use to hide the face or part of it which would suggest discomfort at that point and a need to hide his feelings or suppress his words.

'The small hard sniff can also be a bit of a 'wake-up' ritual too. It pulls a little burst of air into the body which alerts the brain.

'An animal will 'sniff the air' when it senses danger and this could be Harry alerting his brain that a difficult topic was being raised.

'Harry also used a very familiar royal gesture when he was displeased with the question though.

'He seems to have inherited the rather hard stare that his grandmother was said to use famously and Harry would often team it with a mouth clamp to suggest "subject closed".'

APPEARED 'INDIGNANT' OVER DRUG USE



Ms James says Harry showed signs of appearing 'indignant' when having to address his cocaine consumption in the ITV clip



Judi pointed out how Harry's hands 'spin in mid-air' while discussing smoking cannabis and boozing

In his autobiography, Harry describes smoking cannabis and boozing - but he revealed for the first time how he was offered a line of cocaine during a hunting weekend.

Admitting that he lied to the Royal Household staff during his interrogation, Harry says taking cocaine 'wasn't much fun' and did it partly to be different and because he was a 'seventeen-year-old willing to try almost anything that would upset the established order'.

Ms James says Harry showed signs of appearing 'indignant' when having to address his cocaine consumption in the ITV clip.

She added: 'Tom brings up the subject of drugs with understandable signals of awkwardness and embarrassment, raising his brows, tilting his head and almost requesting non-verbal permission.'

'However once he is on the subject he becomes a terrier with a bone between its teeth.

'Harry's response is that of a politician, both verbally and non-verbally. He adopts a confident pose and holds it apart from a suggesting in the straightening of his torso that he is bracing himself, instead of looking ashamed or apologetic, to appear to be bristling with righteousness and indignation.

Tom asks whether a "class A drug" was not in the public's interest and Harry performs a political swerve, repeating the words "what is a matter of public interest" to lead the attention off the drugs and onto a diversion, which is "the relationship between the institution and the tabloid media".

'His lower jaw jut signals resentment and anger and his hands spin in mid-air in a bout of his leadership style emphatic rituals.'

'UNCOMFORTABLE' OVER RIFT WITH WILL



The Duke of Sussex, 38, has sat down with ITV's Tom Bradby as part of a publicity blitz for his new bombshell memoir Spare

In the book, Harry claims his brother William invoked their mother's memory during an argument over his interview with [Oprah](#).

The duke wrote that William got heated as they spoke after the funeral of their grandfather [Prince Philip](#) in 2021.

Harry claims he was trying to address bullying allegations made against Meghan, before alleging that William was 'really steaming' and grasped at him as he tried to walk away.

Ms James says Harry showed 'evasiveness' and 'discomfort' when discussing the rift with his brother in the ITV interview.



Prince Harry pictured with his brother Prince William and father Prince Charles at the funeral of Princess Diana

She added: 'Tom Bradbury uses a first person role-play technique when quizzing Harry about William. He adopts the role, body language and the words of William, acting out potential bewilderment and a sense that Harry has betrayed him.'

'It's a powerful technique that can be aimed at prodding the interviewee to reply in kind or to produce a more realistic response. Role-play like this might look a bit overkill but in an emotional situation it can often trigger reactions that normal questioning can't.

'Harry becomes very guarded here though, making it sound like a political interview. He performs a cut-off ritual, bringing one hand up to his nose. This can often show a desire to want to cover or conceal the mouth or part of the face, which in turn can look evasive.'

Ms James continues: 'When Tom says in role as William 'How could you do this to me?' Harry squirms to avoid playing ball.

'His eyes move to the right and also upward. Avoidance of eye contact like this can also hint at discomfort or evasiveness.

'When Tom presses it further, asking about 'invading the privacy of your nearest and dearest' Harry touches his nose and sniffs, hiding what looks like an angry or pained grimace. His

answers become less direct and more political as he says William might say a lot of things rather than make more specific speculations.