

hi i'm adam lane smith an attachment

0:03

specialist and today i'm going to talk

0:05

to you about simplifying your life

0:08

the truth is that you don't need an

0:10

easier life you need a simpler life

0:13

now most of us think we need an easier

0:15

life because it feels hard it feels like

0:17

our life is just too hard and it needs

0:19

to get easier

0:21

a major part of that is that it's too

0:23

complicated your life is scattered in

0:26

five different directions you don't know

0:27

what to do scattered in 20 different

0:29

directions sometimes it feels like

0:31

you're pulled in every direction i think

0:33

about that lord of the rings quote i

0:35

feel like too little butter scraped over

0:37

too much bread all the lord of the rings

0:39

nerds at home are going to tell me how i

0:40

got it wrong and that's fine

0:42

um

0:43

that

0:44

that is most of us

0:46

most of us feel like too little butter

0:48

scraped over too much bread we feel like

0:50

we're spread so thin that we have no way

0:53

to engage or go deep on anything that we

0:55

need to even if we have something we

0:57

know we want to engage with we don't

0:58

know even know how we don't have the

1:00

time and we're exhausted we're tired and

1:02

we're frustrated

1:04

your life does not need to be easier you

1:06

are strong enough to handle your life

1:08

all of us are all of our ancestors they

1:10

came from hunting fighting off tigers

1:13

fighting off rival tribes we have the

1:16

dna genetics we have our our genetics

1:19

our biology our brains are built for

1:22

extreme adversity and tough conditions

1:24

that doesn't mean you should live in

1:25

them all the time but you are built to

1:26

take stress

1:28

you are not built for incredible

1:30

complication life was simpler back then

1:33

simpler

1:34

what was your goal in life to survive

1:37

to keep your family alive that was

1:40

pretty much it those two things

1:42

survive

1:44

hopefully reproduce keep your family

1:46

alive

1:47

that's it

1:49

today what are your goals

1:52

you have a lot

1:53

you probably have many if you think

1:54

about them and if you think you don't

1:57

think twice

1:59

it might be to finish that book finish

2:00

writing that book finish reading that

2:02

book start a youtube channel start a

2:04

family build a business it can be any

2:06

number of things that are dragging you

2:08

in 50 different directions

2:10

and probably

2:12

you have some that don't make sense you

2:14

have paradoxes you're conflicting

2:16

desires you want to stay independent and

2:18

not have to rely on anybody and not be

2:20

beholden to anyone but you also want to

2:22

be in a loving relationship

2:24

that's really difficult to accomplish in

2:26

fact that's impossible you need to give

2:28

up one or the other

2:29

it might be that your fears are

2:31

complicating things it's not that you

2:32

want complicated things your brain is

2:35

complicating it more than it has to be

2:37

and this is often the case when anxiety

2:38

is high which typically comes from

2:40

attachment issues or trauma

2:42

or just not learning how to manage life

2:45

and not learning how to focus into a

2:47

goal

2:48

when i teach people to simplify their

2:50

lives

2:51

it helps

2:53

what does that look like well as a

2:54

marriage and family therapist i worked

2:56

with a lot of couples families and a lot

2:58

of independent individuals

3:01

some of my earliest work took place in a

3:03

big county jail in one of the worst

3:05

county jails in the united states

3:08

i worked with death penalty inmates i

3:10

worked with gang member dropouts i

3:12

worked with people who had mutilated

3:13

children i worked with some of the most

3:15

horrific cases you can imagine

3:17

and also plenty of people who are in for

3:19

smaller crimes i worked with a lot of

3:21

people

3:22

who were in jail and headed to prison

3:24

who had children at home and needed to

3:27

figure out how to parent from prison

3:30

that simplifies your life but it also

3:32

complicates it you think there's a

3:33

billion complications flying at you

3:36

and it feels too complicated but it's

3:38

simplified

3:40

let me show you what that looks like

3:41

because that sounds like a paradox

3:43

all you have to do

3:46

is focus on parenting your kids and

3:48

everything else will take care of itself

3:49

at that point

3:52



you're going in prison there's nothing

3:53

you can do about it

3:55

your life is going to be structured

3:56

there's nothing you can do about that

3:59

you can find your priorities and put all

4:01

your energy into those things instead

4:04

and that is why i would teach parents to

4:06

parent from prison

4:08

and how to maintain the best healthiest

4:10

relationships with their kids that they

4:12

could to minimize the damage from being

4:14

in prison but not just minimize the

4:15

damage to give them the good things

4:17

those kids needed to build good lives

4:20

not just minimal lives but good lives

4:23

so that when that parent came out of

4:24

prison hopefully

4:26

hopefully some of them

4:28

those kids would be there and they would

4:30

have a relationship waiting for them and

4:31

they could be a family again instead of

4:33

being broken and having to try to figure

4:35

out from scratch from zero from

4:37

negatives

4:39

when they got out

4:41

you simplify your life by figuring out

4:43

what your priorities are

4:45

what are your real priorities

4:48

attachment can cloud that because it

4:49

feels like your priority is to just

4:51

survive every day minimize your pain and

4:54

maximize your pleasure for the rest of

4:56

your life that's the emotional brain

4:57

that's the right side of your brain it

4:59

controls that and when you're anxious

5:01

when your attachment is high you're at

5:02

seven or eight out of ten anxiety every

5:04

day if you're up there your brain is

5:06

only thinking five seconds in the future

5:08

if you can minimize that anxiety a lot

5:10

of physical techniques can do this

5:12

there's a tremendous amount of options

5:14

that aren't just medication

5:16

prolonged physical discomfort through

5:18

exercise through martial arts through

5:20

progressive muscle relaxation yoga any

5:23

kinds of all kinds of activities can

5:25

help tai chi is phenomenal for this also

5:27

and it's very simple and it's useful for

5:29

people who have bad joints you can look

5:31

up tai chi videos take a tai chi class

5:33

it's really a wonderful martial art

5:35

designs with elderly people in mind so

5:38

give that a shot

5:40

if you can diminish that anxiety

5:42

response

5:44

you can start to think about what your

5:45

actual longer term priorities are

5:48

what is your legacy what are you wanting

5:50

to build in your life for me i'm a

5:52

father so my priority is my children my

5:55

priority is building a healthy life for

5:57

my children building them an inheritance

6:00

building a self-correcting family system

6:02

so that when problems come up the family

6:04

heals instead of just exploding from it

6:06

it's inevitable that we all lose

6:08

building a healthy family system

6:11

that is my priority so how does that

6:13

influence my other priorities well if my

6:16

priority is to eat sugary foods every

6:18

single day that comes into conflict with

6:19

my main priority which is my children so

6:21

i need to eat at least relatively

6:23

healthy at least most of the time i need

6:26

to get physically fit if i want to leave

6:28

an inheritance i need to get financially

6:30

smart i need to take some online

6:32

financial classes i need to improve my

6:34

career i need to build a better

6:37

financial system for my kids

6:39

if i want them to have a healthy

6:41

marriage someday or be able to have a

6:43

healthy marriage if they choose to get

6:44

married i need to have a healthy

6:46

marriage myself i need to build that in

6:48

so i need to put the time and effort

6:50

into connecting with my wife and making

6:52

that work and improving problems healing

6:54

wounds making our marriage better and

6:58

making all of that as visible as is

7:00

healthy to our children so that they

7:02

don't just see a marriage with locked

7:04

doors um you know where oh mom and dad

7:06

are just talking behind locked doors we

7:08

never know how they talk

7:09

we show them how our marriage is when

7:11

we're out there with them

7:13

that doesn't mean we fight and scream

7:14

and throw things at each other we should

7:16

never do that but you shouldn't also do

7:17

that in front of your children but

7:19

if we have a small disagreement we might

7:21

handle it right there and show the kids

7:23

how to model it we show the kids all

7:25

kinds of things and model it for them on

7:27

purpose with both of us knowing what

7:28

we're doing so nobody flies off the

7:30

handle in front of the kids

7:32

but that's a priority

7:34

it simplifies my life to know that my

7:36

priority is my children and my

7:38

grandchildren my great-grandchildren

7:39

making them healthy that is my priority

7:42

it simplifies everything else because

7:45

when i'm faced with a decision i ask

7:47



how will this affect my kids

7:49

what is the best outcome from this for

7:51

my kids what is the best thing i can do

7:54

to make sure my kids are healthy

7:57

and i do it

7:58

and that simplifies the process

7:59

tremendously because then i don't even

8:01

have to think hardly at all i just ask

8:02

what's my priority here oh yeah that and

8:05

i go do that

8:07

you need to find your one priority in

8:09

life if that's your children if that's a

8:11

career if that's an art if that's

8:13

something you are building and creating

8:15

the word is legacy

8:17

what is your legacy going to be

8:20

what legacy are you trying to create

8:22

because

8:23

the harsh reality time if you sorry if

8:26

you don't know this but you will die

8:27

someday

8:28

what legacy are you wanting to leave

8:32

and that legacy happens through

8:34

relationships so what relationships are

8:36

you wanting to leave stronger when

8:39

you're at when you're gone

8:40

who are you wanting to leave stronger

8:42

who are you wanting to leave pieces for

8:45

are you wanting to build the most

8:46

phenomenal homeless structure that's

8:49

ever ever existed to take care of

8:50

homeless individuals and end

8:52

homelessness in america

8:54

fantastic that would be a wonderful

8:56

legacy that simplifies all your

8:58

priorities because they all go toward

9:00

that

9:01

are you willing to build the ultimate

9:02

family and have 500 descendants over the

9:05

next year and over the next 100 years

9:07

and have them over the next year that'd

9:08

be great over the next 100 years have

9:11

500 descendants

9:13

who are all healthy and loving okay that

9:15

simplifies the process enormously

9:17

because that's all you have to do is ask

9:18

yourself every time a decision comes up

9:20

how will this affect my long-term legacy

9:22

legacy is the key

9:24

to simplifying your life what legacy are

9:26

you wanting to leave if you can figure

9:28

that out

9:30

that will help

9:31

that will simplify everything

9:34

and if you can't find a legacy start

9:36

with principles what principles are most

9:39

important to you and if you don't know

9:40

what those are

9:43

think about the day after your funeral

9:45

when you've passed away and people are

9:47

talking about you what would it be most

9:50

shameful for you to know people say you

9:52

didn't have

9:54

courage

9:55

compassion honesty loyalty

10:00

what two or three

10:02

principles would you be ashamed to have

10:05

people say you don't have

10:08

and then

10:09

live your life every day and make all of

10:11

your decisions according to those

10:12

principles so that when you die they

10:14

will say you did have those principles

10:17

that is what kind of person they were

10:21

and those principles will probably lead

10:23

you to a legacy because you

10:25

will want to give those principles to

10:26

other people

10:27

you'll want to share those principles

10:29

with other people those principles will

10:30

inform the work you're going to do in

10:32

your relationships personal and

10:34

professional

10:36

that is how you simplify your life

10:38

through principles and or legacy

10:42

that's where it starts that's how you

10:43

simplify it and that's also how you find

10:45

a driving life purpose

10:48

and stop hating yourself

10:51

because if you don't live your

10:52

principles and if you don't have a

10:53

legacy and you think your life is

10:54

pointless it is easy to hate yourself

10:58

and that is a big piece of why people

10:59

drift

11:02

find your principles

11:03

find your legacy

11:05

and simplify your life