**Episode #55**

**Speaker 1** [00:00:01] Welcome to the Cabrera Lab Podcast.

**Speaker 2** [00:00:06] How are you?

**Speaker 1** [00:00:07] I'm awesome.

**Speaker 2** [00:00:08] Awesome is good.

**Speaker 1** [00:00:09] wear my Cornell stuff because we're ECAC hockey quarterfinals tonight. If we win tonight, we go to Placid. We go to Lake Placid ECAC finals. Yeah. So now, semi-finals and then finals. I'm a bad fan. So tonight's a big...

**Speaker 2** [00:00:29] You didn't tell me I would have worn my Cornell stuff. So it's Let's Go Red. Everyone out there, I'm hoping when you're listening to this, we're heading to Palacid. Alright, so this is a rare moment. I have kind of a squishy idea of what I think we should talk about today or what I'd like to talk about today. And the reasons it's a little squishy, which actually will be part of the podcast itself, is it's kind of one of those things that's a ball of emotional stuff and rational stuff and it requires sort of the balance of AI and just basic.

**Speaker 1** [00:01:04] intelligence.

**Speaker 2** [00:01:06] Well, emotional intelligence, but it's more around how do we acknowledge both emotional intelligence and just sort of intellectual analytical skills to really deal with some of the things that I'm seeing or that we're seeing. And one of the reasons I'm asking you is because I've said this to you many times is that you have this balance, a unique balance, I think, you're as emotionally intelligent as you are intelligent intelligent. And I think where I'm intelligent, and I'm also emotionally intelligent, but there's a little bit. of a scale tipping on one way. So here's what I was thinking. I think people are struggling to make sense of things. And I think part of that struggle comes from there are emotional responses to things that they're trying to really think about and understand. Whether it's in the world, whether it's politics, whether it's their own situations in life, there's just a lot of, I just feel like there's a lot of struggle that I would like to tell people how to deal with that. you know, or give them a footing at least. Make it a fair fight.

**Speaker 1** [00:02:13] Yeah, I think there's a couple of things. One is it's very important to do both, you know, the emotional aspect and the whatever you want to call the other side, the cognitive prefrontal cortex, you know, the analytical, these things mean different things in different realms. So I'm sure somebody will criticize that my use is but you know the sort of more cognitive and more emotional. Yes. And I think for a lot of folks, some folks can have emotional intelligence and also cognitive or analytical kinds of intelligence, and yet those things get conflated when they have high emotion. Yes. Right? Yes. And it becomes like a ball of twine that's hard to like separate. So, I mean, so there's the two parts of the barbell, but there's also the relationship. And if the relationship between them gets conflated, that's also can be can be problematic.

**Speaker 2** [00:03:24] But I also think, do that with your hands again, I think it's when it's like this.

**Speaker 1** [00:03:28] Yeah, that's when it's hard.

**Speaker 2** [00:03:29] People, I get the sense that people are feeling overwhelmed, they don't know how to pull it apart, they're having feelings, they're having thoughts, and it's just like a big mess in their head.

**Speaker 1** [00:03:41] Yeah. So like as a climber, I think of it like we often will get like a spaghetti mess of ropes. Yeah. And you've sort of spent a lot of time untangling ropes and things and the ropes are kind of colorful, you know? So like I have like almost a pinkish rope and then a bluish rope or you know a reddish rope or something like that. So imagine these two colored ropes that are just completely entangled and it's a mess. And you sort of have to like understand if, especially if they're the same color rope, it makes it harder, right? So if you can learn to recognize the emotional parts and learn to recognize the sort of thought parts, what I sometimes call thinkings and feelings. If you can understand what's the thinkings and what's the feelings and pull them apart so that you can see them, right? Pull them, like get them untangled. get them coiled in a sense. And that is in the first step of emotional intelligence is essentially the regulation of your emotional response to things, right? And so being able to see your emotional response and distinguish it from your thinking, your feelings from your thinking is kind of the first step. Because if you're dealing with this, you kind of don't stand a chance. It's gonna be very difficult to parse what is it that you're thinking versus what is it that you're feeling and how some of those thinkings get supercharged by the emotion or the feeling. Right. So that's the first step.

**Speaker 2** [00:05:26] Well, I think it's important at this point to clarify. We often label things as feelings when they're actually thoughts.

**Speaker 1** [00:05:36] For sure.

**Speaker 2** [00:05:36] Right. I feel like he's a jerk. I feel.

**Speaker 1** [00:05:40] Or I feel like we should go to the store. You're like, no, you don't. That's not a feeling. Yes, yes. Right, so we even conflate it in our language. There's a couple things you can do for that. I mean, one thing you can do is understand the structure of a thought, right? So I think x, like whatever it is you think, and then. dot dot dot like ellipses because because you can go on you can say because this or as a result of this or whatever right if you think about the structure of feelings i feel why and if you understand the difference between these two structures and you also understand that this x Effectively equal to an infinite amount of things you could think any you can think anything. Yeah I mean there's an infinite number of thoughts and this y is Equal to like somewhere on the in the neighborhood of like 8 to 12 things Right meaning you there's only 8 or 12 it depends which scientists you've listened to but roughly speaking we have you know a Baker's dozen of a set of emotions that that are possible and And, um, And those are your emotions. Those are the ones that you feel, right? And so it's not an infinite set. It's a very limited set of things. I feel sad. I feel frustrated. I feel angry. I feel, you know, happy, you know, whatever. And part of really recognizing your feelings is just putting a period on the end of it. And the reason a period is so important is because you really do need to just feel them a lot of times a lot of times you just have to it's like energy that has to get out and you have to you have to ascend i call it metabolizing you have to metabolize your feelings and if it's not a period then all kinds of hell breaks loose and and here's why it's really interesting when somebody says i feel sad what is what most like 10 out of 10 people say That's exactly what they said.

**Speaker 2** [00:08:00] Why do you feel sad?

**Speaker 1** [00:08:01] So you say, I feel sad, and 10 out of 10 people are going to say why. What word does the answer, every answer to why start with? Because. Because, dot, dot, dot. Yep. There's the dot, dot, dot, right? Because is the existence of a cause. Yes. So what you're trying to do when we say why, what you're implicitly doing. unbeknownst to most people i think most people if they realize they're doing this wouldn't do it they're not doing it like with bad intention they're actually doing it with good intention

**Speaker 3** [00:08:41] But they

**Speaker 1** [00:08:42] but they're making a critical mistake, which is they're causing a person that is in the midst of feeling sad to go to their analytical thinking space because causality is about the analytics of it. Why are you feeling sad? Well, it would probably be better to be like, oh, that sucks. and just be with the person, right? Just kinda, you know, maybe if you know them while you, you know, put your hand on their shoulder or something, just sit with them or whatever and let them be sad. Because the faster they feel the sadness, the faster they're gonna work through it.

**Speaker 2** [00:09:23] I mean, maybe this is a good story for this, but I read somewhere that people who are experiencing grief, they start to schedule crying time every day, because it helps them.

**Speaker 3** [00:09:38] process it.

**Speaker 2** [00:09:39] process it and sort of get it out of their body, and then it's not coming out at times when it's inappropriate or it's more difficult for them. So it's one of these strategies. I can't remember, I read it, maybe it was on a show or something, but that's a way to do exactly what you're saying is let yourself have those feelings. Don't even try to think about it, just have them.

**Speaker 1** [00:10:03] No, it's really, it's critically important. And I don't mean it in like a, you know, devolve into your feelings and be like, you know, that's not really the point. The point is it's physics. There's energy in emotion and that energy isn't going to disappear, right? It's never gonna disappear. It might take different forms. So if you're about to feel sad and then somebody says why, and then you go into your because routine, your analytical thinkings instead of feelings, then something's going to happen. You can think of it like this. You've got like a vessel, and that little energy of feeling, because think about when you cry or something like that, that's energy coming out of your body. Right. And if you get really good massages, you'll actually sometimes they'll hit something and you'll be like, well, that's weird. I'm having like a feeling that's kind of old and that's been stuck in there for a little while. Right. So those little those little teardrops or whatever you want to think of them as they're they're coming in here and they're filling up this thing. Yes. The more you don't feel this, the more this is going to fill. And you have a you have a reservoir. right? And you can have that stuff and you know if something happens at work you don't have to deal with right then. But if you if you continually don't metabolize

**Speaker 2** [00:11:29] Yeah, don't worry.

**Speaker 1** [00:11:29] Right the feelings and I don't even think of it as letting it out I think I think of it as metabolism like processing it Right because you don't want to just like project it out on everything. What'll happen is this will fill And when this gets to the top, then you have a problem. Because in order to put more in, and now you've built a habit out of putting stuff in here, in your reservoir, what you're gonna have to do is let a bit out. And you've built a habit of never letting any of it out. Which means that what you're gonna have to do is kind of secretly just throw a little here and throw a little there. And this is why people... react emotionally to things and you go, I don't think that what they're upset about is really this thing that they're taking it out on, right? This is just leakage, essentially, where you're just like throwing a little bit of water here and there and everywhere in order to get rid of it. And people are like, what, where did that come from? Yeah, like, why is that upsetting her?

**Speaker 2** [00:12:36] Your eyes water. Right.

**Speaker 1** [00:12:39] or him. Yeah. And so you or it can be just anger at things or whatever. It's not always tears. I mean, it's

**Speaker 2** [00:12:47] Any on Express.

**Speaker 1** [00:12:49] unexpressed emotion where you're letting it out in little bits at a target which isn't the source of that emotion is going to make you socially unpopular, number one, which is then going to cause you to have more feelings and then because you've built this habit of stuffing everything, then you're going to be in this spiraling feedback loop of emotional storage.

**Speaker 2** [00:13:18] So let's tell a funny story. Sure. At the risk of embarrassing myself, but it's fine. That's why people think it's fun, probably. You remember a few days ago, maybe last week, you came upstairs for some reason, and I was sitting at my desk sobbing.

**Speaker 3** [00:13:34] That's right.

**Speaker 2** [00:13:35] And I was sobbing because I was so frustrated with an online system that I was trying to use to get something that had a deadline in.

**Speaker 1** [00:13:45] Yeah, a really big thing that had taken a year to build.

**Speaker 2** [00:13:49] Sobbing yeah, and you came upstairs and you were just like you were great. You sat down next to me You said okay. Let's just take a moment. Let's take a deep breath What is going on like? You know you seem frustrated. What's what's going on? And then you sort of helped me through that talked about how I was feeling and then what was leading up to that? Need to express that emotion of frustration in such full force But the truth is, it was a year-long thing. So I had all of the stress of the year-long thing culminating in that moment. So it was a very irrational response. But it was a necessary response.

**Speaker 1** [00:14:31] Yeah. And I mean, necessary, not necessary. It's just, it just is, right? I mean, that's the thing that you have to understand about these things is like, sometimes we feel things. I mean, sometime, for example, um, I, you know, I think people know I have ADHD and all these different things. And, and, and, you know, one of the things that happens to me is literally, if I have an exciting weekend, I know If I have any kind of like high stimulation, cool event happen anytime.

**Speaker 2** [00:15:06] Like this weekend.

**Speaker 1** [00:15:07] Monday morning or whatever, the morning after the exciting event, I will have a little bit of what feels like depression for like a half an hour or an hour or something like that. And it's because of the contrast of the excitement, right? I thrive on like exciting things and thrill-stimulation and things like that. And so. Because I know that, I know that like, oh, this is just gonna pass. I just need to like, feel it, right? I just need to literally be like, you know, and then it passes because I just sit in it for a bit.

**Speaker 2** [00:15:49] Yeah, but the good thing is we all know it too. Yeah. Right?

**Speaker 1** [00:15:53] So it's predictable.

**Speaker 2** [00:15:55] We can predict it, and...

**Speaker 1** [00:15:57] And you actually schedule things to make sure it doesn't happen and that makes it not happen.

**Speaker 2** [00:16:02] And if there isn't any way to do that, then we just predict that we're going to need to take a little bit of time. I think it's biochemical.

**Speaker 1** [00:16:10] It is. It's completely biochemical.

**Speaker 2** [00:16:12] It's just a dip in your biochemistry. We just need to plan for that, right? Or create more stimulus that moment.

**Speaker 1** [00:16:20] Yeah, just not have such the contrast because it's the contrast, right? So if you have a ramp, if you ramp it off, then I don't get it as much.

**Speaker 3** [00:16:28] Yeah, yeah.

**Speaker 1** [00:16:28] And I, you know, for the most part, can avoid it, but only because I'm aware of it and because you helped me. But, um...

**Speaker 2** [00:16:36] Well, I think part of what, just as an aside, when you have things like that, that you know about yourself, you should share them. Because I think a lot of people would internalize that and say, oh, I'm so self-critical. And I'm saying, just having the moment of saying, I know this is going to happen and I need you to help me with it, has completely changed your experience.

**Speaker 1** [00:16:57] I hardly ever get it anymore because you can plan on it. It's like predictable Yeah, we know it's gonna happen and if it does happen and because of some snafu and scheduling or somewhere I do have this contrasting experience then Then I just know like oh, this will be gone and like, you know a little bit

**Speaker 2** [00:17:17] Well, and also there's no judgment, no self judgment and no judgment by others because it's just

**Speaker 1** [00:17:23] And that's why it's so critical to have a period. It's like, I feel sad, period. I feel happy, period. Like, I don't need to explain it, I don't need to judge it, I don't need to, just whatever, just like, metabolize it. I feel angry, I feel whatever. You've gotta metabolize it. It is energy, and it's not gonna disappear. So, if you think it disappeared, you're doing this.

**Speaker 2** [00:17:52] Yeah, that's gonna come out eventually.

**Speaker 1** [00:17:54] Right so if you have anger and you go you know hit a piece of wood with a hammer or you go you know

**Speaker 2** [00:18:01] Boxing.

**Speaker 1** [00:18:01] kickbox or whatever, or just get a workout in or something, you know, like, then that energy can be metabolized.

**Speaker 2** [00:18:09] or you can scream into a pillow.

**Speaker 1** [00:18:10] or scream into a pillow or whatever, but it's not going to go away without that, right? Without something, and you choose the way that you deal with it, but this alternative is not a good alternative, because this alternative means that eventually it's gonna fill, and then you're gonna need to release, like a pressure cooker, release a little bit here and a little bit there, little bit there in. in inconvenient and unrelated situations and, you know, you're not going to win friends and influence people with that.

**Speaker 2** [00:18:51] sitting in your office on a Tuesday afternoon sobbing at the frustration of an interface with a...

**Speaker 1** [00:18:58] I think the first thing I did is get you crackers and cheese because you hadn't eaten all day.

**Speaker 2** [00:19:04] You put your hand on my shoulder. You told me to take a breath. You brought me food. You brought me water. And you just said, and we were, and it took a minute. So once I sort of got calm.

**Speaker 1** [00:19:19] Breathing is good

**Speaker 2** [00:19:20] You said, what is the situation? And then we walked through it, and then you sat with me for a while, and how did we finish it?

**Speaker 1** [00:19:26] So.

**Speaker 2** [00:19:27] Okay, so you said we need the period here.

**Speaker 1** [00:19:29] You need the period. You need it like you said in the beginning, whether it's in language or in your mental models, don't conflate these two things. They're very different. And one of the best ways to understand them is to understand this is a finite set of things. And this is an infinite set of things, right? This is a dot, dot, dot. You could go on and on and on, and this is a period. And try to avoid doing the why thing. with folks. That's hard. Yeah, that's hard. It's really hard. It's so natural to be like, oh, you feel sad? Why? Why do you feel sad? But it just takes the person out of where they're at.

**Speaker 2** [00:20:11] Yeah, you know, the way I trained myself to stop doing this is I made it about the kids. Yeah. And I said to myself, I don't want my kids.

**Speaker 1** [00:20:18] You don't want to teach them.

**Speaker 2** [00:20:19] to be taught to stuff and over rationalize their feelings.

**Speaker 1** [00:20:23] Because they're like little minibirds. Kids are, I mean, evolution has created us as little copy cats, right? And so they're not gonna listen to what you say. They're gonna mimic what you do. So yeah, sometimes you can use your kids, your kids are a great way to become self-actualized because they're the one thing you love more than yourself or anything or whatever, and you... You know, you don't want to mess them up. Inevitably, they always end up somehow getting messed up by you, I think, because the kids. That's terrible.

**Speaker 2** [00:21:01] Well, I don't know if I would say that. I would say it differently. I would say the true style. I would say we don't want to pass our own shortcomings and bad habits onto our children. We want them to learn from the things that we, the mistakes we make. And, you know, like, you know, so maybe it's good that I'm sobbing at my desk on a Tuesday because they see me expressing an emotion.

**Speaker 1** [00:21:25] Yeah, no, I agree. I mean, I, I never, I don't, I think my parents were like, perfect. You do? Yeah. I can't, I honestly can't, I just don't think that way. I don't think like they're at fault for anything. Like they were doing the best they could. They had five of us. Like it's on me. I just don't think of, but I think a lot of people do Sort of go like, oh, my parents, you know.

**Speaker 2** [00:21:50] A lot of parents didn't have your, a lot of people didn't.

**Speaker 1** [00:21:52] Yeah, I agree.

**Speaker 2** [00:21:53] I don't I didn't have

**Speaker 1** [00:21:54] Yeah, you're a great mom.

**Speaker 2** [00:21:56] My mom, perfection, love her. And it's almost her birthday, happy birthday, mom. Other side, not so good.

**Speaker 1** [00:22:02] Yeah, not so much. So back to the kind of the original point is, I think, especially in this, like, hyper supercharged environment and world we're living in, and I think there's, it doesn't matter who you are, there is stuff that is going to be initially your first reaction is going to be upsetting. You know, you're going to be upset in some way or or triggered or whatever, you know, meaning you're going to have an emotional response. You're going to have some kind of reaction that is has some feelings in it. This we call this move the RAR quad, which which is the relationships action reaction quad. I named the move after in Shrek. The what was this King Lord Farquaad?

**Speaker 4** [00:22:53] Lord Fart. Lord Fart.

**Speaker 1** [00:22:54] Yeah, I thought it sounded like that, Raarquad. But Raarquad is a very powerful move and it basically starts with, you know, you have two, let's say people, but it could be any thing and you're looking at the relationship. So like this might be you and this might be me or something like that.

**Speaker 3** [00:23:11] Mm-hmm.

**Speaker 1** [00:23:12] Then what you do is you think about the parts of the action and your reaction. Over here, you have action and reaction. You have action and reaction. Here you have action and reaction. When this person has an action, it's going to go to here.

**Speaker 2** [00:23:37] I act and you react.

**Speaker 1** [00:23:40] Right. And so this could be you and me, or this could be like, I'm on social media and I see something and I'm like, what, that's crazy, you know, like, and so you have a reaction to it. So there's an action, the thing exists. I have a reaction to it, right? And then I then have an action. And most of the time, the action, the reaction immediately goes to a re to an action. And then that reaction, if I'm dealing with another person, maybe I put something on the post or something, or I say something to somebody who said something that I found offensive or whatever. And then you're in the cycle. This episode is sponsored by Training Camp, the ultimate online spot for building the mental fitness that drives personal and professional change and success. At Training Camp, you'll have access to the science and practice of thinking. with personalized thinking assessments, tiered training, and best of all, practice that improves skill. Go to CabreraLab.org to learn more. And now, back to the episode. And so what we wanna do is rather than this going directly here, the move, is to understand that both of these things are a part of you, and you can. relate these two things because DSRP says you can relate anything. So you can relate these two things and if we can slip this in, so this is looking at this relationship right here, if we can slip in metacognition or awareness or introspection, those are all the same thing or just like a pause, Yeah. You know, just like literally.

**Speaker 2** [00:25:27] a moment

**Speaker 1** [00:25:28] a breath, right? Usually we can, we can kind of suss things out so that the action isn't, it's a chosen action rather than the same as the reaction. Yes. And just knowing that the action does not have to be the same as the reaction is a big step. Yes. And that comes from this introspection and pause. And that can break the cycle. of these volatile cycles.

**Speaker 2** [00:25:58] If both of these people are doing that, it can just be action, action, action.

**Speaker 1** [00:26:04] Yep. Well, if you slow it down, it's action, reaction, metabolize the reaction, choose the action, you know, so you slow it all down. But the problem is it's going real fast. And when the emotions are injected into it, then it gets entangled. And then you're like, I'm gonna brah.

**Speaker 2** [00:26:23] Yeah, I mean, when you're all emotional about stuff, and to be fair to all of us, it's crazy right now. And the amount of stuff that is coming at us from everywhere, and it's not like people are just saying things factually. The things that are being said out in the world are all already loaded with manipulations and emotion. So, the ability to react without... The ability to have that moment when everything is coming to you in this big conflated ball, it's a lot harder to just take the moment to pull that out and then have a purposeful action to it or even to be able to deconstruct it, right? Because it's all presented to us as a big freaking mess.

**Speaker 1** [00:27:14] Yeah, this is a big one. That's the other one I would recommend. The other piece I would recommend in this time is a lot of what we're reacting to is words. True. And so I would really look at distinguishing between words and behaviors. And it's true that words can be, you know, we call them speech acts, you know, so they are a form of action or a form of behavior. But I would separate whether something is words or behavior and or distinguish those two things, at the very least. And you know, there's an old saying, I mean, there's a lot of different sayings, right, that that words have power. Words don't really have power unless you give them power. Right, so you're giving the words power over you and just realizing that you have that agency not to have those words have power.

**Speaker 2** [00:28:15] How do you do that?

**Speaker 1** [00:28:16] Well, I mean, in the old days, we used to say like, sticks and stones will break my bones, but words will never hurt me. Right. I mean, that was like we drilled that that was drilled into us as kids. Right. Because and I think there's some truth to that. It's like, for me, you could you could get right in my face and say whatever you want to say. I don't it doesn't like unless because what I say is if you say something, I'm going to I'm going to try to validate its truth. before your reaction. It's validity. And if it's true, then I should take it as feedback. And if it's false, then who cares? And let's say that you mean it to hurt my feelings and it's true, I don't care about your intent. I mean, I care in the sense that I'm probably not gonna like hang out with people that have bad intent all the time. So I'm gonna care with my behavior, but I don't need the like. do anything about it other than to, you know, not hang out with that person if their intent is always bad, right? But let's say that you, you know, intend to hurt my feelings by saying something that is true. Well, then I, you know, you're just a window on the sidewalk that I got a reflection on and I got some feedback. Why is that funny?

**Speaker 2** [00:29:40] Did you say that? You're just a window.

**Speaker 1** [00:29:42] Well, you know, like you're walking down the sidewalk and you see some reflection. You're like, oh, you know, I got, yeah, I got toilet paper on my shoe or something. That's true. I want to do something about it.

**Speaker 2** [00:29:52] I also think it's a more reflection of that person.

**Speaker 1** [00:29:55] Yeah, but again, like the point is, you have an internal process that has agency. Yes. When you let these things offend you constantly, then you are giving away your agency. You're giving away your power. Right. So if you notice that these words are constantly having power with you, that power is coming from somewhere? And it's probably coming from you. You're giving it to those words. You're giving it to that person or to whatever it is that, you know. So, I mean, in a weird sort of way, I just think words are like guttural instances, right? They're just guttural speech sounds, right? And so, you know, it's like snuffle-upagus. What does that mean?

**Speaker 2** [00:30:48] Well, so I'm wondering.

**Speaker 1** [00:30:51] This is like a word.

**Speaker 2** [00:30:52] He's a wooly mammoth.

**Speaker 1** [00:30:53] I know, but it's not like, right. But I mean, especially like if you study algebra, everything's just like a variable, right? And so these words, they're just variables for things. So who cares what the word is?

**Speaker 2** [00:31:08] No, I get that. I think it's a foreign concept.

**Speaker 1** [00:31:11] It's like if I called you X or Y or Z, is that offensive? No. Right, but if I put an instantiation in any one of those X, Y, Z variables, all of a sudden you're offended by it.

**Speaker 2** [00:31:25] Probably.

**Speaker 1** [00:31:27] They're just sounds. Like if I go, ooh, ah, like they're just sounds. And then all of a sudden, like the pitch or the tone or the sound, like...

**Speaker 4** [00:31:38] Well, that's it.

**Speaker 1** [00:31:38] all of a sudden mattered. I remember my father. My father, he's from Columbia, right?

**Speaker 4** [00:31:43] I am aware.

**Speaker 1** [00:31:44] And he got in that fight when I was a kid. When he first came to this, no, I think this was before I was a kid and I just heard this story passed down. But when he first came to this country, some guy in some place called him a son of a bitch.

**Speaker 2** [00:32:00] Oh, yeah.

**Speaker 1** [00:32:00] Right, which was an old expression. And my father kind of translated it literally to mean that the guy was calling his mother a bitch. And for a Colombian male, that was, at that time, he was like, that's not gonna happen. You can't talk about my mother that way. So he got in a fight with him, but that just works.

**Speaker 2** [00:32:26] Right, but that, yes, they are words, but what you're saying is, you're saying that the words, it's hard for people to think that words are completely inert and powerless.

**Speaker 1** [00:32:39] I mean, if he had called him a nerd or something, it's a sound.

**Speaker 2** [00:32:46] Because, no, because the particular words that that person said were able to be interpreted as an insult to your grandmother, which your father took seriously. And what you're saying is your father gave those words power because of how he interpreted them.

**Speaker 1** [00:33:03] Exactly. I would focus on behavior. If you're constantly going around the world getting upset by words, then...

**Speaker 2** [00:33:12] No, I agree with that.

**Speaker 1** [00:33:13] Then you're kind of you're giving your power away and it's not working for you

**Speaker 2** [00:33:17] Well, and you're also reacting unnecessarily.

**Speaker 1** [00:33:19] You're just gonna be reacting to everything because words are cheap words are easy words are like people can say words Easy, you can say all kinds of words Behavior is difficult behavior is expensive behavior. It takes energy, but words are cheap

**Speaker 2** [00:33:35] Well, and behavior is observable and real.

**Speaker 1** [00:33:37] Yeah, it's observable, it's real. I mean, words are real too, but we're giving them the power.

**Speaker 2** [00:33:44] Well, yeah, and so there are a lot of times where people say a bunch of stuff, and I will literally say to myself, I'm just gonna wait that out and see if they actually do anything about that.

**Speaker 1** [00:33:54] But what we usually do is when people say a bunch of stuff, and again, this could be a person, it's not like I'm going around the world conflicting with people, but I'm saying this could be like a tweet or a post or something like that, right? That you're just like, oh wow, that's crazy. Like I've read 20 things in the last two days that were shocking to read. once I got past the initial shock, I said, but is it true? Is there a validity to this? Is this headline even remotely true? I assume. Right? And so you're having a reaction, you're having an emotional reaction, like an instantaneous emotional reaction to a headline, which if you put yourself in the perspective of the person that created the headline, the whole purpose of that headline was Sort of a click-baity purpose. It was designed to get your attention

**Speaker 4** [00:34:51] Yeah, and it worked.

**Speaker 1** [00:34:52] It worked, it hooked your emotion. And then if you get into it, you realize, oh, this headline is not actually, a lot of them are just terrible English, but they're not even saying anything. And what they are saying oftentimes is just false.

**Speaker 2** [00:35:12] And that gets back full circle to where we started, right? Which is, and I think it's interesting because I think information these days, and I mean information, is presented in so many ways that are purposefully conflating and trying to elicit an emotional response from the reader.

**Speaker 1** [00:35:31] It's just like marketing 101.

**Speaker 2** [00:35:33] Right, and so then the advice that you would say, because we talked about how do you do this, is A, to recognize this difference between the red rope and the blue rope. First, label them different things, thinkings and feelings. Separate your emotions from your thoughts. Know the difference. Then also, what you just said was good, which is you take it in and you allow yourself that initial emotional response, and before you react to it or do anything or believe it, you go deeper and you verify and look for the truthiness of it on a continuum of truthiness.

**Speaker 1** [00:36:11] Yeah, because our emotion is a really good guide sometimes. That's the thing about emotions. Like sometimes they're super unreliable, but sometimes they're really one of our best guide posts of where to go and what to do and stuff. So we wanna take them seriously. So when I read that sentence, when I read that headline, and this has happened 20 times, honestly, in the last week.

**Speaker 2** [00:36:34] No, I believe you.

**Speaker 1** [00:36:34] I read a headline and I go, are you serious? And I get a feeling and the feeling causes me concern. And then I go, if that headline is true, if critical word in the sentence, if that headline is true, then I'm gonna feel that. But right now I'm not gonna feel that quite yet, even though I just felt it a little bit. I'm not gonna, I'm gonna hold off on feeling that because I don't even know if that's true yet.

**Speaker 2** [00:37:07] Right, if your feeling is warranted.

**Speaker 1** [00:37:09] Yeah, I don't know if my feelings warranted, right? So if it's, if that headline's true, then that feeling is warranted. Like you're, oh, concern or, you know, like I'm worried or something like that. We gotta figure out if, and that's gonna take thinking, not feeling.

**Speaker 2** [00:37:27] Right. And what you're describing is that moment.

**Speaker 1** [00:37:29] That's at this moment. But what happens if you don't do that moment is you go, that's concerning. This is crazy. And then you post it or something. And then you have the back and forth on social media. That just goes home. Down the rabbit hole of.

**Speaker 2** [00:37:43] Well, it goes nowhere. It's emotional and it never leads to better understanding or even a verification of what's

**Speaker 1** [00:37:49] And in the 20 times this week that I can honestly track that I've had this moment, in all 20 times, the headline turned out not to be true.

**Speaker 2** [00:38:00] I'm not surprised by that.

**Speaker 1** [00:38:01] I read the article, the article was kind of like, what is a little like dicey explanation of things, doesn't even remotely come close to what the headline says, but still maybe there's some concern in the article. And then I go get some other sources and, you know, turns out, oh, that's not what actually happened. Yeah. You know, I just saved myself 20, 20 feelings.

**Speaker 2** [00:38:26] Well, you saved yourself 20 feelings that could have...

**Speaker 1** [00:38:28] I have 20 extra feeling credits.

**Speaker 2** [00:38:31] You're not an end.

**Speaker 1** [00:38:33] PC and I'm just kidding but I'm saying like I didn't have to waste that energy because yeah if you find out that your dog got hit by a car you're gonna feel something yes right then you get home and you find out oh it wasn't your dog it was the neighbor's dog you know not that I'm like against the neighbor's dog but I'm saying like like all the sudden you're gonna you're gonna unfeel that Because the thinking comes in and you're like, oh, my dog just ran up to me and licked me. So he's not dead. Right. So you're not going to feel all the things you were feeling. So your thinking and your feeling is very related. So if the headline is true, I'm going to have some emotion associated with that, and that emotion is totally valid because the headline is valid. Yes. But if the headline is not true, Why would I waste? an emotion on something that's not.

**Speaker 2** [00:39:30] I think it's not just about not wasting an emotion. I think it's also those 20 times that you verified things before you got into an emotional reaction. You also saved yourself 20 moments of reacting and engaging and becoming inside of a conflictual, an unnecessarily conflictual interaction, whether it's on social media or with a person, right? So you've taken that moment to pause and you've actually... Increased the quality of the communications you do put out into the world

**Speaker 1** [00:40:02] And if you're reacting, then you're out of control.

**Speaker 2** [00:40:07] And you should ask yourself.

**Speaker 1** [00:40:08] Yeah, why am I out of control? Yeah. Why am I giving away my power? Why am I giving away my agency? I can act and I can act quickly, but I don't have to react. Yeah. So I would go through these things. I mean, separate, really understand the difference between feelings and thinkings and practice getting them distinct, right? Understand that they're incredibly related. They're going to, they're going to feed back on each other and stuff like that. There's always a thinking that's driving a feeling. Right. So separate out those ropes. You know, words, there's a lot of words, so put words in their place. Don't give them as much power. Don't give away your power. Yeah. Use raarquad to make this critical pause. Yeah, and verify. And verify. Use your thinking to verify things.

**Speaker 2** [00:40:59] before you react.

**Speaker 1** [00:40:59] Before you react. I mean, you know if you have ai is a pretty good thing to verify but ai kind of Another thing today ai just completely hallucinated made something up and I was like, did you just completely make that up? He's like, well, no, it's a hallucination. I'm like

**Speaker 3** [00:41:15] Did you?

**Speaker 1** [00:41:17] Yeah, I have a conversation with him about, did you honestly just make this up? How do you know it's a he? Well, for me it is. This is my little AI buddy.

**Speaker 2** [00:41:28] And it literally admitted.

**Speaker 1** [00:41:29] It literally admitted it and then we got in a conversation about how it how it makes stuff up how it hallucinates And it was like this is a fascinating conversation. It actually said this is a fascinating

**Speaker 2** [00:41:40] It's not real.

**Speaker 1** [00:41:42] What's not real? The hallucination is real.

**Speaker 2** [00:41:44] AI is not real.

**Speaker 1** [00:41:45] It is real.

**Speaker 2** [00:41:46] Well, it's real, but it's not like a person.

**Speaker 1** [00:41:49] It's a, it's millions of-

**Speaker 2** [00:41:50] It's a statistical aggregation.

**Speaker 1** [00:41:54] Don't take AI's first answer as for sure. I looked up something the other day about is there a single, we were talking about racism and I wanted to know if there was something that was said that was racist. And so I said, you know, is there anything that...

**Speaker 2** [00:42:18] Oh, you were checking something that they said on the news.

**Speaker 1** [00:42:20] Yeah, and it was like, oh yeah, there's tons. And I'm like, can you give me one? So I went, one extra step. Give me any, I wanna hear the direct quote that is racist. And it didn't have any. I was like, okay, well, there's no. Which meant the headline wasn't true. It wasn't true. It was a complete fabrication. Yeah, all right. And interpretation, a lot of these headlines are interpretations. And in science. You know, there's a reason in scientific publications, not necessarily academic ones, but scientific ones. There's a reason why you have findings and then you have discussion. Discussion is about interpretation of those findings, but you separate them. This is what we found, just the facts. Yeah. This is our interpretation of it. Well, your interpretation is pretty different than the findings. And other people could interpret the findings differently. Somehow in journalism, we've lost that distinction. And so the findings and the facts and the interpretation have gotten conflated. This is why distinction-making is so important because of all these conflations. And if we read an article that is mostly interpretation and very little findings, well, then you're reading somebody's opinion. You're reading it, not bad.

**Speaker 2** [00:43:49] Yeah, it's also why the news isn't news.

**Speaker 1** [00:43:51] Yeah, the news is just bullshit these days. It is bullshit. And there's no.

**Speaker 2** [00:43:55] And there's no valid source of actual news.

**Speaker 1** [00:43:57] No, you've just got to get it from lots of different places and even that's hard. But you've got to, you know, it's like don't trust and verify.

**Speaker 4** [00:44:09] I like that, that's where you should end. Don't trust the bit of fun. That's good, I like it. There you have it, that's how you handle it all.

**Speaker 1** [00:44:18] Life's too short to be getting, getting like constantly upset at what people say. True. Don't trust, but verify.

**Speaker 2** [00:44:25] Don't trust, but verify. That's where it's got to end. It's a good one.

**Speaker 1** [00:44:30] That's a wrap.