**Episode 7 Final.wav**

**Speaker 1** [00:00:00] Welcome to the Cabrera Labs Podcast. I'm not

**Speaker 2** [00:00:06] How you doing? I'm good. All right, I've got a new one for us today.

**Speaker 1** [00:00:12] I can't wait to hear it.

**Speaker 2** [00:00:12] I keep seeing it everywhere and I don't know what the hell it means. I'm overthinking this. There's now a course on overcoming, overthinking and.

**Speaker 1** [00:00:23] overthinking

**Speaker 2** [00:00:24] overthinking like is that a thing can we actually think too much like what does that even mean to you

**Speaker 1** [00:00:30] That's what we're talking about.

**Speaker 2** [00:00:31] Well, I think people are seeing it everywhere, we should probably speak into it.

**Speaker 1** [00:00:36] It's a term that is, it's a terrible term. It's one of my least favorite terms. I don't understand what it means. It's the weird way to say it. What people are talking about when they're talking about overthinking is anxiety and fretting and like basically it's an emotional response. It's not a cognitive, analytical or mental kind of response. It has nothing to do with thinking, and there's no overthinking. There's thinking that's in alignment with reality and works, and thinking that is out of alignment with the reality and doesn't work. Those are the only kinds of thinking there is. I see. I see So overthinking is just being like. nervous or anxious or like, you know, running things through over in your mind over and over and over again. Maybe that's what they mean by the over-

**Speaker 3** [00:01:36] Yeah, yeah

**Speaker 1** [00:01:38] It's not, it's not an abundance of thinking. It's a lack of thinking

**Speaker 2** [00:01:43] or like a circular.

**Speaker 1** [00:01:44] It's like a circular loop, like you're flipping the switch OCD style in your head of your emotions and your anxieties and your whatever it is, so you're fretting, you're staying up at night and running the same scenario over in your heads.

**Speaker 2** [00:02:00] Is that because, but is that because?

**Speaker 1** [00:02:01] That's very different from thinking.

**Speaker 2** [00:02:03] Okay, so let's just pick on this overthinking thing for a minute, because there are a couple of contexts in which I've heard it. One was I was actually getting a coffee on campus the other day, and two young women were talking about, I guess the one had just gone on a date, and they were talking about how soon it was going to be until the gentleman called her.

**Speaker 1** [00:02:25] You were just eavesdropping on, like, coffee.

**Speaker 2** [00:02:28] It's a small, I was waiting in line for coffee. They were talking behind me. It's not like I was eavesdropping. And they talk very loud. They all, and half the time they're talking on their phones on speaker. So no, I wasn't eavesdroping. I was standing in line and they were having a loud conversation in public. And she was like, well, maybe he should call me within 42 hours, or maybe I should relax and he could call me in 72 hours and that would be okay. Or maybe he If he doesn't call me right away, then he doesn' t like me. Like, it was like this word.

**Speaker 1** [00:02:57] What part of that sounds like thinking?

**Speaker 2** [00:03:00] Right, but then she literally said, I think I'm overthinking it.

**Speaker 1** [00:03:02] Yeah, I don't think you're thinking.

**Speaker 2** [00:03:05] No, right.

**Speaker 1** [00:03:05] That's about what I would say is you're not really thinking at all. You're just spinning in an emotional toilet bowl of insanity. There's no thinking going on.

**Speaker 2** [00:03:20] Okay, well...

**Speaker 1** [00:03:21] It's like repetitive, emotional.

**Speaker 2** [00:03:24] I get it. So then when we say, people say, overcoming overthinking, does that mean slowing it down, breaking the cycle? Actually, yeah, what we

**Speaker 1** [00:03:34] Yeah, what would be thinking in that situation? I mean, really, you could call that under thinking. She's under thinking, I could definitely call it that, because she's not doing enough thinking. What would be think in that situation is why am I so anxious? What is leading to this anxiety that I have that I need to have an answer?

**Speaker 4** [00:03:58] Mm-hmm.

**Speaker 1** [00:03:58] right, that I have to have an answer, that I to know something that is unknown. What is leading to this anxiety? What is the mental model that's leading to the anxiety? And probably it's, you know, he doesn't like me and I'm not likable and therefore I might never, you know get married and you know all this stuff is weighing on this one phone call. If you wanted to really think about it, what I would do is parse the emotion from the thinking so that you can – not that emotion's bad, emotion is a great indicator of things. But we don't want to confuse thought with emotion. We want to pull apart the thought and pull apart of the emotion and then sort of see What is the emotion that's driving things? And then what's the thought, the mental model that's driving that emotion, right? Because you're anxious about something, you're worried about something. What are you worried about? Why are you worrying? I see, I see. That would be thinking.

**Speaker 2** [00:05:05] So actually the way to not be overthinking is to slow down.

**Speaker 1** [00:05:10] Well, first, it's a terrible term. The way to not be an over-emotional wreck is to think.

**Speaker 2** [00:05:18] About the about the things that are causing you to feel that they're leading to the feeling

**Speaker 1** [00:05:23] It's not, all I'm saying is it's not... It is a misnomer to say that it's an abundance of thought, an overabundance of thought. There's a lack of thought going on. It's the opposite. So if we call it overthinking, then the chances of us finding the solution have plummeted to zero.

**Speaker 2** [00:05:47] Right.

**Speaker 1** [00:05:48] because we're not going to look too much to thinking right because we already believe that we're overthinking right when really we're over worrying which is an emotion we're over we're overexcited we're anxious right and the way out of that is thinking just thinking just thinking we'll get you out of

**Speaker 2** [00:06:10] Well, and by implication, so what's interesting is by implication if there's something called over thinking, then there's something that's called under thinking.

**Speaker 1** [00:06:17] Underthinking, I think you could make a case for. Underthinking is simply. is simply that you're not in alignment with reality. Say more. That your mental model is out of alignment with reality, meaning it's not when you think, like take this cup, right? Yeah. If I think that if I reach for the cup, and if I think the cup is there, then I'm going to reach like that. And then I'll go like that, and I'm not going to grab the cup. So I'm out of alignment with reality. I'm missing the cup. No cup. If my desire is to get the cup, I have to get my mental model in alignment with reality. The cup is here. Mm-hmm, so and then I can get the cup and I can't get the drink

**Speaker 2** [00:07:09] I see.

**Speaker 1** [00:07:09] Right, so when my mental model is right, reality will cooperate with me.

**Speaker 2** [00:07:14] Yeah, that's my cup.

**Speaker 1** [00:07:17] So, when my mental model is wrong, then reality will give me feedback that my mental model is wrong.

**Speaker 2** [00:07:25] Okay, so maybe, yes, it will give you feedback. And so maybe.

**Speaker 1** [00:07:29] Sorry, not to interrupt, but for those girls at the coffee shop, you know, another thing you could think is if you keep going on dates and they keep ending up badly. That's reality giving you feedback.

**Speaker 2** [00:07:47] Yes.

**Speaker 1** [00:07:48] what could it mean? It could mean you're attracting the wrong type of person. It could means that you need to look at your own behaviors and personality traits and things like that to see if there's something that's turning people away. It could be a number of different things. I'm not saying it's any one thing.

**Speaker 2** [00:08:12] It could be that your dating pool is not of good.

**Speaker 1** [00:08:14] Yeah, it could be that you're in a very limited school. Because you're on a campus or something. Exactly. It could be a bunch of things. But if you really want to solve that problem, then think about what is the web of causality that leads to, I've been on 27 dates and none of them have panned out, which is why I'm so anxious about the fact that this one isn't going to pan out because he hasn't called in six hours, eight hours, 12 hours.

**Speaker 2** [00:08:37] And that anxiety is probably creating a self-fulfilling.

**Speaker 1** [00:08:39] Yeah, which is...

**Speaker 2** [00:08:40] Prophecy, which is you seem anxious and then people pick up on it and then it becomes a circle.

**Speaker 1** [00:08:45] It's probably probably not ending at the date

**Speaker 2** [00:08:50] Well, and I also think people use overthinking as a synonym for like being overwhelmed, right? That there's just too much.

**Speaker 1** [00:08:58] What's a bad sin?

**Speaker 2** [00:08:59] Well, I understand that you don't like the word.

**Speaker 1** [00:09:01] It's not that I don't like the word. I think the word overthinking is an interesting word if it existed. Right. It just doesn't, A, I can't think really of a situation where it doesn't exist unless you're talking about like beatnik philosophers in a Parisian cafe like, you know, philosophizing about some whatever. Then maybe, you know, maybe that's overthinking or something like that. Whatever. Right? But I mean, the way that it's being used is to cover up anxiety and fretting and repetitive emotional ticks. And responses. Yeah. And that couldn't be further from overthinking.

**Speaker 2** [00:09:48] Well, so then you're saying that the solution to that is kind of twofold. One is, realize that there's emotions involved that are making it seem like you're overtly thinking it. Those emotions are causing that nervous cyclical tick, right? Yes. So realize that, separate that out, look at the way you're thinking or the mental about it. Understand what the why that mental motto is leading to the feelings that you're having. Yes, and that's thinking that's not over thinking that thinking

**Speaker 1** [00:10:27] And it would be very valuable because you'd understand, oh, you know, that's why I get so anxious. It's because I'm putting a lot of weight on this date. I'm I'm, putting you know my future marriage and family and kids and like my life on this day. Well, is it really? Is it really on this state? You know, maybe I need to learn new mental models. Like, you dating is kind of a numbers game. Like it's like sales. Like, you get enough? numbers and eventually you'll find one right dating is also a you know it's like the radio you know you put out a signal you broadcast a signal and certain people are going to pick up on that signal based on what they're listening for right easy listening rock and roll whatever right so as somebody's tuning they're gonna pick up on your signal well what signal are you out there, because that signal is going to pick up certain types of people. certain types of people are gonna respond to that signal. They'll be attracted to it. They will be attracted to that single. Yeah. And is that the signal that you wanna put out there? Is that the type of person that you want to attract? Or do you want to attract somebody else, right? So if you're looking for a relationship and possible, you know, cohabitation and eventual marriage, that kind of thing or whatever, then are you putting out a signal which is, which is attracting people that aren't that right, that have no interest in that, in which case, you know, the way it's a mismatch, right? So in a suffer, there are these mental models that you could build for yourself to better understand what you're doing and why you're doing it. And then that will help you do it better. Yeah. Yeah, right. And I'm not saying those are the only mental models. I'm just saying there's, there's There are things that you can do to get in alignment with reality better in this situation.

**Speaker 2** [00:12:27] I also think we should be careful not to confuse this whole idea of overthinking with Sometimes I hear people making it synonymous with too much detail, like going into too much detailed something because sometimes detail is necessary and sometimes you can go into so much detail that you lose sight of the bigger picture thing that you're thinking about. Yeah. Does that make sense? So I'm trying to think of an example.

**Speaker 1** [00:12:56] This is the classic mistake that systems thinkers make. I hear these quotes all the time from quote unquote systems thinkers, and people get real. in love with these sayings and then people get real upset if you disagree with them. But there's always this idea that you're not going to understand reality by breaking it into parts. You'll only understand it at the whole and or you know All of those kinds of things are just like forcing this choice of like systems thinking is holistic, not reductionistic, and traditional conventional science is reductionistic – meaning breaking into the parts – not holistic. Or sometimes we talk about those things as synthetic thinking or analytical thinking, right? Analytical is breaking down into parts and synthetic is bringing up into holes. And we're constantly fighting this battle of is it this or is it that?

**Speaker 2** [00:14:05] Meaning, is it the holes or is it the parts?

**Speaker 1** [00:14:07] Yeah. And it's this either or kind of thing. And of course, you know, why choose? Because it's both. It's both, right? Yeah, like you need to, you need, you do both.

**Speaker 2** [00:14:19] Well, I...

**Speaker 1** [00:14:20] I don't know why people have such trouble with that. That seems just blatantly obvious, that to understand reality, you have to both break it into its parts and understand it in its holes.

**Speaker 2** [00:14:33] Yeah, I know that.

**Speaker 1** [00:14:34] And by the way, every one of those holes that we're so interested in holistically is a part of a larger whole. So the systems thinkers have it kind of wrong if they think that, you know, the systems thinking is only holistic.

**Speaker 2** [00:14:50] No, yeah.

**Speaker 1** [00:14:51] Right? See what you're saying. Because if it was, if systems thinking was just holistic, then the only people that would be systems thinkers are astronomers. Why? Because they're the only that are looking at the big hole. Oh. The intergalactic universal hole. Right? Because every other person, if I said, well, I'm an ecologist, then I could say, well, your ecology that you study is inside of a larger ecology. So you're just being reductionistic because you're focused on a part.

**Speaker 2** [00:15:22] and that would be that.

**Speaker 1** [00:15:23] No, it's not that. It's showing that this kind of thinking, that systems thinking is only holistic, is about the whole, is holistic thinking. It is just absurd.

**Speaker 2** [00:15:36] So you're saying actual systems thinking is both holism and reductionism?

**Speaker 1** [00:15:41] systems thinking is

**Speaker 2** [00:15:41] is about balls.

**Speaker 1** [00:15:43] Yes.

**Speaker 2** [00:15:43] and maybe even the interaction between the two.

**Speaker 1** [00:15:45] Yes, it's about the reconciling of both. It's about understanding, it is about taking things apart and understanding how they work as a whole. And understanding that every one of those parts is a whole and the whole is a part of a larger whole. You know, that's thinking systemically.

**Speaker 2** [00:16:04] but it's not overthinking.

**Speaker 1** [00:16:07] No, that's just understanding the system and it's also understanding what you don't know.

**Speaker 2** [00:16:13] Yeah, and I guess the other thing I would think about is people have asked us sometimes like, what level of detail is too much, like, if you take something and you break it down into parts, and then you break the parts into parts and the parts into parts. And there's a point where it might be too much to be practical, right?

**Speaker 1** [00:16:32] It depends what you're trying to do, is the answer.

**Speaker 2** [00:16:35] So I think the answer is you go to the level of detail that.

**Speaker 1** [00:16:38] that is required.

**Speaker 2** [00:16:39] that is functional.

**Speaker 1** [00:16:41] It depends you have to know what you're trying to do with the information. Yeah, because if you're trying to land a rocket on the moon, that's different than you're trying to order a sandwich.

**Speaker 2** [00:16:51] I would hope.

**Speaker 1** [00:16:52] Right, so if you're trying to order a sandwich, maybe you don't need to know the molecular structure of the turkey. But. If you're trying to land the rocket on the moon, you probably do need to know the molecular structure of the fuel or, you know, of the different plastics that you're using or the different metals that you are using and things like that.

**Speaker 2** [00:17:09] Yeah, that makes sense. What's interesting from what, what's interesting is if you think of over, just as a term, overthinking and under thinking, like as the two ends of a popularly understood continuum, then what's interested is it sounds like, or it seems that the guard rail to not going to either end is just thinking in alignment with reality, right? Like. Like, being on the path where you're just, you're dealing with reality, you are thinking about the reality. Yes. How's it working for you? Yeah. And like, at the level of scale that it exists. Yes. Right? Yes. So if you have a problem set that requires two levels of depth, then that's all you need is two levels depth, and that's not over or under.

**Speaker 1** [00:18:02] You gotta ask, how's it working? How's it workin' for ya? In reality, it will give you feedback.

**Speaker 2** [00:18:08] Say more about that, you mean...

**Speaker 1** [00:18:10] I mean, reality's always given you feedback. And people think of feedback as like, feedback isn't like a little box that you get little slips in. I mean that's a very low level form of feedback. And feedback isn' necessarily, you know, like when you're on stage and you get feedback in your guitar, that is feedback also. But feedback is when you bump up against reality. So when I hit my hand on the table, I feel. the feedback in my thing, and if I hit it hard, the reason I'm not gonna hit it harder is because it's gonna hurt.

**Speaker 2** [00:18:48] Right, because you're getting the

**Speaker 1** [00:18:49] Right? Because I'm getting feedback like, oh, that's hard. Now, if there was a pillow there, then I would get different feedback and I could hit it harder. Right? Right. And and and so that's feedback. Reality is always giving you feedback. You're always bumping up against reality, always every minute of every day.

**Speaker 2** [00:19:06] Well, this sounds like what you're saying is, if you wanna know if you're over or under thinking, then just pay attention to how things are working for you.

**Speaker 1** [00:19:15] and in whatever it is you're trying to do right what are you trying to accomplish which requires thinking by the way that yes be clear about your motive what is your motivation your conation what it what are trying to achieve and and and then what is the how's it going like how are you doing in that

**Speaker 2** [00:19:37] I think it would be powerful for people to have a litmus test that they can use to know if they're overthinking or not thinking, under thinking is, well, are the results that you're hoping to get the ones that you are getting? Because if they are not, then you need to think about. Is the way you're thinking about something actually matching up with the reality of what you're doing? Yes. Because if it's not matched, then you can say, oh, maybe I'm off track. Like, I'm not in that guardrail. Yeah. I know. Because I don't think a lot of people have a sense of control over their thinking and whether or not their thinking is good. Or, I don' know, good. I guess I should say aligned. Right? So people believe they're over-thinkers.

**Speaker 1** [00:20:33] but they're not. They're over warriors.

**Speaker 2** [00:20:35] That's what I'm saying is we.

**Speaker 1** [00:20:36] So let's not call it thinking, let's call it worrying, or emotion, or, you know, right? I mean, in other words...

**Speaker 2** [00:20:44] I understand.

**Speaker 1** [00:20:44] I think you get yourself in a cul-de-sac if you call it overthinking.

**Speaker 2** [00:20:49] because it seems like a good thing.

**Speaker 1** [00:20:51] Yeah, it seems like a good thing to get rid of, the overthinking, and in replacement of it, will not be thinking. Right, if you believe that you're overthinking, you're doing too much thinking, then the thing you're not gonna do.

**Speaker 2** [00:21:08] is more thinking, right.

**Speaker 1** [00:21:11] But if in reality what you're doing is in an emotional repetitive tick. You're fretting, you're anxious, you are worried. Well that's not overthinking, that's over emoting. and the way out of that is actually thinking.

**Speaker 2** [00:21:35] Yes, and it seems like if I just realize there are a lot of online courses about dealing with overthinking, dealing with overwhelm, I think what they really are saying is dealing with the fact that you're ineffective, right? Because if you need a course to stop overthinking or stop being overwhelmed, the reason you need that is because you're being ineffective in whatever level of thinking you're doing, right. Well, that's the feedback is what I'm saying like the feedback is, you're not getting the results you want. And so people go and look for these courses on how to get better. And they think the problem is that they're overthinking. But really, the reality is, the problem as they're ineffective, and they're in effected, because they're worrying, and they're not actually thinking about something. Does that make sense? Or have I totally confused the world? I guess what I'm saying is the reason there's a market for courses on stuff like this is because they've labeled ineffectiveness overthinking. They've made that synonymous almost.

**Speaker 1** [00:22:48] I don't know. I don' know about courses like that. I know I don''t know what they're for. I just know. Like, for example, is it is it hypothetically possible that you could have a person who is anxious and effective?

**Speaker 2** [00:23:06] I would imagine that you could. Sure.

**Speaker 1** [00:23:08] So you could be being effective and still just be anxious.

**Speaker 2** [00:23:11] That's a good point.

**Speaker 1** [00:23:12] So then the question is, are you effective at not being anxious? No, you're not. If your goal is to stop being anxious, then you're ineffective at that. But you might be effective at reaching your goals, that anxiety, you might using anxiety to stop procrastinating. You might be using anxiety, you might utilizing anxiety as a tool. Right, but it would be helpful to know that that's what you're doing. Like, oh, I'm creating anxiety to motivate myself to get up. I'm, creating anxiety to motivate myself to stop procrastinating. I'm created anxiety to motivate myself, to.

**Speaker 2** [00:23:53] Right, but the only way you're gonna-

**Speaker 1** [00:23:54] Avoid certain thoughts or whatever.

**Speaker 2** [00:23:56] But the only way you're going to know that is to think about it and to try to get to the root cause, just to the cause of that. And so, and anxiety is not good for you over time, like it's not good for a person to be anxious a lot. That's not healthy. Yeah, probably not. So you want to use thinking to disentangle that emotion from what you're considering thinking to be much more.

**Speaker 1** [00:24:25] Well, I don't know. I mean, I guess I guess what I'm saying is you get to decide whether you want to be an anxious person Because I know for example, I I've used stress to motivate myself

**Speaker 3** [00:24:40] Yes.

**Speaker 1** [00:24:41] Yeah, right. As an ADD person, you do that quite a bit, right? Because otherwise you might procrastinate to the last minute. So you create stress early so that you get deadlines, things like that, right

**Speaker 2** [00:24:54] I mean, that's why we create deadlines.

**Speaker 1** [00:24:56] Right, and so I know that because I've thought about it and I understand what I'm doing and I do it purposefully, that's different than just being like somebody that's not aware of what they're doing and it's making them very unhappy and that's very different. So I wouldn't say necessarily that stress or some of the anxiety that comes from stress is always bad. I would say that that It's bad if it's happening to you instead of you're happening to it.

**Speaker 2** [00:25:31] Right, that makes sense.

**Speaker 1** [00:25:33] I mean, if you want to use terms like bad and good, like if you're not in, if you're, not, if, you don't have any agency in it, if it's always just happening to you and you don' have any awareness of it, that doesn't feel very good.

**Speaker 2** [00:25:47] Right, so I think the difference is, it's helpful or it's harmful. Like, it's hopeful. The stress that you're creating is helpful. It's helping you motivate and it's helping to get things done versus it's horrible because you're not aware of it and it is constantly affecting you physically, emotionally, and it sort of the way that you exist, right? That's different. That's what you're talking about. Yeah. Maybe I'm over-thinking it. It's a joke. That's a good thing to know. That was funny. Yeah, there are a lot of terms out there in like popular world about thinking overthinking being one of them and Ironically, we need to think about what they actually mean Yeah, and the veracity of what they were sure before we just buy into them as a concept

**Speaker 1** [00:26:37] Yeah, there's a lot of Pavlum out there. Pavlom is like, you know, empty calories, you know, so goop.

**Speaker 2** [00:26:43] manufactured.

**Speaker 1** [00:26:44] There's a lot of goop out in the thinking space. That is, you know, just the notion that there's all these 30 different kinds of thinking, like critical thinking, and that they're all different. That alone is enough goop to fill the whole central area of a grocery store. Yeah, it does. Because you're supposed to shop the edges where the no goop is. Yeah, that's right. That's right, yeah. The center of the store is all goop.

**Speaker 2** [00:27:13] Yeah, that's right. Because there's like produces on the end and then the meats. Yeah, yeah, that is true. I hadn't thought about that.

**Speaker 1** [00:27:18] The whole center of the story is Coop.

**Speaker 2** [00:27:19] It's all the manufactured stuff.

**Speaker 1** [00:27:21] Yeah, just stay in the process. Just stay out of that. That's like grain. It's the feedlot of humans. And there's liquid goop in there too, right?

**Speaker 2** [00:27:32] There's lots of.

**Speaker 1** [00:27:33] Everything else, the good stuff is all on the edges.

**Speaker 2** [00:27:36] Yeah, I mean, I guess maybe the point is you should question these things that are being handed to you about your own thought, your own thinking process and your own thoughts.

**Speaker 1** [00:27:46] I was just saying that there's a lot of pablum out there. There's also a lot of snake oil out there on thinking and you just got you got a you got what you said like you got to think a little about what what does it mean you know what does what does that mean that there is analytical thinking where you break things down and synthetic thinking where group things together, you know, and that we have to choose one. Why would we have to choose one? Why wouldn't we do both?

**Speaker 2** [00:28:21] Yeah. Well, my favorite is where they believe that they go in a sequence, a sequence. Yeah. Like you can't be analytical before you've been.

**Speaker 1** [00:28:31] Pyramids that always turn out to be wrong in science.

**Speaker 2** [00:28:35] So I think the point is you need to think about how people are framing these things for you and question them and be more. thoughtful about what people are saying about how you're thinking.

**Speaker 1** [00:28:51] Yeah, I mean, I think, you know, our barn has a flag on it that says, think it's patriotic. And I really believe that, like, thinking is the ultimate, the ultimate patriotic sort of like. freedom kind of thing. I mean, we should think for ourselves. We should think about everything. I've got this amazing brain that can think. 90 billion neurons and nearly infinite number of connections. You know, it costs us nothing to think. Maybe a little bit of calories, but you know, it costs is virtually nothing. Yeah. It's free.

**Speaker 2** [00:29:35] for all the benefit.

**Speaker 1** [00:29:37] It's free. Free. You don't have to buy anything. You got this like... It's your best thing. Engine of stuff up here that you can just do anything with and if you just learn how to use it, you know? It's crazy because... Kids have to go and get, like Carter is getting his license, you know, he's got to get, he has got to take tasks and learn the rules of the road and you know whatever you call it, the temporary license and eventually get the learner's permit, whatever. And then he gets the regular license. There's manuals. Yeah. That's just for drive-in.

**Speaker 2** [00:30:22] just for driving.

**Speaker 1** [00:30:23] That's a lot. Nobody does that for thinking. Nobody does it for your brain. That's true. Nobody says, hey kid, you've got this thing that can do amazing things. Here's the manual. Here's how it works. Yep. You should totally use it. Nobody does that. No. We teach them a critical thinking course, sophomore year if they're lucky, and we go, okay, we're done. Now you're a thinker.

**Speaker 2** [00:30:48] Good luck with that.

**Speaker 1** [00:30:51] I mean, why aren't we spending every day of every year in school teaching kids about their brain and how it works? Because they're going to use that brain for the rest of their life to deal with their emotional issues, to deal their anxiety, to deal with their jobs, to do with their family, to deal all the different things that make up a life. They're going use that brain. Nobody gives them a manual. Nobody teaches them about that brain. That's true. Nobody connects the importance of that brain? Yeah. Nobody connects how much all the chemicals that are around can hurt that brain

**Speaker 2** [00:31:37] Yeah, that's right.

**Speaker 1** [00:31:39] Including goop

**Speaker 2** [00:31:40] I think you're right. I think it's their best tool to get through any and everything and we need to really focus on understanding that. And that is a good place to land. That's it? That's It. We're gonna call it.

**Speaker 1** [00:31:58] crash cart.

**Speaker 2** [00:31:59] That's a wrap.