so you say if you don't believe you and your needs are important you won't be

0:05

receptive to the good things the world wants to give you that's a good starting point why do you think so many guys

0:12

subjugate their needs um we've been thought to and we

0:17

inaccurately internalized ironically that that was the best way to get our needs met I mean think about it if

0:23

you're a small child infant and you don't have a lot of thinking processing power just survival power and uh let's

0:30

say you you quickly come to the awareness that the caretakers in your life are not real competent they don't

0:37

respond timely they don't respond consistently they don't respond with what you really need and um so what you

0:44

learn is well maybe if I get rid of my needs or maybe if I become needless and want I mean this isn't thought it's just

0:50

emotional survival reaction if I take care of their needs if I make sure they're okay then they'll be okay to

0:56

make sure I'm okay and all of this begins before we can even think about it so it gets wired into our nervous system

1:04

then we grow up to be children adolescents adults and we just keep following the same thing that got wired

1:09

in when very inaccurately when we were just a few months old isn't it strange

1:14

to think that we can rail against the world not giving us the things that we

1:19

want meanwhile we don't make the things that we want a priority well that's

1:25

that's a big piece I've worked on and I work you know I work with men and uh that's a really big piece I you know I

1:31

used to do things like not tell anybody what my needs and wants were or even hide them or I still at times make it

1:38

difficult for people to give to me I've been told by many people in my life that I'm difficult to give to uh so I

1:45

consciously work at that another piece with the men I work with they call Nice Guys is again they believe they're bad

1:52

for having needs everybody else's needs are more important and here here again the kind of the distorted logic that a

1:57

lot of us use I've done this like lot of guys do this women do it too is they'll

2:03

go find a person whose life is a mess you know they can't pay their own bills they can't hold a job they fight with

2:10

everybody they know they're depressed they you know whatever we think I can fix them up I I'll I'll I'll dedicate

2:16

all my resources to getting them good and once they're good they'll get they they'll be there for me they'll help me

2:22

get my needs met but that's just ter terrible terrible strategy if you want

2:27

to get your needs met go find people are already competent at getting their own needs met and who are available to help

2:34

give to you but again most of the stuff is so unconscious we're not thinking about it we just keep doing the same

2:40

thing hoping at some point it will work and then again often when people then do

2:45

try to give to us no no that's okay it's all right no it doesn't matter minimization yeah just yeah no no no no

2:51

so um yeah this is a big piece I've been working on in my own life yeah I uh

2:57

there's something I think especially for guys that seems kind of like romantically heroic

3:04

about I don't need anybody or anything I can make this work on my own does

3:09

something kind of not desperate but but tangential to desperate and and and

3:16

needy about having needs uh and I think

3:21

the reverse of that of maybe if you tell people what you want sometimes they'll

3:26

give it to you creating a reframing that so that it's something which is aspirational to

3:33

do uh I think is a hurdle that many guys may struggle to get over you know talk

3:40

about that that that Dynamic with men because again I I've been working with men for 30 years and a really core

3:45

pattern I see is just this pattern of of going it alone you isolating themselves

3:52

another way I put it is so many men and especially the younger men um uh

3:57

Millennials generation below they grew up with the Internet it's like that's all they need you know they they they

4:04

just they hang out I call they hang out in the nursery nothing's required of them nothing's demanded of them uh they

4:10

they get all their connections on social media spend all their time on the internet binging on Netflix playing World of Warcraft smoking dope drinking

4:17

jerking off to porn just and that and that's their life and to actually go connect with other real life human

4:23

beings who could actually nurture them fill their bucket give them social connection it feels like they'd have to

4:29

give up too much have to give up all this other stuff over here that that that consumes them and maybe even I

4:36

think there's a fear that they might even have to reveal too much of themselves and reveal how shallow and

4:43

empty and nonproductive their lives really are and so they just keep doing the same thing yeah when you're siloed

4:50

off no one is peering in to look at exactly how are you spending your day and exactly what do you think and when

4:55

did you get out of bed you've got this great quote where you say your mind would rather manage old and familiar

5:00

anxieties than confront new and unknown ones and I think that's exactly what you're talking about that's just a given

5:05

you know the devil you know is the devil you don't know and and for for so many men I liken it to I call it an emotional

5:12

tree fort I I I don't know where you grew up if you had trees around you but we had trees we had tree fors and you

5:18

know the the the ideal perfect day is if you know you or one of your buddies

5:23

found somebody's dad's Playboy magazine or whatever Hustler Penthouse whatever

5:29

and you go up open the tree fort pull the ladder up nobody can find you and you can just be all by yourself and do

5:35

whatever you want and know and it's kind of like a lot of men just continue that that mentality of just wanting to live

5:41

in that emotional tree for where they pull the ladder up nobody contract them nobody knows what they're up to uh they

5:48

don't have to get real accountable vulnerable with anybody and then then we

5:54

wonder why you know statistically you read how many men are isolated lonely

6:00

depressed the tolls that it takes on is physically emotionally early death look

6:06

at any you know in this country any the you know the the the the multiple Shooters is all lonely isolated White

6:12

young men and and you know now is men you know men going their own way incels

6:19

just you know they're just you know saying hey we're advertising it now we're in the club of guys that basically

6:26

aren't in a club yeah they they self ID uh in their isolation yeah exactly it

6:31

becomes their identity and then it also then becomes easier to blame somebody

6:37

something outside of you whether it's women Society culture feminism you know

6:43

whatever well let's blame them for my isolation and I was speaking I I was at a retreat this weekend with with about

6:50

40 men and I spoke to them about this and you know if I had to pull a number out of my ass I'd say you know maybe 80%

6:58

of the isol lonely men are isolated by choice not because they've lost a

7:04

partner not because they've had an accident or an illness or major Financial setback it's by choice it's

7:10

their preference and then all the while wonder why they can't get loved can't get laid you know can't get a promotion

7:17

at work don't have any friends it's it's it seems to be a voluntary uh place to

7:23

be I understand why guys have a skepticism in a retreat from the world

7:29

around around them though uh it's not to say that they can't overcome it themselves and that the agency is in their hands to fix the problem but I do

7:36

think that a lot of guys feel like their challenges are being dismissed by The

7:42

Whining of a privileged class that they themselves don't actually feel like they're a part of that you know it is so

7:49

ironic how all the projections out there of who's actually privileged privileged in our culture and you know you have men

7:55

saying well you know now women and minorities and immigrants are privileged and women and minorities immigrants go

8:00

those white guys are privileged and you know I I've really never found where blame or pointing fingers resolves much

8:07

of anything or gets you anywhere yes I that being said if you are a guy that is

8:13

struggling and isolated and alone and doesn't have many connections hearing that the world out

8:19

there considers you to have some sort like you're the original oppressor yeah

8:24

exactly you know I get it you are the OG patriarchy yeah of course you are the OG oppressor

8:30

that is going to encourage you to check out it's like hey I'm suffering it's an excuse you can use it as a great excuse

8:36

correct yes yeah it legitimates your your priz already okay so how can people

How to Make Your Needs a Priority

8:42

better learn to make their needs a priority how do you start doing that I began by giving to myself I years

8:52

ago I I was in therapy I was married to my second wife who I was married to and I I wrote No More Mr Nice Guy and um it

8:59

it became obvious that I was operating but by what I call covert contracts giving to get if I do this for you then

9:05

you'll do this for me I won't have to say it out loud won't have to ask won't have to be clear or direct you'll just read my mind because I I I gave you and

9:12

now now you're going to give to me and so when when I was working with a therapist I was in a men's group at that

9:17

time I made a a year-long commitment that I would no longer give gifts

9:23

surprises anything to anybody else other than my children so like if I was at the

9:29

mall I oh my wife would like that I if I if I saw had any impulse to give to

9:35

somebody else I had to give something to me okay not not necessarily equal but I

9:40

it it was a way of reversing an old Paradigm an old pattern I was just so reflexively giving to everybody else and

9:47

in the midst of doing that the people in my life felt the strings attached I didn't realize I was giving to get

9:53

giving to approval to get approval giving for them to give him back and then when they did try to give to me I

9:59

wouldn't let them right so I had to start giving with me so that's where it had to begin I had to say okay what do I

10:06

want what's my priorities what's important to me you know I'd go in the mall and there'd be a jacket on sale and

10:12

I haven't bought myself a jacket in a while and I'd buy myself a jacket uh you know I'd pay for my kids to go to the

10:18

dentist or the dontist and I thought it's been a few years since I've been to the dentist so I thought I need to go to

10:24

the dentist so you know all the way from just basic healthc care kind of thing and I continue to this day you know wear

10:31

a ring that tracks my sleep I try to give to me by getting enough sleep I just hired um a nutrition coach I I want

10:38

to you know I want to be around another 20 30 years and have a Fit Body and fit mind and I thought I got to give to me I

10:45

got to eat well I I told my fitness coach but I don't want to track macros I'm tracking macros I got Happ you can't

10:51

get around it yeah so whether it's giving to ourselves in just those basic fundamental get enough

10:58

exercise get enough sleep eat healthy spend time socially connecting with

11:03

other people save money go to the dentist whether's those basic things or

11:09

or just you know ordering yourself some new clothes you know saying I'm going to goang prioritizing yourself first

11:15

prioritizing self now the I I know people already listening to this going but that's just selfish that's just

11:20

fundamentally selfish what if everybody lived that way and I think if everybody lived that way we'd probably be a lot better off because we wouldn't be you

11:27

know walking around from this place of emptiness needing us and manipulating people to to to try to Value us or give

11:33

to us and if our bucket is full and overflowing we have so much more to give

11:40

to everybody else I like a lot of people for a long time was trying to give from an empty bucket my bucket was bone dry

11:46

you know not only did I not I didn't fill it but I didn't let anybody else help me fill it so if you're not

11:52

carrying for yourself if you're not doing the things that makes you whole you then look to other people to fill

12:00

something that you can you could have done already you are an empty vessel you

12:05

come to fix me however I'm not going to tell you that I need you to fix me and I'm not going to fix me and then I'm

12:10

going to become resentful of you and me for me being empty that that that's probably definition of neediness right

12:16

there and you know and this again this is when I'm talking with people about how to get their needs met the first

12:22

thing that guys will say well you know will that make me needy you know that that that that repulses women right that

12:28

that in no making your needs a priority does not make you needy not making your

12:33

needs a priority walking around with an empty bucket with this big vacuum hose that you try to hook up to other people

12:39

to get them to meet your needs that's neediness and that's what you know people kind of go go like this to so we

12:45

all have needs and and to just acknowledge I have needs and and again guys want well what's the difference between a need and a want don't don't go

12:52

there if you want it great if you need it great but make yourself a priority

12:57

and where you know kind of bringing this back around and more pieces to this but

13:03

uh really good book I've been recommending it it seems like a lot lately because it's an old book that a

13:08

lot of the younger generation hasn't discovered but it's a book called The Road Less Traveled by Dr M Scott peek a

13:14

psychiatrist he's passed away I'm told it is the all-time best-selling

13:19

self-help book and it's been around well over 30-some years back when I was a minister I even preached sermons from it

13:25

many many many years ago I you're smiling oh Minister what go there um and

13:31

I brought up in a Christian Church that says put yourself last put yourself last you know subjugate your desires yeah

13:37

yeah I I can tell you some stories about that so Scott peek says that if parents

13:44

are meeting their own needs are attentive to their children responding to their children's needs and timely

13:51

judicious and I add consistent ways children at this young at a young age

13:56

emotionally internalize a belief I'm valuable I'm lovable my needs are

14:02

important and the world is like my family now can you imagine going off to preschool kindergarten think I'm lovable

14:09

I'm valuable my needs are important and kindergarten is going to be just like my family or Junior High you know I'm

14:15

lovable I'm valuable my needs are important and everybody in junior high is going to be just like my family if we

14:21

operated that in the world can you imagine how our lives would be so significantly different we just add internalized belief I'm valuable I'm

14:28

lovable my needs are important and of course most of us did not get that to a

14:33

significant degree we maybe got the opposite and unfortunately another piece that can get added in if you don't get

14:40

that is that if your parents are not meeting your needs in timely judicious consistent ways they may tell you they

14:46

love you 100 times a day but if they're not meeting your needs you don't internalize that emotional

14:51

belief but if they're not meeting your needs and you get called up maybe even to take care of a parent you get

14:57

parentified like for me uh I like sports and so my father got a lot of Pride out of his son you know being good in sports

15:03

and my mother you know lived through me to be the good man that my father wasn't so I was parentified by both of my

15:10

parents then a child internalizes the belief I'm not good enough because you

15:15

think I should be able to fill mom up and make her not depressed and make her happy I should be able to satisfy you

15:20

know Dad in this way and and so you internalize that belief now you got the

15:25

beliefs of I'm not valuable or lovable my needs aren't important I'm not good enough and the world is like my family

15:32

that's how most people approach the world so here's my theory my theory if

15:37

Scott peek's theory is accurate and and I believe it has value and maybe our

15:43

minds aren't as receptive and elastic and and plastic as they were

15:49

when we were infants our brains are still plastic and we can we can still rewrite overwrite our basic operating

15:56

system that machine language and so I believe that we're actually going to make the world a better place be more

16:04

loving accept more love if we can start making our needs a priority in that way

16:10

that Scott peek talks about okay it's not our parents jobs anymore it's our job so our job is number one when we can

16:17

fill our own bucket up number two surround ourselves with people who want to help us fill our bucket up and create

16:24

what I call Cooperative reciprocal relationships everybody in the relationship is there because I choose

16:29

to be it's cooperative and it's reciprocal everybody gets value that can be a friendship it can be a family

16:34

member a buddy it can be a professional Cooperative you and I have a Cooperative reciprocal relationship we're both here

16:41

because we choose to be we both get value out of it and our lives are better because we have this time together and

16:48

if we can fill our lives up with that I believe we can also internalize the

16:53

emotional belief not just a mantra oh I'm good enough I'm lovable but an emotional belief in our nervous system

17:00

at the core I'm lovable and valuable my needs are important I'm good enough and

17:06

the world sees that and the world's going to respond to that I think that then lets us be much more loving and

17:14

giving to the world around us and much more receptive to all that the the world

17:19

the universe the cosmos wants to give us in other news this episode is brought to

17:24

you by nomatic their travel pack is my favorite backpack of all time you can tell this one is a bit worn because I

17:31

actually use it every single day it is a complete Game Changer if you're someone that carries your stuff regularly you

17:37

need a good quality backpack I cannot tell you how big of a change of quality of life it is when you have a properly

17:43

engineered well-designed backpack that helps you to organize your life when you're on the move I even survived a full month on tour using a travel pack

17:50

and a carry-on because hold luggage is a scop meant to keep you poor and late and you can defeat them by getting better

17:56

quality luggage nomatic has got thousands of five star reviews from customers who love their product and

18:01

everything comes with a lifetime warranty so if it breaks for any reason they will replace it for free right now

18:08

you can get 20% off everything sitewide by going to the link in the show notes below or heading to nomatic

18:15

docomond wisdom that's Nom matic.com slod wisdom I'm interested in taking

Rewriting Deeply-Set Patterns

18:24

that step from just tactical things which are a great Foundation if I'm

18:31

going to give to somebody else have you given to yourself recently probably a good idea that's something that's

18:37

tactical uh learning to clearly and fairly State when something makes you

18:44

feel good or makes you feel bad probably a good way of setting boundaries and reinforcing behavior that you want from people around you all of these things

18:51

tactically very useful at a high level but the deeper stage of this of

18:57

unpicking the texture of your system as you're talking about like the emotional

19:02

response that you have as opposed to just creating this odd ltis work of Band-Aids that you've placed over the

19:08

top of it to somehow be able to operate in a functional way from a dysfunctional

19:15

Foundation how do what are the steps of getting deeper how much can we unpick

19:21

those patterns that we've developed from even preverbally and and what are the steps that you like to get people to go

19:27

through well number one I don't know there's about three or four questions there I don't know I don't know how much

19:33

we can rewrite I know we can rewrite some you know people will come to me and

19:39

say Robert how long will this take for me to get to XY or Z I don't know I I'm still I'm still on that journey I haven't gotten there yet I'm still

19:45

learning I'll let you know once I I find out probably a lifetime so if we do

19:51

anything you know are if there's anything about the human mind and the human nervous system it it it likes

19:59

predictability it likes the sameness kind of going back to that quote that that you you you read

20:05

earlier we like the ghetto we know even if it's you know it's a ghetto but it's the ghetto we know and you know to leave

20:11

that ghetto and go out into the world where I don't know what language they speak I don't know how they what their

20:17

rules are you know we we'll just stay where we are but countless people throughout time

20:25

have decided to challenge themselves you know whether through religious spiritual practice yogic

20:31

practice challenging themselves to make more money challenge themselves to get into shape whatever no matter how we

20:38

challenge ourself our nervous system our mind our body is going to resist it wants to hold

20:46

on to the famili familiar neural Pathways those neural goat paths that we've been down the muscle memory that

20:52

we've just created since before we could think and reason okay that's normal that that's

20:59

why coaching is valuable that's why therapy is valuable that's why 12-step groups are valuable that's why you know

21:04

having mentors is valuable it's because if we're going to do it on our own we we'll probably keep you know stumbling

21:10

and bumping into hurdles and brick walls and and we we'll quit we'll give up but

21:15

if if we can make this journey with others who either are on a similar Journey or who've already been the

21:22

further down the road when our emotional dissonance our cognitive dissonance our

21:27

physical dissonance when our reaction comes in um we have accountability we

21:33

have support we don't have to go through it alone because for example um you know I I like to be in

21:40

shape but I I've never been a gym rat and I've never been you know one of those people that just die hard guy to get to the gym every day and so you know

21:48

I've learned it's better if I don't say I'm going to lose x amount of weight and this amount of time or I'm going to go

21:53

to the gym this many times CU as soon as I set like a commitment to myself that's out of my normal habit pattern I almost

22:01

always about a week or two later catch myself Gone Gone the other direction

22:07

without even being aware right just a few examples when um when I was going through my second divorce and I was in

22:13

my late 40s living alone for the first time in my adult life I started going to a 12-step group a few of them actually

22:20

just to get have a support system just to have a men's group you know they got a lot of platitudes in 12 steps and one

22:25

of them was about having an attitude of gratitude so I thought you know going through divorce my my life's in turmoil

22:31

my first book's just about to be published you know my my son's a senior in high school my life was just it just

22:38

felt upside down and so a buddy I met in this 12ep group I said let's start a

22:44

gratitude practice every morning before uh first thing when we get up every

22:49

night before we get in bed let's just think of 30 seconds three you know four five six 10 things we feel grateful for

22:56

and we'll check in with each other both of us started this four or five days in I was just feeling amazing I was going

23:02

through all these changes struggles difficulties and I was feeling good because I was doing this gratitude

23:08

practice and about the fifth day I forgot to do it and so did my buddy and

23:15

we probably both went about two or three days before it dawned on us wait a minute we haven't been doing that

23:21

gratitude practice it was it felt good both of us were liking it and we just forgot that's that emotional cognitive

23:29

dissonance of where our nervous system wants to just keep things homeostatic

23:34

keep things in a familiar pathway and so now if I am going to make a significant

23:40

commitment I do have to surround myself with people and I have to check in I I

23:45

decided end of last year I thought you know I've I've always thought it was a good idea to meditate you know I've

23:51

tried I always thought we got to get uncomfortable sitting cross-legged on this cushion you know and and can I not

23:57

have any thought and so a guy I knew I said would you coach me in meditation he

24:02

lives on Michael singer's compound in Florida and so I thought if he's living there he probably you know is into

24:09

meditation and so he did so we started every day we check in we just came up with a plan first thing in the morning

24:15

and so that's probably been four or five months now and I've only missed three days of meditation because we checked in

24:22

every day we connected with each other um you know one day it was late at night I thought oh I'm going to miss a day I

24:29

thought [ \_\_ ] it I don't want this to be ego driven I'm going to do it because I want to do it so I missed it I didn't

24:35

try to squeeze it in the end of the day and I and I have found out there's an interesting mathematics to this if I do

24:41

the meditation early in the morning first thing of the day I don't miss it you know if I mean it's it goes on the

24:47

calendar I take a snapshot I wait till later I can get pushed push pushed I forget about it same thing you know

24:53

wanting to be healthy and fit okay I've I've hired a fitness coach and so

24:59

and we check in regularly and I'm putting things in you know my fitness pal and I'm doing all that

25:05

stuff that is how we change those old patterns it it it takes consistency over

25:11

time I know in the in the self-help world there's this thing 21 days to change a habit I don't know who in the

25:17

[ \_\_ ] thought that up I've never changed a habit in 21 days uh I think if you've had something in your nervous system in

25:24

my case 60s something years it ain't going away in 21 days but I'm okay with that I can be the noticer because when

25:32

you decide okay I'm going to eat this way or I'm going to exercise this way or I'm going to practice gratitude this way or meditate this way now you become the

25:40

Observer of self you notice when you have the impulse to go eat this thing that you know you're not eating or skip

25:46

the day at the gym or not meditate you notice the pattern coming up and then

25:52

again if you have a support system you just check in and and then just pick it

25:57

up again to tomorrow so it's not rocket science but it is

26:04

challenging how can we stop our ruminating brains you mentioned there about when you posit an ideal you then

Preventing a Critical Inner Voice

26:12

begin to compare yourself to that ideal and a lot of the time you start to fall short and I think lots of people

26:18

especially High performers personal developers self- Growers will have a

26:23

very scolding inner voice yeah I I I watch those interviews

26:28

and I'm going oh my goodness i' hate to be inside his head yeah um but yeah but

26:34

but we put him on pedestals the high performers you know the the worship of Navy SEALs you know all this stuff that

26:39

especially we men do in this culture and um yeah most of them are driven by a lot

26:45

of Demons by a lot of voices in their head and and you know may maybe you can relate to that as well I fortunately

26:52

don't h i I can I can ruminate as well as the next person but I don't I fortunately I don't have that critical

26:58

voice generally my mind just I just it keeps me safe I just don't launch into

27:04

bigger and and you know things that the unknown um but I don't have a highly

27:10

critical voice but I work with a lot of people that do I think every woman I've been married to has had that my father

27:16

did um is maybe one of my superpowers to you know to kind of help calm the people

27:22

down but I I have a whole course that I call the ruminating brain

27:27

and my theory about ruminating brain is that I think for many people it's an

27:32

inherited trait that you don't have to look far in the family tree to see Mom

27:37

Dad sibling grandparents Aunt uncles with some manifestation of this rumination kind of pattern you see

27:43

depressed depression anxiety uh suicides often times addictive issues

27:50

relationship struggles abuse um and so I

27:55

think it's a brain type that you inherit like Studies have shown you can inherit brain types that predispose you to

28:01

addictions uh to ADHD and ruminating brain and I found those three things

28:07

often go together I've got so many buddies that are are recovering addicts

28:12

and most all of molers they have ADHD and most all magners they have a ruminating brain so I think there's

28:19

something genetically inherited of those traits now it could the ruminating brain can

28:25

also be caused by trauma that's what PTS does it can create ruminations it can lead to depression but what the

28:33

ruminating brain typically does and brains don't actually ruminate but it's like there's that this constant spinning

28:38

like there's a washing machine agitating all the time and you're inside the washing machine and I found that there's

28:45

three ways three directions ruminating brains tend to go then go into the past and and and just rehash every perceived

28:53

mistake Miss opportunity regret and you know if replay the same

29:01

regret 15,000 times you're going to feel like a real loser you're going to feel like there's something fundamentally

29:07

wrong with you and I think even going back to these isolated men we were talking about earlier I suspect a lot do

29:12

have ruminating brains because if you're going in the past and just rehashing oh I blew that opportunity how come I

29:19

didn't talk to her how come I didn't get her number how come I broke up with her how come I stayed with her all I I was

29:26

teaching when I taught this course live a few years ago had a guy who was probably about my age it was in his 50s

29:31

or 60s still ruminating about a missed sexual opportunity in college still

29:36

beating himself up so again the mind creates this illusion that it's just

29:42

Gathering important information it's important that I keep going back and rehashing relooking at this stuff

29:48

because there's something I missed something I need to know but all you really do is just you just end up feeling worse and worse and worse about

29:55

yourself so the other thing that people do in that backward looking is they

30:01

create I call it revisionist history other people call it like Castles in the Sky we go back and replay these events

30:09

and we say if I just done X Y or Z then my life would have gone down this path and this if I just had slept with her

30:15

when I had that chance in college my whole life would be radically different but it's not true we'd still probably be

30:22

ruminators and we'd still be ruminating about all missed opportunities but we We Believe

30:28

that that revisionist history is highly likely could be possible and it's not what we're living now so now we feel

30:35

terrible so here's another way then that that our ruminating brain beats us up it measures us and Compares us maybe it

30:42

measures us against just any arbitrary uh uh standard well I should be a

30:48

millionaire by this I should be married by this time I should have had should have slept to the 100 women by this time

30:53

you know I should have launched my my my program by this time or oh look he's my

30:58

age and he's so Bill Gates is the same age as me and graduated from high school in the same city as me same year and you

31:05

know I I he's you know what if I compared myself to to Bill Gates you know in terms of Le financial success I

31:12

mean I'd be miserable if I actually took that seriously so there's that comparison and the

31:17

measurement almost always finding ourselves lacking and being less than in some fundamental significant way that's

31:24

one reason I'm not a big fan of this Bow Down and Worship the high

31:30

achiever uh thing that we're so caught up in you know 10x your life 10x this

31:35

you could be doing better you could be making more you could be doing that you could be a Navy SEAL you could be that I

31:42

think all it does is just fuel that I'm I'm not good enough I'm not good enough and and we know we're not going to

31:48

attain that but we think we should in order to be good enough and so so then

31:54

the Third Way that the ruminating braing goes is into the future this is where your perfectionism comes in if I don't

32:00

do it perfectly it's G to crash it's gonna burn what if I fail what if I look foolish what if I invest in it and I

32:07

lose everything I've got what you know with my luck you know everything's going to crash and everything's okay now but

32:13

it's only a matter of time till everything goes south goes tits up and everything just you know so what happens

32:19

if you've got that going on in your head and most ruminators maybe do all three of those

32:25

go in the past go in the future do the measure and compare but most do one significantly more than the other and

32:31

the three things it tends to do to you it keeps you stuck because if you're just ruminating about the past trying to

32:38

figure out every possible pathway forward before you take any action you know research everything to death you

32:44

all that you're not going to take action so you're going to stay stuck you're going to stay isolated there's that isolated thing because you don't want

32:51

people to find out cuz if you're ruminating in all these negative ways your odds are not going to feel really

32:57

good about yourself and you don't want to let people get close to you because you're afraid they're going to find out

33:02

what you already believe to be true so and you're going to feel really bad about yourself because um again if you

33:08

rehash the same mistakes enough times if you miss enough opportunities because it took you too long to make a decision if

33:15

you compare and measure yourself enough you'll find enough people doing better than you you're just going to feel fundamentally flawed and it just goes on

33:22

and on but thankfully there is there there is good news and um I teach people

33:29

a combination of both mindfulness and cognitive behavioral therapy but it's as simple as how can we step out of the

33:37

washing machine and watch it spin rather than be in it being spun by it so I I I

33:44

I the primary U Mantra of of what I teach people ruminating brain is

33:50

practice being The Observer not the believer of our thoughts unfortunately

33:55

if we've thought something for long enough a belief is nothing but an offre repeated thought if you've thought that

34:01

thought enough times you're convinced it's true doesn't matter what our belief is it could be religious belief

34:06

political belief belief about ourselves belief about women belief about the world if you thinking enough and if you

34:12

find enough other supporting evidence through uh uh confirmation bias of

34:18

course it must be true and uh so stepping out of that machine and watching it going it sure still seems

34:24

true that I'm you know you know so many men

34:29

create their their their sense of value by measuring how well they've done with women in life you know how many times

34:36

they've been late if they've been late how many girlfriends they've had if they've had girlfriends how you know have they been married you know or how

34:42

many times have they been married now you cross the line that now so I see guys who don't feel they're good enough

34:48

because they've never had a girlfriend or they've never had sex so they must not be good enough or they haven't had enough sex or not enough sex with enough

34:54

pretty women or you know they haven't had a I talking to somebody the other day all

35:00

my girlfri all my all my relationships ended about two years so he he's judging himself for that um I was on a call with

35:07

two podcasters and all you know me and the other two guys all work with people around

35:12

relationships and um one guy said well I'm not in a relationship right now so I I I kind of have this thing how can I

35:19

teach people the other guy says well I met my my wife in high school and that's the only one I've ever been with how can

35:25

I teach people and I go I've met divorced three times how can I teach people it and so it's funny how we find

35:33

these things to measure ourself that are absolutely inconsequential but we're just sure

35:39

they're proof of our Worth or or lack of worth it's so interesting it's the uh

Believing the Story You Tell Yourself

35:46

Michael Singer influence there of you are not your thoughts you're the Observer of

35:52

your thoughts being able to sort of step away and and and see that washing machine going on

35:58

I think so many of the thought patterns that people engage in regularly the

36:05

stories that they tell themselves the little sort of like reverse mantras that they have not something that's positive

36:11

and encourages them usually not at all but something which is negative and reinforces a fear that they have or an

36:17

insufficiency that they're concerned about or whatever uh you're right if you say those things to yourself enough

36:24

times you'll end up believing that they're true and then after a while they just become part of you and you're

36:30

not even believing it anymore it's like the physics of your system

36:35

yeah you know whe whether you you do a dive into like Joe despenser type

36:41

quantum physics you know pick the path you want psychologically the world will be

36:48

as we believe the world to be we will be in the World As We Believe ourselves it

36:54

goes back to you know what we internalize at a young age so if you believe the world is XYZ that's what

37:00

you're going to see you're only going to see examples of that and you you won't see all the things that might contradict

37:06

those beliefs just two bits there first off the the way that the reticular activating system actually works is

37:12

precisely by that it's why when you buy a new car you're like is every 10

37:17

[ \_\_ ] person got this same car like why no the same color you're now you're you're now looking for it right it's the

37:25

same reason as to why they do experiment where they tell people to pick all of the things that were red in a room and

37:31

then say and how many things were blue they go I have no idea it's like well no because you weren't looking for the things that were blue you were looking

37:36

for the things that were red so have you heard the one about the gorilla yes where they get The Passing basketball

37:42

how many times did they pass the basketball and did you notice the gorilla that came through the middle of the screen no one noticed the gorilla

37:47

that came through the middle of the screen yeah of course so the way that the reticular activating system works

37:53

you actually do uh from a sort of sensory interpret ation perspective you blot out the

38:01

things that you're not looking for and if you are looking for a reason as to why you are a loser or why you are not

38:07

worthy or why people don't like you or why the world doesn't care whether you live or die or you're inferior to other

38:14

people or they're more successful or they've got more friends or they're going to make more money or whatever it is you will observe like Global

38:21

confirmation bias you will find things that reinforce that belief easily so from the sort of particular activating

38:27

and now the internet will feed that to you as well of course because you actually have algorithms that pick out

38:32

that they realize that you spent 0.5 seconds longer on all of the negative news stories than the positive ones or

38:38

on the ones that are aspirational about dudes that have got 3% body fat and 220 pounds stay shredded all your own

38:45

everybody looks it's like watching porn and think every guy's got a big dick everybody's got a big dick no no you're

38:51

being you're seeing a skewed perspective of the world so first thing yes that's

38:56

the way that the reticular activating system works but on top of that as well I think you can repurpose the story you

39:05

tell yourself about pretty much almost anything so there this great great great example Sam Harris uses where he says at

39:11

the end of a workout you know really tough cardio and weights workout when your heart rate's at 190 and you're

39:19

lying on the floor of the gym in a sweat Angel and you're panting and you've got the taste of metal in the back of your throat and you're hot and sweat

39:25

everywhere and that sensation in and of itself is quite uncomfortable and yet

39:32

you're taking such cathartic weird pleasure from this masochistic thing

39:37

that you just did to yourself because of the story that you tell yourself now if that exact same stimulus happened

39:45

spontaneously while you were sat in traffic you would think I need to go to the hospital [ \_\_ ] immediately right

39:53

what is happening to me that tells us that the story that you tell yourself about why something is happening very

40:00

much and maybe almost entirely is your experience of that thing well and what's the quote the only

40:07

difference between anxiety and excitement is breath is uh um Fritz pearls I think

40:14

said that that they're the same neurological response in the body but when you're excited you're actually

40:20

breathing but when you're anxious you quit breathing but they're the same neurological response in the body so yes

40:26

what we label things and the context we give things makes all the difference and and and like you yeah I I believe this

40:34

is I believe anything is within our power to

40:40

begin making adjustments now I I I kind of throw out a kind of another part to

40:46

this I've never found anybody make a significant change from a place of shame or from

40:53

hating on themselves and I'll just give you example you know yeah I tend to carry my weight in my belly and I found

41:00

that whenever you know if I gain a little weight there if I start just every time I look in the mirror I just hate on my belly it doesn't go away

41:09

never has gone away from hating on it but if I focus on my chest a little bit on my shoulders and arms a little bit

41:15

which I like better and just kind of send love and think how can I keep doing better the belly takes care of itself

41:22

and a lot of people think the way to make significant change is is to have ific shame wrapped around it or to hate

41:29

on themselves but the hating on yourself how's that going to open you up to let good things happen to let yourself

41:36

change in positive ways so let good things come to you well do you want to be around that person either like is

41:42

that the friend you want there so many people have that person up here in their head course of course and you know I'm speaking to myself here I have a very

41:49

scolding in a voice it's very quick to judge it's very quick to tell me when I've fallen short of these impossibly

41:55

arbitrary high standards that no one else knows so here's one here's one thing that happens uh pretty frequently

42:02

I think for me and I know that Lex fredman has the the same issue when

42:07

you're speaking a sentence as a podcaster you're very intimately connected with the

42:14

texture of your mind with the friction from what you're thinking to what you

42:19

mean to say and a lot of the time you're trying to play this odd balance between getting out of your own way so that the

42:26

words come out naturally realistically and also being sufficiently engaged so that you can craft the direction of

42:32

where the sentence is going and sometimes you forget a word or you slightly misspeak or you're imprecise

42:39

with the way that you meant to describe something or you use one term when you could have used a different one or you pause in the wrong sort of place and you

42:45

know this is my craft this speaking thing is what I do and I

42:51

am I I absolutely adore this level of this relationship I have with my verbal

42:57

and it's one of the things that I pride myself on the most but it also means that when I start to fall short if there

43:03

is something where I just I just trip over a little rock ever so slightly and

43:08

that to me plays on my mind because I think well this is where you could would

43:14

should have been how you're constructing the next sentence which you then begin to spiral down from there but here's the

43:19

weird thing nobody else knows the sentence that you could have

43:25

spoken no one no one else knows no one else knows the blog post you could have written nobody else knows the meal you

43:31

could have cooked nobody else knows the chest press rep that you could have done

43:37

only you will know about that and there's I can see how for type B people

43:44

with that the lack of external scrutiny gives them the opportunity to do less

43:50

and to kind of hide away but for type A people that gives them this sort of bizarre internal

43:57

Taskmaster that continues to whip them until they hit some impossibly high standard that nobody could ever meet in

44:03

any case it's still not good enough correct there there's you know that Taskmaster doesn't okay I put the whip

44:09

down you achieved it in other news this episode is brought to you by netsuite the less your business spends on

44:15

operations on multiple systems on delivering your product or service the more margin you have and the more money

44:21

that you keep but with higher expenses on materials employees distribution and borrowing everything costs more so to

44:27

reduce costs and headaches smart businesses are graduating to netsuite by Oracle netsuite is the number one Cloud

44:34

Financial system bringing accounting financial management inventory and HR into one platform with netsuite you

44:40

reduce it costs because netsuite lives in the cloud with no Hardware required and accessed from anywhere you cut the

44:46

cost of maintaining multiple systems because you've got one unified business management suite and you're improving

44:51

efficiency by bringing all of your major business processes into one platform over 37,00 thousand companies have

44:58

already made the move net Suite has extended its one-of-a-kind flexible financing program for a few more weeks

45:03

so right now you can get that by following the link in the show notes below or heading to netsuite.com slod

45:10

that's netsuite.com slod oh you you listened to that episode I did with Matthew Hy didn't you yeah so

Men Need to Step Outside of the Cycle

45:16

he has this great story where he's talking about how um he he starts each

45:22

day basically in in something similar to productivity debt Oliver burkman's got this phenomenal idea of productivity

45:27

debt that when he wakes up every morning he imagines that he's somehow overdrawn in

45:33

this contribution to starts the day over yes yes and that it is his job that by

45:40

the end of the day if he castigates and flagellates himself sufficiently he may

45:46

be able to get it back to zero like only zero though you can never be in this the 4,000 weeks guy we're correct yeah

45:51

that's all of a burkman and then um this is Matthew hussy's thing which I think relates to it

45:57

I struggle to believe I'm worthy of moments of joy and peace without first putting myself through a brutal schedule

46:03

monitoring my productivity levels down to the minute perhaps some people apply this to earn your cookie mindset in ways

46:10

that lead to healthy accomplishments not me mine is a mutation whereby joy and self-compassion are regularly outlawed

46:17

by an internal Tyrant who decides when I've been flogged enough for one day just when I'm about to collapse a voice

46:23

inside says okay give him half an hour of Peace before bed but make sure he knows we'll start again brightened early

46:30

in the morning in debt in debt productivity debt in debt yep yeah and

46:35

you know that's what I was talking about about stepping outside the washing machine right when you're inside the

46:41

washing machine you don't know you're being spun by it that's that's normal that's life it's it's just what is but

46:48

when you can step outside as Matthew does in that example he can be the Observer of himself and from there

46:56

something can shift he can do something different I I love living in Mexico I

47:01

love that Mexican culture honors the Siesta I lay down at least two maybe

47:06

three times a day sometimes for 10 15 minutes sometimes for 30 minutes or an hour and whether it's just put a little

47:13

hot pack on my eyes or take a nap and you know I'm so much more productive I I

47:18

can work from 7 in the morning till 10: at night and not feel drained or exhausted or driven just because I can

47:26

build those those little gaps in there just say time to relax time to recharge

47:32

the battery and if you can step outside that cycle you can go H I'm gonna go lay

47:40

down for 15 minutes when when sometimes when I I'll do like 30 or 90day challenges with with guys around

47:46

different areas of life one of the assignments I I almost always give now just because I love the reaction is that

47:52

no matter what the challenge is whether it's a fitness challenge you know meditation challenge whatever the challenge is they have to take 30

48:00

minutes a day to meticulously do nothing whether it's just sit on a bench sit in

48:06

nature go for a casual walk take a nap listen to music meditate whatever it is

48:12

30 minutes a day and it's funny it's the thing they resist the most starting out but by the time the

48:19

challenge is up they love it they absolutely love it cuz just that doing nothing kind of just refilling the

48:26

bucket again recharges you makes you more productive

48:31

and again this is kind of like that drive that nobody ever changed from a place of shame or or or hating on

48:36

something yeah we can drive ourselves we can drive ourselves um but you never do

48:42

get there that was an unfinished thought from me earlier on where was saying who would you rather be around like yeah

48:48

exactly what think about your friends and think about the ones that are

48:53

performing well and then imagine that that person was able to push themselves

48:58

to that level of performance or even close to it let's say they had to sacrifice 5% of their outcomes in life

49:04

but they got to gain 50% of no longer cursing themselves and the shame and the blame and the

49:10

guilt and and stuff who would you rather your friends be you would absolutely go dude this

49:16

seems like the best deal in history like the only reason that you're trying to be successful and Achieve something is

49:22

presumably to make yourself feel happy and in the pursuit of trying to be become successful so that you can become

49:28

happy you're making yourself miserable you're sacrificing the thing that you want for the thing that's supposed to get the thing that you want yeah and

49:35

yeah you know if if you can again me speaking to me if you

49:40

can see that you would much sooner be around that person because they're going

49:48

to be a better friend and the energy that they bring to the room is just going to be so much more positive some for the world but that you would want

49:54

that for them just for them yeah right you want that because their day-to-day experience of the world is going to be

50:00

so much more joyful and enjoyable and it seems to me you know looking at at your

50:06

work and increasingly kind of opening the lid on how people operate that

50:12

chronic shame is such a huge driver of

50:17

why people do almost everything that they do in life it

50:23

it yeah we're surrounded with shame you know cultur familiar familiarly I said

50:29

that wrong I feel so terrible religiously and

50:35

it rather than making people happy and successful it makes them easy to control

50:40

and and then that's why why religion and governments you know if they if if they can make people feel bad about something

50:48

that's normal or natural it's easy to control them because you know it's like a little kid I I my my my my my doctor

50:55

my education is marriage and family therapy and you know parents used to bring kids into me and go my kids's

51:00

doing this they're doing that and I go that's actually normal behavior well no but but it's driving me crazy I don't want him to do it and you know that they

51:07

would shame the kid for normal natural stage of behavior and and you know the

51:15

kid will e the kid will do one of two things it'll either start hiding the behavior to avoid the punishment the

51:22

consequence but it doesn't mean it goes away or the impulse goes away or they become positionally defiant they just

51:28

push back against everything they'll cut off their nose despite their face if if you make shame the the motivating factor

51:36

and that's why I've learned I if I want to actually accomplish something I can't set some big lofty goal for doing it

51:43

I've got an oppositionally defiant self that will defy me to say no [ \_\_ ] you

51:49

know we're not going to do it that way and at the same time

51:54

I at least my friends all tell me they've told me this for years Robert you're so consistently productive my

52:02

wife would frame that differently she says Robert you work all the time and I'm not driven I'm I'm really not you

52:08

know I got a PhD at 29 but not because I was driven I just I hated school in high school but the further I went the more I

52:16

liked school so I just I ke I liked you could do research and uh write and

52:22

things like that when I got to grad school so I kept going so it wasn't because I was driven to get a PhD um I

52:28

mean I may do some things out of insecurity oh if I get some letters after my name you know I'll be more believable but it wasn't a drive I had

52:34

to get a PhD um you know I've built businesses I've written four books I've

52:42

um you know just moved to Mexico I I've just done things but never because oh I

52:48

got this big goal I gotta I got to make that happen I just usually went in the direction of either what I just

52:53

naturally seemed to enjoy or what I was naturally curious about every book I've written just CU I was curious I wanted

52:59

to understand stuff so I just dove into it and at some point thought what I guess I should just write a book about

53:04

it now but I'm not I'm not super highly driven but if again if you ask anybody

53:11

that's known me for very long they say that I'm also very consistently productive and so for me to be

53:18

consistently productive I I I'm always involved in things I enjoy being involved with for example I I love doing

53:25

this I get never said no to an interview in my life uh I I I love this

53:31

communication when you were talking about constructing sentences earlier I thought I love this where where the sentences just come out of me the Muse

53:38

just speaks uh you know I love doing Q&A I hate doing keynote speeches where I have to get up and give a canned speech

53:44

because then I'm just you know oh what if I forget to say that one thing I want to say but doing a Q&A I absolutely love

53:51

it so I've orchestrated my life to get to do as many things as I like doing I I

53:57

whatever my sweet spots are I try to spend as much time there as I can places that aren't my sweet spot I either try

54:04

to find a way out of it pay someone to do it I hate accounting I hate bookkeeping pay my account $550 a month

54:10

to do all my books and taxes best $550 ever spent and that lets me then keep

54:16

stay in my sweet spot and so for example for me to get back into a fitness

54:22

routine I got a gym in my house my office is in my house I got a swimming pool in the backyard my Gym's 10 ft away

54:29

from my office my wife's a gym rat she she'll work out in the gym in the house and then go to the gym that has the

54:34

heavier weights and the bigger machines and you know sh Connie you know you going the gym today right yeah yeah yeah

54:40

dear yeah I'll be in there so if I'm going to be consistent I got to find a way to to that I I learn to enjoy that I

54:47

I've got to make it a sweet spot that I get to the gym so now I've started listening you know to to good podcasts

54:53

while I'm at the gym or I'll put on you know the good music that I like or I I've got to find a way to make it

54:59

enjoyable because I'm just if I'm just pushing myself forcing myself driving myself it's not going to last long it it

55:05

just will not be consistent so for me the way I'm wired if I find things I love doing um I

55:14

can do them day and night and give me a few little naps in there and give me give me some good buddies to talk to

55:19

during the day I'll keep going forever I I can keep going forever yeah but that's just me that's how I'm wired I was

Having a Puritan View of Hard Work

55:25

thinking had a conversation a couple of weeks ago the guy that you're going for dinner with tonight uh George it was his 30th in Miami and um we were talking

55:32

about why hard work is so

55:39

pedestalize in this version of the modern world where leverage has been more available than ever before where you can get more done whilst putting in

55:46

less hard work is still this sort of Mainstay and rightly so like I I like

55:51

working hard but one of the things one of the reasons that I think it

55:57

is so pedestalize is that it's kind of like a universal solution to a multivariant problem so there are lots

56:05

of different ways to get the successful outcome that you want you can use leverage you can be creative you can

56:12

have the right networks you can do there's lots of different ways lots of those have a medium failure

56:19

rate in them hard work has a very low failure rate in it there are very few problems that if you throw lot of hard

56:26

work at it won't get better now it'll get better painfully slowly it'll cause you to have to sacrifice yourself you'll

56:32

be crucified you your sleep will take a hate the quality of your relationships all of these things you will pay a very

56:38

high price basically hard work is a reliable route to achieving something

56:45

and I think that its reliability causes us to think that

56:50

makes it a Panacea it's like no it's one component of what you do and it may be one of the foundations that there are

56:56

very few things that you can get good at without working hard I.E consistently with a degree of attention for non

57:03

insignificant durations of time let's say that's what hard work is uh but that

57:09

doesn't mean that you need to pray at the altar of it and it also doesn't mean that you need to castigate yourself if you don't always work hard so one of the

57:15

strange things I did when I was running these nightclub events in my 20s when we started running them I had

57:22

to work very hard I paid a high personal price for them then the events began to become successful but I shortcut the

57:30

sense of satisfaction I got from the events being successful to if it was successful and I didn't suffer this

57:37

doesn't count it doesn't count exactly doesn't count if I didn't s if it if it happened and it went well but I didn't

57:43

pay a high personal price for this I didn't not even worked hard I could you know you know that's Twisted right of

57:49

course that's messed up of course yeah of course of course and at the time I just I don't know what I thought it was

57:54

I thought I I think that I considered there to be some sort of nobility in the

57:59

suffering itself you know like a Puritan work ethic these priests hoing the garden sun beating down on their back

58:06

and it's in service of God it's not in service of the work it's in service it's not in service of the outcome of the

58:12

work it's in service of the work itself and of the the tribute that it it is and

58:17

uh yeah that you know odd kind of like laborious

58:25

masochistic approach that we have to the things that we do uh I see an awful lot

58:32

and yeah i' I'd had this sort of insight about hard work as well well here's even AIT little bit of a Twist on the hard

58:37

work thing if you look around the world the

58:43

hardest working people are usually the poorest people especially if you talk about physical labor you I I live you

58:49

can't you can't use the word third world country or Glo emerging economy anymore I don't know what Mexican Mexico

58:55

qualifies a Nar run institution I don't know uh it is um but you know I'm surrounded by

59:03

people who work really hard and have absolutely nothing and have absolutely

59:09

nothing and so I'm I'm a fan of hard work but I'm a fan of of smart hard work

59:16

of of hard work that that that actually takes you where you want to go because you can work really really hard and and

59:24

not have anything to show for it um but you're right it's kind of built into into our culture and I think it's maybe

59:30

another one of those ways that cultures just tried to control us if you get people you tell them you got to keep

59:36

working hard you know God favors the you know the person who works hard God's going to bless you well you can keep

59:42

people plowing on your Fields you know time in and time out they'll be subjugated to the local Baron or they'll

59:48

not break the rules or they won't spend enough time to be able to become a revolutionary Force that'll overthrow

59:53

the government or the king that's what they're all afraid of the revolutionaries they they don't want is

59:59

is is how do we keep us people with power in power well we'll create a religion we'll create a cultural meme

1:00:05

we'll do whatever I mean you know increasingly I'm a ruthless capitalist through and through but I do

1:00:12

increasingly I'm seeing this sort of bizarre internal Tyrant that people have

1:00:18

about their work rate and when you think you know go back a few thousand years

1:00:23

and the requirement to um use slaves forced labor in order to be

1:00:29

able to get [ \_\_ ] done and then how smart to somehow repurpose the slave master to

1:00:36

be inside the slave itself to think you go and work you go and work and you tell

1:00:42

yourself that you want to work and then you tell yourself the story that this was what you were supposed to do and you chose to do this all along it's so

1:00:49

fascinating and again you know what's that quote about capitalism is the worst system apart from all of the other ones

1:00:55

that have been tried compared to everything else and but here's a thought let's put put a little different light

1:01:01

on it what's the best day of your life look like theoretically our hard work

1:01:08

theoretically the stuff you know I I I launched a new company in a year ago it took me two years of building it before

1:01:14

I launched it you know I bootstrapped it I'm in debt over it I I I I worked from

1:01:20

7:00 a.m. till 9:00 at night it has not paid me a paycheck yet and I'm loving it

1:01:26

I'm I'm I'm having such a good time with it so what's the best day of our life

1:01:34

look like is it the day that this finally pays off that it finally crosses this threshold that you finally had that

1:01:40

success with the event you know that I get to do you know an in-person podcast you know with somebody with a lot of

1:01:46

followers what's the best day of my life and I don't think many of us most of us even ask ourselves that question what

1:01:53

are we working towards isn't it theore ically towards the best day of our life

1:01:59

that on someday we'll have finished the work and we can rest we can enjoy it we

1:02:04

can take pride in it we can experience the fruits of our labor we can share with our friends we can dance we can

1:02:11

sing we can have a good night's sleep we can have sex we you know isn't that best

1:02:17

day of our life and I'm wondering do we really have to work so hard to have the

1:02:22

best day of our life can you and I get up today and if and if you and I don't get up today with the intention of

1:02:29

having the best day of our life why not when's that going to happen is it going to be tomorrow this Saturday next

1:02:36

Saturday you know when when you know when the business starts making a profit when you're over 5 thou 5 million

1:02:42

remember 5,000 probably was a big deal right huge deal yeah yeah and now you've broken a million two million 5 million

1:02:49

50 million yeah will you be happy and have the best day of your life then not unless you get up every day and have

1:02:56

some component of the best day of your life today what's that senica quote how long are you going to wait until you

1:03:03

start to demand the best for yourself it kind of goes back to making us a priority a lot a lot of people continue

1:03:09

to wait I want to I want to talk we didn't get to speak much last time about dating and about how nice

The Cause of Nice Guy Syndrome

1:03:16

guys seek the validation and how it shows up in their Intimate Relationships how much do you think of

1:03:23

nice guy syndrome stems from just wanting and needing the love and

1:03:28

validation of women well probably began with Mom so

1:03:33

yeah yeah and another quote from from one of my coaches in his book um that

1:03:40

that I love he says a man doesn't mature until he quits seeking the approval of a

1:03:45

woman and I thought I was listening to that on an audio book while driving from California to Washington I had to pull

1:03:51

off the road and keep replaying that a man doesn't mature until he quits

1:03:56

seeking the approval of a woman unfortunately the way most men date

1:04:03

especially nice guys as I Define them um is all about seeking the approval of

1:04:08

women pick me pick me choose me get naked with me be want to be my girlfriend it's all chasing approval and

1:04:17

you know as a marriage therapist I started doing marriage therapy 40 years ago and you know I've been married a few

1:04:23

times most people most guys walking in my office they're still trying to chase the approval of a woman that you know

1:04:30

has said I do and and married them so that that approval seeking I think of

1:04:37

course began with mommy you know we come into this world we have a caregiver we're completely needy dependent

1:04:43

vulnerable and so you know we had to make sure stuff was good with Mom we had

1:04:48

to make sure she was in a good mood she was available you know and then we had female caregivers and then we had pre

1:04:55

school with women and then kindergarten and Elementary School it makes sense that since we were born as as men that

1:05:04

we've been it felt like life and death to get the approval of women but unfortunately chasing that

1:05:12

approval with women in terms of of the dating scene in the dating World actually works completely against the

1:05:19

results we want to get M what's the problem of chasing the approval of women well kind of like chasing that success

1:05:25

through hard work you actually never do achieve it and it's based on the assumption that the approval of let's

1:05:32

just say Feminine women could actually be attained I I don't know how many

1:05:37

women have you been with but have have they been all consistently approving of you day in and day out no no of course

1:05:45

not and and so is that even attainable to get the approval of women what what

1:05:50

what if instead we were seeking the approval of ourself maybe the approval

1:05:56

of our our male peers and Friends through um how we live our life and how

1:06:02

we show up and our integrity and our authenticity and our values what if that

1:06:09

actually was attainable I I for you know I sat down to talk with you I spent five

1:06:15

six days out at a retreat center with 40 guys and just watching the love of men

1:06:21

you know I assume everybody's straight the love that men were showing other and would show me I I I I go away from you

1:06:28

know doing my the work I do with men feeling much more loved than I've ever felt in any relationship with a woman

1:06:35

and I'm not trying to be dismissive of that but what I'm saying if we go if we go seeking that kind of approval from

1:06:41

women not only are we probably not going to get it maybe it isn't attainable but then we start acting in ways that don't

1:06:48

tend to turn women on that don't tend to make them go I want to get close to that guy I like how I feel when I'm around

1:06:55

that guy in other news this episode is brought to you by ag1 it's important to me that the supplements I take are of

1:07:01

the highest quality and that is why for over three years now I've been taking ag1 they conduct Relentless testing to

1:07:07

set the standard for Purity and potency everything that they make is the highest quality it's NSF certified meaning that

1:07:14

even Olympic athletes can use it and they've updated the recipe 52 times over the last decade as new research and

1:07:19

sourcing has come in I'm massively focused on gut health at the moment and a1's ingredients are insanely heavy

1:07:25

heavily researched for efficacy and quality and I love the fact that they've got Pro and prebiotics plus digestive

1:07:31

enzymes to help support my gut best of all there is a 90-day money back guarantee so you can buy it and try it

1:07:37

every single day for 89 days and if you do not like it they will give you your money back you can get that 90day money

1:07:42

back guarantee and try ag1 with a Year's free Supply vitamin D and five free ag1

1:07:47

travel packs by going to the link in the show notes below or heading to drink a1.com

1:07:53

wisdom that's drink A1 / wisdom yeah you say a woman may want

1:07:59

to be attracted to a nice guy but biology won't allow it nice is not a turn on you

1:08:05

know there there's a um I can't think of the name of it you you may know the name of it but there's

1:08:12

um a dynamic that giving to people does not actually make them like

1:08:19

you you know nice guys think that well if I just give this person something you know they'll like me asking people to

1:08:26

give something of you is going to increase the likelihood that they're going to think well of you because now

1:08:32

the mind has to justify I just gave something to that person I must think well of them I must think highly of them

1:08:38

because we don't give stuff to people we don't like so requiring people to give stuff to you actually is more likely to

1:08:45

drive up them you know wanting a connection than you you get me there there's a name for that I can't think of

1:08:52

the I know you mean I mean so reciprocal altruism is the Dynamic that it's based on but I I don't know what the the name

1:08:58

of that particular effect something effect effect and I can't remember very interesting I'll think of it later I go why didn't I you tell me um that being

What it Really Means to Be an Alpha

1:09:07

said it's so there's there's another element in there which

1:09:12

is implicit in me asking for something from you is the sense that in future you

1:09:19

probably get to ask something from me right and but that I think is

1:09:27

the opposite of that is here is me giving something to you which means that in future I'm going to ask for something

1:09:35

in return here is a gift CT contract correct which in future is going to be a

1:09:42

debt but the other person doesn't know about the contract correct and and that's why when all of a sudden they're not given to us and we're all resentful

1:09:48

and frustrated and pissed off and passive aggressive or whatever and they're going what are you even talking

1:09:54

about I didn't know that there was any strings attached to those things you gave now I'm a giving generous person I

1:10:00

I I I like to give most people like to give but when nice guys go see I'll give you

1:10:07

an example I I I teach men to be social animals kind of kind of going back to um these isolated

1:10:14

men as I mentioned when I when I got divorced from my second wife I was in my late 40s had never lived alone as an

1:10:20

adult I married my first wife two days after I graduated from college moved out of the dorm moved in all right and there

1:10:26

wasn't much Gap in between my first and second wife and when I got on the online

1:10:32

dating sites match.com that was before the Swip right apps um and I looked at

1:10:38

profiles I looked at women's profiles you know all the things they said they did you know the wine country the wine

1:10:43

tasting the skiing the trips to Europe and I go and I wrote my profile and and I

1:10:49

thought uh I spent the last you know 25 years you know going to my kids sport

1:10:55

events walking the dog and trying to make my wife happy that's that's what my life looks like and and you know I

1:11:00

thought that's not going to attract a lot to me but more than that I thought I

1:11:06

want more of a life than that I want more of a life and so the the act of wanting to learn how to date drove me

1:11:14

was part of what moved me to start creating the kind of life I wanted to live right well you have two choices

1:11:21

right you can either lie about the sort of life that you're going to live or EXP to the world the boring as [ \_\_ ] life

1:11:26

that you actually are having and that doesn't that doesn't go well in the profile you know so I I you know I made

1:11:33

my bucket list you I want to learn to shoot a gun I want to ski I want to learn Spanish I want to travel I want to do this and but mainly I I I work to

1:11:40

becom a social animal if if there was anything that I could do and I could do it in public I went out in public and

1:11:47

did it whether it's you know reading my New York Times or you know eating my breakfast or going out to have dinner

1:11:53

I'd go to you know happy hour bar in a restaurant i' take my laptop i' take my

1:11:58

books if I could go be in public I'd go be and I practiced talking it to people

1:12:04

around me just and and then I started being successful in terms of dating and getting laid and my client started

1:12:10

saying Robert teach us I'm not a dating coach but you're having success and so I

1:12:15

I what I teach men the approach I take is don't don't you know guys want to go

1:12:20

learn these pickup techniques and this magic and the NLP and the hypnosis and the peacocking and I call that pounding

1:12:27

on closed doors she's hot I want her I want her to pay that's that's approval seeking at its ultimate I tell guys when

1:12:34

you go approach a woman just CU she's hot you've made her the alpha she's the decider now and remember she's got lots

1:12:42

of men lots of men approaching her she's the decider you're not you've made her

1:12:47

the alpha you're the beta you know all these red pill and pickup guys all think I'm Alpha I'm no you're chasing her

1:12:52

because you want her approval you want her to say yes you've just given her all the power but what if you don't need

1:12:58

that what if you're just living this good life and then all these doors open around you and you notice women you know

1:13:04

smiling at you you know walking in front of you a couple extra times unnecessarily you know bending over when

1:13:10

they put the plate on the table what if you just start noticing all the doors that are open now this this is you know

1:13:16

dating but this is life right this is the abundance you can go pound on closed doors all day long that's a lot of work

1:13:23

I'm a big fan of walking through Open Door indors then guys go well but you know it seem and I love this quote by

1:13:29

David data choose a woman who chooses you if you you know if you just why

1:13:36

chose her I want no you're going to chase and you're going to work and you're never going to feel her approval

1:13:41

but then gu say even if you managed to get the marriage to work even if you managed to get the ring on her finger even if you managed to do the res you

1:13:47

know what the again as a relationship therapist I I think I've spent with I've

1:13:53

spent more time with married men suffering through their woman not choosing them than single guys not

1:14:01

getting women to choose them because the married guys I'm married it's the only choice I got now I've got to get her to choose me and I got guys who say Robert

1:14:08

how can I get my wife to want to have sex how long since she have had sex 14 years and I go I have no clue I don't

1:14:16

know how to fix that but what it is they're trying to get a woman who's not approved of them in probably over 14

1:14:22

years to magically approve of them enough to get naked with him and let him you know poker with his body parts so it

1:14:31

doesn't matter if these are single guys or guys in relationship if you're chasing the approval of a woman who has

1:14:37

already made it obvious she's unapproving of you she's not approving of you that's a big waste of your time

1:14:44

why not walk through open doors and the guys go well but yeah the women who seem to be inting me they're all fat or ugly

1:14:50

or you know old and I go that's again that's your your limiting beliefs I've

1:14:56

been with so many amazing women in my life and I didn't chase any of them people ask me Robert how didd you meet

1:15:02

your wife I said I was walking down the street in PTO to Mexican Mexico I Heard a Voice that say oh Lenor want a massage

1:15:09

said no o Manana not today I tomorrow I thought I like your voice and a buddy of

1:15:14

mine been saying Robert listen more to your emotional messages I liked her voice I didn't I

1:15:20

didn't remember what she looked like turn around walk back said how much started getting m es 6 months later she

1:15:28

basically propositioned me I asked her out and and we've been married s and a half years now because I walked through

1:15:34

an open door I didn't have to go pound on a and she is the most amazing crazy

1:15:40

beautiful sexy woman I know and I'm just so blessed and I'm so grateful my house

1:15:45

my dog you you you've encountered n i remember do you need to go L my my wife

1:15:51

was standing outside the house she'd forgotten her remember that as well to let me in you know while while we

1:15:57

were recording the podcast so I'm a big fan bring it back to the approval seeking I teach guys what I call test

1:16:04

for interest just get out in public and with everybody you meet don't wait till you see a pretty woman anybody men women

1:16:11

old people young people just how's your day going so far been shopping think ever going to get rainy that was a hell

1:16:17

of a thunderstorm last night wasn't it yeah we got to watch a great thunderstorm here in Austin just anything social pleasantry that's level

1:16:23

one testing if that level one testing just organically continues I call that level

1:16:31

two you connect in some way you know the conversations you have in these podcasts

1:16:36

quickly you're good at this they go to level two all of a sudden you're talking about things you probably didn't have in

1:16:42

your notes it's just enjoyable conversation that's just how how social interaction works but somebody has to

1:16:49

start somebody has to say how's your day going so far there's got to be some start to it I can teach guys to do that a lot of

1:16:55

guys will get pretty good at that then they want to make the level two happen I go no don't it'll just happen most of

1:17:01

the time you say how's your day going so far fine and I tell guys all you got to do is check for high or low interest

1:17:06

perceived high or low interest in having a continuing interaction from the other person and if all of a sudden you hit it

1:17:13

off you're having a conversation it goes 30 seconds 60 seconds a couple minutes you're standing in line waiting for your

1:17:18

coffee whatever most of the time that will end and you say hey nice to meet you have a great day

1:17:25

but occasionally there's a real connection there whether it's you talking with another guy whether it's you with a woman now at level three you

1:17:31

have to require something of them to see how high that level is to have a continued interaction typically it might

1:17:38

say hey give me your number give me your Instagram you know give me this I'll call you I got an idea I got a plan we'll connect and if they go yeah that's

1:17:46

great you know I'm really busy these days I so interest you find out what you needed to know or they say that'd be

1:17:51

fantastic I'd love to connect with you they give you a number whatever then that's high interest but what I

1:17:58

found is that most men because of that approval seeking especially with women they get to level two they seem to have

1:18:05

the woman's approval they're having a nice conversation she's talking a lot it's going well they don't want to blow

1:18:11

that so they don't do anything that might risk the approval they don't say anything that might Rock the Boat they

1:18:18

don't require anything of her they don't touch her they don't take her hand in lead her they don't play get playful

1:18:24

with her and they just start playing it safe that's the boring part that women go what when I'm on an airplane I'm

1:18:30

sitting next to a woman you know if you talk about what do you do and I go well yeah I'm a a relationship I teach men

1:18:36

about what do you teach men the women always want to know what do you teach men about relationship so you know I I tell the woman the kind of stuff we're

1:18:43

talking about and and the women would go can can can I tell you a couple things

1:18:49

to tell your men I go okay this is like doing a request from the DJ yeah can you

1:18:55

play a couple of tracks for me yeah could you play you know we built this city you know so they say tell the men

1:19:01

trim their ears and nose hair that's one thing they say the other thing thing to say is tell them to polish their shoes

1:19:09

shoes are important to women women notice her shoes that's interesting they but then then they go they can I ask you

1:19:14

a couple questions and I go sure they go how come I see a guy I look his way I

1:19:21

smile at him you know I open my body I turn towards him him then I notice him a time or two how come he never walks over

1:19:28

and talks to me and I said because he's scared and they go why and I go because

1:19:33

you're scary and they go no I'm not scary but we men you're scary to us and

1:19:38

they go oh you know maybe the guy is does have a conversation with me we talk about everything under the sun I touch

1:19:44

his arm a lot I lean into him I smile I laugh at his corny jokes I'm thinking

1:19:51

when's he going to ask for my number you know do I have to put up a billboard say hey dumb [ \_\_ ] ask me for my number you

1:19:57

know and and then the guy gets done he goes uh well it was nice talking to you

1:20:02

shakes the hand maybe he'll bump into you sometime they go why don't they do that go because he's scared well they're

1:20:08

looking at each different stage guys are looking for rejection so I think it's I think I'm which is just the opposite of

1:20:15

of approval if they approve of me I don't get rejected so I don't want to if I got approval at any level I don't want

1:20:21

to risk the that'll take that'll take I'll take that as a win I'll take it as a win exactly in other news this episode

1:20:26

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1:20:32

United States including huge Brands like gym shark and all birds and neonic they

1:20:38

are the global Commerce platform that helps you sell at every stage of your business look you do not want to learn

1:20:44

to code to start your business you don't want to learn how to build a website or how to do inventry management or web

1:20:49

hosting or to design stuff you want to get all of that out of the way so you can get on with what your here to do

1:20:55

which is to build and sell cool stuff that's what Shopify helps you do and that's why we use them for newtonic

1:21:01

they're literally your no excuses business partner you can sell without learning to code or design you just bring your best ideas and Shopify will

1:21:09

help you to sell immediately plus shopify's award-winning help is there to support your success every step of the

1:21:14

way right now you can sign up for a $1 per month trial period by going to the link in the show notes below or heading

1:21:20

to shopify.com slod wisdom or lowercase shopify.com

1:21:25

wisdom to grow your business now no matter what stage you're in I don't remember whether I told you this last

Do Women Need to Be More Receptive?

1:21:31

time I I struggle to give dating advice to women being a non vagina Rona myself

1:21:39

but one of the things that I think women definitely can cultivate is uh receptiveness I think that you need to

1:21:45

basically treat the men that you're attracted to like particularly slow mentally disabled golden retrievers like

1:21:52

you know that's the level of of signaling that you need to put out into the world to the guys and there's this

1:22:00

story from sort of uh Aristocrat England Renaissance period where ladies would

1:22:06

drop a handkerchief in front of men as they we go back to that I mean it's just

1:22:11

but but the guys nowadays would go was that for him it wasn't for me it must have been for him it's not right but um yeah I think

1:22:20

you've spoken about this too although we didn't talk about it last time in a post me too world I do think men and women

1:22:27

especially women probably don't realize the impact that me too has had the negative impact me's had on men's dating

1:22:34

behavior and again this isn't to say that meu wasn't an important redress to

1:22:39

some people in Hollywood being total [ \_\_ ] and you know Harvey Weinstein's about to like get retried

1:22:44

apparently because got out of jail yeah straight in the hospital some dodgy [ \_\_ ] um

1:22:50

but in a post me to World men are terrified of being seen as a predator any good man is going to think well [ \_\_ ]

1:22:57

like I don't want to be part of some Scandal I don't want to make her feel uncomfortable I've seen these videos on the internet of girls in the gym being

1:23:05

approached by dudes when they're trying to unload plates wow how sensitive and and tentative and tenuous is the world

1:23:12

of of men approaching women at the moment and I absolutely do not want to internally be that kind of guy

1:23:18

externally be accused of being that kind of guy reputational destruction all of this [ \_\_ ] so I think

1:23:25

just adjusting the SS on the scope for women especially in the postm to world

1:23:32

could make dating an awful lot easier for them it's like hey cultivate some

1:23:38

receptiveness drop a visual handkerchief I I I love that a lot can I use that

1:23:43

absolutely I love that you know I I told you earlier I've never said no

1:23:49

to an interview and uh I I did one about 6 months ago with a a young guy spanic a

1:23:54

guy in LA and found out later when I checked out the it was I was his number one YouTube post I was his first YouTube

1:24:00

post young guy great interview this guy's this guy's gonna be great and um

1:24:06

but he asked me the question he said all right what advice do you have for guys's my age 21 and he and he shared an

1:24:11

example of where he had not done something inappropriate but had an

1:24:17

experience with his girlfriend and and and she was going to post on social media that that he raped her and then

1:24:24

apparently a friend intervened and I I don't I don't know the story but he said what advice would you give to young men

1:24:29

and I go honestly I don't know I don't know that you know when women if you

1:24:35

have a fear that women are going to go post anything and everything on social media and you you got no rebuttal and

1:24:43

and you know it's going to be believed you know a mantra that I've never loved is

1:24:49

and during hashme too is the victim is always to be believed what if the victim

1:24:55

is a man who's been falsely accused yeah and he's saying I'm the victim here I didn't do that um if he's a man he's not

1:25:04

to be believed you know we do have a skewed system around that now yes one

1:25:10

reason for example I don't like pickup an approach is I think it's fundamentally invasive I I think men

1:25:17

have no idea what it's like to be in a woman's skin especially you know a young

1:25:22

moderately attractive woman who has men walking up to them all the time and as a

1:25:28

woman you don't know what this guy's about you you do know he's approaching you because you got boobs and and you

1:25:35

don't know what the story is from there you know whether he's being going to come be a nice guy and try to you know

1:25:40

get your approval or whether he's going to come on and hit on you or you don't know you don't know where that's going

1:25:46

to lead and I can understand as a woman i' I'd put my guard up I'd have my guard

1:25:51

up if men were just I'm in the gym and they're approaching me and talking to me and you know I I I don't I don't know

1:25:57

what where this is headed what they want I don't know him from Adam so I'm not a big fan of just approaching women

1:26:04

because they're hot and and I know the that's not a popular stand to take because men want hot women well how's

1:26:10

I'm going to get a hot woman if I don't go to approach her because she's hot and I go that's a great way is how you pick your car mechanic your heart surgeon you

1:26:17

know your dentist no you pick them because they're competent at the skills you want them to have um and just assum

1:26:24

because a woman's hot she's good and bad are going to be a good girlfriend is a reach you say an obsession with hot

1:26:30

women is basically broadcasting a man's low selfworth it does tend to do that

1:26:35

but yet we'll go on the internet and we'll say this is this you know this will make you a real man if you go get the hot woman

1:26:43

so I don't I don't have the answer to that other question of of what do you do

1:26:48

when interacting with a woman cuz I know when I got out there and got successful with women and my 40s and 50s I wasn't

1:26:55

getting younger you know I I I went through a bankruptcy I wasn't rich but I

1:27:01

had success and I just had success because they didn't hold back I I practiced what I call Touch tease and

1:27:06

tell if I had impulse to touch her I'd touch her I'd tease her I would tell her come on let's go do this and I was just

1:27:12

playful I was I was uninhibited and in general women really liked that and

1:27:17

really responded well but what if we live in a world where if I just touch a

1:27:23

woman's arm I don't know if she's going to have a major overreaction to that or you know she's going to go ballistic or you know

1:27:30

she's going to you know I become a hashtag me too casually or it goes on her social media I don't know the answer

1:27:36

to that so I I agree with you though that we do need a a Readjustment we

1:27:41

needed some adjustments that you know a world where where men could do whatever they wanted to women because they could

1:27:47

they were bigger they were stronger they're powerful that that had to change but now where we have a world where

1:27:52

where women are going you know we we live in a culture where in the US now statistically for the first time since

1:27:59

they started counting numbers over 50% of men and women 35 and younger report

1:28:06

not having been in a relationship for the last year so with all our hookup culture all the swi right all the you

1:28:12

know the the the dating boot camps and you know Instagram you know you put all your photo all of that stuff people

1:28:19

aren't getting into relationships and I think there's probably a number of factors to it but I think probably one

1:28:25

of them is a Fear Factor you know if I get into a relationship what are the consequences if I if I even try to

1:28:31

approach a person and talk to them what are the negative consequences are going to get broadcast on social media and I'm

1:28:37

not a big fan of social media for many reasons it has value but um yeah I'm

1:28:43

glad I'm not a young guy having to navigate perilous it's perilous and then it's also you know perilous is a a girl

1:28:49

who wants to get into a relationship because they think well I need to you know Chris said cultivate receptivity

1:28:56

and drop the handkerchief and stuff that sounds like a good that seems like a smart idea and yet I'm physically

1:29:02

vulnerable and there are these horror stories out there and I am afraid of strange men and maybe they've had those

1:29:09

horror stories maybe I've got evidence in my history that justifies my fear of that and I've now got to get over it and

1:29:15

yeah it's given that we have the most permissive mating culture ever it is

1:29:20

strange that dating has probably never been so hard and and and go back to the

1:29:26

similar statistics and so few young adults are having sex you know maybe maybe porn just makes it easier to just

1:29:32

go get things done that way but yeah I I think we live in a place where well my

1:29:39

my my two thoughts about the hookup culture yeah part of it is this fear of you know both men and women you know

1:29:45

what what what am I getting myself into but I think for men because men I I tell

1:29:51

guys you know our grandfathers maybe saw three beautiful women in their lifetime and didn't see any of them naked right

1:29:59

guys can go see beautiful women not even just on porn but just on on on their Instagram feed just Tik Tok whatever

1:30:07

beautiful woman after beautiful woman without a lot of clothes on so I I think there's a one thing with men nowadays

1:30:14

even if we get a woman you know maybe a woman that we consider desirable we're

1:30:20

looking around she's cuter she's cuter she's cuter she's cuter and so I I think

1:30:26

guys have this thing well I can't make any kind of ongoing commitment to this one cuz there might be this cuter one

1:30:33

that that I want want to be with and and and you know I tell guys number one of course you're always going to see

1:30:39

prettier younger women and the woman you're with also sees the prettier younger women and knows you're thinking

1:30:45

you know wouldn't it be nice and so that's always going to happen I tell guys you have to stop that kind of

1:30:51

thinking kind of ruminating well I'm with this one but because I'm with her I can't be with her that serves no purpose

1:30:58

that will not move you forward in life because even if you weren't with this one you probably wouldn't talk to that one anyway yeah but so I think for the

1:31:05

men there's just so many beautiful women to be seen everywhere we have this fear

1:31:10

of getting all the way in with one because what if I want to get with that other beautiful women but I think for

1:31:16

women it's a little bit different Dynamic and you know maybe I'll hear from some women about this I think for

1:31:22

for the women social media gives them lots of attention and I think the feminine

1:31:29

thrives on attention and desire and praise that's the feminine in any of us

1:31:34

and so I think for the women if I just commit to one guy if I get all within one guy I got to turn off my social

1:31:41

media in this constant funnel of Praise I got to quit put putting sexy selfies of myself up and getting all the likes

1:31:47

and all the you know and so we've got this kind of technological world that

1:31:53

makes it so so easy to meet connect go fast and nobody's actually getting

1:31:59

together or staying together for any length of time talk to me about how guys can be more confident when talking to

1:32:07

women not seek their approval um you know what I've never worried about

1:32:14

confidence now I I I I will say that if a man interacts with a woman with confidence it creates the same chemical

1:32:21

reaction in her brain that he would have if she lift her shirt and showed her his breast you don't have to think about it

1:32:26

we don't have to think do I like those uh it's just wired and and if a guy is confident you know women they don't have

1:32:32

to think about it do I like that but they just like it what I found for me because you know

1:32:39

I've got all my own insecurities and I've got all my own history of what women don't aren't attracted to me and

1:32:45

beautiful women aren't attracted to me even though my second wife was gorgeous and I've been with plenty of beautiful

1:32:50

women you know we've got these messages that still dictate you know how we behave for me it was always more of a

1:32:57

matter of just not holding back not holding back again the fact that I you

1:33:02

would just talk to people everywhere I go and all of a sudden a woman in a room see who is that guy he just he like

1:33:08

talks to everybody seems to know everybody you know I always every restaurant I went in every I ask people

1:33:15

their name you know I I I I asked Uber drivers their name I I asked you know I

1:33:20

asked your camera guy his name Anthony right yes you had to think was that right I

1:33:27

hope you can embarrass me if it wasn't that's fine yeah I but I always ask their names and if I forget or get it

1:33:33

wrong I ask again and so there's just something about that of just being socially interactive that I found tends

1:33:41

to be highly attractive to the feminine now I'm I'm married to a jealous Latina

1:33:48

um and she is always pointing out women that are coming on me or you know trying

1:33:55

to get my attention they're always very young and I don't chase young women but

1:34:00

there's just something about being comfortable in your own skin you like that quote I remember just being

1:34:06

comfortable in your own skin you know having a life of purpose know where you're going enjoying that path enjoying

1:34:12

where you're going I think it makes you attractive to all things men women

1:34:19

opportunity money adventure and I'm a big fan of saying yes a a dear old friend of mine passed away

1:34:26

a few years ago a gay fell down in P of Bayer had this be um bed and breakfast I

1:34:31

used to stay at my mother used to stay at and him and his gay partner ran it he used to say it's a sin to say no when

1:34:37

you should have said yes so I used a very strong Philosophy for a gay person

1:34:43

I imagine a lot of gay gay guys live by that philosophy you know and and you know and yeah I I I used to be

1:34:49

surrounded by gay men whenever I'd be there and you know and um and guys say well how how do you know when you should have said no you'll know in 24 hours but

1:34:57

I I apply I turn that into basically my my guide for life is that's why I said

1:35:02

yes to my wife when she said you know I went back and got a massage every amazing thing in my life has come from

1:35:09

saying yes um you know like I say I say yes to interviews I say yes to Opportunities I say yes to go get to you

1:35:16

know go be a part of this Retreat I just keep saying yes and it's funny how things just keep coming to me um when

1:35:23

you say yes I used to be you know I think about it research it talk about it

1:35:29

a lot take a lot of time and then the opportunities come and gone so I think that being uninhibited not holding back

1:35:36

having a yes mentality has tended to to make me

1:35:42

attractive to to women and you know I even kind of hesitate to say that you know I'm 68 years old you know you

1:35:49

hair's gone what I've got is white you know I'm just I I I'm very average in

1:35:54

very many ways and in spite of that averageness I don't seem to have any

1:36:00

problem attracting good things to my life whether they be opportunities to talk to interesting people um take

1:36:08

interesting trips have women pay attention to me and there's no magic to

1:36:13

it but if I just tell guys again get out of the house expand your route linger in

1:36:19

public talk to people test for interest walk through open doors say yes it makes you an interesting person and um you

1:36:26

know when you were working in nightclubs you know that that's that's all the people were they were just saying they

1:36:31

they were interacting with people right yes and they're they're not because they were so rich or so good-looking they

1:36:37

just were engaged and that just makes such a difference what are some of the more successful or creative ways that

How to Successfully Use Online Dating

1:36:44

people can use online dating you mentioned that you briefly sort of got into and got out of the apps for better or worse they here to stay well actually

1:36:50

never did the apps they they they came along um but you know and and maybe I'm grateful for that I I hear they're

1:36:57

addictive um and maybe that's part of the problem you know I I know guys I've had guys come visit me in P of aera you

1:37:04

know and they they they get on the apps you know tender and whatever looking for women around and like the whole time

1:37:10

they're hanging out with me or at my house or by the pool they're on the fraking app the entire time and maybe

1:37:16

get a few dates out of it so you know they work a buddy told me one time that

1:37:22

apparently he got pretty good at doing the apps and he said you know if you ever got a mutual

1:37:27

connection um his his standard response was whatever the woman's name was say her name hey Jessica you animal what are

1:37:35

you doing here and he said that just seems to work now I I I I don't know

1:37:42

that it's tried or true but it it does kind of fit that model of just not holding back just just being out there I

1:37:49

tell guys blurt so just blurt you know I tell guys you know if something comes front of your mind just say it you know

1:37:56

the more you hold back the safer you get and again even though I know I say women

1:38:02

by Nature security-seeking creatures I.E the whole hash me too thing they they're

1:38:08

drawn to something has an edge to it something that has some energy to it so I'd say as much as anything don't play

1:38:15

it safe playing safe is boring and but again to just give now my favorite one I

1:38:22

said I was pry yeah but but one of the things I would do if I connected with the woman like on match.com I'd send her a message and I

1:38:30

say all right I call you up I tell you you got 30 minutes to pack your passport

1:38:36

your flip-flops and your bikini where are we going and it starts the conversation it

1:38:42

get kind of gets them thinking it gets you into their mind of doing something together it's going to be a nice place

1:38:47

some tropical or warm I already told them you know pack your your your bikini your your flipflops and your p passport

1:38:53

going someplace fun and I they get to pick what it is so now if they respond to that I find out how they think how

1:39:00

they engage in that kind of energy what what kind of places they like to go we got something to talk about now if I

1:39:06

been there not been there we can talk about have you been there so do something that just creates an energy

1:39:12

that they want to to respond to it's exciting it's playful yeah Charlie you

1:39:18

you went on my friend Charlie hoopet show a couple of months ago and um he has almost exactly the same thing for

1:39:25

speaking to women that uh like where would we go if we were going to take a trip away together and then she says

1:39:31

that and he says it's okay you know I I'll quit my job I can sell Lucy cigarettes on the on the beach front you

1:39:37

know we can make mushroom cocktails and we'll sell those and you like it's fun like that kind of fantasizing the

1:39:44

playful sort of like teasing energy I think I don't know there's there's a meta meme at the

1:39:51

moment around seriousness and earnestness from guys

1:39:58

but like the playfulness I think is where it's it's fun because it helps to relieve some of the pressure you're all

1:40:03

you're a dude who's speaking to a girl you're already terrified that she's going to reject you you're terrified

1:40:09

about these things and the more serious you make the interaction the more that piles the pressure on you know

1:40:16

um I I I mentioned earlier that I think all all the women I've been married to have ruminating brains and and I think a

1:40:23

lot of women do my my wife will say oh today's a 12 hamster day you're just just the we the hamsters are spinning up

1:40:31

there and if you think about it most women nowadays live in such I'll just call it

1:40:36

a masculine world you know w w with feminism they've been taught you know go accomplish have a career don't be

1:40:43

dependent on a man you know blah blah blah blah don't even think about kids till you're pushing 40 you know just

1:40:49

just try I mean just that the whole the masculine doing mentality and if they

1:40:55

have any degree of of feminine Essence they also like Beauty and and love and

1:41:01

escape and beaches and romance and and but yet most of them just drown that out because they they got to get up go got

1:41:08

got to do their job every looking for this studio I came in from the door down on the street I open a door and here's

1:41:14

25 women all sitting at desk real close to each other and I go uh yeah I'm

1:41:19

looking for the studio you know and they uh what floor what what what sweet anyway you know here's all these young

1:41:25

women doing a job right driven to do that and you know the the the whole song

1:41:30

You Know Girls Just Want to Have Fun they do they they they want an escape

1:41:36

from that and and often they don't know how to get themselves out of that hamster wheel mentality once they're in

1:41:44

it they don't have a ready-built Escape maybe that's why they all go to the get the glass of wine or cocktail hour or

1:41:50

whatever it relieves that so what if you come along and they weren't expecting you they don't know who you are and and

1:41:56

maybe you know what whatever however you engage them gets them past that fear of what is this guy who is this guy what

1:42:02

does he want and what if you can just be engaging and playful and and and

1:42:08

spontaneous and uninhibited you know you're either going to make their day better for 45 seconds or you may you

1:42:16

know spend a while I when I was taking salsa lessons uh and you know I went from

1:42:22

being a terrible salsa dancer to being you know kind of an awkward still white guy salsa dancer but you know i' I'd be

1:42:29

standing on a on a corner waiting on a bus or standing somewhere um and I'd ask

1:42:35

a woman do you salsa and if they said no I go I'm taking lessons let me show you a step I would just get the frame get

1:42:41

them in frame and I would do a simple crossbody lead or if they said yes they

1:42:46

go good I'm taking salsa let me practice with you I'm trying to practice you know this crossbody lead with a spin I would

1:42:53

just do stuff like that and again not as a technique but I just found that if I

1:42:59

just was uninhibited and engaged with people most people are going to just

1:43:05

stay glued to their phone but you know some people actually respond they light up they want to engage even again for

1:43:12

just a few moments or longer talk to me about being outcome agnostic outcome

1:43:18

agnostic I didn't come up with that term but first time I heard it I I just loved it um

1:43:24

you know probably most of us have heard that that the Buddhist said that attachment is the cause of all

1:43:29

suffering when I teach men this about being um outcome agnostic non-attached

1:43:36

outcome men get mad at me they think I made that up and imposed it on no no don't put it on me it it probably

1:43:41

preceded the Buddha even but the truth is if we get emotionally attached to a specific outcome we're going to suffer

1:43:49

and and that's just the Human Condition and we all get attached and guys will say well why would I even date why would

1:43:55

I talk to a woman if I wasn't attached to getting that pretty woman and I go well you might not but I said if you

1:44:01

have fewer attachments you might actually be more engaging and not so anxious I also say that attachment is

1:44:07

the cause of all anxiety and so what if we keep it in the dating

1:44:13

sphere what if you're standing there's a woman standing next to you and let's say you know she's reasonably attractive and

1:44:20

and you want to say something to her what if you were equally okay with every

1:44:26

possible outcome now you might prefer some right you might prefer that you

1:44:31

know she smile and respond to you and maybe give you a number and maybe go she go on a date with you unless maybe you

1:44:38

find out she's a psycho [ \_\_ ] from hell and then then you wish she hadn't you know um but then what if you're equally

1:44:46

okay with that as a possible outcome and and life flows you can say yes to more

1:44:54

things if you're equally okay with every possible outcome again are we going to like some outcomes better than others

1:45:00

yes but are some of the outcomes we didn't love do they turn out to maybe be

1:45:06

uh an outcome that we didn't see coming uh I I had a tumor Block in my small

1:45:11

intestine six years ago really sick three months in pain all

1:45:17

the time couldn't eat couldn't use the bathroom lost over 30 lbs went to doctors in the US Mexico got undiagnosed

1:45:24

misdiagnosed did I want that I knew it killing me I didn't know what is killing me the last doctor I saw in the US a

1:45:32

gastroenterologist said uh you probably just have you know a Mexican parasite you have to outlive I wasn't going to

1:45:37

outlive a golf ball siiz tumor in my small intestine she didn't even run the right test to to go looking for it at

1:45:44

some point I surrendered I didn't know what I had I

1:45:50

didn't know it was going to kill me I had a pretty good idea it might be killing me I was headed that direction I

1:45:56

was in pain all the time the only remedy to pain was just breathing and relaxing

1:46:02

into it and when I finally surrendered into it the the pain became less that I

1:46:08

want to be imp pained I no but I surrendered I accepted I had something I might not ever know what I had I

1:46:15

accepted it might be killing me and um it got easier people would ask me Robert

1:46:21

how you feeling and I'd say you know I don't know if I'm actually doing better feeling better or just I've gotten

1:46:27

better at feeling bad but the surrender and the acceptance of it let me live

1:46:33

with it and then great story of how my wife found the doctor that found the

1:46:38

tumor that took it out and all of that and here I am six seven years later and Life's good and I'm happy what I want to

1:46:46

go through that again no but I do it at least once a year just a little reminder

1:46:51

yeah just have a have a good life so it's a practice to to become outcome

1:46:57

agnostic to be equally okay with every possible outcome guys will say why would I even get out of bed in the morning I

1:47:02

go I don't know about you but when I'm not attached to so many I'm not emotionally attached to so many specific

1:47:08

outcomes I get out of mood out of bed in a good mood excited for the adventure of

1:47:13

the day you know this morning I knew I was going to come do an interview with you you know and and I know we had a

1:47:19

previously good interview so I knew it was going to be good you said I'm going to introduce you is some phenomenally interesting friends all of my friends

1:47:26

have bets going on who that may be so we're having a good time you know what it doesn't matter who you introduced me

1:47:32

to because I know it's going to be cool we're going to have a good time so what if we can just get up every day and live

1:47:39

that way that life's going to be good today one of my mantras is I love waking up in the morning not knowing how my day

1:47:44

is going to end and I have I've had so many days getting ready for bed going I did not see this coming when I got up

1:47:51

this morning and today's probably going to be one of those days you are

Dating After Breaking Up or Divorcing

1:47:56

experienced in dating after breakups and divorces what is your advice to guys

1:48:03

that are trying to get back into the market after they've been in a relationship for a while um I I don't know if it changes

1:48:10

that much for guys have never been you know when I got out in the dating world I realized two things I'd done

1:48:17

enough work on myself by that time uh I realized that I'd always use nice guy seduction to get women listen to them

1:48:25

talk about their problems be kind be nice do things for them fix things pay their car payment you know help their

1:48:32

sister move uh and then maybe you know and hide your sexual agenda from them then maybe they'll want to take their

1:48:38

clothes off the math on that doesn't work well either um and so I thought okay I got to change that pattern and I

1:48:45

thought two things like I said as in my late 40s I thought I have to become a better picker and I have to become a

1:48:51

better Ender and I didn't even know really how to be a good picker so friends started giving me all kinds of

1:48:58

stuff you know I read Neil Strauss guys gave me you double year dating with David D'Angelo you know I just I just

1:49:04

listen to podcast and mainly like I said I just got out in public every chance I

1:49:11

got I was in public and every chance I got I talked to people and then I I just

1:49:16

got bold and I took risk and I asked for numbers I found that that's easy often

1:49:21

women like I said they're waiting for the guy say give me your number I guess nowadays you ask for people's Instagram

1:49:26

but you know show me my age again so I thought it had to become a better picker

1:49:32

but be a better Ender because part of my my nice guy seduction thing is that once I got a woman I'd hang on way too long

1:49:39

because I didn't know if I'd ever get another one again and I didn't want to have to go out again and go through the whole process so I I stayed way too long

1:49:46

in every relationship I was ever in usually in the first few months I recognized there were severe warning

1:49:52

signs and about 3 years in at some level I realized they were done growing or you

1:49:59

know evolving in the relationship and I'd stay a few more years and usually then act badly and then I got to be the

1:50:05

bad guy for the how the relationship ended and so I realized I had to be a better picker so become a better picker

1:50:13

a and better Ender and I realized that being a good Ender covers a multitude of

1:50:18

sins of being a bad picker and actually what dating is is making

1:50:23

multiple bad picks one bad pick of it that's what dating is go on a date and

1:50:29

find out do you want to go on a second date if you don't end it right you made

1:50:34

a bad pick but you didn't know you made a bad pick until you go when guys would say Robert I don't know what's wrong

1:50:40

with me all my dates are just one and done you know we go on this one date one copy date and then you know I don't want

1:50:45

to see them again I don't hear from them again I go good that's how it's supposed to work you should not every woman you

1:50:52

meet should not become your future wife M and so becoming a better picker I

1:50:58

think I think you do have to get socially Adept you have to get good at

1:51:03

knowing you can meet people you can connect with people because if you don't know that and you do connect with

1:51:10

somebody you're just going to hang on to them for dear life and so really go work

1:51:15

at being that Social Animal you know during Co that really got tough but hopefully we got another window of time

1:51:22

where we can actually get out and be social tactically how can people be better Enders better Enders um sooner

1:51:29

rather than later always sooner rather than later now people the ruminating brains can spend years in a relationship

1:51:37

every day should I say should I go should I stay should I go thinking well if I leave will I regret it and what if

1:51:42

she gets another guy then I'll be jealous and but what if I stay I'm missing out on that opportunity so

1:51:47

ruminating brain makes this you know Hell on Wheels on steroids m but as soon

1:51:53

as you realize a person is not somebody

1:51:59

that you can't imagine yourself not being with is probably a good time to

1:52:04

stop it and I I learned from trial and air that I I met a many when I started

1:52:09

dating I I did not want to just jump back in a relationship I'd been married 25 years and I just wanted the

1:52:16

experience of dating and I wasn't even trying to just go get laid a lot I I I wanted that too but I was just wanting

1:52:23

the experience of dating and meeting people and I let women know that up front you know the majority of that's

1:52:28

cool that's great that's what I'm about to you know some women say well don't waste my time if you're not looking to get in a relationship okay great you

1:52:34

know and they would say that and then still sleep with me it's kind of funny um and and so but what I did realize you

1:52:42

know a lot of women very quickly wanted to get sexual with me and did I mean I'm

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going on first and second dates and they're getting naked without me I'm going whoa is this the world that that I

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live in now Y and uh because that didn't seem to be the way it was when I was young and so um so I said yes to all

1:53:01

those opportunities and even when the women knew you know I was seeing multiple women and not trying to be

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exclusive I noticed many were beginning to develop fond feelings and I'm going

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I've got sexual access I've already told her you know I'm you know I'm not just seeing her and I quickly learned um

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don't continue doing that you know if I don't see myself being with her over a long period of time and I can see that

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look in her eye as she's getting those feelings I would end it even if you've stated up front even if yeah it do you

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think that that's the sort of um female attachment the belief that maybe I can

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be the one that's going to break him out of this preconceived idea of what he's going to do maybe maybe I I I don't know

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that I can speak to it what I I think maybe the

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the maybe the best generalization I can make is it men do this too so it's hard to really generalize but I think in

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women when they open up to have sex with a man they also tend to open their heart

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up and and they begin thinking in terms of the relational Dynamic with this

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person not just oh that felt good to have sex but I I I like being with him I

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want to see him again I want to know him I want to connect with and and whereas men men can do that too I'm not saying

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it's just a guy or girl thing but maybe the the maybe the women are more likely to do that and the guys more likely go

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oh if I can keep having sex with three or four women why would I stop doing that and the woman is going I I wonder

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if I can just get him to have sex with me because I I I like I think there's a

The Downsides of a Casual Sex Culture

1:54:41

especially with a modern culture that tells women you can work like your F

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father and have sex like your brother you know you can be did you make that up yeah that is good uh it's what modern

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culture is taught when work like your father have sex like your brother um and you know that feels liberating and

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empowering and independent and modern and Progressive and cool and sexy and

1:55:09

all of this stuff and then you know for you to say hey you know I can't bate my

1:55:16

feelings from my body in the way that culture is telling me that I should be able to and in the way that men seem to

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be able to to do more effectively like look to the ladies that are listening you are not going to be able to out

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casual sex the guy that you're having casual sex with like even if he's catching some feels you're catching more

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on average and it's not it's not a fair fight you know this sort of degree of of

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casualness and I do think that you know I'm back on the dating scene now uh which I haven't been for a very long

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time which is scary and and a whole new world for me uh and

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learning to be open and honest and upfront uh and then it's it's almost like being overly

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honest in a way it's not to do with honesty what you're what you're suggesting here is like look I know

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where this will come into land like I know what the outcome of this is going to be if we just keep on running this

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same script forward right I'm going to step in and get us there more quickly I'm going to shortcut this because I

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think that I can reduce a little bit of pain a bit of discomfort and all the rest of it before there is more pain and

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more discomfort and I'm going to do that myself and that's that's a good way of saying you know what I learned over time

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because even when I tell women up front yeah I'm just recently out of you know

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relationship just and they go great great great I'd start seeing that look in their eye and I'd remind them again

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and they all would say the same thing I heard you the first time their brain heard me the first

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time their heart was getting connected and I promise you if their heart's

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getting connected and you you you're good-look you're charismatic you're in good shape you're

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successful they are going to fall they're going to fall for you you know that and and they're going to fall and

1:57:13

I'll just be blunt if you're [ \_\_ ] them well oh yeah they just want to they want it

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they want that whole package and you know if you're just in it and you're

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[ \_\_ ] them well and you're enjoying that part of it but you're not you know seeing them in the same way they see you

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every time that I let that go longer longer longer and then it it it comes to

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an end it does at some point you're a mismatch and it becomes so obvious it can't be denied and then it's messy and

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you know dating's messy enough and so I made that conscious decision that even

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the woman seemed really cool with us continuing to have casual sex when I knew her heart was opening and um and

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you know she was loving the sex and loving just loving being with me I I had

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to end it break your heart you I know it sounds egotistical but it's not I'd rather break her heart you know three or

1:58:11

four weeks into it rather than three or four months into it and that does make a big difference in the timeline of dating

Where to Find Dr Glover

1:58:17

Dr Robert Glover ladies and gentlemen Robert I really appreciate you thank you for coming to see me where should people go they want to keep up to date with

1:58:23

everything you do uh drg glover.com uh integration nation.net two best places

1:58:28

to find me hell yeah I appreciate you thank you this was so fun if you enjoyed that episode you will love a selection

1:58:34

of the best clips from the podcast over the last couple of months and it's available right here go on give him a

1:58:41

watch