

Welcome to the Chris LoCurto show, where we discuss leadership and life, and discover that business is what you do, not who you are. Welcome to the show folks, today back in studio is Brian Alex.

I'm surprised you let me. With all the feedback we got and comments.

No, we have had great feedback from many of the episodes that we've had you on as well. So what in the world are you doing back here today?

It's because I still don't understand stuff. So Chris was like, well tell everybody that you don't know.

Let's put you on the air and tell everybody you don't get it.

This aligns with my personality style, and my need for control. Oh, speaking of which, today we're going to talk about control.

Hey, we're talking about control today. Why are we talking about control?

So here's the deal. If you've been through a Next Level Life, no doubt, the major part of your struggle was with control and learning that you have control issues. For those who haven't been through recently, we forget that we are, control mongers. We need to be in control. No, it is something that we talk about a lot around here, and if you've been through Stratplan or Next Level Life and listen to the podcast, you know that control is a big facet of where we struggle. But the issue is, we were talking in a staff meeting. And the idea of control came up and Chris will sometimes pause and say, how are you feeling right now? What's going on? Are you out of control? And I remember, usually I'm acting in a C mode when I'm inside the doors here. And so when I get asked the question, Brian, are you out of control? Say, heck no, I'm perfectly composed and in control.

No, you get hit with that question. My mind goes to, well, no, I'm not yelling. I'm perfectly composed, you know, I'm in control.

Right.

But that's not what you mean.

No.

And so I want to unpack that so that I understand what you mean when you say, "Are you in control?"

Well then I think we should unpack exactly that. Let's do that when we come back right after this.

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regret, or not feeling good enough, which most of you are, if you're filled with anxiety or your relationships or lacking, don't keep going through the same motions every single day. Learn how to move past the things, robbing you of peace. Go to chrislocurto.com/discover and take the next step.

Alright, we're back talking about Brian's control issue.

How much time do we have people?

This is going to be the longest episode we've ever done. We have a great quote by Victor Frankl. And I believe we've used this before, but it's so profound. It's such a good quote. And if you don't know who Victor Frankl is or was, he was a Holocaust survivor and the author of *A Man's Search for Meaning*. He passed a while back, right?

I will have to fact check that.

We might have to fact check that. For some reason I feel like he did, maybe he didn't. Sorry, Victor, Victor's going, "What the crap, I'm right here!" Because Victor listens to the show.

I'm sure he does.

He does. Forces beyond your control can take away everything you possess. Keep in mind who we're talking about here, a Holocaust survivor. Forces beyond your control can take away everything you possess, except one thing, your freedom to choose how you will respond to the situation.

And that is what we're talking about. And a little later on, I want to kind of talk about how King David's perspective on control and being out of control. But, so that's what we're talking about. That's what we want to get into, this concept of being in control, feeling out of control. Because really the question isn't are you in control? Are you out of control? It's do you feel out of control? And a lot of people struggle with that concept, especially as you talk about here, when you're in house, it's usually high C. You're usually in high C mode, you vacillate obviously back and forth between C and D, but when you're in work mode, it's usually more your adaptive, that is more the high C.

That doesn't mean I'm bipolar or anything.

I think it does.

I just thought I was running on two of the four cylinders.

And you didn't even think you needed those other two cylinders. You don't know like those other two cylinders.

I's and S's?

Forget those guys, they like people.

What's that good for? Chris is a high I, S.

I might happen to be a high S and a high I.

You complete me.

That's it. That's it. So as we look at this concept, what we want to discuss is not whether or not you are in control, because there's a really good chance that the question comes up, "Do you feel out of control?" You're probably already out of control, right? It's what are you experiencing

in the moment? The goal is to discover what are you experiencing? So as we hit this, let's kind of get your perspective of the first time I asked you that question, you kind of explained what went through your mind, but what was it that you were telling yourself about being in control?

Right. So my idea and some of it is just the semantics behind it. You know, the words that we use to describe things and maybe I was unfamiliar and maybe it's more psychological to talk about it in that frame of reference. But when I hear, "Are you out of control?" Or, "Do you feel out of control?" I interpret that as, okay. I kind of self-assess am I thinking rationally? Am I responding in a polite way or logical way, or am I just completely emotional? It's just one extreme or the other, but as you started to unpack it, with little things like is your blood pressure a little elevated? Do you feel like things aren't going your way? Are you feeling some frustration, et cetera, et cetera. That made so much more sense. And the veil kind of dropped and goes, Oh, okay. Now I get where you're getting at.

Because your definition before that, of being in control was what?

Poised, I'm control of my faculties. I'm controlling my actions.

I'm not overreacting.

By my own estimation.

By my own estimation, I'm not overreacting, right? Because you're probably comparing yourself to somebody that you would define as being out of control. And that's the person that goes berserk.

Oh, and we would call that out, they were completely out of control.

Absolutely. That's the obvious one, right? They're totally out of control, but that is the response of being out of control. And it shows up in many ways, right? One could be attitude. It could be emotions. It could be anger. It could be shouting. There's many times somebody is completely out of control and their voice is calm, but you can look at every aspect of their body and go, you are way out of control.

And that's high C's a lot I think. Right?

So it kind of depends, right? So high C's will usually stay in a visible sense, in a postured control. Even though somebody who does this for a living can see, just look around the body. Nope. There's a lot of pieces that are out of control. But many times you can have a conversation with a high C and they leave and you think it was a great conversation and they walk away going, "I hate that guy that guy's a total jerk." And you're like, "What the crap, I thought that went well."

I've never said that about you Chris.

Thank you. But Joel..

But Joel all the time. Every day.

The person who's having the conversation, doesn't have a clue. But the person walking away can struggle immensely. Right? And if they're high regulatory, we talk about values on the show as well. What we would call motivators. If they're a high regulatory, they may now hold on to this for five years, and throw barbs at you from a distance or really close. So that's that concept of you base your level of control, the different personality styles. It's not hard for high D to say,

"Yeah, I feel out of control." The problem with the high D is that they can't say that they're out of control. So they will say, "Oh, I don't know. I don't get out of control." Even though they know that that's not true.

Because they'd lose worth in the position, whatever, every personality style that comes into the building for Next Level Life, one of the first questions I ask is what are you afraid of? What are you afraid of coming into this event? Because the answer is always the same. But if I know that it's a high D coming in, I'll go, "So you're going to say that you're not afraid of anything, right?" And they just laugh immediately and they drop that guard. And I say, so what are you afraid of? And they're like, "Well..you know." The answer is always the same. I don't know what we're going to discover. You know, as if we're going to discover something that is just terrible, right? Deep, dark thing that you didn't even know was there.

Exactly, right. Hundreds of people later that has never been an issue, but coming it's a concern, why is that such a concern? Because I'm currently out of control. I'm coming to do this thing. And I can't control what we discover. That's the thought. That's the belief system. And that's why there is fear in that, what happens if. You know, what is fear? There's two types of fear. There's the logical fear, which we say all the time, you're being chased by a lion, be afraid of that. Don't be the slowest person, right? You've just got to outpace one person and you're golden. That's a legit fear, what do we spend 99% of our time, 99.9% of our time in fear of? What could happen. What might happen, the assumptions, right? And that's where we live. And that's what is a huge piece of keeping us out of control.

So have a little bit of a dichotomy of the internals versus externals because we live this year in a world where we have a lot of words to try to describe the year that we've had, this is 2020. If you're listening from the future, unprecedented, uncertain, unpredictable. There's a lot of things that are legit out of control. It's not normal for us. Unusual, radical.

Radical is a word that is being used a ton nowadays to say that thing, that ideology, that whatever, is not what either I believe or I'm comfortable with, so it's now radical. The crazy thing is your ideology might be really close to it, but not enough. And so it's now radical. We have all these descriptors.

And so with it being radical with all of the external stuff that feels out of control, my understanding is that most of us and I'll include myself, the reaction, the response to that is to also feel out of control. You're going to feel that fear, the uncertainty, all of that, another Viktor Frankl quote, "You cannot control what happens to you, but you can control your attitude towards what happens to you." So with that in mind, I can have things out of control all around me, but that doesn't necessarily mean that I have to be out of control.

We say it all the time. I believe we set it on the last episode we were on together. I can't control anything about you except you physically. So when we look at a Victor Frankl-

Well because you're bigger than me.

I might be a little bit bigger.

You could squash.

So, as we look at a Viktor Frankl, why were they in the situation they were in? Because they were physically-now they were lied to, which they did not have to believe. Andy Andrews did a

phenomenal, everybody needs to read the book, How to Kill 11 Million People. You know what? We'll add that to the notes. We'll add a link in that. Oh, by the way, we got a download for this.

I got to start mentioning that stuff. We got a download. We're going to put a link in that as well. So if you're listening on iTunes, or if you're listening in an iPod app, just scroll down to the notes section, you'll see a link. If you're on our website, then we'll have links in there for this title of the book. The book is about killing 11 million people. Here's the key, Hitler didn't just kill five and a half million Jews, he also killed five and a half million Germans. And other people as well. And a big focus on that is the lies that were perpetuated, right? So the ideology that when it was pushed, so freaking hard, facts no longer mattered. We're experiencing that like crazy in America right now. That there is ideology that is being pressed so hard. And there's so much lies to it that the facts no longer matter.

Feelings trump the facts.

Feelings trump it. It absolutely does. So here's the key. How did the Jews, the folks that ended up in the Holocaust or the people that got killed because they were protecting, how did that happen? It was a physical issue. It was an emotional intellectual suggestion to them, that people are bad, they're wrong, they're less than, they're whatever, but it was the physical control that put them in this situation. Right? So as you see Victor talking about this stuff, what he's saying is people can control your physical body. They can't control your mind.

Right. So he's sitting restrained under the wrong end of the gun. And forcibly restrained in his body. But what he discovered was that he could control his internal dialogue. What was happening inside of him, his emotions and his response. He could choose. He always had a choice of how he would respond to that circumstance he was in.

Now, somebody out there is going, "Oh, you guys are so wrong because they did mind control tricks." Yes, we're putting that aside, right? That's not what we're talking about. Yes. There are some torture stuff that you can do.

We're talking about everyday life here. Right? You have the opportunity. I can control you physically. If I can control you physically, but that's as far as I can control you. I can't control how you feel. I can't control your attitudes. I can't control how you think. I can't control the decisions you make. I can only highly suggest how there's something wrong with you. How you're not good enough, how you're not worthy enough, how you always fail at stuff. How your sibling is better than you are, how you're never going to marry somebody good, how you're never going to make enough money in life. You're never going to be successful. I can only highly suggest that to you.

I have to do something with that then. I have to receive it, or I have to reject it.

Exactly. The moment you receive it, now it is. Right? Now, you've become that. Then the concept of me controlling you, kind of shows up here, right? But if you don't receive it, as Victor's saying, if you choose a different attitude, "Hey man, I hear how you really don't think I'm worth anything. And I'm sorry you feel that way. Um, I actually choose to take my worth from the King of the universe, and he thinks I'm pretty amazing. So I'm going to focus on that instead of yours. Thank you. I no longer want your opinion. Please leave." I can change the way that I respond to the situation at hand.

Okay, so let's dig in a little bit here. Control is a big issue today, because we feel like things are so out of control, but we're learning we don't, we don't have to respond to all of that. We don't have to be out of control. And so what I want to ask is, how do most people respond or perceive that loss of control? Like, if I'm emoting that, it can be visible and people understand it, but what's going on internally when I'm feeling out of control? Describe that so that next time you ask me, "Brian, how you feeling? You feeling out of control? That I don't want to just fight you. I go, "Okay. I understand what Chris is getting at. And he's pointing to something that maybe I can't see in that moment."

Yeah. And that is how I asked that. "Are you feeling out of control, Brian?" "Hey, everybody, come look at Brian." So here's what's going on. There's multiple things inside, but usually we do talk about certain things that are quick flags for you to see. How's my emotion? How's my heart rate? How's my stomach feeling? If I'm feeling adrenaline pumping through my veins, if I'm feeling that I'm being cornered. If I feel like I need to protect myself. And that's probably the biggest two pieces is feeling the need to self-protect, and feeling the need to defend. Those are two big emotions that when those crop up, you can see, what am I doing? If you're asking the question, what am I doing right now? I feel like I have to protect myself.

Why. Because maybe I feel attacked or I don't understand what's going on.

Exactly. I feel like I have to put a brick in the wall. I got to build this wall as fast as I possibly can, because I must protect myself from what's happening right now. You may not even understand what's happening in the moment, but you feel the need to self-protect. The physical features are super important, but people don't pay attention to them. They come on in a heartbeat. When your brain starts operating in that self-protection mode that defensiveness, the "I can't lose worth. I have to fight." Then you go kind of in that fight-or-flight mode where your body starts preparing yourself, you're either going to stay and fight this, or you're going to have to fly from this. You're going to have to run from this. Well, big pieces are you start to experience the adrenaline pumping. Your body starts going into the freak-out mode that says, Oh, a lion must be running your way.

And it's not. It's that your spouse said something harsh to you, right? But your body respond.

You felt under attack.

Yeah. And so your brain starts causing your body to prepare to run from a lion. Now I am not, listen. There is no such thing as macro evolution, there is micro, but there is no macro. So this concept of, we evolved from sludge and here we are, does not exist. If you want to talk about that, shoot me an email podcast@chrislocurto.com.

Hebrew's says dirt, apparently.

Well, yes, there you go.

As we learned in devotional.

That is right, yes. So the big key is that our body is built to respond as though a big stressor is happening. Today, there are so many things that impact our stress response. So you and I are old enough to remember what it was like in the seventies and eighties. When we were kids growing up, there was massively less stress response than what we're seeing today.

I had to wait until Dan Rather came on at six o'clock, and later Peter Jennings, in order to find out what the heck is going on in the world, and why should I care? And I'm eating my dinner. And then I'm going to watch a funny show, and I'm gonna go to bed. So it was kind of water over the hedge.

Exactly. And if you didn't even watch the news, then the only thing you got as far as bad information was if somebody decided to tell you. So our experience, we're usually with people in front of us, right? Responses at school, responses with parents, responses with family. Today, all you have to do is turn on social media to get all kinds of crap and negativity pumped into your brain, which causes you to stress on a continuous level, right? So a big thing to understand is how is your body responding? If it's responding with frustration. There's times I have not watched the news except for one time on my honeymoon to see whether or not the world was falling apart. I stopped watching the news.

It's still there.

I stopped watching the news during the Bush. Uh, what's his name? Who invented the internet? I always forget.

Al Gore.

Al Gore! I don't know why I never remember his name.

He invented the internet how could you forget his name?!

How could I forget that? Uh, back when they're running both running for president, I had to stop watching it. I would turn on the news every morning and leave pissed. I mean I was like, I'm driving to work upset. This happened for like a period of time and I went-

Well then definitely don't tune in now, you don't want to see whats going on now.

No way. And I'm like, this is stupid, I can't do this. So knowing and recognizing physically how you're responding is probably just as, if not more important, than how emotionally you're responding. And here's the reason why I say that, it's a faster indication that you are feeling out of control. So if your body is responding, a lot of times we will try to tell people, walk through the process in your brain, the tools that we teach, start asking the questions. Why, what am I experiencing? What's going on? Why am I feeling this way? Why am I worried about this? Am I trying to self-protect? Am I trying to defend? Those are all phenomenal questions, but understand the fastest indicator is probably going to be how you feel inside, physically.

Right. So pop quiz.

All right, I'm ready.

Okay, so this is helpful for me in my "C" mode and maybe for some of you out there, this is a great litmus test or a self-assess, check your attitude. This is going to help you understand if you are in the dialogue that we're having, the kinds of words that we're using here, about being out of control. Do I often feel frustrated or angry? Is my communication short and harsh? Am I overly sarcastic and just throwing barbs? I'm three for three so far. What are you laughing at?

We're overly sarcastic when we're not feeling out of control, but I don't throw barbs. Whoever Barb is, I apologize. Sorry.

Is it difficult to be present and loving? Ouch. Is it difficult to be others focused? Am I often stuck in my own head? Okay. Chris help me. I see, okay. It's out of control out there, externally. A lot of times I'm feeling the things that are happening here. I understand what you're saying, that we're battling some lies and we can get easily bogged down and just tied up in all of these internal loops that are happening in our head. But if I'm checking some of these boxes here, what do I do? Give me some tools, walk me through this process.

I'd say probably throw something. Okay. That will help. If you just punch a wall and yell at somebody that'll will make everything better, immediately. The key is it's like, we're just talking about. Every single one of those things that you just read off, everybody listening to has experienced. If you are listening to this show you've experienced.

So we've all experienced loss of control, right?

Absolutely. Right? Especially even if you're young, you've experienced this. Even if you couldn't verbalize that you felt frustrated, angry.

I've had toddlers, they've felt all those things.

I've watched them, I had the checklist, I checked it off. Throwing a Barb, overly sarcastic. Look at you. You can't be present. The thing is, is that when we are feeling these things, it does not mean that it's not okay to feel the things. Here's the big issue. What is our response? Because if we continue down the path of feeling this, you know, the people listening to the show are old enough that they probably have standard responses. This is how they're going to respond. They're going to get angry. They're going to yell. They're going to get frustrated. They're going to attack. They're going to throw barbs. They're going to hide. They're going to procrastinate. They're going to shove all this stuff under a rug. Whatever the normal surface level response is, it's coming out. It's going to happen. So the key is, it doesn't matter which one of these you're experiencing. It's you have to recognize in the moment, this is where I am.

Yeah. I think that's huge. Can we just camp out there for a second? Because, depending on the root system, you may not have grown up in an environment where it was okay to feel whatever you're feeling, right? And I'm speaking from personal experience. Dad, if you're listening, sorry. Uh, no, but, if you grow up like that, where it's not okay to feel what you're feeling,

Hey, by the way, your phone's ringing right now, I think it's your dad.

I feel out of control right now. My blood pressure just went through the roof. Thanks, Chris. Um, no, but if that's part of your root system, some of you know what I'm talking about, then you're going to be often in the situation where you know that you're struggling, but you haven't self-assessed, you haven't paused, zoom out, gain some perspective of your own self, to assess, okay, this is what I'm feeling. Why am I feeling that? And just taking a breath to actually feel it. But you know, like what we do here is we talk about, or I talk about, I don't know, maybe this is not what we do here. You fact check this, but I like to put it in terms of, we want to be okay with our feelings, and sit with our feelings, like being in the car with it. But your feelings cannot be behind the wheel. They can be in the passenger seat. And we can acknowledge the fact that I'm angry, I'm frustrated, I'm feeling sad. I'm whatever I'm feeling, but then we have to get beyond that. But we have to remain in that driver's seat. Is that right? Or, how would you rephrase that?

Yeah. Wow. So you just hit a big piece. So let me kind of talk through that. I was just literally having this conversation with a friend of mine, who is a client, but we're brothers. We've, we've been brothers for a long time and we're just very close. And we were talking through like raising kids and stuff. And in one of the most bravest and vulnerable things people can ask me is, "Hey, give me advice on my parenting." You know, and this was such a great question. We were talking through some feelings and stuff, and we broached the subject, which has become almost out of control in itself and ridiculous in what's being taught nowadays, when it comes to what you need to feel. So this discussion because of some people have experienced and especially our generation may have experienced parenting that was, "You don't to feel that." Shutting that down, that when you roll that forward a generation or two, what comes out is you, it is your responsibility to feel all of your feelings. You can't shut down your feelings. You can't stop your feelings. And it has become this kind of, what we call a pendulum swing. One side is unhealthy. And instead of going to health, it swings all the way over to the other side, which becomes unhealthy on that side. So what am I talking about? There are so many people that teach that you can't shut down feelings. That you should not stop feeling. It's unhealthy. It's unhealthy because the only option is to stuff it. And what they're completely missing. It's it's this crazy thing. It's that they're missing the, what do you do with the feeling?

How do you approach the feeling? How do you discuss the feeling in your head? How do you figure out the feeling? Right? So what we have is this horrible teaching that no, "You need to feel everything you're feeling. To shut that down is horrible." And it's why? What if you did stuff the feeling? What's so bad about it? What is it leading to? Right? My suggestion isn't that you stuff the feeling. But what they're teaching is feel the feelings. And so now we have a couple of generations that are growing up entitled, that are growing up believing that they can do no wrong. That "no" is not a response that they should hear, that somebody else is supposed to take care of them. We're saying that their feelings are perfectly valid, that they should be able to not only have their feelings but respond however they do respond to the feeling. So, as we were talking about this, the subject of, you know, well, what happens when a child busts out with frustration or if a child responds with crying or whatever. And the key is, is that it's okay to feel the feeling, but let's get in and actually talk to the child about what's going on. What are they experiencing now? We're not, obviously we're not talking about, you know, a one year old sitting in a high chair, right? We're talking about if the child learns to respond, that I did not get my way, therefore I cry, I yell, I have an outburst, and you try to rationally talk to that child. What you're doing is you're teaching that child. This is the right response.

Right. They're attaching that response to that feeling. And then when they become adults, behind the wheel of a car and someone cuts them off on the freeway,

Outburst. What we don't understand. And this is one of the things that we will ask all the time. Hey, is your response equal to the situation? "Can I have a piece of gum? No. I don't want that to ruin your dinner." Outburst. Hey, can we talk about this? No no, there's no "Hey, can we talk about this?" That response is unacceptable. Whether you're frustrated, you can feel frustrated. I don't mind if you feel frustrated, you can be frustrated that I won't let you have a piece of gum. You will not have that response. That outburst is unacceptable.

It's inappropriate. It doesn't match the situation.

Exactly. Now another kid comes up and punches you in the gut. Outburst, perfectly acceptable. That's you know, that's great. That's fine. You fall off your bike and scrape up your knee.

Cry.

It's perfectly acceptable.

It happens to me every day.

That's why you keep going through bikes as fast as you do. What is wrong with this?

Nee pads people.

Maybe don't ride bikes. So the key is not the feeling the feelings. This is where we make a massive error in parenting. This is where we make a massive error in leading people. This is where we make a massive error in leading ourselves is this ridiculous concept that I'm supposed to feel the feeling. You don't have to. Look at Viktor Frankl. You can make a choice to go, hold on a second. I'm not a victim here. So what if I didn't get a piece of gum? So what if I didn't get the promotion? So what if this guy cut me off? So what? So what if I'm frustrated? Get over it. It's not stuffing a feeling it's actually talking your way through, "Hey, that's a ridiculous response."

If somebody cuts you off, one of the things I've been noticing over time, now I may drive a little fast. I've been known to drive a little fast. Is that I'm watching people now control other people with their cars. I've only seen that over the last like year and a half to two years, where you're watching people control people with their cars on a consistent basis. Now we're in Tennessee. It's probably been happening in California for a decade.

Well I saw a road warrior. I mean, Mad Max. It's all controlled.

Absolutely. So when you look at that response, what's happening inside of the person that they are convincing themselves, that they're feeling is valid enough to try and control somebody with a freaking vehicle. That is somebody who has never been taught that their response is not okay. You can be frustrated. You can be upset. It's okay to feel your feeling, but you do not get to respond that way.

It's amazing. So what you're describing here, to use Victor again, Victor, if you're listening, we'll send you a royalty check here, but he's restrained physically, has no freedom. And has no control over the externals. Yet inside, he is in a quite different context. He is experiencing freedom. How is that possible? And you know, this is exactly what you're describing as we give up so much internal freedom all the time, thinking that we're in control of things that we are not in control of, it is an illusion. And when we believe that we've got strings attached to everything and that we're controlling externals, we're really the ones who are bound up inside.

Exactly. One of the things I want to hit and using Victor again, is gaining perspective. Many times when I'm helping somebody who's having an outburst, a response that is nowhere near equal to the situation, one of the things I'll ask that question, Hey, is this response equal to the situation? And as they walk through it, one of the things I'll say is, Hey, you know that somebody is getting their head chopped off somewhere around the world today. Somebody has got their hands cut off. Somebody has been brutally beaten. Somebody has been raped, molested. Somebody has been persecuted, unjust. There's things going on. And you're crying over the fact

that your parents didn't give you a BMW on your 16th birthday? Let's let's really think about how horrible your life is.

That's not just a suck it up buttercup. That that is a putting things into perspective, looking at things, circumspectly. And understanding, okay. Does my response really equate to what I'm going through right now?

Exactly. So for me, so much of my life I grew up with somebody always got it worse than you do. I love that saying. People who are victims hate that saying,

And when I didn't finish the food on my plate, I was reminded that there were people in Africa.

Right. Yeah. That's the thing. And the thing is, is when you get that reminder, it may sound crass. It may sound harsh, but it's truth.

It's healthy perspective if we choose to receive it.

Yes. You better count your dang blessings because you happened to me in a place where you do get that food. You happen to be in a place where you do have the privilege of driving a vehicle on the road. You know, that you do have the ability to have a roof over your head, and you're not walking three miles today for some sort of clean water. So really knock it off. Your response is horrid or horrible if it's like really blown out of proportion. So the key is, is that's always a good starting point of asking yourself the question, what's really the situation that I'm in? What am I really experiencing? Here's a guy who was not only captive, but his food is being restricted. He's out in the cold. He has terrible clothes on, right? The clothes that the Holocaust victims had, they're freezing. The depression, that has all the things that are to them, the beatings, watching people die. And what am I crying about today? What's my outbursts today? Because my boss called me out or held me accountable? Or my spouse called me out on something that I'm doing? Or because my parents didn't give me the gum? Or I didn't get to go ride my bike, which in your case might be healthy.

Whatever that thing is, if we do not teach a healthy respect of what a good quality response is, an equal to response, then we grow up having these responses that are out of control. The problem is, is we keep teaching people that the feeling is the thing. And it's not. You can feel your feeling, but as Victor is saying, you can control your attitude. You can control how you respond. If you didn't get your way, and you're crying about it, ask yourself the question: Should you be crying about it? Right? And so I'll give you an example. We had our granddaughter for two weeks. Oh my gosh. Love her. So she is just, she's perfect. She's so fantastic. I love this girl. And we were leaving, and phenomenal for two weeks. I mean, she is amazing. If she gets corrected on something, she's just the best on the planet.

And we get to the airport and we're leaving. We're flying her back home. And we're walking into one of the stores and I'm like, "Hey baby, if you want to pick out a coloring book, we have five minutes to pick out a coloring book, but we've got to go, okay?" So we give her five minutes and she cannot pick out one. Now, this is a girl who could pick out a coloring book in a nanosecond from 30 feet away. "That's the one I want." And she goes into this big struggle while she has an outburst in the store at the airport. And so I pull her aside, "No, no, no, no, no, no. We don't do that." And I pull her aside and I take her out and I get down on her level and tears are just streaming and she's trying to breathe.

And I'm like, "Baby, this response is not okay. We do not cry over coloring books, coloring books. Aren't something that we cry over. We don't have this type of response." "I couldn't pick out a coloring book." And I'm like, "It's okay. We do not respond like this. Now let me talk about something else. If you're feeling conflict, because you're about to leave us, or we're going to fly back and we're going to leave you, you know that we're not going to be together. And we've had two phenomenal weeks together. That's a different story." Now she's seven. Does she understand what I just said? Not really, but she's smart enough to understand that there is a difference in that she's actually not crying over coloring book, that she is struggling hard because our two weeks are coming to an end.

You gained a little bit of perspective, helped her see a little bit more than she was seeing, and that we shouldn't equate or attach this response to what's happening. But she found that probably something else that was going on.

So I suggested to her, there's probably something else. Could she fully walk through all of that at seven years old? No, but here's what happened. She stops crying. She understands that her response is not the thing that's okay.

Not because you forced her to stop crying.

No. Well, I'm telling her that's not acceptable, but I'm not forcing her to stop crying. I'm saying it's okay to feel what you're feeling. If it's this thing over here, it is not okay, if it's this thing over here. So she sees that her response really doesn't have anything to do with coloring books.

Interesting.

And so then it's like, okay, now you have another opportunity. If you want to, you can go back in, you have three minutes, go pick a book. Well guess who picks a book really fast. Right? And then she and I are running, laughing and running down. Here at Nashville, we've got really long terminals that there's nothing there. And we're running and laughing all the way down these terminals. And that's like literally five minutes later. So what's the difference? For one, as a parent, as a grandparent, as a leader, it is my job to teach what's acceptable and what's not acceptable.

It is not acceptable to have outbursts. We have people that are burning down cities right now. We have people that are destroying people's businesses. We have people that think it's okay. We have people supporting the response of the terrorism that's actually happening in our own country. It is terrorism to murder 45 people, you know, to walk up to people and shoot them in the head. It is terrorism to burn down people's businesses that have absolutely nothing to do with whatever your stupid little thing is. I'm not saying the topic is stupid. I'm saying that you feel like you have the okay to go and burn down somebody's some somebody's business, right? They're violating all of this stuff. That's not okay. What's the problem? We're being taught that it is. We now have a large part of our society that believes that what's happening is okay.

And they support it. And it, you know, as long as it's not their house, it's perfectly okay. If somebody else's house is getting burned down or somebody else's businesses getting burned down. That is absolutely unacceptable. If you have a problem, we handle it in a different way. We don't go and burn down somebody's business. That's our responsibility as leaders. That's our responsibility as parents. We do not raise our kids to think that it's okay to go out and do

something like this. Your response must be a good, equal response to the experience that you're having.

It just makes me wonder what's going on internally. And, we probably don't have a lot of time left, but just kind of bringing it to a super applicable level here. The people that have the out of control responses are probably feeling, like we've said we we're living in a year that is out of control by most standards, radically out of control. And so they have a response to that that is not appropriate, but it probably is because there's something going on internally that they're feeling out of control. So if I'm struggling, and you probe on this, sometimes, I know in Next Level Life, and sometimes on the team, "Are you feeling out of control?" Where are we trying to go? We're trying to get to a place of being able to be free from that sense of, I've got to have these other things under control. We're trying to let go of that. Realize what we really have control of is just us, what we think and what we say and our actions, we can control us. But we're really getting to a place of open-hearted self-aware freedom. At the end, right? I mean, that's where we're trying to go with those kinds of questions.

Yeah. So take a look at those people who choose healthy responses, those folks that actually spend time looking at their actions and their attitudes and asking the question, is this right? Not saying I can't feel frustrated. I get frustrated all the time. The topic we just hit, that was no intention of discussing that today. It's something that frustrates the crap out of me, that there are people that are losing their lives, losing their businesses, losing their homes, all this kind of stuff. Right? There's a frustration, but what's my response to it? If my response is to go do the same thing, that's not healthy. Right? It's okay to be frustrated. It's okay to be angry. If it's righteous anger, it's okay to have these emotions and feelings. The question is, when you look at somebody who's healthy, how do they respond?

If you're asking the person who has a healthier response, I'll just tell you what I do. I will ask myself the question, what am I experiencing? Why am I responding this way? Is this healthy? Is this a good response? So there's times like, even in my marriage, if I feel frustrated, or if I'm responding in a way that is not equal to, and you know, one of the things we haven't even talked about is irrational, right? What if it's an irrational response? You know the response that doesn't even make sense. But if I'm responding in a way that is not equal to the feeling, then I have to catch myself and ask, how am I affecting my spouse? How am I affecting my marriage? What is this doing to my marriage in the long run?

I mean, don't even get started on having children that are going to take their temperature from the father and what he's emoting, and they're going to adjust. And so if I'm feeling out of control, they're going to feel out of control and that influence that we have on other people.

Yeah, because we see it all the time, right? We see that people look to us to find out how are we doing? And then they set their attitude to it. They take our temperature, especially daughters with fathers the first time they see that father every day, that they will set their attitude to the attitude of that father, right? But we see it in adults too. We see it in people who look to us and take their lead from how we're operating or how we are feeling. So I have to take responsibility of my own actions. That's one of the biggest things Victor's trying to talk about and what he's saying is you must take responsibility. Do not think that it's okay for you to act out or to outburst or, or, or. If you choose to, then take responsibility because the consequences are probably going to come your direction, right.

But if you take responsibility ahead of time, then you can actually make better decisions in the moment and not have wrong responses, you know, responses that aren't equal to. So, as somebody who leads people and coaches, people for a living, I'm always having to base how I respond to somebody's situation. So when I see somebody like in Next Level Life, we have plenty of emotional responses. And many times there will be a push. Hey, let me push back on that. Hey, let me ask you a question about that. Hey, help me to understand. And then every now and then it is something that's super painful and it is a "Nope. I'm allowing this to walk on. This needs to be walked out because that's a big pain and this response is perfectly acceptable." You know, we have stock in Kleenex tissues in this building, right?

We have stock in the companies that make tissues because a lot of times it's very painful to walk through things to get to healing, to get to a better place. And so there are times that people will look at me and I'm like, "I am so sorry that I'm crying." And it breaks your heart, and my response is always the same. "Why are you apologizing?" "Well, because I know I shouldn't be crying." "And why shouldn't you be, why is it not okay? Why is it not okay to cry about this?" "Well, I probably look weak." "What if you did?" Right? And that's the coach knowing when the tears are true, emotional, the response that's uncontrollable, compared to the I'm a victim. And I want to cry about my situation and I want to be a victim. You have to understand that. And it's the same thing inside.

So what you're not hearing in this episode is you don't get to feel and you don't get to have responses. What you are hearing is you must take responsibility for your own actions. If you choose to respond out of control, if you choose to respond irrationally, if you choose to respond in a way that is not even remotely equal to the current situation, that's your deal. But you have to take responsibility, and you also have to understand, you may be affecting other people that are watching you, and you may be teaching them that this is the right way to respond.

Yeah. And just like we finished up with the last episode talking about gaining perspective, at the end what we find that we gain really beyond the perspective or, beyond, you know, just these feelings of being out of control. As we come back to a place of contentment and joy, and freedom. And our relationships being enriched. When we learn the principles that we're teaching here, we're going to go to a different place. We're going to go to a next level.

Yeah, absolutely. Once again, how do healthy people respond? Healthy people, check their emotions. They check their responses, and they put the right responses out. It is perfectly fine for me to feel a certain way, but control my actions. That is not stuffing a feeling, that is not saying that I'm not recognizing the feeling. There are many times that in my life that I can be frustrated that I'm like, there's no way I'm acting that out. And people would think I'm ridiculous. "You need to." "No I don't. Why do I need to?" "Because that's a feeling, and feelings are the most important." No they're not. Many feelings are so beyond ridiculous, because where do feelings come from? The emotional side of your brain. What are the lies that you tell yourself? They're either emotional or intellectual. How many intellectual lies do you tell yourself? Very few. Almost all of them are emotional

Or they start out on the emotion and they gravitate because we might feel attacked. And that's an assumption that we're making, and make a judgment. And it ends up becoming some script that we're running in our brain. But let's flip that script over just a little bit on the other side, dealing with somebody else. And maybe it's a family member. Maybe it's an employee who's out

of control. We don't have to take responsibility for their actions and their feelings. But so many of the times, if we're around somebody like that, it's easy to just immediately respond to the same out of control level and go, right there.

Wait, they're out of control. So we respond out of control. Right? And so let's go back to the situation with my granddaughter. As I'm walking her-

I can imagine you laying down, on the floor in the terminal, outside the shop, you know, banging your arms and legs. Yeah.

And do it the same exact thing, right? So instead she gets a, "Hey, that's unacceptable." She doesn't get "You're horrible. I can't believe you're acting this way. Look at the way you're acting, you're crying." And she doesn't get that.

It's not worth it's not value. It's not identity you weren't attacking her.

Absolutely not. However, I have a responsibility to teach. I have a responsibility to guide, to direct. As a leader, I have a responsibility to teach team members what's acceptable and what's not acceptable. I have a culture. I must protect. I've got to teach that stuff.

And we're teaching the wrong things all the time.

All the time.

If that response had been, "Oh, I hate it when you do that." And you start setting reality and you start taking the temperature. And you're just responding to their reactions to things. Instead of taking that objective, I'm outside of the box. I don't have to take responsibility for your actions, but as a child, I need to lead you to take responsibility.

Yeah. And let me say, there's nothing wrong with empathy. Have it. Understand. You've been there. You understand what they're going through. That's what allows me to look at a seven year old and say, "Hey, baby, this is not acceptable. But if this is what's really going on, that absolutely is acceptable. Let's talk through that. Or you know, we can feel that."

I'm feeling sad about leaving. And it's been great having you here for two weeks. And I feel the pain of that separation. Those are things we want to acknowledge and feel, and there's a response to that.

Totally. And it doesn't mean that you have a high level conversation with a 7 year old, right? But you at least help them to see that this may be what you're experiencing. What do people do now? "You're crying. You're embarrassing me. I can't believe you're doing that. We're running out to the car..."

The parents losing worth because of everybody's eyes, yeah.

Right, exactly. It's beyond stupid. So my heart is not to punish a child. My heart is not to punish an adult. My heart is, let me help you get to a place where you can understand what's happening in your life.

And 5 minutes later, she's running down the hallway and laughing.

And there's joy. There's contentment. There's freedom. That's what we're contending for.

Because it was okay. She didn't have to go crawl into a shell because grandpa ripped her head off and you know, 'Papa', she calls me 'Papa'. Because Papa ripped her head off. And now, she feels like a horrible person and she lost all kinds of worth. She had somebody treat her like a

human being with dignity, but also show what's not acceptable. So as leaders, what do we do? As parents what do we do? We have a responsibility. So many leaders nowadays are afraid to tell a team member: you don't get to respond like that. I understand your feelings. We can talk through what you're experiencing. We can talk through ways to solve this, but you don't get to talk to that person over there that way you don't get to treat the client that way, you don't talk to a vendor like that.

We don't have that happening a lot nowadays. We have a lot of people that feel like, "Oh, I can't say that. I can't do anything about that." Yes, you can. Not only can you, but you have a responsibility to, and for me, I have a responsibility to God. I believe he has put me in every place I'm in, and my is to honor him, love him, and love my neighbor as myself. Crazy thing is, if I will love my neighbor as myself, I'm not going to respond in my own selfish victim mentality, but it doesn't mean that I'm also going to entitle somebody else to respond in a selfish victim mentality as well.

Right.

So, uh, Brian, let me ask you a question. Do you feel more in control? How do you feel that you feel right now, Brian?

I hate that question. I still hate that question. But this was so helpful.

And I don't want people to think that our focus is on just on feelings. It's actually getting somebody to that perspective.

Right and if I can, self-assess faster, and remain or get in control of how I'm responding to what I'm feeling. Look at what I can do with my relationships. I can get to a place of making better decisions and to thinking through things faster, which puts me in a better place. I'm not trapped anymore.

Yeah. One piece I left out, many pieces have been left out there. Again, we can, we can do this for hours. One of the big pieces to understand is your diet, is your physical being. There are tons of studies out there they've been out for a long time. We're just not talking about them, but there's tons of studies out there that show depression directly linked to inflammation.

Responses directly linked to what you're experiencing in your body. If you're shoving crap in, so let's just say, we talked about this when Heather was on the show. If you're putting sugar in, if you're putting processed foods in if you're putting GMOs in, if you're putting pesticides in. If you're putting this crap in your body, guess what? Your brain responds a lot from your stomach, 80% to 90% of your serotonin comes, that's in your brain, comes from your stomach. Your brain responds from that. A lot of times, if you're overgrowth of bad bugs of bad bacteria, your brain is responding to that bad bacteria, and telling you that you need to put stuff in that feeds it. People don't realize how much of their attitude, how much of their emotions respond by what they're putting in their body.

There's a lot of great books out there, and this is a newer field, scientifically medically, but a lot of great books out there that we're researching as well. Because we're dealing with some issues, to find that mind gut connection. And so if we're putting the wrong things in, we're not setting ourselves up for success.

Right. We may have a response that is, if something happens to us and we're physically healthy and we're putting in good quality foods, we may go, "Oh, I'm sad about that. That sucks." If we're full of inflammation, I'm a victim, this is happening to me, life is terrible. I'm just depressed.

It's an overblown response because of what's happening physiologically with the inflammation.

Exactly. It just effects your brain. And one of the things we talked about with parents all the time is, when they're talking about their kids having these responses, we'll say, "What did they eat that day?" "Oh gosh. Their, their diet is terrible." "Okay."

Three Mountain Dew's, a KitKat.

Yeah. Crap. Right? And so one of the things we'll talk about is go ahead and take them off of that stuff. "Oh, I don't know if I could do that." First problem. You're not parenting. Oh, I don't know if I could do that. Right. Well, you're not parenting well. That's a bad decision. It's your responsibility to not let your child be full of inflammation. Right? So when we do have parents that back their kids off of all of that crap, they start to see their child responding really well. Guess what? As adults, it's the same. It's no different. If we're full of crap, it's going to change our moods. It's going to change our attitudes. It's going to change the way that we think. So big piece there. So, well brother, thanks for again, coming in and asking questions.

I feel like today, we did more Eastern style where we circle around something, but we're gaining perspective the whole time. And hopefully at the end here, we understand what we're fighting for. What we're contending for is this contentment, this joy, this freedom that we should be walking in. But if we're staying trapped inside of ourselves and feeling out of control because everything else is out of control and there's that direct link. And we can't find that inside, we're stuck. We're stuck, and we're not going to be any help to anybody else.

Absolutely. And do you feel like you gained that perspective from the last show, where we've talked about gaining perspective?

Just a shameless plug for the last episode that I was in.

So if you didn't listen to that, go listen to that. Well, thanks again, brother. I appreciate it. And I know our listeners do as well. Thank you for being an advocate for people to learn and grow on the show. I appreciate that.

My many failures, shortcomings, and ignorance can help somebody else then, hey.

We just need to point out the next one and make a show out of it. There you go.

That's where all our ideas come from Chris.

Listen, this whole business is built on me being a failure and learning how to get over it. It's so funny when people are like, "Oh my gosh, do you make mistakes?" I'm like my whole-

The reason I'm in business is because I've made mistakes.

I've made tons of mistakes that I've learned how to fix these things. So folks, hopefully this has helped you today. Again, we would love for you to rate us on iTunes, share this with people, help us to know what you're getting from this or what you love about this. If you would like to comment to us, send us an email at podcast@chrislocurto.com. Yeah, we'd love to hear from you. So as always, take this information, change your leadership, change your business, change your life, and join us on the next episode.

