

THE GET BETTER PODCAST – EPISODE 1 – JASON ERIC ROSS

JO: everybody my name is Jeremy Oster and listen I got to be completely honest with you I had no idea how to go about introducing people this is my first attempt at a podcast this is my first attempt at any kind of broadcasting ever I have no idea about how to go about it or how to do it I spend a ton of time trying to figure that out and I concluded that you know what the best way to do it is just do it and go with it and see what happens so I'm gonna skip the long preamble of a story that I had thought of telling before the interview and we're gonna jump right into it today I am joined with our guest Jason Eric Ross he's a therapist and he's got a really really unique way of looking at things and I was super fortunate to have him come and talk to me for about an hour and I think you guys are gonna love the interview so let's go and get right to it

JO: thanks guys I am graciously blessed with my guest Jason Eric Ross he's an accomplished and in my opinion fairly unique kind of a guy so Jason grew up with two parents both of whom were psychotherapists they they really had an impact on his life and they according to him set the stage if you will to kind of ensure that he had this very positive physical emotional and mental well-being through his entire childhood a lot of things I think a lot of us don't have and early on he pursued a career as a personal trainer and then later down the road decided to return back to school and joined the ranks of his parents to become a psychotherapist so today Jason clues physical emotional and mental well-being as part of mantra and he really didn't even stop there which is even more interesting he went on to go and co-author a book and pursue a career as an actor and is also a musician he'll talk to us a little bit about that so Jason's appear on several TV shows movies and he currently kind of resides straddling between New York City and Florida so I wanted to welcome Jason Jason thank you so much for joining me today

JR:thank you for having me

JO:before we get into the really heavy hitting stuff could you tell me a little bit more about yourself maybe something that I missed out when I was talking about you or something that you wanted to add

JR:well I can basically tell you that you covered pretty much everything I went into grad school right after undergraduate and then I went back after being a personal trainer when I moved to Florida and took four more courses to get my license as a counselor and when I came to Florida it was a it's actually 14 years tomorrow believe it or not and that's something thank you something very interesting happened about eight months before I made that decision and that's sort of what actually led me back into the field that it was due to a student of my mother's that put me on a very different path as a counselor than I ever would have thought was going to happen

JO:would you mind sharing that with me I mean I don't or audience I don't know if that's something that you're comfortable with but yeah you know absolutely

JR:yep absolutely so both my parents were educators when I was four my dad got his PhD when I was eight I think my mother got her so I was raised in this milieu in and around the psychoanalytic

community in New York and so they had two institutes and one of them both of them actually but one of them later my mother ran and they started a program in substance abuse and mental health and one of the students needed his dissertation worked on turns out my mother's partner business partner dropped the ball in terms of helping this student work on his dissertation and I was in a very difficult point in my life in terms of where I was going with career and what I was gonna do with the rest of my life and I was asked to take over and manage and observe and correct this dissertation which was heavily based in chronic mental health substance abuse addiction treatment and that whole continuum which I really had no exposure to cut to the chase I met the man who was writing it I corrected his paper he seemed very grateful for it the Hurricanes in September of 2004 hit and something in my gut told me to call this man and check if he was okay just a gut reaction that I had I called him and he was he was thrilled to hear from me he really appreciated the the consideration and he and I told him I was moving to Florida and then he said when you get here give me a call maybe we can do some work together which was pretty stunning for me to even consider at that point of my life I came here I called him and I met him the next day and my career went in a very different path after that day and he took me under his wing and basically became my mentor and took me in a direction I never expected or believed I could go Mays oh yeah so basically it's been a you know my father started his first school in 1978 I believe somewhere around there and cut to 2004 one of my parents students my mother's ends up taking me the rest of the way to where I needed to be so an interesting full circle over basically four decades

JO:yeah I know absolutely and I and it's it's it's a great story really you know it's such a positive kind of uplifting story to hear to know that you can go and you have this life that's set for you or you it's path you're down and then you you know if something happens that just makes such an impact in your life I mean I certainly can never relate to that but you know we're not really here to talk about me

JR:we could we could do that too

JO:but I think I think I'd really rather hear you know more about what you have to say and I can absolutely take away from what you just talked about and I think probably a lot of our audience could

JR:good

JO:and then you know more along you know that same line you and I we had a chance thank you very much by the way to spend some time offline before we had this interview and we talked through some things and you know I was left with the conversation of thinking like wow but we had there was some really good talking points and I would love to bring this back up so I'm gonna do it okay and one of the things that we talked about that to me really you know it raised a flag in my head to think about and I know we had actually talked about it in the conversation but I thought we'd review it we had talked about the the world we live in today and how it's changed and how things are so drastically different and polarizing you know compared to let's say you know 10 or 20 30 40 years ago I'm you know I'm 44 yeah I think you told me you're you're in your late 40s as well so around the same age and I think we were comparing you know us as kids and things we were exposed to as compared to today I guess what I wanted to hear was your viewpoint on that again because when we spoke I I kind of I don't want to say I was condescending but I think my reaction to you having made this was I don't really believe that you

know I think it's a matter of perception and you know where you are in your life and how you look at the world but I'd really like to hear again how you feel about that and maybe how that plays into your role as a psychoanalyst or therapist

JR:great question I think there have been changes in the world I think attitudes have changed the energy or the zeitgeist as they would call it has changed and I can understand too that people say well not much has changed sure it is perspective I deal with people when it comes to physical and emotional health in particular and I've done that my whole existence you know aside from my careers with technology we have changed some of the dynamic human interaction eye contact has changed tremendously the brain is different I think you know we're all malleable and it's a matter of how we tap what we've got we all have different potentials and said or you know not everybody can do everything that everyone else can do you know people have to take a shot at it either way but you have to know that there are limits sometimes you're not going to get what you want but the way parenting in particular has changed is something that I saw before I was a clinician while I was still an intern and the story I told you was the one that I'd spoken to my mother who was still working in my district as a private psychotherapist and I basically said to her one day you'll you'll never be out of work yeah Nerys and now yeah and that was without knowing what I you know pation and then throwing myself into the chronic mental health field an addiction substance abuse and seeing what was really there so I think people have to understand we live in a social media-driven tech driven society pull anybody smartphone away and watch what happens to them and really that's all you need to look at you don't have to go any further take someone's phone away and watch how they respond see how they function in the real world and again I get the we're all tethered to our phones and there's you know there's literal need for it sometimes however our brains have changed and parenting styles have changed tremendously and I think if it weren't the case we wouldn't see the uptake in our uptick rather in mental health concerns issues there's more suicide suicidality eggs depression substance abuse substance use addiction obesity diabetes and what's the explanation for that we have better statistics no we we have more issues and it's because we don't relate the same way

JO:yeah I don't mean you I just wanted to interject really quickly because I hear what you're saying and just you've you some kind of perspective on my observation around a lot of what you're saying so you know I'm a parent of three children and you know my children are you know anywhere between 12 and 17 at this point so you know in terms of phones and devices you're right they are constantly on those devices it is you know sometimes as a parent challenging because you're trying to capture their attention but the amount of attention you can get is it's limited by how much they're willing to move their face away from the phone um and I think that's comment I don't think you know I'm uncovering a great secret here I think we all know this I mean we see people crossing the street on their phones getting hit by cars but we see people getting car accidents you know like you said you're right we are you know technology in in that fashion has really created we can call it a problem or a challenge in communicating because we have all these distractions the other thing for me and you know again I don't want to go too much into issues on this particular podcast but a part of the neurological issues that I've had has taken away a lot of the sensation in my hands making it really difficult to use it things like a smartphone you know where as you know a year or so ago you know I was that same guy you like

everyone else walking across the street looking at my phone to tap in all over the place and not really thinking about it and now a lot of the feedback that I get from people is like oh you know I sent you a text like two hours ago how come you didn't respond people are looking you know we've become so adjusted and so used to that use of technology that you know I can say for someone like me it's it's very impactful because I I kind of see it the other way it's actually it's sad for me because sometimes I can't pay attention to the phone or you know I I it doesn't make sense for me to use that so much as a tool anymore because it's uncomfortable yeah very very interesting I just wanted to kind of give you perspective

JR: it really gives you perspective and I think your comment about you know I texted you X amount of you know minutes ago which changes people want to get it now frustration tolerance is so far down and that's what's really you know changed tremendously

JO:hmm so I think that's really awesome and I love what you had to say about that before we go to the next question I really would love to ask you so you named a lot of things you named like a lot of reasons and factors surrounding these bigger overall issues we have like the increase in suicides as an example which is something that I I was not aware of again I would take the perspective of saying well hey you know what Jason maybe you know we just didn't have as many people maybe we just didn't have the statistics to back up that stuff maybe that data wasn't as available maybe we didn't study it as closely so many years ago of which you you would disagree and that's fine but what I'd really love to hear from you is why in your opinion why do you think these are problems like why why is this still a problem or why is this a problem of raw why are all these things problems

JO: I think the parenting changed and what didn't come with that is the development of coping skills at the end of the day you're as good as your coping skills that's the reality of life the people who do really well have very good coping skills granted you need a little bit of intelligence but ted kaczynski where I think we're at the Harvard who's the Unabomber but not a lot or not right so his coping skills not so hot so it you know doesn't matter how smart you on the IQ scale your emotional intelligence is what's really critical nowadays and you certainly hear people like the gary vaynerchuk's of the world certainly tony robbins and i've seen both of them speak in person well you know follow what they do it emotional intelligence has always been you know the critical thing it's how well do you manage but with what I'll say is the helicopter parenting and now they're talking about bulldozing parenting kids are not having to fend and deal we have a much more self-medicated society why we didn't need that before and there's there multifactorial but I think it's great evidence of what's wrong

JO:interesting so I mean when you talk about emotional intelligence I mean in your I mean in your experience that's something that I've really never talked about with anybody ever and it's never really come to light for me to even think about but what if our most people emotionally intelligent or most of us like that or most of us not like that do you think

JR:I think we don't delve into it enough I think your statement that it hadn't come up is evidence of what's going on I think emotional intelligence is there and it can be tapped and some people have it don't realize it and then they figure it out I think what happens is something changed you know as again

as this happened over the last 30-plus years it's not just tech what happened was when tech did come into the picture though what you started to see and again it could have just been videos and DVDs children learn language quicker they learn it earlier so what happens is you have a younger child who is quote look smarter but it's just that they sound smarter it doesn't mean they are smarter and they're taught because they sound smart that they have more power in the household so we have you know we can have a two-and-a-half-year-old who you know can speak full sentences and paragraphs and he can run the household but he's still crapping his pants so that's intellectual intelligence you know real IQ versus emotional intelligence right and what happens over time that kid gets an ego okay and do you see like that's where the problem is because I you know n

JO:I'm looking at this kind of you know putting a microscope on myself and I'm saying hey Jeremy you know I've always been that I'm a pretty smart guy and I sometimes believe that you know depending on the day and the situation but I how do I know how much emotional intelligence I have how do I how would I and when I say hi I really mean everybody how do we how do we gauge that and you know how important is that and then how do you or what would be an approach to kind of enhance that right because we always want to be smarter better some people say well you know I'm assuming I'm assuming here yeah I'm assuming that we all want to get better and that's probably why we're all listening to this probably if those people for them yeah how do we go about that I mean what are what are some strategies that enable that

JR:great question I think one of the cues you have to take is that you can define your emotional intelligence one way is by the quality of your relationships you can really take a look at the quality of the emotional relationships how much give-and-take is there how much reciprocity how tighter the bonds so there are some people who are very well defended the more well defended somebody is the more narcissistic the less emotional intelligence they know

JO: that's me right there yeah I'm completely defensive I'm a very defensive person but anyway

JR:yes well but but but defensive doesn't necessarily mean narcissistic

JO:okay okay

JR:it can be both but you can be defensive and not necessarily what I would call egotistical defenses are based on you know how we were raised and then so remote you're asking about the emotional intelligence part how well somebody could look at that fact and be honest about it like you just were and work with it saying you know what I am defensive I need to be better at that because if I was better at that I'd get along with people better so to speak you know in other words if somebody's defensive they has to ask themselves why and then they have to say what is the value in doing that or is it hurting me in some capacity rather than helping me because it's not helping you I'll argue it hurts you it limits us and emotional intelligence I would argue would show us that we can tap our potential and we can go lots of ways

JO:well so right and okay continue what you're saying again I'm sorry I didn't mean to interrupt

JR: no no it's so we we basically can catch ourselves and how much we're willing to challenge our belief system is a form of emotional intelligence how honest we are about our shortcomings you know we all have them the difference is those who are honest about it can learn from them and grow well they have emotional intelligence if you are always defended about that fact which is you're not because you're you're owning up here even on the podcast then you can grow from it but most people a lot of people anyway don't do that they're not willing to look at themselves and own their crap that's a lack of emotional intelligence we all have faults how we look at them and how we work with them and improve them I think is a great sign of emotional intelligence

JO: is emotional intelligence and mindfulness the same thing

JR: they're related okay but they're not related I know mindfulness is more about presence being in the moment awareness of that your surroundings at that time the relation is you can be mindful of what's going on in your head you can be mindful and again you know taking a piece of mindfulness to stay mindful you can be mindful about things you need to to work on and that's I would call that mindfulness too but again I stress that that's emotional intelligence to use mindfulness is a form of emotional intelligence not it

JO: so going back to the question you know I was curious also know in your opinion you know you we talked about you know we started out talking about kind of society as a whole on some of the issues and challenges we faced with our children and you know why we turn out to be these adults that we do and you know how that's sort of affected us and we've used some examples like Ted Kaczynski as somebody who's super intelligent but lacked any of any of this emotional intelligence but how I mean from a general populace how many of us are really affected by having that lack of what we're calling emotional intelligence and then aside from just saying okay I want to be more aware are there any tips or techniques that you use maybe in even your daily life to maintain that because I have to imagine it's very easy as a person to just go about your business and constantly want to protect your ego and constantly want to have yourself appear as more powerful more wealthy better-looking then you know maybe you are because you really don't feel good about something so could you answer that

JR: yeah I think so if we don't look at ourselves critically we don't want to improve so this is like you know what I would call with therapy is about change therapy is about really taking a look at core issues and getting changed so let's say we don't feel good about ourselves well we have choices of what we can do it better right we can under the tensile ego to therapy and understand why don't I feel good about myself what is it that happened that I some reason I didn't get this better sense of self and sometimes when we do that we can start to take time to make changes to start to improve our view you know and that's practical that's that's implementing change off of a premise therapy is very important talking about things is important then you have to take action based on what you discussed you can talk to you blue in the face therapy it has there's a cap on it so people have to deal with their fears and their vulnerabilities I'm a big proponent of that I certainly you know talk to people about the vulnerability piece Brené Brown is the author who's truly the head of the the whole pack when it comes to that her books are world-known daring greatly among others and how we're vulnerable we can really examine ourselves and understand ourselves and we can get changed and that's how people grow a lot of people

don't want to do the work they don't want to feel the emotional pain of what it what it's like to come to you know terms with whatever your demons are ya know

JO:I definitely think that's understandable so thank you for that and that that's that's a great response I think that really elicits a lot of thinking I mean I know on my part you've definitely given me something that I could kind of go back and go you know what what is it that I don't like about myself like how have I approached situations i mean i've seen therapists before and it's funny because one of the things that you said is you know you could talk till you're blue in the face but unless you take action then nothing changes Ben you know that's certainly been you know an experience I've had um I've thought going back some years you know going to a therapist would solve you know a particular problem you know whether it be you know relationship or you know something dealing with my kids that I was having tough time with but you know I thought just going to see you know a shrink okay well I want to go see the shrink a few times and I don't really feel any different so that's that but I never really or I'll say that the message never really seemed that clear to say hey you know what if I don't really do something like there's a participant value to therapy to and you have to be willing to commit to doing that too I don't think that I really took that message home to be honest with you

JR:so I think a lot of times that happens therapy is they there's different forms of it there's different styles I suppose I definitely I don't do standard therapy on one level i you know have a lot of different types of training and so our public types of mill use that I understand obviously haven't grown up in and around it I think with the important thing is that you really get into what's wrong what are you afraid of what's holding you back but how do you want to grow and it's got to be very goal-oriented and directed and directive and I think it's a collaboration if anything I think the connection between the client and the therapist is critical

JO: yeah you know it's great and I think that really kind of segues into the next question that I wanted to ask you and you know I had mentioned that I before we had this interview I went and I listened to some other interviews that you've done and just forgive me for paraphrasing here but I heard on one interview you talking about that there are a least a couple different kinds of people and what you were saying in the interview as I call is that there's people that are really looking to connect and then there's other people that are you know what you had called troublemakers right and then you went on to clarify that these you know quote-unquote role makers are really people that are they're filled with agony and anxiety you know and they're there they exist simply to lash out at the world and they they use technology and Facebook and Twitter you know to do that can you speak to that a little am I out of line take kind of pulling that out because I thought that was very interesting not not that it's Sopot like not surprising but just interesting that you brought that out well

JR:I think there's a lot of people with a lot of hostility and anger I think you see it in social media there's a lot of good side to social you know there's a piece of social media which I think it's fantastic you can learn a lot of great healthy things there's a lot of good content the other piece is that is you know what I call an intellectual pissing contest over you know politics basically because that's you know usually what it is I think there's X amount of people who are looked looking to grow and they use social medias thoughts they use it to connect and I think a lot of people use it as their forum to express their anger

and hostility I mean you know go on Twitter or Facebook you know watch the number of families that have been sort of decimated and conflictual since the last election let's say you know through now I don't think you need a PhD to figure this one out it there's something really going on that we are really angry we are seething with conflict and anger and some people that's you know that's not Sarah punnic in terms of therapy that's their version of getting it out that's what they deal with and that's you know that's what they do they spend hours on hours a day online doing this that's what they do and there are people who just don't they don't get into it yeah I use yeah yeah I use social media it's to promote health type of stuff generally I might do something funny or you know post something funny as I can but I'm careful with what I post because of what I do for a living I think it is important that I put out a certain type of energy and again I I don't you know for people want to do it that's great if it works for them but we just see it more than ever and I think that's what this country has kind of gotten to we're really divided do you see that as as as the detriment in some way to to society or to kind of that theme of getting better or maybe being aware or you know any of the some ocean all intelligence that we have I mean I understand people do this obviously I see that as well but do you think overall that that sort of a behavior you know has an impact on the greater whole of us as as people or you know as you know humans on this planet and then how what what what do you think that impact is I think it's bad energy I really think it's bad energy and I think there's a real downside to it I think that's what you know permeates society I don't think you can just you know put it aside and pretend it's not there I think just like you know people who might you know perpetuate stereotypes or hate or you know anything you know vitriolic I think it has an effect and again if you look at all the mental health disorders take a look what happened in the last week there were bombs sent to people and eleven people were tragically killed yeah and and technically speaking neither of those events should have happened and I think there's not enough responsibility taken to look at what's really going on and adults have to be careful as to what they put out there and what they're showing children and I think we've lost complete sight of we've gotten away from any moral standard and it's across the board I really believe that and I think we're I think we're in a lot of trouble

JO:so what do we do I mean as parents I mean so how how do we I mean do we shelter our kids from social media do again you know I'm looking at this and I apologize for being somewhat of a devil's advocate but you know I I have a few kids and not less now than then a couple years ago when my kids were starting to you know have their own devices you know those kind of things went through my head - maybe not the same way that you sort of process it but being scared about what are my kids seeing online and then what are they exposed to and then obviously the argument so I guess add a little bit of color here you know my background is really in technology so I've always been an adopter of Technology I've technology is what put you know food on my table so to speak so for me to come home and then not envelop technology into part of my lifestyle at home and talk to my kids about you know what I did at work and you know and I in law I'm a gadget guy I've always loved gadgets so I I was happy that they were getting interested in that stuff but at the same time and I think I think a lot of parents probably how do you how do you go about putting a cap on that or overseeing that or do you bother doing that or do you just kind of hope for the best and I again I you know that's that to me that's always been a very big question

JR: it's a million-dollar question naah million really I really believe that yeah be a hypocrite doesn't really make a lot of sense right right so I I do like and I have I have mixed opinions about the whole subject however I'm a realist and a pragmatist I suppose I liked what Gary Vaynerchuk in particular says about the tech social media he said this is the world my children are going to live in if I'm not going to prepare them I'm doing them a disservice and I happen to agree with that the world has a lot of problems if you shelter your kids are you preparing them to cope and ultimately the problem we have with children across the board is not preparing them to cope when I see a kid who's well-adjusted behaved and polite nowadays I'm stunned I'm stunned you know I go to a store and there's a kid who's just unbelievably polite I I was on the subway in New York City about two three months ago and I walk I'm sitting I'm sitting going downtown I think and this young family comes in and there's two kids and it was a pretty clean subway car I have to admit but one of the kids says we've gotten better you know we've got a little better with the commute subway cars and two young kids one kid says d1 this car this car is really clean and the other son says yeah it smells like ice creams and it was what a breath of fresh air these kids have an interesting view and understanding and an openness so you can tap you know you can tap that and at the same time I look at the fact that the parents had them on the subway you could see a lot of parents make an argument for not taking on a kid on a subway sure I think you need to expose children and let them learn and test their emotional intelligence and if two parents I know it's tougher sometimes with one parent but two parents can really work together and say what is our plan of how we want to raise these kids screw their grades screw everything else for now what kind of kids do we want them to be that one yeah so intelligent thank you thanks Cruiser grades and although I mean because you know as parents right those are the big things that we can talk about with our friends right you know what if they're right aids and now great they are at school and and that's it and that's all usually a parent's ego when a parent says I want my kid to be able to survive anything and to function and do well that's the kid I'm gonna Bank on

JO: interesting that's it you know that point yeah and I think it's a great point what I was what was going through my head as you were answering that question was I think it's kind of interesting too because as a parent again you know and again I know that I wasn't trying to focus this interview you know on parenting so much because I don't really look at myself as a fantastic parent I'm probably an okay parent but nevertheless um what what some observations that I've made is that you look at how your child behaves at home mm-hmm and you talked about you know testing that emotional intelligence and I you know depending on the child I'm talking about they act very differently at home so I might have one that he's kind of a he's kind of you know not he's not that kid on the subway talking about ice cream he's very selfish maybe or self-centered but you know the feedback that I'll get from other people who've interacted with him is the polar opposite so a neighbor will come up to me and say hey you know your son came over and he helped me take like the groceries out of my car and bring it in my house he's such a good boy and I'll and I'll be like scratching my head because I'm like do I even know I think I don't know this kid cuz I asked him to do that like two days ago Brett and he was like no he was almost like fu like I'm not gonna do that so I I would have tough time really gauging how to approach testing that where is he like a very in this particular case this kid is he really well-balanced ready for the world kind of a kid or is he just fooling everybody or is that somewhere in between and those are those are things that I've kind of been dealing with a lot because you know like like we've been talking about obviously we want

the best for our kids you know certainly we want to talk about good things that how well they do and we want to support our egos but ultimately we want we do want to prepare them for the world and I've just found from the parenting standpoint that it's really easy to say and have these blade and fluffy idealisms but in practice and in reality you know you don't get all that feedback all the time from your kids you don't always see where they're sitting you don't know where their heads are at obviously you go through things I mean again you know I've been through a lot in the past couple years I am absolutely certain it has impacted my kids although they wouldn't say it right no so you know I think all those things you know are things that as a parent that are very difficult to deal with and and trying to figure out how to get them prepared for the world and that and I agree with you getting them prepared for that that world outside of the home um is hard and again yeah I'm gonna stop talking in a second but just to add to that when we first started the conversation we talked about how the world was changed and threw up in different times and sure I mean I grew up just outside of New York City so I adopted using the subway and the bus system very early on I was somewhat savvy about doing things that I wanted to do and finding ways to do them I don't think you know my kids are as prepared for that world as I was I was more exposed to real world situations and strangers and what it's like to kind of deal with grown-ups and adults and I think you know certainly in my case you know I live out in the burbs now yeah it's very insulating it's very you know we do we insulate we shelter these kids and I think I agree when you when you say that yeah you know we're really not doing a great job to prepare them for the world yeah that's I just wanted to add that I don't know if you have any comments on that

JR:I think you're I think you're right about the difference between them and you and I think what happened also is because kids nowadays have more instant gratification and a lot it's done for them they don't have the same ethic work wise to even manipulate better they really so and the difference between what you saw with your son and what your neighbor saw that's what you figure out with your partner that's what parents do they go hmm both could be true how do we get it to so they match Bernie and that's that's the job that's the real job of parenting nowadays that's the emotionally intelligent approach to parenting because at the end of the day there are lots of kids with high IQs and top grades and they're going into college and they're failing miserably they're self-medicating by junior of high school the oh they've got to go into this school you know it's that's you know that's great Joey's got a you know 4.2 and he's got anxiety disorder dynamite you know Congrats wow that's great you know he's smoking weed every day to cope because he doesn't want to disappoint his parents that's great that's that's that was that was your goal really so yeah that's probably where I would I would turn to Peter Griffin for a minute but we could you know that's because I just can't believe what people are doing sometimes their justifications are all ego based in North so Cystic great now I now you've made me feel like a complete narcissist by the way so thank you I'm kidding all right well look let's let's switch gears for a second so happy that we you and I did get to talk before we did the interview and I told you that there was a couple things I took away that I really wanted to hit on and you know I know we're somewhat limited in the amount of time we have so one of the things that you had talked to me about that again kind of lit a light bulb up in my head was something that I had never heard before and you talked about something called and correct me if I'm saying this wrong but I believe it was spheres of influence is that is that accurate years of influence yeah that's what well spirits of influence is one one view of it I would call this the spheres of wellness years of wellness okay yeah it's about that yeah sure I

think if people take their time they can break things down into emotional spiritual social intellectual and physical development growth spheres of their life and what you find is when people are struggling you can usually see where they're missing a piece or pieces usually when it comes to substance abuse and addiction usually three or four of them are really hampered sometimes all five spheres so I think it's a way that people can take a step back and say that's we're talking about mindfulness right well how do you be mindful here is to say hey maybe I ought to gauge myself this is an emotionally intelligent approach gauge myself on these five areas you know rate myself one two ten there are ten being what you would suspect is you know phenomenal for some of them there's a lot of confidence and self-worth and most people scores for themselves suck and then they wonder why they don't feel good about themselves again you don't need a PhD to figure this one out hmm

JO: so is there like a test that I could go online and take to determine this I mean or is this just something that I would want to be aware of because I'm gonna be yeah be aware ever okay anything it's something that you can do that way right and I mean in terms of your philosophy and you know how you practice what you preach how important is that all to you

JR:I mean in your own life you know and and then you know in how you work with your clients I don't want to say it's everything however it's certainly the backbone I think without it people are lost I think it helps people have trouble focusing on what they really need I think it really helps in terms of my own life I think it's what I've always understood and be lovably why I didn't have greater issues at any other time in my life despite having you know we all have ups and downs I've had some significant ones however I think the ability to cope is related to how well you manage those fives how entrenched you are in your life in terms of you know the emotional part the spiritual part let alone the social intellectual and physical and I think people struggle I think people struggle more than ever emotionally and spiritually could you give me or could you give us really

JO:could you give us an example of in your life sort of where you've kind of been presented with maybe a challenge and then you use that for yourself that's you know that's kind of gotten you to overcome that because I think and the reason I ask is because not to play devil's advocate but I think a lot of people don't believe a lot of the bullshit like you could sit here for an hour and talk to me about something but you know it's not really that real if you can't tell me that something that you you know or has worked for you it's not I need to be proven out and I know for myself you know again even going and seeing you know therapists and be in therapy and honestly even even with physical therapy I've always asked those people well you know can you had it's really - you're like how have you done what you're doing with me to make yourself better right so could you do have an example that you'd be okay with sharing with us

JR:and then kind of girl yeah yeah I haven't but I have a bunch just a my ID well I think one yeah one I think the one that would be significant it you know my view that when I was 16 my father who was a pretty healthy athlete and I'm fairly young started have some major health issues and in a four year span he had heart issues cancer orthopedic injury and ultimately passed away from a heart condition and I would suggest that if I didn't have this kind of milieu in somewhere in the back of my head I'm not sure how I would have dealt with it I've never I've never made the decision to self-medicate and I think that's

because whatever the backbone of what I have is has always been held up and I didn't get away from it and I'm not suggesting it wasn't beyond stressful College is one of the most difficult high school into college was one of the most difficult times I can imagine and right and again at a time where I'm really growing up and I still haven't figured myself out and it didn't happen for a while after I would suggest dealing with those stressors could it easily cause me to be victimized could have said I feel sorry for myself etc and I don't think I ever went down that road I'm not saying there weren't moments you know where I felt badly of course there were however anytime where I was faced with a major crisis in life I wasn't gonna bend and I think the fact is I wasn't gonna let any piece of my being go and for whatever reasons I learned that throughout my life because I also watched my parents take good care of themselves physically mm-hmm they pretty well they were into nutrition but you know 16 20 years old and you're dealing with a major stress or as you're in high school and going into college and you know it affected my college career no question about it so how do you deal with that well you can go to therapy it's important however I think at the same time you have to have some core set of principles that's gonna you know keep you in good stead when the going gets tough and I think I don't talk to people from a therapeutic sense to say well I'm a therapist I went to go I went to school you should listen to me I don't ever go that I'm the I can talk trash because I walk the walk I've done it all I've you know I understand really what a lot of my clients go through outside of having addiction I understand struggles I've been there and it's about coping so that's that's one view of it right and then I think that's great you know what I'm picking up a lot through this whole conversation is you you know not just talking about the high level stuff but a lot of this has to do with behavior right and talking about our behaviors and how we address situations and then our children's behavior

JO:so yeah I'm I'd be curious to hear your perspective on a couple things like why why do you think and I think this is a challenge so why do you think or do you not agree that it's a challenge to change somebody's behavior or your own behavior and then number two how do we go about and and actually identify to make those changes around the ways that we behave

JR: I think people have to in order to make change you have to hit a bottom you have to have a moment of clarity something that gets your attention we're so as an example let's just say somebody eats poorly and they suffer a heart attack you know and clogged arteries and they decide to keep eating like crap I think people you know eat like crap and keep smoking right well yeah apparently the apparently that bottom wasn't clear enough that they were willing to face their fear which is not giving up their self-medicate errs which in this case would be food and smoking is an example right right making change is relative towards you towards your attitude that you think you need to I tell people solutions are easy it's easy to come up with answers of what to do figuring out why you're not doing it in the first place is the problem that's therapy that's where you get to change it half the people in the world it's not more can actually come up with the solutions it's breaking the resistance to get to that point that you're gonna do it interesting so you're saying yes actually solving the problem is really not the big big overhanging oh yeah it's almost insulting to people because they're not stupid I fear most is like well people are afraid people have fears your fears are realistic usually and people have to get over what their fear is if you don't face your fear how do you beat it that's why people are stuck all the time

JO:mmm very interesting very very interesting well I mean I can certainly relate so really good conversation I've like a couple more questions I want to ask I know we're almost at a time but I think this is a good question to ask you and I'm really I really want to hear your answer on this so can you tell me something that's true but that nobody else agrees with you on

JR:that's really funny well it's really interesting to me I'm not sure although I'll throw one or two things out I think and I don't want to say that nobody agrees me with on this with me I'll say outside a lot of people I'll say this a lot of people believe alcohol is the more the most dangerous drug and they think it's more dangerous than marijuana I don't agree I think it's the opposite and I think people missed the boat and I think they're missing what's going on and while I don't know if practitioners feel the same way I know some do I've had you know some practitioners say what alcohol does to a person and long-term is worse than anything marijuana can do and I've watched people who end up psychotic from marijuana so I'd say that's one the second perhaps and again this is within reason therapy is therapy is BS everybody can get coaching and they'll be fixed and I don't agree with that at all I think most people need therapy I think the world has gotten to a coaching modality and I think coaching is OK I think it can be great I think it could be awesome but I think some people really need therapy and you have to know when you need which one yeah

JO:no and I think that those are great responses then again you know these are your this is what you think this isn't really yeah anything more than that so I'm sorry that it if it was uncomfortable kind of that's it's great

JR:no it's really thought it's really thought-provoking because I know and I'll give you one more for what it's worth okay great yeah in my field so I'm what they call a Normie I don't use drugs I'm not an addict there have been enormous Norman yeah I had neither and then one day I heard of that so what's that and that's the that's the slang for well I'm normal I don't have addiction there's there's two thoughts that come with it the one is that if you're not an addict you can't treat an addict which I think is absolutely some of the biggest BS that is perpetuated in my field I think it's beyond wrong even though that was how I understood it even going in originally and I think people don't understand that there's more to addiction than just genetics just because you're genetically predisposed does not mean you're going to have addiction I think the role of parenting and family is critical and I think it's totally underlined interesting interesting I mean we could spark a whole different conversation about that

JO:yeah you have about you know the only a few more minutes then a people maybe maybe we'll revisit that again that'd be great or you know maybe the next person that that hosts a podcast with you will bring that up and ask you but either way before we go the the real the last question that I wanted to ask and you know I guess it's a little bit more on the serious side but what one thing I want people to get out of listening to this podcast is to go away feeling feeling like they have a tool to use something that they can take away besides you know understanding maybe how to get in contact with you or use your services or read your book something that they could take and apply right now or you know over the short term and and fulfill themselves a little bit better get better improve a behavior define what's lacking in their emotional intelligence so without you dispensing any medical advice because I wouldn't

ask you to do that and I would hope and I'm sure you would in any way do you have any kind of a methodology or a tool that the audience might be able to kind of use to address some of those things

JR: I would use a simple one for now and it's sort of very much despite whatever I talk about in my office you know people come into my office it's usually 50 minutes to an hour a week it's not more than that typically I mean sometimes I do longer sessions because I feel it's necessary right but on average you know it's it's shorter so what do I tell people it's what they do on the other end so I tell them to listen to podcasts and read books that are based in the space of personal development and emotional intelligence so people like Brené Brown people like David Goggins rich roll I'll take Jesse it's l'heure Rachel Hollis Gary Vaynerchuk and literally everybody who does a podcast which is health and personally based like you do you take the time to really be mindful and say I'm gonna spend 30 days listening and see what I might be able to change about myself and I think when they do that they start to say you know maybe I can have more hope I think people lose hope in what they're doing and which ultimately leaves you depressed so for anybody I always recommend doing those things to look at yourself and say are you leading you know your best life another book that you know comes to mind was I think you know you're a badass the Jensen Cerro book which is like a you know New York Times bestseller people need to look inward and be mindful you know mindfulness like we're talking about the beginning and I think people have to do heavy introspection and when you do that and you connect and I mean really connect to something that's valuable and meaningful to you you can get change

JO: awesome well I mean that's that's a lot of resources I will definitely make sure that I go and list those out you know you've certainly incited some thought for me go back and think about and I really appreciate that so I mean we're sort of coming up to the end of the hour I I don't want to take any more of your valuable time and I I just want to say Jason thank you tremendously for coming on this podcast and I know that it's not easy to talk about a lot of these things and certainly you know you're taking away time from your valuable day and things that you have to do to talk to us I know I appreciate it I think our audience does but again from the bottom of my heart I just wanted to really thank you and I'm gonna make sure that we have a list of resources for folks to go back and reach out to you if they want and get some more information or you know do a little more discovery on some of the other work they've done so Jason thank you very very much.