

PSYCHOLOGY'S

OUTER LIMITS

The Sociopath's Mind



Professor Erick R. Williams



1
00:00:54,270 --> 00:00:51,750
you're listening to psychologies Outer

2
00:01:06,480 --> 00:00:54,280
Limits with your host professor of

3
00:01:09,029 --> 00:01:06,490
psychology Eric R Williams good evening

4
00:01:11,309 --> 00:01:09,039
good afternoon and everything in between

5
00:01:14,190 --> 00:01:11,319
welcome to psychologies Outer Limits I

6
00:01:16,139 --> 00:01:14,200
am your host professor Eric Williams and

7
00:01:19,290 --> 00:01:16,149
we are broadcasting via the inception

8
00:01:22,650 --> 00:01:19,300
radio network calm I hope everyone's

9
00:01:24,150 --> 00:01:22,660
having a good weekend we got a lot of

10
00:01:27,540 --> 00:01:24,160
rain here on the East Coast

11
00:01:29,790 --> 00:01:27,550
first with was a the remnants of bill

12
00:01:32,330 --> 00:01:29,800
and then yesterday we got most three

13
00:01:35,040 --> 00:01:32,340

inches of rain that was pretty amazing

14

00:01:37,169 --> 00:01:35,050

let's see let's go through all the ways

15

00:01:39,449 --> 00:01:37,179

you can communicate with us first if

16

00:01:43,260 --> 00:01:39,459

you're if you're online if you're

17

00:01:44,969 --> 00:01:43,270

listening on your notebook or desktop or

18

00:01:48,839 --> 00:01:44,979

whatever you can go to the chat room

19

00:01:51,059 --> 00:01:48,849

just click on chat and it'll let you log

20

00:01:54,719 --> 00:01:51,069

in as a guest or you can log in via

21

00:01:57,419 --> 00:01:54,729

Twitter or or it just gives you a bunch

22

00:01:59,940 --> 00:01:57,429

of choices and lets you log in okay we

23

00:02:03,540 --> 00:01:59,950

also have our apps we have our iOS app

24

00:02:06,869 --> 00:02:03,550

and we have our Android app if you want

25

00:02:08,490 --> 00:02:06,879

to look some that way the apps seem to

26
00:02:11,460 --> 00:02:08,500
work well a lot of my students tell me

27
00:02:13,170 --> 00:02:11,470
that they're using the app to to listen

28
00:02:16,200 --> 00:02:13,180
to me which tells you something about

29
00:02:18,120 --> 00:02:16,210
the future of radio it's it's it's it's

30
00:02:19,140 --> 00:02:18,130
going online because the younger people

31
00:02:23,230 --> 00:02:19,150
are

32
00:02:25,270 --> 00:02:23,240
listen to radio with devices as opposed

33
00:02:29,800 --> 00:02:25,280
to you know the old-fashioned radios

34
00:02:33,040 --> 00:02:29,810
then you can call us at 888 nine one

35
00:02:36,640 --> 00:02:33,050
nine two three five five that's eight

36
00:02:39,420 --> 00:02:36,650
eight eight nine one nine two three five

37
00:02:43,900 --> 00:02:39,430
five we have our Facebook page

38
00:02:46,690 --> 00:02:43,910

psychology's Outer Limits Twitter you

39
00:02:49,870 --> 00:02:46,700
can reach at Eric Psychology and my name

40
00:02:54,390 --> 00:02:49,880
is thought your rice ek so it's at Eric

41
00:02:58,090 --> 00:02:54,400
psychology or at I underscore our

42
00:03:01,420 --> 00:02:58,100
underscore n for inception radio network

43
00:03:03,840 --> 00:03:01,430
and we have we have a new email address

44
00:03:06,910 --> 00:03:03,850
because we all wanted to be on the same

45
00:03:10,470 --> 00:03:06,920
the same network so the new email

46
00:03:13,420 --> 00:03:10,480
address is busy brain radio at gmail.com

47
00:03:16,330 --> 00:03:13,430
busy brain rate video at gmail.com

48
00:03:19,180 --> 00:03:16,340
because we all have busy brains so I

49
00:03:24,010 --> 00:03:19,190
thought that'd be a great a great one

50
00:03:26,250 --> 00:03:24,020
and now stay tuned after this show at

51
00:03:30,580 --> 00:03:26,260
nine o'clock we have more live radio

52
00:03:33,270 --> 00:03:30,590
paying radio and MJ and Ken will have on

53
00:03:35,770 --> 00:03:33,280
yes Andrey Adrian I believe Lea and

54
00:03:38,950 --> 00:03:35,780
Lorna hunter and they will be discussing

55
00:03:42,040 --> 00:03:38,960
their paranormal research as well as the

56
00:03:45,930 --> 00:03:42,050
upcoming Minnesota Paracon so again

57
00:03:48,820 --> 00:03:45,940
that's this is at 9 p.m. Eastern 6 p.m.

58
00:03:52,180 --> 00:03:48,830
Pacific so stay tuned for more great

59
00:03:55,240 --> 00:03:52,190
library video and next week have a bit

60
00:03:57,370 --> 00:03:55,250
of a surprise or I don't know if it's a

61
00:03:59,050 --> 00:03:57,380
surprise it's interesting we're gonna

62
00:04:00,640 --> 00:03:59,060
have a guest next week so the show is

63
00:04:03,280 --> 00:04:00,650

gonna go a little longer it's gonna go

64

00:04:05,050 --> 00:04:03,290

about an hour and a half and our our

65

00:04:08,500 --> 00:04:05,060

guest is gonna be Anthony Cummins

66

00:04:11,650 --> 00:04:08,510

currently resides in Italy and Anthony

67

00:04:13,890 --> 00:04:11,660

is a retired pirate and I mean pirate

68

00:04:16,870 --> 00:04:13,900

like you know about on the high seas and

69

00:04:20,640 --> 00:04:16,880

doing things Pirates do very out of the

70

00:04:26,380 --> 00:04:20,650

ordinary he has a lot of stories to tell

71

00:04:28,390 --> 00:04:26,390

he's worked for companies he's worked

72

00:04:30,430 --> 00:04:28,400

for bad guys that he said he can't talk

73

00:04:32,890 --> 00:04:30,440

about if he wants to continue to be

74

00:04:35,710 --> 00:04:32,900

alive he's worked for the scene

75

00:04:38,170 --> 00:04:35,720

yes I'm looking forward to his his

76

00:04:40,750 --> 00:04:38,180

stories and he also said that he has a

77

00:04:42,910 --> 00:04:40,760

couple stories about a UFO is crashing

78

00:04:45,070 --> 00:04:42,920

into the ocean so I think that would be

79

00:04:47,470 --> 00:04:45,080

particularly interesting so next week

80

00:04:49,660 --> 00:04:47,480

we're gonna be on from 7 o'clock to 8:30

81

00:04:53,020 --> 00:04:49,670

we'll do a half hour of Psych stuff and

82

00:04:55,060 --> 00:04:53,030

then we'll spend in that hour with I

83

00:04:56,920 --> 00:04:55,070

don't know if it's captain Cummings or

84

00:05:00,340 --> 00:04:56,930

what but I'll find out between now and

85

00:05:03,070 --> 00:05:00,350

then and then tonight if someone's brave

86

00:05:05,380 --> 00:05:03,080

enough to call in we have our contest

87

00:05:06,910 --> 00:05:05,390

I'm gonna try to have one every week

88

00:05:10,360 --> 00:05:06,920

I'll explain that in a bit but this

89

00:05:14,440 --> 00:05:10,370

week's contest is for a a portable

90

00:05:18,340 --> 00:05:14,450

Bluetooth speaker I have a sort of a

91

00:05:21,520 --> 00:05:18,350

hobby with all of these hot deals sites

92

00:05:24,010 --> 00:05:21,530

where people post deals and I mean I get

93

00:05:26,500 --> 00:05:24,020

stuff anywhere from free me to a buck I

94

00:05:27,940 --> 00:05:26,510

got a whole box of stuff so I can take

95

00:05:30,550 --> 00:05:27,950

things out of there and we can do

96

00:05:33,280 --> 00:05:30,560

contests so all you got to do is call in

97

00:05:36,220 --> 00:05:33,290

anytime during the show at eight eight

98

00:05:39,730 --> 00:05:36,230

eight nine one nine two two three five

99

00:05:45,280 --> 00:05:39,740

five and last week we talked about the

100

00:05:47,290 --> 00:05:45,290

world's most prominent disorder which is

101
00:05:48,940 --> 00:05:47,300
depression I'm trying to make this

102
00:05:51,190 --> 00:05:48,950
really easy so the answer to the

103
00:05:54,490 --> 00:05:51,200
question is depression so call in

104
00:05:59,670 --> 00:05:54,500
anytime during the show and NJ will get

105
00:06:02,800 --> 00:05:59,680
you on and we will we won't get the

106
00:06:04,900 --> 00:06:02,810
price shipped out to you I mean how much

107
00:06:07,600 --> 00:06:04,910
easier can it get you dial a number and

108
00:06:10,900 --> 00:06:07,610
you get a free thing that's pretty good

109
00:06:17,530 --> 00:06:10,910
this week's disorder is OCD I think

110
00:06:20,140 --> 00:06:17,540
someone put sociopaths on Facebook but

111
00:06:22,840 --> 00:06:20,150
and we are going to do sociopaths that's

112
00:06:25,030 --> 00:06:22,850
going to take a little more work on my

113
00:06:28,570 --> 00:06:25,040

part as a very complicated disorder is

114

00:06:32,560 --> 00:06:28,580

so is OCD but I do want to cover OCD we

115

00:06:37,930 --> 00:06:32,570

have our usual review of research during

116

00:06:39,460 --> 00:06:37,940

the week and to start the show I'm gonna

117

00:06:41,080 --> 00:06:39,470

keep track of the chat room here because

118

00:06:44,980 --> 00:06:41,090

I want to see what you guys have to say

119

00:06:45,930 --> 00:06:44,990

I was thinking about pet peeves this

120

00:06:50,220 --> 00:06:45,940

week

121

00:06:51,720 --> 00:06:50,230

what are your pet peeves are they do

122

00:06:55,440 --> 00:06:51,730

they have to do with things people do

123

00:06:58,830 --> 00:06:55,450

around the house is it someone not

124

00:07:00,570 --> 00:06:58,840

leaving the toilet seat up or down mine

125

00:07:03,120 --> 00:07:00,580

has always been people that won't use

126
00:07:05,160 --> 00:07:03,130
turn signals I mean you get before one

127
00:07:07,920 --> 00:07:05,170
intersection and you don't know what to

128
00:07:09,840 --> 00:07:07,930
do because it seems like if someone

129
00:07:11,760 --> 00:07:09,850
doesn't have their turn signals on

130
00:07:13,350 --> 00:07:11,770
they're gonna go straight but you know a

131
00:07:16,410 --> 00:07:13,360
high percentage of the time they'll turn

132
00:07:19,530 --> 00:07:16,420
left or right they'll they'll make rapid

133
00:07:25,560 --> 00:07:19,540
lane lane changes drives me nuts them

134
00:07:28,290 --> 00:07:25,570
Jay hates that one too good but so I'm

135
00:07:30,360 --> 00:07:28,300
curious what your what your pet peeves

136
00:07:34,590 --> 00:07:30,370
are and actually the driving one is a

137
00:07:36,570 --> 00:07:34,600
little worrisome you know I I I had I

138
00:07:38,730 --> 00:07:36,580

forget how I came across this but you

139

00:07:41,010 --> 00:07:38,740

know if you're in a rear-end accident

140

00:07:43,770 --> 00:07:41,020

you're automatically at fault if you're

141

00:07:45,630 --> 00:07:43,780

the if you're the person that's in the

142

00:07:48,090 --> 00:07:45,640

back you know if it's your bumper that

143

00:07:49,800 --> 00:07:48,100

hit it's the person in front of you is

144

00:07:51,990 --> 00:07:49,810

rear bumper you're automatically at

145

00:07:54,800 --> 00:07:52,000

fault and then I found out that

146

00:07:58,110 --> 00:07:54,810

insurance companies are are now

147

00:07:59,940 --> 00:07:58,120

accepting dashcams as evidence because

148

00:08:03,330 --> 00:07:59,950

you know how someone could cut you off

149

00:08:04,950 --> 00:08:03,340

and basically take out you know the

150

00:08:06,780 --> 00:08:04,960

front of your car but when the police

151
00:08:12,210 --> 00:08:06,790
gets there they don't know what happened

152
00:08:14,190 --> 00:08:12,220
yet for for a review for the dashcam I

153
00:08:16,500 --> 00:08:14,200
bought this guy told a great story he

154
00:08:19,530 --> 00:08:16,510
was he was sitting at a traffic light

155
00:08:22,830 --> 00:08:19,540
and there was a driver in front of him

156
00:08:25,830 --> 00:08:22,840
and she was in a really big SUV like one

157
00:08:27,390 --> 00:08:25,840
of those urban assault vehicle types and

158
00:08:29,850 --> 00:08:27,400
she was gonna make a right turn on red

159
00:08:31,980 --> 00:08:29,860
so she gets about halfway out on the

160
00:08:35,120 --> 00:08:31,990
intersection and for some reason changes

161
00:08:37,700 --> 00:08:35,130
are mine so she puts that big gigantic

162
00:08:40,950 --> 00:08:37,710
vehicle from Hell in the reverse and

163
00:08:43,950 --> 00:08:40,960

comes back and it Elaine and it just

164

00:08:46,350 --> 00:08:43,960

smashes into this guy's front end well

165

00:08:47,820 --> 00:08:46,360

when the police get there she tells him

166

00:08:50,730 --> 00:08:47,830

that she was just sitting there waiting

167

00:08:55,620 --> 00:08:50,740

for the light and he pulled forward and

168

00:08:58,200 --> 00:08:55,630

you know hit her her tail he was really

169

00:08:59,730 --> 00:08:58,210

astounded but he just let her tell his

170

00:09:01,980 --> 00:08:59,740

story and then he told the police

171

00:09:03,930 --> 00:09:01,990

in his glory and then the policeman said

172

00:09:05,790 --> 00:09:03,940

well you know lacking any evidence

173

00:09:08,850 --> 00:09:05,800

there's not much I can do and that's

174

00:09:10,320 --> 00:09:08,860

when he says oh I have a dashcam and he

175

00:09:13,650 --> 00:09:10,330

says he wished he'd had a picture of

176

00:09:15,620 --> 00:09:13,660

that that lady had that oh he was a

177

00:09:18,870 --> 00:09:15,630

backup or that oh [\h__\h] look on her face

178

00:09:21,150 --> 00:09:18,880

so she got tickets for the bad driving

179

00:09:23,040 --> 00:09:21,160

and she got one for lying to an officer

180

00:09:24,960 --> 00:09:23,050

but anyway you know you just put it up

181

00:09:27,840 --> 00:09:24,970

on your windshield and it just keeps

182

00:09:32,070 --> 00:09:27,850

looping I have mine set to do ten minute

183

00:09:34,590 --> 00:09:32,080

loops and I mean God you can get days

184

00:09:39,300 --> 00:09:34,600

worth of loops on there and if you're in

185

00:09:40,890 --> 00:09:39,310

if if it's senses as a g-force sensor if

186

00:09:42,420 --> 00:09:40,900

it senses something's hit your car it

187

00:09:45,960 --> 00:09:42,430

will lock that loop so it can't be

188

00:09:48,150 --> 00:09:45,970

written over but it's also just fun for

189

00:09:49,560 --> 00:09:48,160

when you see really crazy driving of

190

00:09:51,390 --> 00:09:49,570

course once you buy one of these like

191

00:09:53,310 --> 00:09:51,400

idea you know you'll see crazy driving

192

00:09:55,290 --> 00:09:53,320

anymore do what I do I'm gonna put some

193

00:09:59,700 --> 00:09:55,300

of it up on YouTube because I think that

194

00:10:01,410 --> 00:09:59,710

would be fun let's see Jim Bob problem I

195

00:10:03,360 --> 00:10:01,420

have is when I talk to people and asked

196

00:10:04,920 --> 00:10:03,370

him about turn signal was they think

197

00:10:08,190 --> 00:10:04,930

turn signals are optional yeah and they

198

00:10:10,920 --> 00:10:08,200

do I mean I took driver's ed a long time

199

00:10:13,980 --> 00:10:10,930

ago and then 74 this is back when you

200

00:10:16,650 --> 00:10:13,990

still had to learn to put your arms out

201
00:10:21,780 --> 00:10:16,660
you know I don't but I think these days

202
00:10:23,460 --> 00:10:21,790
you have to use the actual ones let's

203
00:10:25,560 --> 00:10:23,470
say American Road Warner people

204
00:10:28,410 --> 00:10:25,570
believing in chemtrails and that aliens

205
00:10:29,180 --> 00:10:28,420
make crop circles that's one of his pet

206
00:10:34,470 --> 00:10:29,190
peeves

207
00:10:36,000 --> 00:10:34,480
I you know no I don't know there's any

208
00:10:39,300 --> 00:10:36,010
research on pet peeves probably

209
00:10:42,330 --> 00:10:39,310
something I should look up okay let's

210
00:10:45,120 --> 00:10:42,340
take a look at when I found this week

211
00:10:48,420 --> 00:10:45,130
first of all as in our fact she's in the

212
00:10:51,600 --> 00:10:48,430
chat room Elizabeth Adkins huesemann

213
00:10:53,850 --> 00:10:51,610

her favorite thing is llamas that's why

214

00:10:58,110 --> 00:10:53,860

it was a picture of a lava and she is

215

00:11:00,870 --> 00:10:58,120

also my future what if future wife

216

00:11:03,900 --> 00:11:00,880

actually was choking when I said that

217

00:11:05,970 --> 00:11:03,910

means something okay anyway she sent me

218

00:11:07,410 --> 00:11:05,980

an article I thought it was neat so this

219

00:11:11,160 --> 00:11:07,420

won't let us this whole let us talk

220

00:11:12,510 --> 00:11:11,170

about sociopaths a little bit and you

221

00:11:13,620 --> 00:11:12,520

know just really really briefly a

222

00:11:17,040 --> 00:11:13,630

sociopath

223

00:11:18,330 --> 00:11:17,050

a person that has absolutely no moral

224

00:11:21,330 --> 00:11:18,340

compass

225

00:11:24,840 --> 00:11:21,340

nothing is wrong they don't feel guilt

226

00:11:26,400 --> 00:11:24,850

they have no empathy there they just do

227

00:11:29,720 --> 00:11:26,410

what they want and they don't feel bad

228

00:11:35,520 --> 00:11:29,730

about it but what I got was this list of

229

00:11:38,160 --> 00:11:35,530

professions that had the most amount of

230

00:11:40,470 --> 00:11:38,170

psychopathy and the least amount of

231

00:11:42,390 --> 00:11:40,480

psychopathy so first let's go through

232

00:11:45,770 --> 00:11:42,400

this list of people that have the

233

00:11:48,690 --> 00:11:45,780

highest amount of psychopathy okay and

234

00:11:52,620 --> 00:11:48,700

and maybe you're one of them I don't

235

00:11:55,260 --> 00:11:52,630

know let's say number one is CEO you

236

00:11:57,660 --> 00:11:55,270

know I think to be a CEO you do have to

237

00:11:59,270 --> 00:11:57,670

have a little bit of crazy in you number

238

00:12:04,530 --> 00:11:59,280

two is lawyer

239

00:12:06,600 --> 00:12:04,540

number three is media TV / radio okay I

240

00:12:08,700 --> 00:12:06,610

guess MJ and I and a few others have to

241

00:12:10,410 --> 00:12:08,710

own up to that one but I think they're

242

00:12:14,520 --> 00:12:10,420

talking about the really big people

243

00:12:16,590 --> 00:12:14,530

number four is salesperson number five

244

00:12:17,640 --> 00:12:16,600

is surge and that one really surprised

245

00:12:20,250 --> 00:12:17,650

me

246

00:12:21,540 --> 00:12:20,260

number six was a journal most that one

247

00:12:24,750 --> 00:12:21,550

did not surprise me

248

00:12:27,150 --> 00:12:24,760

number seven is police officer I'm not

249

00:12:29,310 --> 00:12:27,160

sure how I feel about that I meet a lot

250

00:12:32,460 --> 00:12:29,320

of police officers that are really nice

251
00:12:33,990 --> 00:12:32,470
and then I run across a son that I think

252
00:12:35,070 --> 00:12:34,000
went into the field just so they could

253
00:12:37,620 --> 00:12:35,080
push people around

254
00:12:39,690 --> 00:12:37,630
number eight this one might surprise you

255
00:12:42,390 --> 00:12:39,700
no we're talking about perfect the ten

256
00:12:44,580 --> 00:12:42,400
professions out of thousands most likely

257
00:12:47,310 --> 00:12:44,590
to have a sociopath number eight it is a

258
00:12:50,760 --> 00:12:47,320
clergy person isn't that interesting

259
00:12:53,760 --> 00:12:50,770
number nine is a chef that can't aim out

260
00:12:57,840 --> 00:12:53,770
of nowhere and number ten is civil

261
00:13:00,660 --> 00:12:57,850
servant and anyone who's ever had to

262
00:13:03,630 --> 00:13:00,670
call Motor Vehicles or talk to the IRS

263
00:13:05,400 --> 00:13:03,640

probably doesn't have any problem

264

00:13:07,620 --> 00:13:05,410

believing that all right now let's

265

00:13:11,580 --> 00:13:07,630

switch over to the nice list these are

266

00:13:13,860 --> 00:13:11,590

people least likely they have to be

267

00:13:16,200 --> 00:13:13,870

sociopaths we act these days we call it

268

00:13:18,570 --> 00:13:16,210

antisocial personality disorder but

269

00:13:20,040 --> 00:13:18,580

anyway here's our list of professions

270

00:13:24,600 --> 00:13:20,050

that have the least amount of

271

00:13:27,499 --> 00:13:24,610

psychopathy care aid is number one

272

00:13:30,660 --> 00:13:27,509

number two is nerve

273

00:13:31,949 --> 00:13:30,670

number three is therapist well that puts

274

00:13:34,470 --> 00:13:31,959

me on both lists

275

00:13:36,359 --> 00:13:34,480

I'm gonna go with the therapist just one

276

00:13:40,710 --> 00:13:36,369

because I like being a good guy number

277

00:13:42,809 --> 00:13:40,720

four the crafts person number five I was

278

00:13:44,429 --> 00:13:42,819

a beautician slash stylist well you know

279

00:13:45,840 --> 00:13:44,439

they're often kind of therapist too

280

00:13:50,280 --> 00:13:45,850

aren't they because they they like the

281

00:13:53,639 --> 00:13:50,290

chat number six is charity worker number

282

00:13:57,530 --> 00:13:53,649

seven is teacher number eight is

283

00:14:01,169 --> 00:13:57,540

creative artist number nine is doctor

284

00:14:03,869 --> 00:14:01,179

but then a subset of doctors surgeons or

285

00:14:06,389 --> 00:14:03,879

a psychopath finishing and number 10 is

286

00:14:09,169 --> 00:14:06,399

accountant so that's our list of

287

00:14:12,539 --> 00:14:09,179

professions with the least and most

288

00:14:17,579 --> 00:14:12,549

number of psychopaths and I thought that

289

00:14:22,739 --> 00:14:17,589

was pretty interesting what else was

290

00:14:26,999 --> 00:14:22,749

going on this week what is the okay a

291

00:14:28,949 --> 00:14:27,009

little bit of the paranormal here yeah

292

00:14:30,389 --> 00:14:28,959

this was a very short article and if I

293

00:14:33,179 --> 00:14:30,399

found that kind of interest in this

294

00:14:35,639 --> 00:14:33,189

thing what is the best kind of evidence

295

00:14:37,650 --> 00:14:35,649

of some sort of afterlife and I think

296

00:14:40,859 --> 00:14:37,660

we're all interested in this first of

297

00:14:44,669 --> 00:14:40,869

all especially in our society Western

298

00:14:46,199 --> 00:14:44,679

society we are terrified of death and we

299

00:14:49,650 --> 00:14:46,209

go through a lot of trouble to avoid

300

00:14:51,720 --> 00:14:49,660

talking about death and when we even

301
00:14:54,960 --> 00:14:51,730
make funerals seem like the person still

302
00:14:57,600 --> 00:14:54,970
alive I mean my gosh the caskets I see

303
00:14:59,069 --> 00:14:57,610
you look nicer than my bed so now we

304
00:15:03,689 --> 00:14:59,079
treat dead people like they're still

305
00:15:06,900 --> 00:15:03,699
alive but what he's exploring is you

306
00:15:10,439 --> 00:15:06,910
know what could be the best kind of

307
00:15:12,749 --> 00:15:10,449
evidence and he's he says I'm not a

308
00:15:15,840 --> 00:15:12,759
historian neither am i an anthropologist

309
00:15:17,400 --> 00:15:15,850
but I assume that even and today more

310
00:15:19,590 --> 00:15:17,410
people in the world believe in some kind

311
00:15:22,590 --> 00:15:19,600
of a from afterlife and I believe there

312
00:15:25,199 --> 00:15:22,600
are statistics to back that up but you

313
00:15:27,329 --> 00:15:25,209

know how could we know then it goes on

314

00:15:29,009 --> 00:15:27,339

to say being more scientifically

315

00:15:31,710 --> 00:15:29,019

inclined and not being raised in a

316

00:15:34,379 --> 00:15:31,720

religious family I'm not taking the

317

00:15:37,169 --> 00:15:34,389

claims brought by them at face value

318

00:15:39,010 --> 00:15:37,179

so he's he's acting like a scientist he

319

00:15:41,830 --> 00:15:39,020

wants evidence

320

00:15:44,440 --> 00:15:41,840

he says well there's mediumship and

321

00:15:48,190 --> 00:15:44,450

various related phenomena like automatic

322

00:15:50,800 --> 00:15:48,200

writing like I said be like a Ouija

323

00:15:55,170 --> 00:15:50,810

board but they points out that he has no

324

00:16:00,760 --> 00:15:58,630

seances doesn't turn them on and and and

325

00:16:03,400 --> 00:16:00,770

me and and they don't do much for me

326

00:16:06,220 --> 00:16:03,410

either because again I just I just

327

00:16:10,480 --> 00:16:06,230

they're they're just not scientific

328

00:16:14,470 --> 00:16:10,490

enough there is a lot of research done

329

00:16:16,930 --> 00:16:14,480

on near-death experiences and I show a

330

00:16:19,090 --> 00:16:16,940

short video in class on their death

331

00:16:21,550 --> 00:16:19,100

experience but you can kind of induce

332

00:16:24,330 --> 00:16:21,560

them you know those g-force things I

333

00:16:26,830 --> 00:16:24,340

spin astronauts in until they pass out

334

00:16:30,220 --> 00:16:26,840

well right before they go into what they

335

00:16:32,260 --> 00:16:30,230

call I think gravity lock they they seem

336

00:16:34,810 --> 00:16:32,270

to experience what people experience

337

00:16:37,510 --> 00:16:34,820

right before death a bright narrowing

338

00:16:39,940 --> 00:16:37,520

light so that could simply be what the

339

00:16:42,520 --> 00:16:39,950

brain does when it's turning off but

340

00:16:44,500 --> 00:16:42,530

still you know people have remarkable

341

00:16:46,510 --> 00:16:44,510

near-death experience stories to tell

342

00:16:48,450 --> 00:16:46,520

and then here's one I really hadn't

343

00:16:53,560 --> 00:16:48,460

heard of before but maybe you folks have

344

00:16:55,390 --> 00:16:53,570

death-bed visions he doesn't think that

345

00:16:55,930 --> 00:16:55,400

there's an acronym for that what would

346

00:17:02,350 --> 00:16:55,940

that be

347

00:17:04,690 --> 00:17:02,360

DB V so I don't know anyway people that

348

00:17:08,560 --> 00:17:04,700

are talking about visions I suppose as

349

00:17:10,510 --> 00:17:08,570

they die he goes on in the article

350

00:17:13,000 --> 00:17:10,520

anyway a new term for this was coined by

351
00:17:15,670 --> 00:17:13,010
Raymond Moody the famous author of life

352
00:17:19,090 --> 00:17:15,680
after life and he called him shared and

353
00:17:22,360 --> 00:17:19,100
E's a shared and the e is when a non

354
00:17:24,360 --> 00:17:22,370
dying person is experiencing the passing

355
00:17:26,980 --> 00:17:24,370
away of another one close to him

356
00:17:28,750 --> 00:17:26,990
physically or emotionally these are

357
00:17:32,350 --> 00:17:28,760
interesting and that they happen not the

358
00:17:34,480 --> 00:17:32,360
people who are dying themselves that is

359
00:17:36,340 --> 00:17:34,490
their bodies are not malfunctioning so

360
00:17:39,490 --> 00:17:36,350
that's pretty interesting and he points

361
00:17:42,610 --> 00:17:39,500
out that CNN recently did an article

362
00:17:45,540 --> 00:17:42,620
about this it's called beyond goodbye so

363
00:17:48,220 --> 00:17:45,550

you could go to see and then searched on

364

00:17:50,380 --> 00:17:48,230

beyond goodbye and then the last thing

365

00:17:54,040 --> 00:17:50,390

he talks about his EVP

366

00:17:57,460 --> 00:17:54,050

I'm sure that almost anyone that listens

367

00:18:00,670 --> 00:17:57,470

to inception radio his network is

368

00:18:02,830 --> 00:18:00,680

familiar with EVPs you know I mean what

369

00:18:05,590 --> 00:18:02,840

do you think what would be convincing

370

00:18:07,770 --> 00:18:05,600

evidence for you of an afterlife I mean

371

00:18:11,440 --> 00:18:07,780

I think a lot of us believe in afterlife

372

00:18:13,240 --> 00:18:11,450

I'm just based on faith but you know

373

00:18:16,240 --> 00:18:13,250

what about some evidence I think that

374

00:18:18,240 --> 00:18:16,250

would be pretty interesting let's see

375

00:18:21,400 --> 00:18:18,250

what's going on here in the chat room

376

00:18:24,700 --> 00:18:21,410

okay this is something somebody needs to

377

00:18:28,030 --> 00:18:24,710

call in and pick up your phone dial the

378

00:18:30,390 --> 00:18:28,040

numbers and win this this Bluetooth

379

00:18:34,930 --> 00:18:30,400

speaker number is eight eight eight nine

380

00:18:38,140 --> 00:18:34,940

one nine two three five five okay

381

00:18:39,940 --> 00:18:38,150

so just call in and you don't have to

382

00:18:42,640 --> 00:18:39,950

stay on long if you're shy just long

383

00:18:44,710 --> 00:18:42,650

enough to say hi and sing the word

384

00:18:46,840 --> 00:18:44,720

depression and then I'll hand you back

385

00:18:51,180 --> 00:18:46,850

to MJ and he'll get your mailing address

386

00:18:53,650 --> 00:18:51,190

okay so hopefully somebody will call in

387

00:18:59,470 --> 00:18:53,660

all right what's so what else is going

388

00:19:02,430 --> 00:18:59,480

on here Alzheimer's and I teach a class

389

00:19:05,080 --> 00:19:02,440

and at least once a semester on

390

00:19:07,690 --> 00:19:05,090

Alzheimer's which is a kind of dementia

391

00:19:10,000 --> 00:19:07,700

and you know one of the things that were

392

00:19:13,720 --> 00:19:10,010

research is really starting to tell us

393

00:19:19,990 --> 00:19:13,730

about Alzheimer's is that is that if if

394

00:19:22,750 --> 00:19:20,000

we use our brain in novel ways we may

395

00:19:25,390 --> 00:19:22,760

avoid Alzheimer's you know it's rare for

396

00:19:28,030 --> 00:19:25,400

a person with a graduate degree to have

397

00:19:30,490 --> 00:19:28,040

Alzheimer's in the famous nun study

398

00:19:31,900 --> 00:19:30,500

where they I think I talked about this

399

00:19:33,940 --> 00:19:31,910

before where they looked at the brains

400

00:19:36,940 --> 00:19:33,950

of nuns who had taught their whole lives

401
00:19:39,040 --> 00:19:36,950
these were very healthy-looking brains

402
00:19:41,590 --> 00:19:39,050
of you know women who had taught their

403
00:19:44,110 --> 00:19:41,600
their whole life but anyway a new study

404
00:19:45,880 --> 00:19:44,120
suggests a relatively easy way to gauge

405
00:19:49,210 --> 00:19:45,890
whether people are more likely to wind

406
00:19:51,280 --> 00:19:49,220
up with an outside Alzheimer's diagnosis

407
00:19:53,260 --> 00:19:51,290
as far as 18 years down the road and

408
00:19:55,170 --> 00:19:53,270
this is by giving the memory and

409
00:19:59,140 --> 00:19:55,180
thinking test and they did this for

410
00:20:01,830 --> 00:19:59,150
2,000 people an average age of 73 who

411
00:20:03,529 --> 00:20:01,840
did not yet have an Alzheimer's

412
00:20:06,379 --> 00:20:03,539
diagnosis

413
00:20:09,109 --> 00:20:06,389

and the the predictive variable was were

414

00:20:11,509 --> 00:20:09,119

low scorers on the mental skills test

415

00:20:14,239 --> 00:20:11,519

but I think this goes back to my

416

00:20:17,029 --> 00:20:14,249

argument that if you use your brain if

417

00:20:18,859 --> 00:20:17,039

you surfed a net and read new things and

418

00:20:21,200 --> 00:20:18,869

you play games and you use your brain

419

00:20:23,210 --> 00:20:21,210

then you're not gonna score low on these

420

00:20:25,999 --> 00:20:23,220

tests to begin with so this is almost

421

00:20:28,340 --> 00:20:26,009

like a correlation there really isn't a

422

00:20:30,680 --> 00:20:28,350

direct causative effect between the two

423

00:20:33,710 --> 00:20:30,690

variables there's there something that's

424

00:20:36,379 --> 00:20:33,720

that's in between I'll keep a better eye

425

00:20:38,389 --> 00:20:36,389

over here on this other computer anyway

426

00:20:40,549 --> 00:20:38,399

I do believe that your brain is I use it

427

00:20:45,799 --> 00:20:40,559

or lose it proposition and if you you

428

00:20:47,749 --> 00:20:45,809

lose your brain if you do things like go

429

00:20:49,190 --> 00:20:47,759

you know you're like start from the net

430

00:20:51,169 --> 00:20:49,200

you end up in all sorts of weird places

431

00:20:54,169 --> 00:20:51,179

and your brain has to work harder but

432

00:20:55,960 --> 00:20:54,179

it's not familiar with the material or

433

00:20:59,259 --> 00:20:55,970

if you play games like Scrabble

434

00:21:02,239 --> 00:20:59,269

you know there's mounting evidence that

435

00:21:04,269 --> 00:21:02,249

that keeps the brain healthy it's in a

436

00:21:06,739 --> 00:21:04,279

way it's like muscle tissue if you

437

00:21:08,869 --> 00:21:06,749

exercise is and you'll have a healthy

438

00:21:14,389 --> 00:21:08,879

body and if you don't then you know well

439

00:21:16,820 --> 00:21:14,399

then you won't so but the research is

440

00:21:18,649 --> 00:21:16,830

pretty good and I'm almost wondering if

441

00:21:20,060 --> 00:21:18,659

there's like this win though like you

442

00:21:22,940 --> 00:21:20,070

really have to do a lot of this before

443

00:21:24,859 --> 00:21:22,950

you're 30 because a lot of people that's

444

00:21:27,859 --> 00:21:24,869

you know that's about the time they

445

00:21:43,789 --> 00:21:27,869

finish grad school so keep keep using

446

00:21:48,070 --> 00:21:43,799

the brain Palmer can you please turn off

447

00:21:57,019 --> 00:21:50,749

caller can you please take my radio off

448

00:22:09,680 --> 00:21:57,029

in the background there you go baby this

449

00:22:16,279 --> 00:22:13,759

yeah do you really go by Jim Bob well

450

00:22:17,299 --> 00:22:16,289

actually my name is Jim but I put Jim

451

00:22:19,369 --> 00:22:17,309

Bob on there because

452

00:22:21,799 --> 00:22:19,379

so many jimbob's on their gyms on

453

00:22:24,409 --> 00:22:21,809

Facebook well that's true my father's

454

00:22:26,930 --> 00:22:24,419

name was Jim it's a planet full of gems

455

00:22:29,600 --> 00:22:26,940

yeah at least the northern half yeah so

456

00:22:33,200 --> 00:22:29,610

Jim welcome what is dance what is the

457

00:22:34,879 --> 00:22:33,210

answer to your question the answer to

458

00:22:41,509 --> 00:22:34,889

the quiz question quiz question is

459

00:22:47,810 --> 00:22:41,519

depression oh we have a winner all right

460

00:22:50,810 --> 00:22:47,820

somebody else I'm sorry no go ahead I'm

461

00:22:53,930 --> 00:22:50,820

saying something somebody else lost out

462

00:22:56,629 --> 00:22:53,940

because they apparently didn't get that

463

00:23:04,489 --> 00:22:56,639

and I take the voicemail picked up on me

464

00:23:06,409 --> 00:23:04,499

and I'm glad we have a winner just out

465

00:23:16,700 --> 00:23:06,419

of curiosity were you on either of our

466

00:23:19,879 --> 00:23:16,710

sociopath lists I think I was are you

467

00:23:23,779 --> 00:23:19,889

were you on is your profession likely

468

00:23:26,210 --> 00:23:23,789

you're not likely to have sociopaths I'm

469

00:23:29,840 --> 00:23:26,220

on the caregiver I'm like yo

470

00:23:31,730 --> 00:23:29,850

okay you're a good guy I'm one of the

471

00:23:35,060 --> 00:23:31,740

good guys that's all about 100

472

00:23:38,359 --> 00:23:35,070

sociopaths and yeah I work as a

473

00:23:42,619 --> 00:23:38,369

psychiatric assistant or you do I have

474

00:23:47,720 --> 00:23:42,629

done so for yeah and eight 19 19 years

475

00:23:49,519 --> 00:23:47,730

is that job has a a very high burnout

476

00:23:53,210 --> 00:23:49,529

rate I'm surprised you're still doing it

477

00:23:54,830 --> 00:23:53,220

after that many years well that's

478

00:23:57,470 --> 00:23:54,840

because I've had a chance to kill a few

479

00:24:01,039 --> 00:23:57,480

patients once in a while you know well

480

00:24:02,539 --> 00:24:01,049

even doubt yeah turns out if you can

481

00:24:05,810 --> 00:24:02,549

take one out

482

00:24:08,509 --> 00:24:05,820

I never killed a patient I got I got

483

00:24:12,820 --> 00:24:08,519

injured a lot in hospitals I had a thumb

484

00:24:15,590 --> 00:24:12,830

crushed I was putting a patient into a

485

00:24:17,539 --> 00:24:15,600

seclusion room and the doors were metal

486

00:24:19,789 --> 00:24:17,549

and I had my hand on the doorframe and

487

00:24:23,539 --> 00:24:19,799

he slammed the door and crushed my thumb

488

00:24:27,259 --> 00:24:23,549

and while I was trying to restrain a

489

00:24:27,850 --> 00:24:27,269

patient you got a heel and broke two

490

00:24:30,220 --> 00:24:27,860

ribs

491

00:24:31,990 --> 00:24:30,230

so well but still he's great work I'm

492

00:24:33,880 --> 00:24:32,000

glad you're doing in a hundred it just

493

00:24:36,780 --> 00:24:33,890

it takes a special kind of person to do

494

00:24:40,000 --> 00:24:36,790

that work and my gosh to do it that long

495

00:24:41,799 --> 00:24:40,010

yeah well I'm not working in security

496

00:24:44,380 --> 00:24:41,809

rooms and I'm not working with really

497

00:24:47,950 --> 00:24:44,390

psychotic patients anymore so oh I was

498

00:24:51,370 --> 00:24:47,960

working with psychotic children seven

499

00:24:52,330 --> 00:24:51,380

seventeen that was my first nine years

500

00:24:55,630 --> 00:24:52,340

in my career

501
00:24:59,200 --> 00:24:55,640
oh well that's really cool look what

502
00:25:03,909 --> 00:24:59,210
type of fellow around it's great to have

503
00:25:06,220 --> 00:25:03,919
a fellow psych person on the line a lot

504
00:25:08,830 --> 00:25:06,230
of people people calling in Christie

505
00:25:10,690 --> 00:25:08,840
said I tried calling says to leave a

506
00:25:15,030 --> 00:25:10,700
message in the voicemail only best

507
00:25:19,240 --> 00:25:15,040
because someone's mad all right yeah

508
00:25:21,789 --> 00:25:19,250
okay well what the producers figure that

509
00:25:25,659 --> 00:25:21,799
out and I've never actually done a price

510
00:25:28,270 --> 00:25:25,669
or had a collar so NJ do you have a way

511
00:25:35,789 --> 00:25:28,280
to get his mailing address without him

512
00:25:39,419 --> 00:25:35,799
doing it over the air okay

513
00:25:43,060 --> 00:25:39,429

okay he says he's good on your address

514

00:25:46,450 --> 00:25:43,070

yeah he's got me up on Facebook he knows

515

00:25:48,120 --> 00:25:46,460

me okay I will mail your or Bluetooth

516

00:25:51,789 --> 00:25:48,130

thingy out tomorrow

517

00:25:54,270 --> 00:25:51,799

well that's fantastic then you can call

518

00:25:56,560 --> 00:25:54,280

back and tell us what you think of it

519

00:25:58,030 --> 00:25:56,570

and thank you so much and you know

520

00:26:00,250 --> 00:25:58,040

you're the first person to ever call

521

00:26:02,260 --> 00:26:00,260

went on this show ten years from now

522

00:26:03,610 --> 00:26:02,270

when this shows really famous and then

523

00:26:06,070 --> 00:26:03,620

you know and I'm worth billions you can

524

00:26:09,810 --> 00:26:06,080

say I was the first caller to ever call

525

00:26:12,549 --> 00:26:09,820

in oh yeah and I and I want a prize so

526

00:26:14,590 --> 00:26:12,559

yeah well thank you well thank you for

527

00:26:18,760 --> 00:26:14,600

rolling in I hope you have a good

528

00:26:21,490 --> 00:26:18,770

rubbing all right you guys stay here and

529

00:26:23,380 --> 00:26:21,500

listen to your show so okay all right

530

00:26:28,810 --> 00:26:23,390

and stay in the chat room take care

531

00:26:32,140 --> 00:26:28,820

about I mean Jim bye-bye well good we

532

00:26:35,470 --> 00:26:32,150

follow I got a caller somewhat historic

533

00:26:37,540 --> 00:26:35,480

here on our fourth show and M and we'll

534

00:26:40,060 --> 00:26:37,550

we'll do this every week until I run out

535

00:26:43,659 --> 00:26:40,070

of gadgets to give away

536

00:26:46,539 --> 00:26:43,669

I'll do whatever I can to get people to

537

00:26:48,700 --> 00:26:46,549

call in it's fun you saw how easy that

538

00:26:52,719 --> 00:26:48,710

was he called in check out a little bit

539

00:26:56,799 --> 00:26:52,729

I'm I think before we go into another

540

00:26:58,479 --> 00:26:56,809

topic let's say we will do a couple more

541

00:27:02,289 --> 00:26:58,489

short articles and then we'll talk about

542

00:27:04,210 --> 00:27:02,299

OCD and you're welcome to call in if you

543

00:27:07,539 --> 00:27:04,220

want to talk about OCD maybe you know

544

00:27:09,249 --> 00:27:07,549

someone maybe you haven't but why don't

545

00:27:11,560 --> 00:27:09,259

we take a little break here and when we

546

00:27:14,560 --> 00:27:11,570

get back we will continue with a few

547

00:27:47,370 --> 00:27:14,570

more topics menu in the OCD see in a

548

00:27:52,289 --> 00:27:49,650

hello inception Radio Network listeners

549

00:27:54,240 --> 00:27:52,299

did you miss a show will guess what you

550

00:27:56,100 --> 00:27:54,250

can check us out on youtube go to

551
00:27:57,870 --> 00:27:56,110
youtube and search inception radio

552
00:28:00,779 --> 00:27:57,880
network to listen to the latest archives

553
00:28:04,409 --> 00:28:00,789
of all the shows on IR n another way to

554
00:28:07,440 --> 00:28:04,419
listen to us anywhere anytime for IR and

555
00:28:09,330 --> 00:28:07,450
this is MJ and oh yeah right right

556
00:28:15,060 --> 00:28:09,340
remember that subscribe to hit the

557
00:28:17,940 --> 00:28:15,070
subscribe button below IR any listeners

558
00:28:19,860 --> 00:28:17,950
this is MJ say hello and sharing boss

559
00:28:23,190 --> 00:28:19,870
and secret I discovered it's called

560
00:28:25,380 --> 00:28:23,200
dream wash comm fresh raw organic

561
00:28:27,779 --> 00:28:25,390
ingredients are used to create all their

562
00:28:30,350 --> 00:28:27,789
products they are made in very small

563
00:28:33,630 --> 00:28:30,360

batches to ensure quality and freshness

564

00:28:35,730 --> 00:28:33,640

handmade in the USA each product is

565

00:28:37,620 --> 00:28:35,740

created with care and with the finest

566

00:28:39,720 --> 00:28:37,630

organic ingredients there are no

567

00:28:42,600 --> 00:28:39,730

preservatives dyes or chemicals in any

568

00:28:48,560 --> 00:28:42,610

product and stop by dream Lodge and

569

00:28:50,450 --> 00:28:48,570

laughs that's the are I am nu AGV calm

570

00:28:57,749 --> 00:28:50,460

simple

571

00:29:04,419 --> 00:29:01,690

hello everyone Lorien Fenton here hosted

572

00:29:06,700 --> 00:29:04,429

the California MUFON radio show asking

573

00:29:09,999 --> 00:29:06,710

if you'd like special access to

574

00:29:13,240 --> 00:29:10,009

exclusive and amazing information about

575

00:29:16,600 --> 00:29:13,250

UFOs the paranormal and all things

576

00:29:20,200 --> 00:29:16,610

unexplained if you're nodding yes then

577

00:29:21,970 --> 00:29:20,210

join our ends insider Club as an insider

578

00:29:24,940 --> 00:29:21,980

club member you'll get an all-access

579

00:29:29,350 --> 00:29:24,950

pass to premiere inception radio network

580

00:29:32,169 --> 00:29:29,360

content for only \$4.99 a month this

581

00:29:35,110 --> 00:29:32,179

includes live UFO and paranormal

582

00:29:38,289 --> 00:29:35,120

conferences live streaming UFO sky

583

00:29:41,350 --> 00:29:38,299

watches exclusive irn radio and TV

584

00:29:44,470 --> 00:29:41,360

productions and of course paying radio

585

00:29:45,100 --> 00:29:44,480

with MJ and Ken Storch so don't wait any

586

00:29:48,009 --> 00:29:45,110

longer

587

00:29:51,190 --> 00:29:48,019

visit inception radio network calm and

588

00:29:54,279 --> 00:29:51,200

click on member login to join our ends

589

00:29:57,909 --> 00:29:54,289

insider Club and get your VIP access

590

00:30:00,190 --> 00:29:57,919

today if you have a smartphone if so

591

00:30:01,539 --> 00:30:00,200

conception radio network is the best app

592

00:30:04,779 --> 00:30:01,549

for you available

593

00:30:07,149 --> 00:30:04,789

I choose Android Samsung and most other

594

00:30:09,970 --> 00:30:07,159

app stores just search inception radio

595

00:30:12,279 --> 00:30:09,980

network with the applicable supplier to

596

00:30:14,710 --> 00:30:12,289

check out podcast recent and par shows

597

00:30:17,619 --> 00:30:14,720

and view our videos see what shows are

598

00:30:19,450 --> 00:30:17,629

coming up who the guests are and via the

599

00:30:21,940 --> 00:30:19,460

chat room to send live questions to

600

00:30:24,639 --> 00:30:21,950

those guests you know it makes sense and

601
00:30:28,040 --> 00:30:24,649
check your App Store now inception radio

602
00:30:30,960 --> 00:30:28,050
network see you there

603
00:30:32,670 --> 00:30:30,970
are you a fan of Inception Radio Network

604
00:30:35,490 --> 00:30:32,680
do you reckon it's the best alternative

605
00:30:37,680 --> 00:30:35,500
talk radio station on the planet well if

606
00:30:39,930 --> 00:30:37,690
you do head to facebook-dot-com

607
00:30:42,930 --> 00:30:39,940
forward-slash inception radio network

608
00:30:49,130 --> 00:30:42,940
light the page tell your friends spread

609
00:30:52,560 --> 00:30:51,810
on Apple computer is your internet

610
00:30:54,450 --> 00:30:52,570
connection down

611
00:30:55,950 --> 00:30:54,460
don't worry use your trusty cell phone

612
00:30:59,550 --> 00:30:55,960
or landline and call in to our listen

613
00:31:01,680 --> 00:30:59,560

line at 401 to a3 6700 to listen to the

614

00:31:05,210 --> 00:31:01,690

inception radio network 24/7

615

00:31:08,130 --> 00:31:05,220

again that caller number is 401 to a3

616

00:31:11,990 --> 00:31:08,140

6700 for the inception radio network I

617

00:31:38,240 --> 00:31:14,750

you're locked into Inception Radio

618

00:31:40,670 --> 00:31:38,250

Network superior Wisconsin and welcome

619

00:31:42,050 --> 00:31:40,680

back folks hope you had a good breakfast

620

00:31:43,880 --> 00:31:42,060

while you're waiting for us got

621

00:31:46,520 --> 00:31:43,890

something to drink or eat or went to the

622

00:31:50,360 --> 00:31:46,530

bathroom maybe even got an adult

623

00:31:52,940 --> 00:31:50,370

beverage and we have with us Christie

624

00:31:55,160 --> 00:31:52,950

Christie was in the chat room and I

625

00:31:58,100 --> 00:31:55,170

tried to call in earlier and this time

626
00:31:59,050 --> 00:31:58,110
we have her how you doing Christie I'm

627
00:32:01,940 --> 00:31:59,060
good how are you

628
00:32:06,080 --> 00:32:01,950
well I'm doing great

629
00:32:08,090 --> 00:32:06,090
we've we've had very nice weather and

630
00:32:09,980 --> 00:32:08,100
well we've had a lot of rain but I like

631
00:32:12,110 --> 00:32:09,990
weather but we've had kind of a very

632
00:32:15,680 --> 00:32:12,120
nice day here in Maryland where are you

633
00:32:18,500 --> 00:32:15,690
located what what's stay - um I mean I'm

634
00:32:21,380 --> 00:32:18,510
in Glen Burnie Maryland you're in

635
00:32:23,420 --> 00:32:21,390
Maryland yep I'm in Glen Burnie Maryland

636
00:32:24,740 --> 00:32:23,430
I'm Burt oh my gosh

637
00:32:27,140 --> 00:32:24,750
well I've been Frederick and sort of in

638
00:32:30,740 --> 00:32:27,150

the middle of Frederick County you're

639

00:32:34,130 --> 00:32:30,750

probably already all of an hour away

640

00:32:35,870 --> 00:32:34,140

right yep not too far about 45 minutes

641

00:32:38,480 --> 00:32:35,880

to an hour yet not too far at all

642

00:32:39,110 --> 00:32:38,490

oh what a coincidence that's really

643

00:32:42,290 --> 00:32:39,120

great

644

00:32:44,300 --> 00:32:42,300

well what during the bright Christie was

645

00:32:46,820 --> 00:32:44,310

sharing I think she talked a little bit

646

00:32:50,330 --> 00:32:46,830

a little bit of but on the chat room

647

00:32:54,770 --> 00:32:50,340

about a fear of mirrors and we would we

648

00:32:56,390 --> 00:32:54,780

would call that a phobia and you want to

649

00:32:59,650 --> 00:32:56,400

just explain to folks a little bit about

650

00:33:02,180 --> 00:32:59,660

how you feel about mirrors Christy oh

651

00:33:03,680 --> 00:33:02,190

it's like it makes me think like there's

652

00:33:05,510 --> 00:33:03,690

something on the other side looking at

653

00:33:08,600 --> 00:33:05,520

me or something can come through like

654

00:33:11,600 --> 00:33:08,610

it's a gateway so if I'm like I bought

655

00:33:14,000 --> 00:33:11,610

my I got a mirror from like a yard sale

656

00:33:16,070 --> 00:33:14,010

for free and I haven't hung it yet but

657

00:33:18,140 --> 00:33:16,080

it's sitting backwards to where I can't

658

00:33:20,060 --> 00:33:18,150

see the mirror part against my wall

659

00:33:22,220 --> 00:33:20,070

because I don't like the mirrors to face

660

00:33:24,710 --> 00:33:22,230

me like I have one on the back door of

661

00:33:25,520 --> 00:33:24,720

my bedroom door but I keep a robe over

662

00:33:27,020 --> 00:33:25,530

it so that

663

00:33:29,450 --> 00:33:27,030

wait I can't see in the mirror and

664

00:33:31,220 --> 00:33:29,460

nothing can see me from the mirror I've

665

00:33:32,350 --> 00:33:31,230

never seen anything in the mirror but I

666

00:33:35,240 --> 00:33:32,360

don't want to see anything in the mirror

667

00:33:39,050 --> 00:33:35,250

you know what phobias are generally

668

00:33:41,540 --> 00:33:39,060

learned do you do you recall an incident

669

00:33:44,030 --> 00:33:41,550

when you were younger where something or

670

00:33:47,420 --> 00:33:44,040

a movie I'm going to run the movie

671

00:33:50,510 --> 00:33:47,430

sometimes there you know you there would

672

00:33:53,840 --> 00:33:50,520

be bad things and the mirrors was there

673

00:33:55,550 --> 00:33:53,850

something that triggered this well you

674

00:33:57,950 --> 00:33:55,560

know I do watch a lot of scary movies

675

00:34:00,170 --> 00:33:57,960

but I remember one time when I was a kid

676

00:34:02,990 --> 00:34:00,180

I was up in Baltimore City with my

677

00:34:06,860 --> 00:34:03,000

cousin and she had her friends over and

678

00:34:09,260 --> 00:34:06,870

they wanted to do the Bloody Mary and I

679

00:34:11,510 --> 00:34:09,270

knew I didn't want to do it so and after

680

00:34:13,190 --> 00:34:11,520

I did that it just freaked me out I

681

00:34:14,450 --> 00:34:13,200

don't know I like I never I won't get

682

00:34:16,940 --> 00:34:14,460

near them I won't touch them nothing

683

00:34:18,620 --> 00:34:16,950

happened but I just won't get near them

684

00:34:21,649 --> 00:34:18,630

I won't go around them I don't want to

685

00:34:23,870 --> 00:34:21,659

be that I'm not familiar with Bloody

686

00:34:25,669 --> 00:34:23,880

Mary it's like you sit down yeah like

687

00:34:27,620 --> 00:34:25,679

you couldn't you go into like a room and

688

00:34:31,550 --> 00:34:27,630

Meniere's Dana and you say like Bloody

689

00:34:33,320 --> 00:34:31,560

Mary like three times and then she's

690

00:34:34,850 --> 00:34:33,330

supposed to come out or like you'll see

691

00:34:36,470 --> 00:34:34,860

the red dot or she'll be standing behind

692

00:34:38,270 --> 00:34:36,480

you to like kill you it was like a

693

00:34:40,730 --> 00:34:38,280

childhood thing you know they have the

694

00:34:42,169 --> 00:34:40,740

Bloody Mary the black Aggie you know

695

00:34:43,820 --> 00:34:42,179

just stuff like that little things I

696

00:34:45,409 --> 00:34:43,830

think kids makeup the scary the other

697

00:34:48,860 --> 00:34:45,419

kids well it worked for me because I'm

698

00:34:51,230 --> 00:34:48,870

37 and I'm so scared of mirrors so

699

00:34:53,899 --> 00:34:51,240

people actually sit down in front of a

700

00:34:55,880 --> 00:34:53,909

mirror believing that there's some

701
00:35:00,080 --> 00:34:55,890
chance that some crazy woman's going to

702
00:35:01,730 --> 00:35:00,090
come out and kill them yeah yeah I think

703
00:35:03,980 --> 00:35:01,740
it was a crazy board kind of thing you

704
00:35:08,060 --> 00:35:03,990
know that struck me as long as a fun

705
00:35:10,250 --> 00:35:08,070
game oh no it's not it's not like it's

706
00:35:12,320 --> 00:35:10,260
like basically you know how to have the

707
00:35:14,240 --> 00:35:12,330
dares and the double dare not say oh you

708
00:35:16,370 --> 00:35:14,250
know some double dog dare you to go in

709
00:35:18,650 --> 00:35:16,380
there and do it me I'll go in with

710
00:35:22,370 --> 00:35:18,660
somebody but I wasn't going in by myself

711
00:35:24,650 --> 00:35:22,380
because I you know I unlucky person like

712
00:35:26,450 --> 00:35:24,660
so it's something working if this ever

713
00:35:28,040 --> 00:35:26,460

worked it would work while I was in

714

00:35:29,960 --> 00:35:28,050

there so I was like no I'm not going in

715

00:35:32,060 --> 00:35:29,970

by myself I'll go in with somebody else

716

00:35:34,190 --> 00:35:32,070

so at least I push them forward and run

717

00:35:36,740 --> 00:35:34,200

to get away from it so that way it

718

00:35:40,820 --> 00:35:36,750

doesn't get me are you okay with the

719

00:35:46,620 --> 00:35:44,580

well I never stood in in to a mirror

720

00:35:49,350 --> 00:35:46,630

with somebody I just prefer not to look

721

00:35:53,610 --> 00:35:49,360

at them I prefer not to see them walk

722

00:35:56,070 --> 00:35:53,620

past it and like the giant ones like

723

00:35:57,870 --> 00:35:56,080

you're talking about like on a wall yeah

724

00:35:59,910 --> 00:35:57,880

I like it forward and like a steward yes

725

00:36:02,280 --> 00:35:59,920

yeah let's say you're a Penny's in your

726
00:36:05,340 --> 00:36:02,290
walk by one of these gigantic mirrors he

727
00:36:07,140 --> 00:36:05,350
does not look in it I wouldn't walk past

728
00:36:09,630 --> 00:36:07,150
it I wouldn't go into the mirror section

729
00:36:11,040 --> 00:36:09,640
they'd let me look at you know like that

730
00:36:12,900 --> 00:36:11,050
wouldn't be the place where I went a

731
00:36:15,540 --> 00:36:12,910
shot like I said when I was up there

732
00:36:16,800 --> 00:36:15,550
because I found a rocking chair where

733
00:36:18,900 --> 00:36:16,810
they you know there was a whole bunch of

734
00:36:20,970 --> 00:36:18,910
stuff on the side of the road and I seen

735
00:36:22,770 --> 00:36:20,980
the mirror and I pick it up and I put it

736
00:36:23,850 --> 00:36:22,780
backwards and so that way I don't you

737
00:36:25,620 --> 00:36:23,860
know and I couldn't tell you whether

738
00:36:27,330 --> 00:36:25,630

it's correct or whether it's not because

739

00:36:30,120 --> 00:36:27,340

I don't look at that side you know my

740

00:36:31,950 --> 00:36:30,130

old man when I come home hey look honey

741

00:36:33,690 --> 00:36:31,960

I found a mirror and looked like you

742

00:36:35,400 --> 00:36:33,700

bought a mirror and I it's it's right

743

00:36:36,960 --> 00:36:35,410

right like right I'm looking at it it's

744

00:36:41,460 --> 00:36:36,970

sitting backwards up against my wall

745

00:36:42,900 --> 00:36:41,470

just so amazingly I turn them over yeah

746

00:36:44,280 --> 00:36:42,910

I turned them around so I don't have to

747

00:36:46,410 --> 00:36:44,290

see it somebody else might want to look

748

00:36:48,450 --> 00:36:46,420

at themselves but I don't need I don't

749

00:36:50,430 --> 00:36:48,460

want to I won't turn it around and look

750

00:36:52,520 --> 00:36:50,440

at the lights are out I won't go where

751

00:36:57,810 --> 00:36:52,530

mirror I won't

752

00:37:01,020 --> 00:36:57,820

so this phobia isn't so severe that it'd

753

00:37:02,820 --> 00:37:01,030

be worthwhile to see a therapist or

754

00:37:05,130 --> 00:37:02,830

anything you're able to work around it

755

00:37:07,590 --> 00:37:05,140

oh yeah yeah I mean I just turned him

756

00:37:09,810 --> 00:37:07,600

around me my biggest fear is Heights

757

00:37:13,280 --> 00:37:09,820

like I don't go up high we went through

758

00:37:17,400 --> 00:37:13,290

the UM down in Virginia and they had the

759

00:37:19,590 --> 00:37:17,410

UM we went to the air museum they're in

760

00:37:20,940 --> 00:37:19,600

Space Museum and they have the little

761

00:37:24,360 --> 00:37:20,950

thing that you go in the elevator and

762

00:37:29,580 --> 00:37:24,370

come out oh yeah that was I was crying I

763

00:37:39,390 --> 00:37:29,590

don't lose crying that's it sobbing it

764

00:37:43,940 --> 00:37:39,400

was like there is a thought there's a

765

00:37:46,580 --> 00:37:43,950

form of acrophobia where a person

766

00:37:48,930 --> 00:37:46,590

doesn't need to be like out on a balcony

767

00:37:50,520 --> 00:37:48,940

if they just know that they're on the

768

00:37:52,590 --> 00:37:50,530

hundredth floor of something they have

769

00:37:53,140 --> 00:37:52,600

to go down to the first floor even if

770

00:37:56,160 --> 00:37:53,150

there's no

771

00:37:59,220 --> 00:37:56,170

those just knowing that they're right hi

772

00:38:01,989 --> 00:37:59,230

that's some more beer okay well I'm okay

773

00:38:03,579 --> 00:38:01,999

yeah I'm okay with it like until I go up

774

00:38:05,589 --> 00:38:03,589

and see like we went to the baseball

775

00:38:07,960 --> 00:38:05,599

game and we were all the way up and when

776

00:38:10,359 --> 00:38:07,970

you're in Camden Yards you can't see how

777

00:38:13,480 --> 00:38:10,369

far you up how far up you are so when I

778

00:38:15,339 --> 00:38:13,490

walked out I've liked the stairway and I

779

00:38:16,960 --> 00:38:15,349

was like oh my god like I was in the

780

00:38:19,269 --> 00:38:16,970

bathroom crying I thought I sure had to

781

00:38:22,059 --> 00:38:19,279

walk me up the steps while I had my hand

782

00:38:23,920 --> 00:38:22,069

over my office to sit me down and I just

783

00:38:25,450 --> 00:38:23,930

looked straight ahead the whole time I

784

00:38:26,620 --> 00:38:25,460

didn't even see the whole base like I

785

00:38:28,749 --> 00:38:26,630

didn't see any of the baseball game

786

00:38:30,819 --> 00:38:28,759

because I'm not looking down it just

787

00:38:35,499 --> 00:38:30,829

makes me feel like okay I'm gonna go

788

00:38:39,670 --> 00:38:35,509

over or it's going to come down rock

789

00:38:42,670 --> 00:38:39,680

what about ride to the carnival oh no I

790

00:38:45,009 --> 00:38:42,680

have a 9 year old and he wanted to get

791

00:38:49,870 --> 00:38:45,019

on the ferris wheel he wanted to get on

792

00:38:51,999 --> 00:38:49,880

the ferris wheel so much yes there me

793

00:38:53,739 --> 00:38:52,009

and my boyfriend and him we get on the

794

00:38:55,690 --> 00:38:53,749

ferris wheel this is the kids ferris

795

00:38:59,109 --> 00:38:55,700

wheel there like for all and goes around

796

00:39:00,279 --> 00:38:59,119

at Ocean City so I'm sitting there with

797

00:39:03,009 --> 00:39:00,289

my eyes closed

798

00:39:05,109 --> 00:39:03,019

they'll put my hand over my face like it

799

00:39:07,299 --> 00:39:05,119

is let me know when I'm back down on the

800

00:39:09,999 --> 00:39:07,309

ground and it was I mean not even ten

801
00:39:13,380 --> 00:39:10,009
feet up in the air but I don't I won't

802
00:39:15,339 --> 00:39:13,390
sleep on top of a bunk bed like I just I

803
00:39:23,799 --> 00:39:15,349
don't know I don't mess what the heights

804
00:39:27,249 --> 00:39:23,809
at all I like to be ya know a little

805
00:39:28,809 --> 00:39:27,259
weird about the world oh well everybody

806
00:39:30,880 --> 00:39:28,819
does I've never I don't think I've ever

807
00:39:33,130 --> 00:39:30,890
talked to someone that didn't you know

808
00:39:36,160 --> 00:39:33,140
have a phobia when we talk about phobias

809
00:39:39,489 --> 00:39:36,170
in class I I asked my students does

810
00:39:41,559 --> 00:39:39,499
anyone not have a phobia and once in a

811
00:39:43,989 --> 00:39:41,569
while one person who raised their hand

812
00:39:47,950 --> 00:39:43,999
but it seems like everybody has at least

813
00:39:50,559 --> 00:39:47,960

one you know my mind is probably deep

814

00:39:53,650 --> 00:39:50,569

water they don't swim well so if I'm

815

00:39:55,839 --> 00:39:53,660

walking by deep water my stomach drops

816

00:39:58,479 --> 00:39:55,849

but you know we'll have to do a show on

817

00:40:02,259 --> 00:39:58,489

phobias kinda that will get a lot of

818

00:40:05,559 --> 00:40:02,269

people call in so well we're going to

819

00:40:06,530 --> 00:40:05,569

move on we're going to move on to OCD

820

00:40:09,050 --> 00:40:06,540

I'm thank you

821

00:40:13,190 --> 00:40:09,060

so much for calling in and please do

822

00:40:15,920 --> 00:40:13,200

call again I don't work we'll have

823

00:40:18,230 --> 00:40:15,930

another contest next weekend it was nice

824

00:40:21,260 --> 00:40:18,240

to meet you it's always nice to see you

825

00:40:25,240 --> 00:40:21,270

in the chat room all right thank you so

826

00:40:30,800 --> 00:40:25,250

much you're welcome take Sara Christine

827

00:40:34,610 --> 00:40:30,810

oh my gosh two callers in one evening

828

00:40:36,920 --> 00:40:34,620

that's just this is wonderful the I can

829

00:40:38,720 --> 00:40:36,930

I could see I could see easily if you

830

00:40:41,270 --> 00:40:38,730

had a lot of callers how you could do

831

00:40:44,990 --> 00:40:41,280

I wonder how some I mean I love radio I

832

00:40:46,970 --> 00:40:45,000

listen to a British radio station a lot

833

00:40:47,540 --> 00:40:46,980

LBC and they have people that do five

834

00:40:51,500 --> 00:40:47,550

hour

835

00:40:53,480 --> 00:40:51,510

talk shows but people call in so you

836

00:40:56,930 --> 00:40:53,490

know they've got they have that

837

00:40:58,310 --> 00:40:56,940

interaction when you do a show like this

838

00:41:00,370 --> 00:40:58,320

because I don't have a partner and I

839

00:41:04,040 --> 00:41:00,380

generally don't have guests I have to

840

00:41:07,880 --> 00:41:04,050

you know I get a little paranoid I'm not

841

00:41:10,220 --> 00:41:07,890

gonna have enough material or I'm gonna

842

00:41:12,290 --> 00:41:10,230

blank out too often what I'm trying to

843

00:41:16,040 --> 00:41:12,300

look things up but let's talk about

844

00:41:19,970 --> 00:41:16,050

let's talk about OCD here for for a

845

00:41:23,720 --> 00:41:19,980

moment this is first let's start with

846

00:41:26,330 --> 00:41:23,730

what OCD is not okay OCD is not just

847

00:41:28,550 --> 00:41:26,340

someone who's neat you know a lot of

848

00:41:30,860 --> 00:41:28,560

times people will say oh I'm OCD I keep

849

00:41:34,750 --> 00:41:30,870

my destiny or whatever that's that's

850

00:41:37,940 --> 00:41:34,760

just me in particular or being neat

851
00:41:40,310 --> 00:41:37,950
people that have OCD sufferer I mean

852
00:41:44,140 --> 00:41:40,320
they really suffer it is an awful awful

853
00:41:47,000 --> 00:41:44,150
disorder and and it's it's you know it's

854
00:41:49,550 --> 00:41:47,010
neatness could be their thing it could

855
00:41:51,020 --> 00:41:49,560
be one half of it but you but you know

856
00:41:52,100 --> 00:41:51,030
you got to think about the name

857
00:41:55,580 --> 00:41:52,110
obsessive

858
00:41:58,070 --> 00:41:55,590
- compulsive disorder and you think of a

859
00:42:01,310 --> 00:41:58,080
dog chasing its tail first we have

860
00:42:04,460 --> 00:42:01,320
obsessive thoughts and a very common OCD

861
00:42:06,710 --> 00:42:04,470
is contamination so the person starts

862
00:42:08,960 --> 00:42:06,720
thinking my hands have germs on them and

863
00:42:10,850 --> 00:42:08,970

the thoughts are intrusive they can't

864

00:42:13,460 --> 00:42:10,860

control them when when thoughts get

865

00:42:16,160 --> 00:42:13,470

stronger and stronger and then they have

866

00:42:18,560 --> 00:42:16,170

to go wash their hands okay now that's

867

00:42:20,180 --> 00:42:18,570

the compulsive part so the obsessive

868

00:42:23,390 --> 00:42:20,190

part is thinking it

869

00:42:26,329 --> 00:42:23,400

skog 'native and a compulsive part is

870

00:42:29,680 --> 00:42:26,339

behavioral and the compulsive part or in

871

00:42:32,599 --> 00:42:29,690

this case the hand-washing temporarily

872

00:42:34,940 --> 00:42:32,609

eases the the anxious thoughts because

873

00:42:38,690 --> 00:42:34,950

of a CD is technically an anxiety

874

00:42:42,490 --> 00:42:38,700

disorder so you know when we look at the

875

00:42:45,079 --> 00:42:42,500

diagnostic right here area we see

876

00:42:47,780 --> 00:42:45,089

presence of obsessions compulsions are

877

00:42:49,520 --> 00:42:47,790

both recurrent earned and persistent

878

00:42:51,200 --> 00:42:49,530

thoughts urges or impulses that are

879

00:42:54,200 --> 00:42:51,210

experienced at some time during the

880

00:42:58,220 --> 00:42:54,210

disturbance as intrusive and unwanted

881

00:42:59,990 --> 00:42:58,230

and causes anxiety and number two the

882

00:43:03,559 --> 00:43:00,000

individuals it's attempts to ignore

883

00:43:06,980 --> 00:43:03,569

suppress such thoughts urges or whatever

884

00:43:09,710 --> 00:43:06,990

are that they don't work okay that's our

885

00:43:11,960 --> 00:43:09,720

obsessive part and our compulsive part

886

00:43:14,870 --> 00:43:11,970

is repetitive behavior such as

887

00:43:17,270 --> 00:43:14,880

hand-washing or putting things in order

888

00:43:19,640 --> 00:43:17,280

or checking or mental acts and then

889

00:43:21,890 --> 00:43:19,650

again the behavior is you know the

890

00:43:24,170 --> 00:43:21,900

person does not feel like they have any

891

00:43:26,720 --> 00:43:24,180

control they feel like they that they

892

00:43:28,670 --> 00:43:26,730

must do this and then they throw in some

893

00:43:31,130 --> 00:43:28,680

caveats they always do that

894

00:43:34,609 --> 00:43:31,140

disturbance is not better explained by

895

00:43:37,339 --> 00:43:34,619

another mental disorder the OCD symptoms

896

00:43:41,809 --> 00:43:37,349

are not attributable to who for example

897

00:43:44,059 --> 00:43:41,819

taking a drug the obsessions or

898

00:43:45,740 --> 00:43:44,069

compulsion and so have to be time

899

00:43:48,050 --> 00:43:45,750

consuming they have to take more than

900

00:43:53,359 --> 00:43:48,060

one hour per day but that would be a

901
00:43:56,420 --> 00:43:53,369
pretty mild a pretty mild case I do have

902
00:44:00,859 --> 00:43:56,430
some a couple case histories that I want

903
00:44:03,950 --> 00:44:00,869
to share with you just to show you show

904
00:44:04,990 --> 00:44:03,960
you how how bad they can be let's see

905
00:44:14,059 --> 00:44:05,000
here

906
00:44:16,670 --> 00:44:14,069
now this patient was I think it was

907
00:44:19,099 --> 00:44:16,680
third is thirty years old we scroll down

908
00:44:23,450 --> 00:44:19,109
here okay

909
00:44:25,640 --> 00:44:23,460
thirty year old man severe OCD with

910
00:44:27,530 --> 00:44:25,650
obsessive thinking and ruminating

911
00:44:29,900 --> 00:44:27,540
thoughts and repeatedly checking

912
00:44:32,030 --> 00:44:29,910
behavior now checking behavior means

913
00:44:32,950 --> 00:44:32,040

checking that I locked a door that I

914

00:44:36,160 --> 00:44:32,960

turn and

915

00:44:39,640 --> 00:44:36,170

the oven off they have to check

916

00:44:42,670 --> 00:44:39,650

something and in his case the the

917

00:44:45,730 --> 00:44:42,680

checking behavior left him almost unable

918

00:44:47,500 --> 00:44:45,740

to leave the house or fulfill tasks in

919

00:44:50,260 --> 00:44:47,510

the OCD started when he was seven or

920

00:44:52,930 --> 00:44:50,270

eight so at the time this was written he

921

00:44:56,770 --> 00:44:52,940

had been suffering with this for 22

922

00:45:01,000 --> 00:44:56,780

years and you know as an example of the

923

00:45:03,339 --> 00:45:01,010

checking a person might lock their door

924

00:45:05,980 --> 00:45:03,349

and then as their walk into the car they

925

00:45:08,290 --> 00:45:05,990

start thinking did I lock the door I'll

926
00:45:10,120 --> 00:45:08,300
go back and check and then go back and

927
00:45:12,010 --> 00:45:10,130
they and they lock the door again but

928
00:45:13,660 --> 00:45:12,020
you know they check and as they walk

929
00:45:16,660 --> 00:45:13,670
back to the car they think well what if

930
00:45:18,549 --> 00:45:16,670
when I turned the key back to pull it

931
00:45:21,490 --> 00:45:18,559
out I went too far and I unlocked the

932
00:45:24,010 --> 00:45:21,500
door okay well you can see how this can

933
00:45:25,839 --> 00:45:24,020
get to be a terrible cycle and there

934
00:45:28,329 --> 00:45:25,849
there are people who have days where

935
00:45:29,950 --> 00:45:28,339
they simply give up and they don't go to

936
00:45:31,960 --> 00:45:29,960
work they don't leave their house

937
00:45:36,370 --> 00:45:31,970
because they can't get past the checking

938
00:45:39,180 --> 00:45:36,380

in another case history of a woman had

939

00:45:44,349 --> 00:45:39,190

to have all of her toiletries and stuff

940

00:45:46,059 --> 00:45:44,359

neatly lined up on the behind the sink

941

00:45:49,480 --> 00:45:46,069

you know between the sink in the mirror

942

00:45:51,069 --> 00:45:49,490

sorry Christy and as she would leave the

943

00:45:54,190 --> 00:45:51,079

house you would wonder if something

944

00:45:56,829 --> 00:45:54,200

wasn't quite in order so she had to go

945

00:45:58,599 --> 00:45:56,839

back and check it and another OCD

946

00:46:01,809 --> 00:45:58,609

behavior she had was that she had to

947

00:46:03,549 --> 00:46:01,819

talk as she walked along she had to

948

00:46:06,250 --> 00:46:03,559

touch the top of anything she could

949

00:46:08,020 --> 00:46:06,260

reach so she might go back after the

950

00:46:10,510 --> 00:46:08,030

bathroom see that all the toiletries are

951
00:46:12,700 --> 00:46:10,520
lined up precisely get to the front door

952
00:46:14,650 --> 00:46:12,710
and then wonder if she touched the top

953
00:46:17,170 --> 00:46:14,660
of the bathroom door on her way out so

954
00:46:18,099 --> 00:46:17,180
she would go back and do that and in her

955
00:46:19,809 --> 00:46:18,109
case history

956
00:46:23,799 --> 00:46:19,819
she you know she noted that there were

957
00:46:26,109 --> 00:46:23,809
times that she simply would give up and

958
00:46:29,920 --> 00:46:26,119
stay home that day and then getting back

959
00:46:32,260 --> 00:46:29,930
to our other patient he has to check the

960
00:46:35,170 --> 00:46:32,270
tap the the water taps are not dripping

961
00:46:36,490 --> 00:46:35,180
make sure that things are empty make

962
00:46:38,289 --> 00:46:36,500
sure that he's always put away

963
00:46:40,030 --> 00:46:38,299

everything you should make sure he has

964

00:46:42,160 --> 00:46:40,040

turned things off close when those check

965

00:46:44,140 --> 00:46:42,170

pockets counting money I mean this is

966

00:46:46,180 --> 00:46:44,150

really severe II he doesn't have one or

967

00:46:48,910 --> 00:46:46,190

two things he's keyed in on yeah

968

00:46:50,860 --> 00:46:48,920

to check everything and when he takes a

969

00:46:53,470 --> 00:46:50,870

shower or it takes him a very long time

970

00:46:55,390 --> 00:46:53,480

because he has to get his clean clothes

971

00:46:57,570 --> 00:46:55,400

and checked them at least five times

972

00:47:01,090 --> 00:46:57,580

before he can take them into the shower

973

00:47:03,370 --> 00:47:01,100

it takes Tim it takes five times before

974

00:47:05,470 --> 00:47:03,380

he believes that he has clean clothes

975

00:47:08,530 --> 00:47:05,480

then he has to shower in a certain

976
00:47:10,450 --> 00:47:08,540
sequence and if he gets out of sequence

977
00:47:12,610 --> 00:47:10,460
he has to start the shower over again

978
00:47:14,980 --> 00:47:12,620
and then when he's out of the shower he

979
00:47:17,320 --> 00:47:14,990
has to dry himself in a certain sequence

980
00:47:20,860 --> 00:47:17,330
and again if it gets interrupted or

981
00:47:21,610 --> 00:47:20,870
thinks he missed an area he starts all

982
00:47:24,490 --> 00:47:21,620
over again

983
00:47:27,880 --> 00:47:24,500
that can cause a shower for him to take

984
00:47:30,640 --> 00:47:27,890
several hours so you can imagine you

985
00:47:35,650 --> 00:47:30,650
know how out of control

986
00:47:37,720 --> 00:47:35,660
these OCD patients can get and a lot of

987
00:47:40,120 --> 00:47:37,730
them do end up housebound they just

988
00:47:42,100 --> 00:47:40,130

simply can't leave the house because

989

00:47:45,340 --> 00:47:42,110

they're never quite sure that they've

990

00:47:48,370 --> 00:47:45,350

finished checking something or in the

991

00:47:51,180 --> 00:47:48,380

case of people that have contamination

992

00:47:53,740 --> 00:47:51,190

their behavior might be noted at work

993

00:47:57,060 --> 00:47:53,750

and they might be seen as odd or unusual

994

00:48:00,580 --> 00:47:57,070

because they're constantly you know 1 1

995

00:48:02,500 --> 00:48:00,590

in 1 case history this guy was it was

996

00:48:05,290 --> 00:48:02,510

just constantly cleaning his desk and

997

00:48:06,790 --> 00:48:05,300

then he would clean his chair and then

998

00:48:08,260 --> 00:48:06,800

he'd sit down and work for a few minutes

999

00:48:10,840 --> 00:48:08,270

and then he would do the whole thing

1000

00:48:14,620 --> 00:48:10,850

over again he eventually lost his job

1001

00:48:19,710 --> 00:48:14,630

over the UM the rather bar bizarre

1002

00:48:26,500 --> 00:48:19,720

behavior I think I have a list here of

1003

00:48:31,240 --> 00:48:26,510

some famous some famous cases let me see

1004

00:48:32,700 --> 00:48:31,250

if this is that list nope I have a list

1005

00:48:36,820 --> 00:48:32,710

here somewhere

1006

00:48:44,770 --> 00:48:36,830

I'm sorry that I didn't have it a little

1007

00:48:47,290 --> 00:48:44,780

more handy severe OCD 10 famous OCD case

1008

00:48:48,730 --> 00:48:47,300

histories ok here we go some of these

1009

00:48:53,320 --> 00:48:48,740

you probably knew

1010

00:48:55,570 --> 00:48:53,330

Nikola Tesla not first of all if you

1011

00:48:56,920 --> 00:48:55,580

have read anything about him and he

1012

00:48:58,430 --> 00:48:56,930

certainly plays a role in in the

1013

00:49:01,670 --> 00:48:58,440

paranormal world

1014

00:49:04,010 --> 00:49:01,680

so I'm sure a lot of you do the guy was

1015

00:49:06,500 --> 00:49:04,020

he was a genius and he had an eidetic

1016

00:49:09,020 --> 00:49:06,510

memory which was more common they called

1017

00:49:11,840 --> 00:49:09,030

a photographic memory he basically

1018

00:49:15,290 --> 00:49:11,850

couldn't forget anything he would design

1019

00:49:17,150 --> 00:49:15,300

the most complicated devices and never

1020

00:49:20,570 --> 00:49:17,160

write anything down because he was

1021

00:49:21,950 --> 00:49:20,580

unable to forget the order and if you've

1022

00:49:25,100 --> 00:49:21,960

ever fooled around with electronics

1023

00:49:28,610 --> 00:49:25,110

that's pretty hard but he he had a germ

1024

00:49:31,250 --> 00:49:28,620

phobia similar to Howard Hughes Tesla

1025

00:49:33,080 --> 00:49:31,260

was obsessed with the number three so

1026

00:49:34,730 --> 00:49:33,090

before entering a building he would

1027

00:49:37,460 --> 00:49:34,740

often feel the urge to walk around the

1028

00:49:41,390 --> 00:49:37,470

block three times or he might knock on

1029

00:49:43,220 --> 00:49:41,400

the door or three times he would try to

1030

00:49:45,080 --> 00:49:43,230

figure out if the amount of guests that

1031

00:49:48,110 --> 00:49:45,090

he had in his home because he didn't

1032

00:49:52,220 --> 00:49:48,120

entertain a lot was divisible by three

1033

00:49:54,580 --> 00:49:52,230

and he always used 18 napkins it would

1034

00:49:57,710 --> 00:49:54,590

not eat alone in the company of a woman

1035

00:50:01,520 --> 00:49:57,720

he also developed a phobia of around

1036

00:50:04,100 --> 00:50:01,530

objects particularly woman's earrings so

1037

00:50:05,300 --> 00:50:04,110

you had a lot of OCD tendencies I don't

1038

00:50:05,890 --> 00:50:05,310

want to run out of time so let's keep

1039

00:50:09,020 --> 00:50:05,900

going

1040

00:50:11,660 --> 00:50:09,030

let's see Jean I think this is an

1041

00:50:14,120 --> 00:50:11,670

assumed name it was a 30 year old male

1042

00:50:17,960 --> 00:50:14,130

case recorded by French psychiatrist

1043

00:50:23,660 --> 00:50:17,970

Pierre's Dante in his classic text

1044

00:50:25,670 --> 00:50:23,670

obsessions and psychos tinea his patient

1045

00:50:28,640 --> 00:50:25,680

felt the need to constantly check his

1046

00:50:30,700 --> 00:50:28,650

own heartbeat and it he became anxious

1047

00:50:33,230 --> 00:50:30,710

at the slightest the irregular your

1048

00:50:35,060 --> 00:50:33,240

irregularity so here's a guy that

1049

00:50:36,710 --> 00:50:35,070

constantly thought that if he didn't

1050

00:50:37,250 --> 00:50:36,720

think his heart his heart would stop

1051
00:50:39,500 --> 00:50:37,260
beating

1052
00:50:41,930 --> 00:50:39,510
despite his healthiness he was unable to

1053
00:50:43,940 --> 00:50:41,940
attend funerals or him passed in front

1054
00:50:45,920 --> 00:50:43,950
of his local town hall when

1055
00:50:49,250 --> 00:50:45,930
announcements of deaths were taking

1056
00:50:53,060 --> 00:50:49,260
place so he sort of had you know a

1057
00:50:55,580 --> 00:50:53,070
combination of a death fear and he was

1058
00:50:58,390 --> 00:50:55,590
obsessed with his heartbeat Jean also

1059
00:51:01,400 --> 00:50:58,400
had an obsession with his own genitals

1060
00:51:03,560 --> 00:51:01,410
suffering great pain as a result they

1061
00:51:06,080 --> 00:51:03,570
don't explain that oh he would spend

1062
00:51:09,170 --> 00:51:06,090
days at a time rubbing pointment on the

1063
00:51:10,900 --> 00:51:09,180

area well maybe that was more than you

1064

00:51:14,500 --> 00:51:10,910

wanted to know

1065

00:51:17,020 --> 00:51:14,510

Martin Luther it is a little known fact

1066

00:51:19,359 --> 00:51:17,030

that the Protestant Reformation leader

1067

00:51:22,980 --> 00:51:19,369

Martin Luther suffered from obsessions

1068

00:51:25,839 --> 00:51:22,990

and repetitive patterns of thoughts

1069

00:51:29,250 --> 00:51:25,849

Luther described feelings of fleshy lust

1070

00:51:32,049 --> 00:51:29,260

wrath hatred or envy against any brother

1071

00:51:33,970 --> 00:51:32,059

which constantly vexed him in other

1072

00:51:35,470 --> 00:51:33,980

words he had obsessions of hurting

1073

00:51:38,859 --> 00:51:35,480

people that he cared about and that's

1074

00:51:41,200 --> 00:51:38,869

not an uncommon obsessional thought that

1075

00:51:45,010 --> 00:51:41,210

you're going to do bad to someone that

1076

00:51:48,630 --> 00:51:45,020

you cared about let's see then there's

1077

00:51:51,099 --> 00:51:48,640

Ernst Lancer also known as the rat man a

1078

00:51:54,010 --> 00:51:51,109

patient who first came to Sigmund Freud

1079

00:51:55,930 --> 00:51:54,020

in 1907 ernst lancer became a classic

1080

00:51:58,870 --> 00:51:55,940

case for the founding father of

1081

00:52:01,480 --> 00:51:58,880

psychoanalysis Lance's kin Lancers

1082

00:52:03,309 --> 00:52:01,490

condition was marked by a number of

1083

00:52:05,559 --> 00:52:03,319

obsessive thoughts the most notable of

1084

00:52:08,500 --> 00:52:05,569

which was an intense fear that a female

1085

00:52:10,240 --> 00:52:08,510

friend whom he eventually married and

1086

00:52:12,839 --> 00:52:10,250

his father would be tortured using a

1087

00:52:15,069 --> 00:52:12,849

bizarre Chinese method involving a rat

1088

00:52:16,809 --> 00:52:15,079

Lance are also complained of other

1089

00:52:19,480 --> 00:52:16,819

obsessive thoughts such as cutting his

1090

00:52:22,089 --> 00:52:19,490

own throat with a razor so that these

1091

00:52:27,430 --> 00:52:22,099

are more along the lines of intrusive

1092

00:52:29,140 --> 00:52:27,440

thoughts Thomas Stonewall Jackson one of

1093

00:52:31,390 --> 00:52:29,150

the most brilliant commanders on either

1094

00:52:33,609 --> 00:52:31,400

side of the American Civil War this is

1095

00:52:37,839 --> 00:52:33,619

the author speaking I'm not a historian

1096

00:52:41,650 --> 00:52:37,849

so I don't know let's see so what was

1097

00:52:44,109 --> 00:52:41,660

his he had a he was considered

1098

00:52:44,950 --> 00:52:44,119

appallingly bad largely because of his

1099

00:52:47,260 --> 00:52:44,960

Patti ups

1100

00:52:48,970 --> 00:52:47,270

best of approach to discipline and his

1101
00:52:51,039 --> 00:52:48,980
inability to communicate with his

1102
00:52:54,390 --> 00:52:51,049
students he was secretive and

1103
00:52:57,849 --> 00:52:54,400
anti-social rarely seeking out company

1104
00:52:59,650 --> 00:52:57,859
he had a habit of lifting the longer arm

1105
00:53:02,019 --> 00:52:59,660
into the air to balance out his

1106
00:53:06,010 --> 00:53:02,029
circulation so you know he had a

1107
00:53:08,609 --> 00:53:06,020
combination of OCD and just a little bit

1108
00:53:12,460 --> 00:53:08,619
of what we might call though affective

1109
00:53:13,900 --> 00:53:12,470
disorder as well I mean he was there was

1110
00:53:15,700 --> 00:53:13,910
a lot going on there and then then

1111
00:53:18,700 --> 00:53:15,710
Howard Hughes you know I didn't see that

1112
00:53:21,549 --> 00:53:18,710
move with me but I imagine somebody who

1113
00:53:23,579 --> 00:53:21,559

did I mean just anyone in the chat room

1114

00:53:25,729 --> 00:53:23,589

here see the movie

1115

00:53:30,650 --> 00:53:25,739

see if what we're talking about here

1116

00:53:32,969 --> 00:53:30,660

let's see it did anyone see in the movie

1117

00:53:35,009 --> 00:53:32,979

looking here if just flipping through it

1118

00:53:37,499 --> 00:53:35,019

real quick I'm sorry that a tear

1119

00:53:41,910 --> 00:53:37,509

supposed to be a really bad thing but he

1120

00:53:48,599 --> 00:53:41,920

was it was a very very famous a very

1121

00:53:51,569 --> 00:53:48,609

very famous OCD case okay let's see and

1122

00:53:55,319 --> 00:53:51,579

in his OCD you've made him insane I mean

1123

00:54:00,630 --> 00:53:55,329

absolutely insane now his his OCD was

1124

00:54:02,429 --> 00:54:00,640

based on on terms the symptoms included

1125

00:54:04,799 --> 00:54:02,439

a morbid fear of germs and his early

1126

00:54:07,799 --> 00:54:04,809

obsession with peas and sorting them by

1127

00:54:09,479 --> 00:54:07,809

size you imagine getting of serving a

1128

00:54:12,449 --> 00:54:09,489

peas and before you ate em you would

1129

00:54:14,339 --> 00:54:12,459

sort them by size although Hughes had

1130

00:54:16,079 --> 00:54:14,349

suffered mood swings and obsessions as a

1131

00:54:19,799 --> 00:54:16,089

younger man following his near fatal

1132

00:54:22,739 --> 00:54:19,809

plane crash in 46 the symptoms seemed to

1133

00:54:25,679 --> 00:54:22,749

get worse and that's not surprising a

1134

00:54:27,919 --> 00:54:25,689

knock to the head which we call cerebral

1135

00:54:31,859 --> 00:54:27,929

insults can exacerbate a lot of

1136

00:54:33,719 --> 00:54:31,869

psychiatric disorders he refused to

1137

00:54:36,419 --> 00:54:33,729

leave his screening room for months

1138

00:54:39,299 --> 00:54:36,429

living entirely on milk chocolate and

1139

00:54:41,789 --> 00:54:39,309

chicken and relieving himself in the

1140

00:54:43,769 --> 00:54:41,799

empty containers he gave orders for his

1141

00:54:46,319 --> 00:54:43,779

aides not dissipating em unless he

1142

00:54:48,029 --> 00:54:46,329

specifically asked him to towards the

1143

00:54:51,479 --> 00:54:48,039

end of his life Hughes condition

1144

00:54:54,689 --> 00:54:51,489

worsened and the former womanizer began

1145

00:54:56,669 --> 00:54:54,699

to shun all social contact at the time

1146

00:54:59,309 --> 00:54:56,679

of his death from kidney failure his

1147

00:55:02,309 --> 00:54:59,319

beard and fingernails had both grown out

1148

00:55:03,239 --> 00:55:02,319

of control mainly due to his aversion to

1149

00:55:05,999 --> 00:55:03,249

being touched

1150

00:55:09,150 --> 00:55:06,009

it's kind of ironic that he had a fear

1151
00:55:12,269 --> 00:55:09,160
of germs and his fear of germs caused

1152
00:55:13,890 --> 00:55:12,279
him to end up kind of disgusting you

1153
00:55:16,319 --> 00:55:13,900
know he when you think of long long

1154
00:55:18,870 --> 00:55:16,329
fingernails that he wouldn't touch they

1155
00:55:21,419 --> 00:55:18,880
had to be dirty he also suffered from

1156
00:55:26,269 --> 00:55:21,429
malnutrition reportedly had a body

1157
00:55:29,039 --> 00:55:26,279
weight of just 90 pounds when he died so

1158
00:55:30,539 --> 00:55:29,049
and and there certainly is and when you

1159
00:55:32,009 --> 00:55:30,549
look at this list I didn't read all of

1160
00:55:36,329 --> 00:55:32,019
them to you there is a correlation

1161
00:55:37,480 --> 00:55:36,339
between intelligence and being a little

1162
00:55:40,809 --> 00:55:37,490
bit crazy

1163
00:55:43,930 --> 00:55:40,819

and you know here we have very famous

1164

00:55:45,309 --> 00:55:43,940

people that were that all of them or you

1165

00:55:47,740 --> 00:55:45,319

know they were extremely bright be

1166

00:55:51,309 --> 00:55:47,750

people when they had OCD and other

1167

00:55:55,680 --> 00:55:51,319

famous people you know had I'm thinking

1168

00:55:57,849 --> 00:55:55,690

of when was that John Nash the

1169

00:56:00,099 --> 00:55:57,859

mathematician what was that movie called

1170

00:56:03,549 --> 00:56:00,109

all to something mind a beautiful mind I

1171

00:56:06,780 --> 00:56:03,559

don't know I forgot but you know he he

1172

00:56:13,140 --> 00:56:06,790

had a severe case of schizophrenia

1173

00:56:15,609 --> 00:56:13,150

though the movie shows visual you know

1174

00:56:18,130 --> 00:56:15,619

hallucinations but that's because it's a

1175

00:56:21,490 --> 00:56:18,140

movie all of his hallucinations were

1176

00:56:25,120 --> 00:56:21,500

actually auditory visual hallucinations

1177

00:56:27,760 --> 00:56:25,130

are actually fairly rare but you know to

1178

00:56:32,410 --> 00:56:27,770

wrap this up that the point is is that

1179

00:56:34,690 --> 00:56:32,420

people with OCD be suffer they their day

1180

00:56:37,750 --> 00:56:34,700

is full of intrusive thoughts they can

1181

00:56:39,430 --> 00:56:37,760

control compulsive behaviors that they

1182

00:56:42,130 --> 00:56:39,440

believe we're gonna make the thoughts go

1183

00:56:44,410 --> 00:56:42,140

away and then that and then the whole

1184

00:56:47,140 --> 00:56:44,420

cycle starts over again so as I said

1185

00:56:49,780 --> 00:56:47,150

it's kind of like a dog chasing its tail

1186

00:56:53,410 --> 00:56:49,790

only at you know they never they never

1187

00:56:55,960 --> 00:56:53,420

get a break some of these folks end up

1188

00:56:58,240 --> 00:56:55,970

on disability because they they can't

1189

00:57:01,450 --> 00:56:58,250

leave their homes because they can never

1190

00:57:05,500 --> 00:57:01,460

be convinced that they finished checking

1191

00:57:08,230 --> 00:57:05,510

something or and and in the case of one

1192

00:57:12,430 --> 00:57:08,240

woman I read she would wash all the

1193

00:57:15,730 --> 00:57:12,440

clothes in her house every day she was

1194

00:57:18,099 --> 00:57:15,740

married and had two kids and when she

1195

00:57:19,870 --> 00:57:18,109

was finished washing all the clothes she

1196

00:57:22,180 --> 00:57:19,880

would worry that she missed an item of

1197

00:57:25,450 --> 00:57:22,190

clothing so she would start over so

1198

00:57:27,900 --> 00:57:25,460

there were days that she might spend 12

1199

00:57:30,160 --> 00:57:27,910

plus hours just washing clothes I

1200

00:57:33,579 --> 00:57:30,170

assumed till she fell asleep got

1201
00:57:36,549 --> 00:57:33,589
exhausted or was forcibly prevented from

1202
00:57:38,920 --> 00:57:36,559
doing so anyway we were at the top of

1203
00:57:41,530 --> 00:57:38,930
the hour so it's time to say goodbye

1204
00:57:45,190 --> 00:57:41,540
thank you to our callers I really

1205
00:57:49,359 --> 00:57:45,200
appreciate that that was fun and please

1206
00:57:53,140 --> 00:57:49,369
stay tuned for more live radio at 9 p.m.

1207
00:57:57,219 --> 00:57:53,150
with the pang radio again MJ and can

1208
00:57:59,559 --> 00:57:57,229
their guests Adrian Lee and more in a

1209
00:58:01,569 --> 00:57:59,569
hint Lorna hunter and they'll be

1210
00:58:04,269 --> 00:58:01,579
discussing their paranormal research and

1211
00:58:06,880 --> 00:58:04,279
the Minnesota Paracon which is coming up

1212
00:58:09,430 --> 00:58:06,890
so that's just a just in another hour

1213
00:58:10,930 --> 00:58:09,440

and next week you gonna have a longer

1214

00:58:14,249 --> 00:58:10,940

than usual show because we'll have

1215

00:58:16,660 --> 00:58:14,259

Anthony Cummins a real live pirate I

1216

00:58:20,049 --> 00:58:16,670

hope you folks have a good week