



**LILIAN
DINDO**

**DEALING WITH
ANXIETY**

1
00:00:03,909 --> 00:00:01,829
as with all podcasts you can click on

2
00:00:05,510 --> 00:00:03,919
the timestamp in the description or over

3
00:00:06,630 --> 00:00:05,520
here you can see the timestamp to skip

4
00:00:08,470 --> 00:00:06,640
this intro

5
00:00:10,549 --> 00:00:08,480
lillian dindo is a professor of

6
00:00:12,549 --> 00:00:10,559
psychiatry at the baylor college school

7
00:00:14,789 --> 00:00:12,559
of medicine and a researcher as well as

8
00:00:16,630 --> 00:00:14,799
popularizer of the psychotherapeutic

9
00:00:18,790 --> 00:00:16,640
technique or way of life depending on

10
00:00:21,189 --> 00:00:18,800
how you look at it called acceptance and

11
00:00:22,950 --> 00:00:21,199
commitment therapy which we call act

12
00:00:24,790 --> 00:00:22,960
therapy if you've watched the recent

13
00:00:26,390 --> 00:00:24,800

carl fristen episode which is linked in

14

00:00:28,070 --> 00:00:26,400

the description then you'll see that i

15

00:00:30,070 --> 00:00:28,080

consider that one to be the most

16

00:00:31,830 --> 00:00:30,080

important episode of all the theories of

17

00:00:33,430 --> 00:00:31,840

everything podcasts and that's in

18

00:00:35,590 --> 00:00:33,440

particular because it serves as a

19

00:00:37,510 --> 00:00:35,600

cautionary tale of what serious

20

00:00:40,389 --> 00:00:37,520

examinations into consciousness and

21

00:00:42,549 --> 00:00:40,399

reality altering theories can cause in

22

00:00:44,950 --> 00:00:42,559

one's mind and it's not pleasant you may

23

00:00:46,229 --> 00:00:44,960

have heard me use the term abignosis

24

00:00:48,389 --> 00:00:46,239

which is what i think science will

25

00:00:50,069 --> 00:00:48,399

develop to merging the inwardly

26

00:00:52,470 --> 00:00:50,079

experiential knowledges with the

27

00:00:54,549 --> 00:00:52,480

outwardly objective knowledges broadly

28

00:00:56,630 --> 00:00:54,559

speaking on the toe podcast one of the

29

00:00:58,790 --> 00:00:56,640

eventual goals is to take a syncretic

30

00:01:01,189 --> 00:00:58,800

approach to both the east and the west

31

00:01:03,110 --> 00:01:01,199

which are ordinarily kept separate what

32

00:01:05,350 --> 00:01:03,120

i like about lily and dindo is that the

33

00:01:07,670 --> 00:01:05,360

act therapy that she advocates for not

34

00:01:09,990 --> 00:01:07,680

only helped me during recent extreme

35

00:01:11,350 --> 00:01:10,000

psychological turmoil but simultaneously

36

00:01:13,030 --> 00:01:11,360

it serves as a bridge between the

37

00:01:14,630 --> 00:01:13,040

philosophies of the east and the

38

00:01:16,070 --> 00:01:14,640

practices of the west now if you're

39

00:01:18,230 --> 00:01:16,080

interested in the philosophies of the

40

00:01:21,109 --> 00:01:18,240

west and the practices of the east then

41

00:01:22,469 --> 00:01:21,119

you can watch the recent ahlmass episode

42

00:01:23,910 --> 00:01:22,479

linked in the description as well my

43

00:01:25,190 --> 00:01:23,920

name is kirchey mungle and i'm a

44

00:01:28,230 --> 00:01:25,200

filmmaker

45

00:01:29,749 --> 00:01:28,240

podcaster slash person investigating

46

00:01:31,749 --> 00:01:29,759

theories of everything from a

47

00:01:33,429 --> 00:01:31,759

theoretical physics perspective but as

48

00:01:35,270 --> 00:01:33,439

well as understanding the philosophies

49

00:01:37,749 --> 00:01:35,280

of consciousness and what role

50

00:01:39,670 --> 00:01:37,759

consciousness has to fundamental reality

51
00:01:41,830 --> 00:01:39,680
recently there's been a video released

52
00:01:43,429 --> 00:01:41,840
on this channel called a crash course on

53
00:01:45,350 --> 00:01:43,439
theoretical physics which was the

54
00:01:47,109 --> 00:01:45,360
longest time that i've spent on any

55
00:01:49,510 --> 00:01:47,119
single video on this channel if you're

56
00:01:52,069 --> 00:01:49,520
interested in salvator pius's ideas on

57
00:01:53,590 --> 00:01:52,079
quantum gravity or extra dimensions or

58
00:01:55,749 --> 00:01:53,600
what it means when a physicist

59
00:01:57,749 --> 00:01:55,759
quote-unquote sets c to equal one to

60
00:01:59,350 --> 00:01:57,759
equal \hbar then do consider watching

61
00:02:01,190 --> 00:01:59,360
that as it's the lesson that i wish i

62
00:02:02,950 --> 00:02:01,200
had when i was going to university by

63
00:02:04,709 --> 00:02:02,960

the way my background is in mathematical

64

00:02:06,310 --> 00:02:04,719

physics and the math in this video is

65

00:02:07,990 --> 00:02:06,320

aimed at the high school level there are

66

00:02:09,749 --> 00:02:08,000

plenty of myths in physics that are

67

00:02:11,589 --> 00:02:09,759

dispelled there as well as well as

68

00:02:13,589 --> 00:02:11,599

general tips on learning mathematics and

69

00:02:15,190 --> 00:02:13,599

physics feel free to share that to

70

00:02:17,110 --> 00:02:15,200

someone who's interested in physics and

71

00:02:19,030 --> 00:02:17,120

mathematics this work was only able to

72

00:02:21,190 --> 00:02:19,040

be done because of brilliant and the

73

00:02:23,030 --> 00:02:21,200

patrons now with regard to brilliant

74

00:02:24,790 --> 00:02:23,040

they're the sponsor of this episode

75

00:02:26,790 --> 00:02:24,800

brilliant is a website and an app that

76

00:02:28,550 --> 00:02:26,800

has interactive learning experiences

77

00:02:30,070 --> 00:02:28,560

with regard to math science and

78

00:02:32,229 --> 00:02:30,080

engineering they have lessons on

79

00:02:34,070 --> 00:02:32,239

information theory on group theory and

80

00:02:35,350 --> 00:02:34,080

special relativity group theory by the

81

00:02:37,030 --> 00:02:35,360

way is what's being referenced when you

82

00:02:39,030 --> 00:02:37,040

hear that the standard models quote

83

00:02:41,509 --> 00:02:39,040

unquote internal gauge symmetries are u_1

84

00:02:42,869 --> 00:02:41,519

cross su_2 crosses su_3 and so on at

85

00:02:45,350 --> 00:02:42,879

some point soon i'll be speaking to

86

00:02:47,670 --> 00:02:45,360

chiara marletto on constructor theory

87

00:02:49,190 --> 00:02:47,680

and that is heavily predicated on

88

00:02:50,710 --> 00:02:49,200

information theory and so i took

89

00:02:52,710 --> 00:02:50,720

brilliance course and it made it

90

00:02:54,430 --> 00:02:52,720

extremely lucid why the formula for

91

00:02:57,350 --> 00:02:54,440

entropy is the way that it is visit

92

00:02:59,589 --> 00:02:57,360

brilliant.org toe to get 20 off the

93

00:03:02,149 --> 00:02:59,599

annual subscription i recommend you

94

00:03:04,309 --> 00:03:02,159

don't stop before at least four lessons

95

00:03:05,750 --> 00:03:04,319

and i think you'll be greatly surprised

96

00:03:07,990 --> 00:03:05,760

at the ease at which you now can

97

00:03:10,149 --> 00:03:08,000

comprehend subjects you previously had a

98

00:03:12,070 --> 00:03:10,159

difficult time grocking now if you enjoy

99

00:03:13,910 --> 00:03:12,080

witnessing and engaging in real-time

100

00:03:16,390 --> 00:03:13,920

conversation with others on the topics

101
00:03:18,390 --> 00:03:16,400
of consciousness psychology physics

102
00:03:20,149 --> 00:03:18,400
religion then check out the description

103
00:03:22,149 --> 00:03:20,159
for a link to the theories of everything

104
00:03:24,750 --> 00:03:22,159
discord and subreddit there's also a

105
00:03:26,710 --> 00:03:24,760
link to the patreon that is

106
00:03:28,710 --> 00:03:26,720
patreon.com if you'd like to support

107
00:03:30,550 --> 00:03:28,720
this podcast as the patrons and the

108
00:03:32,470 --> 00:03:30,560
sponsors are the only reason that i'm

109
00:03:35,030 --> 00:03:32,480
able to put out videos of this quality

110
00:03:37,030 --> 00:03:35,040
in this depth such as the crash course

111
00:03:38,869 --> 00:03:37,040
on theoretical physics as this is what

112
00:03:40,149 --> 00:03:38,879
i'm now able to do full time thanks to

113
00:03:42,710 --> 00:03:40,159

your support

114

00:03:44,550 --> 00:03:42,720

thank you and enjoy professor one of the

115

00:03:47,190 --> 00:03:44,560

reasons i was and am excited to speak

116

00:03:49,030 --> 00:03:47,200

with you is because when one goes about

117

00:03:51,030 --> 00:03:49,040

this project of questioning what reality

118

00:03:52,949 --> 00:03:51,040

is and consciousness and so on which is

119

00:03:54,789 --> 00:03:52,959

essentially what concerns this channel

120

00:03:57,270 --> 00:03:54,799

it can be destabilizing there can be

121

00:03:59,429 --> 00:03:57,280

existential dread and what i found that

122

00:04:01,830 --> 00:03:59,439

helped me was something called act

123

00:04:03,750 --> 00:04:01,840

therapy an approach called act and i was

124

00:04:05,429 --> 00:04:03,760

searching for more information about it

125

00:04:07,270 --> 00:04:05,439

a few months ago and your name kept

126

00:04:08,789 --> 00:04:07,280

popping up over and over and since then

127

00:04:10,390 --> 00:04:08,799

i think i've watched all of the material

128

00:04:12,550 --> 00:04:10,400

that has you online

129

00:04:15,110 --> 00:04:12,560

so i'm super excited to speak with you

130

00:04:17,590 --> 00:04:15,120

about act and why don't you start off

131

00:04:19,110 --> 00:04:17,600

with what is act what does it stand for

132

00:04:20,789 --> 00:04:19,120

what is it and how did you become

133

00:04:22,150 --> 00:04:20,799

interested in it

134

00:04:23,189 --> 00:04:22,160

okay

135

00:04:25,990 --> 00:04:23,199

um

136

00:04:29,030 --> 00:04:26,000

so act is stands for acceptance and

137

00:04:31,030 --> 00:04:29,040

commitment therapy and

138

00:04:33,350 --> 00:04:31,040

act as a psychological treatment

139

00:04:36,310 --> 00:04:33,360

approach it evolved out of the

140

00:04:38,950 --> 00:04:36,320

behavioral analytic tradition

141

00:04:41,830 --> 00:04:38,960

and it focuses on teaching skills for

142

00:04:43,830 --> 00:04:41,840

living effectively even in difficult

143

00:04:45,909 --> 00:04:43,840

circumstances

144

00:04:50,310 --> 00:04:45,919

so act actually is more than just a

145

00:04:52,870 --> 00:04:50,320

therapy it's a framework for living well

146

00:04:55,350 --> 00:04:52,880

and unlike a lot of treatment approaches

147

00:04:58,629 --> 00:04:55,360

or protocols that are tied to specific

148

00:05:01,189 --> 00:04:58,639

symptom presentations or disorders

149

00:05:02,390 --> 00:05:01,199

act is actually applicable to virtually

150

00:05:05,510 --> 00:05:02,400

all people

151
00:05:07,430 --> 00:05:05,520
regardless of circumstances culture

152
00:05:09,909 --> 00:05:07,440
complaint

153
00:05:13,110 --> 00:05:09,919
and i think part of the reason for that

154
00:05:14,790 --> 00:05:13,120
is the premise from which it begins so

155
00:05:17,590 --> 00:05:14,800
act begins

156
00:05:19,110 --> 00:05:17,600
with this fundamental understanding

157
00:05:20,390 --> 00:05:19,120
that pain

158
00:05:22,550 --> 00:05:20,400
grief

159
00:05:25,670 --> 00:05:22,560
loss disappointment

160
00:05:27,830 --> 00:05:25,680
fear these are inevitable features of

161
00:05:28,950 --> 00:05:27,840
living a human life

162
00:05:35,110 --> 00:05:28,960
and

163
00:05:37,590 --> 00:05:35,120

is not the elimination of these

164

00:05:39,110 --> 00:05:37,600

experiences or symptoms

165

00:05:41,590 --> 00:05:39,120

but instead

166

00:05:44,150 --> 00:05:41,600

a wholehearted pursuit

167

00:05:46,870 --> 00:05:44,160

of living a valued life

168

00:05:48,310 --> 00:05:46,880

valued life areas like relationships

169

00:05:50,710 --> 00:05:48,320

meaningful work

170

00:05:53,189 --> 00:05:50,720

education personal growth

171

00:05:55,909 --> 00:05:53,199

even in the presence of difficult

172

00:05:58,710 --> 00:05:55,919

emotional experiences and thoughts

173

00:06:01,029 --> 00:05:58,720

so the emphasis on the heart of act is

174

00:06:04,070 --> 00:06:01,039

creating this life

175

00:06:06,629 --> 00:06:04,080

um a worthwhile life that you want both

176
00:06:08,150 --> 00:06:06,639
now and in the future

177
00:06:09,029 --> 00:06:08,160
so

178
00:06:10,550 --> 00:06:09,039
act

179
00:06:13,830 --> 00:06:10,560
you know doesn't believe that people are

180
00:06:15,350 --> 00:06:13,840
broken or that they have illnesses

181
00:06:17,110 --> 00:06:15,360
just that they're stuck in

182
00:06:19,189 --> 00:06:17,120
understandable patterns that aren't

183
00:06:21,990 --> 00:06:19,199
working for them based on

184
00:06:24,390 --> 00:06:22,000
their history what they've been through

185
00:06:25,510 --> 00:06:24,400
and so act gives people the tools to

186
00:06:27,749 --> 00:06:25,520
deal with

187
00:06:30,070 --> 00:06:27,759
the opportunities and the difficulties

188
00:06:30,950 --> 00:06:30,080

that life throws our way

189

00:06:32,309 --> 00:06:30,960

um

190

00:06:35,909 --> 00:06:32,319

and in a

191

00:06:38,230 --> 00:06:35,919

nutshell it helps us accept things that

192

00:06:40,870 --> 00:06:38,240

are really difficult to control

193

00:06:43,270 --> 00:06:40,880

and teaches us to commit to doing the

194

00:06:45,350 --> 00:06:43,280

things that we deeply care about

195

00:06:47,510 --> 00:06:45,360

so in a nutshell

196

00:06:49,430 --> 00:06:47,520

that's that's what act has

197

00:06:51,350 --> 00:06:49,440

you know um

198

00:06:53,189 --> 00:06:51,360

is about and

199

00:06:55,270 --> 00:06:53,199

i got into it when i was in graduate

200

00:06:57,590 --> 00:06:55,280

school and i had learned you know all

201

00:07:01,029 --> 00:06:57,600

these other models of therapy

202

00:07:02,870 --> 00:07:01,039

and to be perfectly honest i wasn't

203

00:07:05,589 --> 00:07:02,880

for example traditional cognitive

204

00:07:07,430 --> 00:07:05,599

behavioral therapy um interpersonal

205

00:07:08,390 --> 00:07:07,440

psychotherapy

206

00:07:10,950 --> 00:07:08,400

and

207

00:07:13,350 --> 00:07:10,960

they were fine they were great you know

208

00:07:15,350 --> 00:07:13,360

but it didn't personally resonate with

209

00:07:17,110 --> 00:07:15,360

me you know it was like i'm the expert

210

00:07:20,309 --> 00:07:17,120

and i'm going to treat this person in

211

00:07:22,790 --> 00:07:20,319

front of me using this intervention

212

00:07:24,870 --> 00:07:22,800

and i remember opening up

213

00:07:27,589 --> 00:07:24,880

you know starting to study act and

214

00:07:30,629 --> 00:07:27,599

opening up the book

215

00:07:33,029 --> 00:07:30,639

you know for for the class and

216

00:07:35,270 --> 00:07:33,039

there was this sentence in the first

217

00:07:37,749 --> 00:07:35,280

paragraph of the

218

00:07:39,270 --> 00:07:37,759

main act textbook

219

00:07:41,830 --> 00:07:39,280

and that

220

00:07:45,189 --> 00:07:41,840

the end of that paragraph said

221

00:07:46,550 --> 00:07:45,199

the single most remarkable fact of human

222

00:07:49,110 --> 00:07:46,560

existence

223

00:07:51,909 --> 00:07:49,120

is how hard it is for human beings to be

224

00:07:54,230 --> 00:07:51,919

happy that sounds extremely eastern is

225

00:07:55,909 --> 00:07:54,240

this influenced by eastern approaches

226

00:07:57,909 --> 00:07:55,919

it's absolutely

227

00:08:01,350 --> 00:07:57,919

so the other thing it says is suffering

228

00:08:03,830 --> 00:08:01,360

is a basic characteristic of human life

229

00:08:06,150 --> 00:08:03,840

and it's absolutely influenced by

230

00:08:09,110 --> 00:08:06,160

eastern philosophy so it has you know

231

00:08:11,189 --> 00:08:09,120

there are six processes in act

232

00:08:13,110 --> 00:08:11,199

and again unlike other treatment

233

00:08:14,469 --> 00:08:13,120

approaches it was built from the bottom

234

00:08:16,629 --> 00:08:14,479

up and so

235

00:08:19,909 --> 00:08:16,639

there were lots of clinical

236

00:08:23,110 --> 00:08:19,919

science studies being done even before

237

00:08:25,670 --> 00:08:23,120

act was presented as a treatment model

238

00:08:27,670 --> 00:08:25,680

and so it pulled from things that were

239

00:08:29,430 --> 00:08:27,680

found to be effective and from the

240

00:08:31,909 --> 00:08:29,440

eastern tradition for example we know

241

00:08:34,550 --> 00:08:31,919

that mindfulness is effective

242

00:08:36,469 --> 00:08:34,560

um and that this basic premise that

243

00:08:37,589 --> 00:08:36,479

suffering is

244

00:08:40,949 --> 00:08:37,599

you know

245

00:08:43,829 --> 00:08:40,959

a part of the human condition and so

246

00:08:46,550 --> 00:08:43,839

act certainly has parts of the eastern

247

00:08:49,509 --> 00:08:46,560

tradition but it's not only that

248

00:08:51,670 --> 00:08:49,519

act as an exposure therapy but it's not

249

00:08:54,550 --> 00:08:51,680

just an exposure therapy

250

00:08:56,870 --> 00:08:54,560

act as a behavioral activation therapy

251

00:09:00,389 --> 00:08:56,880

but it's not just a behavioral

252

00:09:02,710 --> 00:09:00,399

activation therapy it pulls in

253

00:09:04,389 --> 00:09:02,720

different processes that have been shown

254

00:09:07,110 --> 00:09:04,399

to work

255

00:09:08,470 --> 00:09:07,120

over time and puts them into a treatment

256

00:09:11,509 --> 00:09:08,480

package

257

00:09:13,670 --> 00:09:11,519

is it fairly new

258

00:09:15,750 --> 00:09:13,680

it is not fairly new

259

00:09:19,590 --> 00:09:15,760

the first textbook

260

00:09:25,190 --> 00:09:19,600

description of act came out in 1999

261

00:09:27,030 --> 00:09:25,200

so act as a package came out in 1999 but

262

00:09:28,630 --> 00:09:27,040

the developers of act had been

263

00:09:31,190 --> 00:09:28,640

researching

264

00:09:35,030 --> 00:09:31,200

for about 20 years beforehand

265

00:09:37,910 --> 00:09:35,040

the different processes like you know

266

00:09:39,670 --> 00:09:37,920

thought suppression you know we know we

267

00:09:41,829 --> 00:09:39,680

we know one of the most consistent

268

00:09:43,030 --> 00:09:41,839

findings in psychology which is hard to

269

00:09:45,509 --> 00:09:43,040

find

270

00:09:47,990 --> 00:09:45,519

is that thought suppression even though

271

00:09:51,110 --> 00:09:48,000

it works really well in the short term

272

00:09:53,350 --> 00:09:51,120

it actually leads to a rebound effect

273

00:09:55,269 --> 00:09:53,360

in the long term you know so

274

00:09:56,949 --> 00:09:55,279

trying to push down thoughts trying to

275

00:09:58,630 --> 00:09:56,959

distract from thoughts trying to run

276

00:10:00,790 --> 00:09:58,640

away from thoughts

277

00:10:03,190 --> 00:10:00,800

very effective in the short term but in

278

00:10:06,150 --> 00:10:03,200

the long term actually has a rebound

279

00:10:08,310 --> 00:10:06,160

effect so the developers of act had been

280

00:10:10,630 --> 00:10:08,320

researching these processes for a few

281

00:10:13,430 --> 00:10:10,640

decades before they came out with the

282

00:10:16,150 --> 00:10:13,440

treatment model in 1999.

283

00:10:18,310 --> 00:10:16,160

between 1999 and now the research

284

00:10:19,750 --> 00:10:18,320

literature on act has completely

285

00:10:22,949 --> 00:10:19,760

exploded

286

00:10:25,509 --> 00:10:22,959

there are over 300 randomized control

287

00:10:29,110 --> 00:10:25,519

trials right now of act

288

00:10:31,110 --> 00:10:29,120

and in general a recent meta-analysis of

289

00:10:32,470 --> 00:10:31,120

the meta-analyses

290

00:10:34,069 --> 00:10:32,480

has shown

291

00:10:36,389 --> 00:10:34,079

that it's either equivalent to other

292

00:10:38,710 --> 00:10:36,399

gold standard treatments

293

00:10:40,069 --> 00:10:38,720

or in some cases can be more effective

294

00:10:41,030 --> 00:10:40,079

more effective

295

00:10:46,710 --> 00:10:41,040

and

296

00:10:48,710 --> 00:10:46,720

difficulties you mentioned earlier that

297

00:10:50,550 --> 00:10:48,720

people go through so i imagine one may

298

00:10:53,350 --> 00:10:50,560

be obsessive thoughts what are some

299

00:10:54,870 --> 00:10:53,360

other examples of illnesses or

300

00:10:57,030 --> 00:10:54,880

if one doesn't want to consider them

301
00:10:59,110 --> 00:10:57,040
illnesses or whatever you would like to

302
00:11:01,030 --> 00:10:59,120
call them what are some examples of

303
00:11:05,430 --> 00:11:01,040
distresses that people go through that

304
00:11:11,670 --> 00:11:06,470
um

305
00:11:12,829 --> 00:11:11,680
life i mean

306
00:11:15,590 --> 00:11:12,839
everyone

307
00:11:19,430 --> 00:11:15,600
who's got a pulse is going to be

308
00:11:21,430 --> 00:11:19,440
rejected at some point no matter how

309
00:11:24,389 --> 00:11:21,440
wonderful and and intelligent and

310
00:11:26,069 --> 00:11:24,399
beautiful and successful you might be

311
00:11:27,750 --> 00:11:26,079
you're still going to be rejected by

312
00:11:29,030 --> 00:11:27,760
people in your life you know and that's

313
00:11:31,590 --> 00:11:29,040

gonna hurt

314

00:11:33,670 --> 00:11:31,600

we're all gonna have an illness in our

315

00:11:35,670 --> 00:11:33,680

life we're all gonna face

316

00:11:39,030 --> 00:11:35,680

a medical illness that's gonna challenge

317

00:11:42,069 --> 00:11:39,040

us we are all going to face heartbreak

318

00:11:44,949 --> 00:11:42,079

uh the loss of people we love

319

00:11:48,389 --> 00:11:44,959

in anything that you care about there's

320

00:11:51,190 --> 00:11:48,399

the flip side that it comes with pain

321

00:11:52,230 --> 00:11:51,200

if you have a child you know

322

00:11:59,590 --> 00:11:52,240

that

323

00:12:01,750 --> 00:11:59,600

comes intense anxiety

324

00:12:03,910 --> 00:12:01,760

about their well-being and their health

325

00:12:06,389 --> 00:12:03,920

and their future right

326

00:12:07,750 --> 00:12:06,399

and so in act they have this saying in

327

00:12:11,269 --> 00:12:07,760

your pain

328

00:12:13,350 --> 00:12:11,279

you find your values and in your values

329

00:12:15,110 --> 00:12:13,360

you find your pain

330

00:12:17,670 --> 00:12:15,120

and that means that anything you care

331

00:12:20,069 --> 00:12:17,680

about if you care about a friend

332

00:12:22,470 --> 00:12:20,079

and you care about a friendship and

333

00:12:24,470 --> 00:12:22,480

you're betrayed

334

00:12:26,069 --> 00:12:24,480

right and so

335

00:12:28,550 --> 00:12:26,079

the natural thing like let's take that

336

00:12:30,629 --> 00:12:28,560

for an example you have a friend really

337

00:12:33,430 --> 00:12:30,639

good close friend

338

00:12:34,949 --> 00:12:33,440

and you were betrayed or you felt

339

00:12:36,470 --> 00:12:34,959

rejected

340

00:12:39,670 --> 00:12:36,480

the easy thing to do would be to

341

00:12:42,790 --> 00:12:39,680

withdraw not talk about it withdraw shut

342

00:12:44,949 --> 00:12:42,800

them out of your life right

343

00:12:46,310 --> 00:12:44,959

and you can also avoid future

344

00:12:48,230 --> 00:12:46,320

friendships

345

00:12:50,470 --> 00:12:48,240

for example because you feel like you've

346

00:12:53,829 --> 00:12:50,480

been rejected and you've been

347

00:12:56,069 --> 00:12:53,839

you know you don't trust and so

348

00:12:57,829 --> 00:12:56,079

it applies to any of life's difficulties

349

00:12:58,870 --> 00:12:57,839

you know going to grad school you have

350

00:13:00,790 --> 00:12:58,880

to be

351
00:13:02,150 --> 00:13:00,800
going to any actually you know

352
00:13:04,550 --> 00:13:02,160
educational

353
00:13:06,470 --> 00:13:04,560
program it's not easy

354
00:13:09,110 --> 00:13:06,480
you have to face criticism you have to

355
00:13:11,590 --> 00:13:09,120
face difficult challenges how do you

356
00:13:13,110 --> 00:13:11,600
face those challenges do you withdraw or

357
00:13:15,030 --> 00:13:13,120
do you face them

358
00:13:16,710 --> 00:13:15,040
so when you ask me like what are the

359
00:13:18,069 --> 00:13:16,720
challenges

360
00:13:19,590 --> 00:13:18,079
i think

361
00:13:22,069 --> 00:13:19,600
there's really far

362
00:13:24,949 --> 00:13:22,079
it's anything in life that

363
00:13:27,670 --> 00:13:24,959

is gonna gonna hurt sometimes

364

00:13:29,750 --> 00:13:27,680

and also opportunities you know when

365

00:13:31,190 --> 00:13:29,760

someone says to me like you just said to

366

00:13:33,269 --> 00:13:31,200

me will you come

367

00:13:35,670 --> 00:13:33,279

do this interview

368

00:13:38,230 --> 00:13:35,680

it would really be much easier and less

369

00:13:40,629 --> 00:13:38,240

anxiety provoking to say no thank you

370

00:13:43,910 --> 00:13:40,639

right much easier

371

00:13:46,389 --> 00:13:43,920

but over time if i keep doing that

372

00:13:48,629 --> 00:13:46,399

number one i never learn how to cope

373

00:13:51,670 --> 00:13:48,639

with my anxiety

374

00:13:53,910 --> 00:13:51,680

number two my anxiety starts actually

375

00:13:55,990 --> 00:13:53,920

seeping into other areas because i never

376

00:13:57,829 --> 00:13:56,000

learned how to cope with it

377

00:13:59,590 --> 00:13:57,839

and number three

378

00:14:02,949 --> 00:13:59,600

my world's getting smaller because i'm

379

00:14:04,230 --> 00:14:02,959

not doing something i care about

380

00:14:06,550 --> 00:14:04,240

this latter part sounds like the

381

00:14:08,150 --> 00:14:06,560

exposure therapy aspect but if you were

382

00:14:09,750 --> 00:14:08,160

to avoid it well that's going to make it

383

00:14:12,230 --> 00:14:09,760

worse and if you were to encounter it

384

00:14:15,829 --> 00:14:12,240

voluntarily slowly incrementally on your

385

00:14:18,949 --> 00:14:15,839

terms then it increases your resilience

386

00:14:21,350 --> 00:14:18,959

so are you feeling anxiety right now

387

00:14:22,870 --> 00:14:21,360

i'm definitely feeling anxiety right now

388

00:14:25,269 --> 00:14:22,880

um

389

00:14:27,829 --> 00:14:25,279

my heart like so what is anxiety right

390

00:14:29,269 --> 00:14:27,839

and if you disentangle anxiety what is

391

00:14:34,949 --> 00:14:29,279

it

392

00:14:38,230 --> 00:14:34,959

the physical

393

00:14:40,470 --> 00:14:38,240

like my heart's definitely racing a

394

00:14:42,629 --> 00:14:40,480

little bit more than maybe the norm

395

00:14:45,110 --> 00:14:42,639

i can feel my throat like a little bit

396

00:14:47,189 --> 00:14:45,120

constricted you know i feel a little bit

397

00:14:49,189 --> 00:14:47,199

shaky so those are the physical

398

00:14:50,949 --> 00:14:49,199

sensations right

399

00:14:51,829 --> 00:14:50,959

then there's the thoughts

400

00:14:56,230 --> 00:14:51,839

now

401
00:14:58,389 --> 00:14:56,240
there aren't a lot of thoughts going on

402
00:15:00,310 --> 00:14:58,399
but in general like the thoughts are

403
00:15:01,670 --> 00:15:00,320
like before i came in

404
00:15:04,069 --> 00:15:01,680
oh my god am i going to know how to

405
00:15:05,750 --> 00:15:04,079
answer this is oh i have to blow this am

406
00:15:06,629 --> 00:15:05,760
i going to sound stupid right i mean

407
00:15:08,389 --> 00:15:06,639
it's

408
00:15:10,949 --> 00:15:08,399
these are the thoughts

409
00:15:14,389 --> 00:15:10,959
and then the third piece is

410
00:15:16,710 --> 00:15:14,399
the behavioral like urge that you have

411
00:15:17,910 --> 00:15:16,720
that comes with an emotion

412
00:15:20,629 --> 00:15:17,920
you know that's a component of the

413
00:15:22,949 --> 00:15:20,639

emotion and when it's anxiety the

414

00:15:25,430 --> 00:15:22,959

behavioral urge is to run

415

00:15:27,269 --> 00:15:25,440

right it's to say not gonna do this

416

00:15:29,110 --> 00:15:27,279

because if i run

417

00:15:31,430 --> 00:15:29,120

in the short term

418

00:15:32,629 --> 00:15:31,440

my anxiety goes down

419

00:15:35,990 --> 00:15:32,639

right

420

00:15:39,670 --> 00:15:37,750

what i've learned to do

421

00:15:42,069 --> 00:15:39,680

and i've had panic attacks by the way

422

00:15:45,030 --> 00:15:42,079

and i learned and i you know i've run

423

00:15:47,269 --> 00:15:45,040

away many times

424

00:15:49,509 --> 00:15:47,279

but what i've learned to do is when i

425

00:15:52,150 --> 00:15:49,519

notice my anxiety well let me ask you

426

00:15:54,870 --> 00:15:52,160

this kurt let's say that i noticed my

427

00:15:57,350 --> 00:15:54,880

heart racing and my throat constricting

428

00:15:59,910 --> 00:15:57,360

and i start saying to myself

429

00:16:01,110 --> 00:15:59,920

this is terrible you cannot do this this

430

00:16:03,749 --> 00:16:01,120

is terrible

431

00:16:06,069 --> 00:16:03,759

this is the worst thing this is awful

432

00:16:09,509 --> 00:16:06,079

why am i like this why after 20 years do

433

00:16:10,949 --> 00:16:09,519

i still get this way it's so ridiculous

434

00:16:12,389 --> 00:16:10,959

get with it

435

00:16:13,670 --> 00:16:12,399

what do you think will happen to my

436

00:16:16,310 --> 00:16:13,680

anxiety

437

00:16:17,990 --> 00:16:16,320

it won't go away it may increase and

438

00:16:19,509 --> 00:16:18,000

especially if you leave in that

439

00:16:21,269 --> 00:16:19,519

situation once it'll make it much more

440

00:16:23,990 --> 00:16:21,279

likely for you to leave again and so

441

00:16:27,350 --> 00:16:24,000

avoidance will increase as well

442

00:16:30,230 --> 00:16:27,360

both yes so actually if i respond

443

00:16:31,269 --> 00:16:30,240

to the physical sensations

444

00:16:35,269 --> 00:16:31,279

with

445

00:16:38,949 --> 00:16:35,279

rejection and why and this is awful

446

00:16:41,110 --> 00:16:38,959

then it actually increases the anxiety

447

00:16:43,749 --> 00:16:41,120

so now when i notice my heart racing and

448

00:16:45,910 --> 00:16:43,759

my throat constricting i say okay

449

00:16:47,829 --> 00:16:45,920

your heart's racing okay your throat's

450

00:16:49,990 --> 00:16:47,839

constricting

451
00:16:52,230 --> 00:16:50,000
and this is important like this is

452
00:16:54,470 --> 00:16:52,240
important for me to do so

453
00:16:55,910 --> 00:16:54,480
you know i can be with this that's the

454
00:16:59,350 --> 00:16:55,920
value part

455
00:17:01,829 --> 00:16:59,360
exactly it's you connect it the values

456
00:17:05,909 --> 00:17:01,839
piece is what makes it worthwhile like

457
00:17:07,990 --> 00:17:05,919
why would i put myself in this situation

458
00:17:09,829 --> 00:17:08,000
well i'll put myself in this situation

459
00:17:12,309 --> 00:17:09,839
because it matters to me because this is

460
00:17:14,949 --> 00:17:12,319
something i care about you know

461
00:17:17,669 --> 00:17:14,959
so it provides the motivation it

462
00:17:19,590 --> 00:17:17,679
provides the why for why i should do

463
00:17:21,750 --> 00:17:19,600

this values are

464

00:17:23,270 --> 00:17:21,760

the purpose behind

465

00:17:25,990 --> 00:17:23,280

why you might do things that are

466

00:17:27,990 --> 00:17:26,000

uncomfortable or difficult so

467

00:17:30,310 --> 00:17:28,000

there's number one

468

00:17:32,549 --> 00:17:30,320

you know just noticing my okay like my

469

00:17:35,270 --> 00:17:32,559

heart's racing okay

470

00:17:36,870 --> 00:17:35,280

that's okay you know my throats go okay

471

00:17:37,590 --> 00:17:36,880

my throat's constricting that happens

472

00:17:40,070 --> 00:17:37,600

when

473

00:17:42,390 --> 00:17:40,080

i go running that happens

474

00:17:44,070 --> 00:17:42,400

in many situations

475

00:17:46,549 --> 00:17:44,080

but sometimes i interpret it as

476
00:17:48,470 --> 00:17:46,559
dangerous and sometimes i interpret it

477
00:17:50,549 --> 00:17:48,480
as pleasant

478
00:17:51,430 --> 00:17:50,559
but the physical sensation itself is the

479
00:17:52,470 --> 00:17:51,440
same

480
00:17:55,430 --> 00:17:52,480
and so

481
00:17:58,150 --> 00:17:55,440
it's like now i can say okay i'm okay i

482
00:18:00,070 --> 00:17:58,160
can i can have this anxiety and still

483
00:18:01,590 --> 00:18:00,080
commit to doing this because it matters

484
00:18:03,750 --> 00:18:01,600
to me

485
00:18:05,990 --> 00:18:03,760
is it exactly the physiologically the

486
00:18:07,669 --> 00:18:06,000
same so i hear this plenty that people

487
00:18:09,350 --> 00:18:07,679
will say excitement and anxiety are two

488
00:18:10,789 --> 00:18:09,360

sides of the same coin except it depends

489

00:18:12,549 --> 00:18:10,799

on the interpretation you place on it

490

00:18:14,950 --> 00:18:12,559

one is positive but i don't know is that

491

00:18:17,590 --> 00:18:14,960

actually true if one was to examine all

492

00:18:19,750 --> 00:18:17,600

of the biomarkers could one in a blinded

493

00:18:21,110 --> 00:18:19,760

study determine dispassionately this

494

00:18:22,470 --> 00:18:21,120

actually this person's going through an

495

00:18:25,190 --> 00:18:22,480

anxious emotion whereas this one's going

496

00:18:26,470 --> 00:18:25,200

through an excited emotion

497

00:18:27,430 --> 00:18:26,480

crazily

498

00:18:29,110 --> 00:18:27,440

yes

499

00:18:30,549 --> 00:18:29,120

they're the same

500

00:18:32,470 --> 00:18:30,559

there's this um

501
00:18:33,990 --> 00:18:32,480
and i you might want to cut this off

502
00:18:35,190 --> 00:18:34,000
from the video

503
00:18:36,470 --> 00:18:35,200
sure sure

504
00:18:39,029 --> 00:18:36,480
you might want to cut this off but

505
00:18:43,510 --> 00:18:39,039
anyways there's a there's a study

506
00:18:44,470 --> 00:18:43,520
um by some famous sex therapists and

507
00:18:47,430 --> 00:18:44,480
they

508
00:18:50,630 --> 00:18:47,440
did a biomarker study actually

509
00:18:52,789 --> 00:18:50,640
where they hooked up people who were

510
00:18:54,230 --> 00:18:52,799
you know like um blood

511
00:18:57,270 --> 00:18:54,240
you know

512
00:19:01,110 --> 00:18:57,280
electrodermal response heart rate few

513
00:19:04,710 --> 00:19:01,120

other biomarkers and they found that the

514

00:19:06,470 --> 00:19:04,720

biomarkers were exactly the same or

515

00:19:08,630 --> 00:19:06,480

similar enough i guess so that's

516

00:19:11,590 --> 00:19:08,640

statistically significant

517

00:19:13,270 --> 00:19:11,600

that people having an orgasm were

518

00:19:14,870 --> 00:19:13,280

indistinguishable from people having a

519

00:19:16,549 --> 00:19:14,880

panic attack

520

00:19:17,990 --> 00:19:16,559

right so well that's extremely

521

00:19:20,870 --> 00:19:18,000

interesting

522

00:19:23,190 --> 00:19:20,880

right and so you know the heart racing

523

00:19:25,110 --> 00:19:23,200

throat constricting like feeling like

524

00:19:26,950 --> 00:19:25,120

whoa right like

525

00:19:28,789 --> 00:19:26,960

they were indistinguishable

526

00:19:32,470 --> 00:19:28,799

on the electrodermal response and on the

527

00:19:34,390 --> 00:19:32,480

heart rate and and other um biomarkers

528

00:19:39,190 --> 00:19:34,400

so

529

00:19:41,270 --> 00:19:39,200

distinguishable actually okay now

530

00:19:43,590 --> 00:19:41,280

in a meta manner we've gotten to the why

531

00:19:45,190 --> 00:19:43,600

of act that is why should people who are

532

00:19:47,830 --> 00:19:45,200

listening slash watching to this care

533

00:19:51,110 --> 00:19:47,840

about act so the value of act let's get

534

00:19:52,549 --> 00:19:51,120

into the what of act what is act

535

00:19:54,390 --> 00:19:52,559

can you break it down step by step how

536

00:19:56,789 --> 00:19:54,400

does someone go through the process of

537

00:20:00,870 --> 00:19:58,710

how does the person go through the

538

00:20:02,950 --> 00:20:00,880

process of act well it depends it

539

00:20:05,270 --> 00:20:02,960

depends which um

540

00:20:07,270 --> 00:20:05,280

way you do it right so which treatment

541

00:20:08,789 --> 00:20:07,280

delivery format

542

00:20:11,350 --> 00:20:08,799

you're doing and so it could be

543

00:20:14,310 --> 00:20:11,360

one-on-one therapy it could be workshops

544

00:20:16,310 --> 00:20:14,320

it could be online you know okay i'll

545

00:20:17,909 --> 00:20:16,320

give you an example for me i was dealing

546

00:20:20,630 --> 00:20:17,919

with the obsessive thoughts that came

547

00:20:22,630 --> 00:20:20,640

from rumination of what the heck is

548

00:20:23,750 --> 00:20:22,640

reality and then questioning my own

549

00:20:26,630 --> 00:20:23,760

and then

550

00:20:27,990 --> 00:20:26,640

i started to use one of the analogies

551

00:20:29,750 --> 00:20:28,000

what's great about act is that it has

552

00:20:31,510 --> 00:20:29,760

these visual analogies yeah so one of

553

00:20:33,990 --> 00:20:31,520

them is thoughts as if they're

554

00:20:36,149 --> 00:20:34,000

passengers on a bus and you're the

555

00:20:38,310 --> 00:20:36,159

driver of the bus and if you were to

556

00:20:40,310 --> 00:20:38,320

simply quiet the thoughts or tell them

557

00:20:42,950 --> 00:20:40,320

to shut up or go away or be distressed

558

00:20:44,470 --> 00:20:42,960

about them and place an undue amount of

559

00:20:47,190 --> 00:20:44,480

attention to them then they become a bit

560

00:20:49,750 --> 00:20:47,200

louder much like an obstreperous

561

00:20:51,909 --> 00:20:49,760

audience member would become more

562

00:20:53,590 --> 00:20:51,919

agitated the more that you speak to them

563

00:20:55,430 --> 00:20:53,600

perhaps what you should do is simply

564

00:20:56,789 --> 00:20:55,440

acknowledge their existence say oh i see

565

00:20:58,390 --> 00:20:56,799

that you're there which is why by the

566

00:20:59,750 --> 00:20:58,400

way i want to get to is acknowledgement

567

00:21:01,590 --> 00:20:59,760

a better term than acceptance but we can

568

00:21:02,789 --> 00:21:01,600

get to that later that's a very good

569

00:21:04,630 --> 00:21:02,799

question

570

00:21:06,070 --> 00:21:04,640

because accepting to me seems to take

571

00:21:07,669 --> 00:21:06,080

those thoughts on and say oh no your

572

00:21:10,070 --> 00:21:07,679

reality should be questioned and perhaps

573

00:21:11,990 --> 00:21:10,080

so and so is not true so anyway that's a

574

00:21:13,430 --> 00:21:12,000

very important question and i hope we

575

00:21:14,710 --> 00:21:13,440

get to it we'll get to look at this

576

00:21:16,470 --> 00:21:14,720

written down

577

00:21:18,870 --> 00:21:16,480

and so

578

00:21:21,270 --> 00:21:18,880

then i would view those thoughts as

579

00:21:23,029 --> 00:21:21,280

visually as passengers on a bus and i

580

00:21:24,789 --> 00:21:23,039

would say okay well i'm going to direct

581

00:21:26,310 --> 00:21:24,799

this bus where my values are and

582

00:21:28,390 --> 00:21:26,320

initially i missed out on the values

583

00:21:30,230 --> 00:21:28,400

portion so it wasn't as effective until

584

00:21:31,830 --> 00:21:30,240

i because then where am i going with the

585

00:21:33,590 --> 00:21:31,840

bus that to me is where the values come

586

00:21:35,110 --> 00:21:33,600

in and why should i even go there so

587

00:21:36,789 --> 00:21:35,120

initially i missed out on the values

588

00:21:38,149 --> 00:21:36,799

that later when i added that it became

589

00:21:40,470 --> 00:21:38,159

more

590

00:21:41,270 --> 00:21:40,480

effective for me okay so that's how it

591

00:21:42,549 --> 00:21:41,280

worked

592

00:21:44,789 --> 00:21:42,559

for me

593

00:21:46,390 --> 00:21:44,799

and i think initially before that i was

594

00:21:47,270 --> 00:21:46,400

doing something that didn't work which

595

00:21:49,590 --> 00:21:47,280

you mentioned earlier thought

596

00:21:50,789 --> 00:21:49,600

suppression i did i had a rubber band on

597

00:21:52,710 --> 00:21:50,799

anytime i would have these thoughts that

598

00:21:54,310 --> 00:21:52,720

would give me anxiety i would do the

599

00:21:56,630 --> 00:21:54,320

self-administered aversive therapy

600

00:21:58,630 --> 00:21:56,640

which i thought worked for thoughts and

601
00:22:00,549 --> 00:21:58,640
it apparently doesn't it rebounds later

602
00:22:02,470 --> 00:22:00,559
maybe initially works but so i stopped

603
00:22:04,310 --> 00:22:02,480
that and found act and then i

604
00:22:05,190 --> 00:22:04,320
saw some success so that's my personal

605
00:22:07,430 --> 00:22:05,200
case

606
00:22:08,789 --> 00:22:07,440
with act so given that

607
00:22:09,990 --> 00:22:08,799
that's what i mean can you take us

608
00:22:11,430 --> 00:22:10,000
through an example of how someone

609
00:22:13,510 --> 00:22:11,440
listening may employ this in their own

610
00:22:14,710 --> 00:22:13,520
life and perhaps how one should apply it

611
00:22:16,470 --> 00:22:14,720
in their own life is too broad and maybe

612
00:22:17,510 --> 00:22:16,480
you just want to take a specific example

613
00:22:19,029 --> 00:22:17,520

and say

614

00:22:22,230 --> 00:22:19,039

you understand

615

00:22:24,230 --> 00:22:22,240

so i'll start broad and maybe go a

616

00:22:27,669 --> 00:22:24,240

little more narrow but tell me if this

617

00:22:29,590 --> 00:22:27,679

is the wrong direction

618

00:22:32,630 --> 00:22:29,600

so i'll share the

619

00:22:35,990 --> 00:22:32,640

kind of key features right

620

00:22:39,029 --> 00:22:36,000

first of all a rich and meaningful life

621

00:22:41,750 --> 00:22:39,039

and act is about what you want

622

00:22:43,669 --> 00:22:41,760

not what you don't want

623

00:22:45,909 --> 00:22:43,679

it's about going for something that you

624

00:22:49,029 --> 00:22:45,919

value and care about rather than

625

00:22:51,750 --> 00:22:49,039

escaping from or avoiding experiences

626

00:22:54,630 --> 00:22:51,760

that you don't want okay

627

00:22:56,310 --> 00:22:54,640

and so for example

628

00:22:58,470 --> 00:22:56,320

patients will come in or people will

629

00:23:00,950 --> 00:22:58,480

come in and they'll say

630

00:23:03,510 --> 00:23:00,960

i don't want to feel anxious anymore

631

00:23:06,830 --> 00:23:03,520

i don't want to feel pain anymore i

632

00:23:09,830 --> 00:23:06,840

don't want to feel sadness or guilt

633

00:23:12,549 --> 00:23:09,840

anymore people are quick

634

00:23:15,110 --> 00:23:12,559

and automatically will tell you all the

635

00:23:16,230 --> 00:23:15,120

things that they don't want

636

00:23:22,310 --> 00:23:16,240

and

637

00:23:24,630 --> 00:23:22,320

society is like okay well don't let's

638

00:23:26,710 --> 00:23:24,640

figure out how you can not feel this way

639

00:23:30,789 --> 00:23:26,720

right let's figure out how you can not

640

00:23:36,070 --> 00:23:33,110

act will say well okay

641

00:23:37,990 --> 00:23:36,080

if you weren't in pain what would you be

642

00:23:40,310 --> 00:23:38,000

doing instead

643

00:23:41,430 --> 00:23:40,320

if this pain were not getting in the way

644

00:23:43,750 --> 00:23:41,440

of living

645

00:23:45,029 --> 00:23:43,760

as it is right now what would you be

646

00:23:47,669 --> 00:23:45,039

doing

647

00:23:49,590 --> 00:23:47,679

if you weren't so anxious

648

00:23:50,390 --> 00:23:49,600

what would you be doing

649

00:23:52,950 --> 00:23:50,400

right

650

00:23:55,029 --> 00:23:52,960

if you weren't so guilt-ridden

651
00:23:57,110 --> 00:23:55,039
what would you be doing you're trying to

652
00:24:00,310 --> 00:23:57,120
get away from

653
00:24:02,470 --> 00:24:00,320
symptom focus to

654
00:24:05,510 --> 00:24:02,480
what do you want to be doing in your

655
00:24:07,669 --> 00:24:05,520
life if those things were not there

656
00:24:10,310 --> 00:24:07,679
so that's the first thing

657
00:24:12,310 --> 00:24:10,320
then there's the issue of how to manage

658
00:24:15,269 --> 00:24:12,320
emotions and thoughts

659
00:24:16,710 --> 00:24:15,279
and our society has trained us to kind

660
00:24:19,430 --> 00:24:16,720
of think

661
00:24:21,750 --> 00:24:19,440
or to to respond to emotions and

662
00:24:22,950 --> 00:24:21,760
thoughts that we don't like by pushing

663
00:24:25,110 --> 00:24:22,960

them away

664

00:24:27,350 --> 00:24:25,120

right if i tell my friend

665

00:24:28,470 --> 00:24:27,360

i feel really anxious

666

00:24:29,669 --> 00:24:28,480

what's the first thing they're going to

667

00:24:30,870 --> 00:24:29,679

say kurt

668

00:24:32,870 --> 00:24:30,880

about what

669

00:24:34,630 --> 00:24:32,880

if i tell a friend i'm like

670

00:24:35,909 --> 00:24:34,640

i'm sorry they may say what are you

671

00:24:37,510 --> 00:24:35,919

anxious about

672

00:24:39,110 --> 00:24:37,520

okay they might say what are you anxious

673

00:24:40,950 --> 00:24:39,120

about and i'll say i'm really anxious

674

00:24:43,350 --> 00:24:40,960

about giving this talk

675

00:24:45,510 --> 00:24:43,360

then what what will they say

676

00:24:46,710 --> 00:24:45,520

oh don't worry about it you'll do fine

677

00:24:49,269 --> 00:24:46,720

you go girl

678

00:24:51,110 --> 00:24:49,279

yep exactly don't feel anxious you're

679

00:24:53,110 --> 00:24:51,120

fine right

680

00:24:55,990 --> 00:24:53,120

don't worry about it you're you're fine

681

00:24:57,029 --> 00:24:56,000

it's like so all the implicit messages

682

00:24:59,750 --> 00:24:57,039

we get

683

00:25:02,149 --> 00:24:59,760

is don't feel that way right or if or if

684

00:25:04,630 --> 00:25:02,159

i'm saying i feel really sad right now

685

00:25:06,630 --> 00:25:04,640

don't feel sad it's gonna be fine

686

00:25:08,630 --> 00:25:06,640

right

687

00:25:11,110 --> 00:25:08,640

we are taught even all the

688

00:25:13,430 --> 00:25:11,120

advertisements about antidepressants

689

00:25:14,789 --> 00:25:13,440

anxiolytics are you anxious

690

00:25:16,789 --> 00:25:14,799

are you sad

691

00:25:21,990 --> 00:25:16,799

this can take it away

692

00:25:24,230 --> 00:25:22,000

been programmed to think it's not okay

693

00:25:25,669 --> 00:25:24,240

to feel this way

694

00:25:27,110 --> 00:25:25,679

and so

695

00:25:29,510 --> 00:25:27,120

the problem

696

00:25:33,029 --> 00:25:29,520

is that both emotions

697

00:25:35,750 --> 00:25:33,039

and thoughts things inside our body

698

00:25:38,549 --> 00:25:35,760

that people cannot see

699

00:25:40,710 --> 00:25:38,559

are mostly involuntary

700

00:25:42,950 --> 00:25:40,720

these are mostly conditioned or

701
00:25:45,909 --> 00:25:42,960
programmed responses

702
00:25:49,909 --> 00:25:45,919
to certain circumstances in our life

703
00:25:51,990 --> 00:25:49,919
and the idea in act is to simply notice

704
00:25:54,230 --> 00:25:52,000
them for what they are

705
00:25:57,190 --> 00:25:54,240
and not struggle against them so let me

706
00:25:58,630 --> 00:25:57,200
give you two examples number one if i

707
00:26:00,230 --> 00:25:58,640
say and i'm going to give you a very

708
00:26:03,750 --> 00:26:00,240
benign one

709
00:26:05,669 --> 00:26:04,789
lamb

710
00:26:08,789 --> 00:26:05,679
one

711
00:26:11,590 --> 00:26:08,799
red white and

712
00:26:13,269 --> 00:26:11,600
i don't know this part blue

713
00:26:15,110 --> 00:26:13,279

blue

714

00:26:17,110 --> 00:26:15,120

one two

715

00:26:18,950 --> 00:26:17,120

three

716

00:26:21,269 --> 00:26:18,960

that's programmed

717

00:26:22,830 --> 00:26:21,279

if i tell you kurt

718

00:26:26,230 --> 00:26:22,840

do not say

719

00:26:29,430 --> 00:26:26,240

lamb after mary had a little

720

00:26:31,190 --> 00:26:29,440

could you not think lamb

721

00:26:33,269 --> 00:26:31,200

could you do that

722

00:26:35,590 --> 00:26:33,279

i mean i can't i don't know i imagine no

723

00:26:37,590 --> 00:26:35,600

i imagine the answer is no okay mary had

724

00:26:38,870 --> 00:26:37,600

a little think of something else

725

00:26:40,149 --> 00:26:38,880

panda

726
00:26:43,430 --> 00:26:40,159
okay

727
00:26:45,590 --> 00:26:43,440
i'll come back to that you will always

728
00:26:48,230 --> 00:26:45,600
always have lamb in your head

729
00:26:50,070 --> 00:26:48,240
because our brain does not work by

730
00:26:53,110 --> 00:26:50,080
subtraction

731
00:26:56,070 --> 00:26:53,120
our brain works by addition

732
00:26:59,029 --> 00:26:56,080
so trying to undo something is

733
00:27:01,110 --> 00:26:59,039
impossible actually

734
00:27:04,149 --> 00:27:01,120
if i told you right now

735
00:27:06,950 --> 00:27:04,159
um a good friend of yours just got into

736
00:27:09,029 --> 00:27:06,960
an accident

737
00:27:11,110 --> 00:27:09,039
what would that trigger for you i feel

738
00:27:12,470 --> 00:27:11,120

anxious

739

00:27:14,070 --> 00:27:12,480

and

740

00:27:16,549 --> 00:27:14,080

worried

741

00:27:18,310 --> 00:27:16,559

could you undo that

742

00:27:19,029 --> 00:27:18,320

i don't know some of the buddhists say

743

00:27:21,269 --> 00:27:19,039

that

744

00:27:23,669 --> 00:27:21,279

with enough mindfulness training one can

745

00:27:25,510 --> 00:27:23,679

get to a point where

746

00:27:27,350 --> 00:27:25,520

stimuluses no longer provoke you at

747

00:27:29,430 --> 00:27:27,360

least not to the same degree

748

00:27:31,510 --> 00:27:29,440

i've seen some video online of a monk

749

00:27:33,669 --> 00:27:31,520

self-alighting so setting oneself a

750

00:27:35,190 --> 00:27:33,679

light it's calmly and then just dying i

751
00:27:38,310 --> 00:27:35,200
don't know how the

752
00:27:44,390 --> 00:27:39,990
so

753
00:27:47,430 --> 00:27:44,400
what you learn is

754
00:27:48,710 --> 00:27:47,440
how to respond to these things in new

755
00:27:51,430 --> 00:27:48,720
ways

756
00:27:53,269 --> 00:27:51,440
it's not that they stop showing up

757
00:27:56,310 --> 00:27:53,279
they still show up

758
00:27:58,149 --> 00:27:56,320
but when they show up and you're not as

759
00:28:00,310 --> 00:27:58,159
consumed by it

760
00:28:02,630 --> 00:28:00,320
your attention is not so narrowly

761
00:28:05,350 --> 00:28:02,640
focused on it

762
00:28:07,350 --> 00:28:05,360
it doesn't have as much of an impact on

763
00:28:08,470 --> 00:28:07,360

you right

764

00:28:09,750 --> 00:28:08,480

so

765

00:28:12,789 --> 00:28:09,760

if i'm

766

00:28:14,310 --> 00:28:12,799

so i see this for example in a lot of my

767

00:28:16,549 --> 00:28:14,320

pain patients or

768

00:28:17,350 --> 00:28:16,559

my chronic medical condition patients

769

00:28:19,909 --> 00:28:17,360

like

770

00:28:23,269 --> 00:28:19,919

their life has been so

771

00:28:25,190 --> 00:28:23,279

fixated on the medical condition on the

772

00:28:27,269 --> 00:28:25,200

pain on

773

00:28:30,070 --> 00:28:27,279

you know getting things you know getting

774

00:28:31,909 --> 00:28:30,080

the right meds getting this getting that

775

00:28:35,110 --> 00:28:31,919

that they've lost track of the rest of

776

00:28:36,870 --> 00:28:35,120

their life and they're depressed

777

00:28:38,630 --> 00:28:36,880

they're not focused on their family as

778

00:28:40,389 --> 00:28:38,640

much they're not focused on their career

779

00:28:42,950 --> 00:28:40,399

as much they're not focused on things

780

00:28:46,389 --> 00:28:42,960

that bring them joy

781

00:28:48,710 --> 00:28:46,399

it's like they're narrowly fixated on

782

00:28:51,029 --> 00:28:48,720

one aspect of their life which is the

783

00:28:54,549 --> 00:28:51,039

condition or the illness or the

784

00:28:57,110 --> 00:28:54,559

medical problem and i'm saying step back

785

00:28:58,789 --> 00:28:57,120

and recognize that there is more to you

786

00:29:00,389 --> 00:28:58,799

than that

787

00:29:02,310 --> 00:29:00,399

but if this is the only part you're

788

00:29:05,350 --> 00:29:02,320

going to fixate on of course it's going

789

00:29:08,149 --> 00:29:05,360

to like consume you

790

00:29:10,870 --> 00:29:08,159

and paradoxically occur

791

00:29:13,269 --> 00:29:10,880

the more you open up your life

792

00:29:14,870 --> 00:29:13,279

and do things like these patients with

793

00:29:16,950 --> 00:29:14,880

medical conditions

794

00:29:19,510 --> 00:29:16,960

when they stop fixating just on the

795

00:29:21,029 --> 00:29:19,520

medical condition and start doing other

796

00:29:23,830 --> 00:29:21,039

things again

797

00:29:26,630 --> 00:29:23,840

paradoxically the pain goes down

798

00:29:29,590 --> 00:29:26,640

it's the same thing with anxiety

799

00:29:32,310 --> 00:29:29,600

when you start engaging in life more

800

00:29:33,830 --> 00:29:32,320

and you allow the anxiety to be there

801
00:29:36,909 --> 00:29:33,840
without it being kind of the thing that

802
00:29:39,909 --> 00:29:36,919
drives whether you do something or not

803
00:29:41,269 --> 00:29:39,919
paradoxically the anxiety goes down a

804
00:29:42,549 --> 00:29:41,279
question that occurred to me is when you

805
00:29:44,549 --> 00:29:42,559
were mentioning that you were feeling

806
00:29:46,230 --> 00:29:44,559
anxiety and by the way i i'm extremely

807
00:29:48,070 --> 00:29:46,240
nervous generally when i'm doing these

808
00:29:49,830 --> 00:29:48,080
interviews as well

809
00:29:51,830 --> 00:29:49,840
and also being interviewed for sure and

810
00:29:53,269 --> 00:29:51,840
extreme oh my god i don't i generally

811
00:29:54,389 --> 00:29:53,279
say no to people interviewing me so i

812
00:29:56,149 --> 00:29:54,399
don't have as much courage as you

813
00:29:58,149 --> 00:29:56,159

perhaps i should muster some what

814

00:30:00,549 --> 00:29:58,159

occurred to me was does this technique

815

00:30:01,750 --> 00:30:00,559

can i say something sure sure

816

00:30:04,389 --> 00:30:01,760

perhaps

817

00:30:06,950 --> 00:30:04,399

you will choose to muster some you don't

818

00:30:10,310 --> 00:30:06,960

have to do anything right it's

819

00:30:11,190 --> 00:30:10,320

even that subtle comment about perhaps i

820

00:30:13,510 --> 00:30:11,200

should

821

00:30:15,590 --> 00:30:13,520

you don't have to do anything

822

00:30:18,630 --> 00:30:15,600

do you choose to is there something

823

00:30:21,430 --> 00:30:18,640

about it that matters to you in that

824

00:30:24,710 --> 00:30:21,440

it's a very different experience to say

825

00:30:25,830 --> 00:30:24,720

i have to do this versus i'm choosing

826

00:30:27,909 --> 00:30:25,840

this

827

00:30:28,870 --> 00:30:27,919

willingly

828

00:30:31,269 --> 00:30:28,880

even

829

00:30:32,549 --> 00:30:31,279

if it's going to elicit anxiety in me

830

00:30:34,230 --> 00:30:32,559

that's great that may help me in the

831

00:30:35,190 --> 00:30:34,240

future or i may choose to allow that to

832

00:30:37,190 --> 00:30:35,200

help me in the future i don't know

833

00:30:39,269 --> 00:30:37,200

what's the right response to that but

834

00:30:41,190 --> 00:30:39,279

regardless where i was getting it was

835

00:30:44,230 --> 00:30:41,200

does this technique simply allow you to

836

00:30:45,909 --> 00:30:44,240

cope or does it ameliorate the anxiety

837

00:30:48,830 --> 00:30:45,919

because those are two different issues

838

00:30:52,630 --> 00:30:48,840

yeah absolutely they are and

839

00:30:55,830 --> 00:30:52,640

um that's the paradox of this

840

00:30:59,830 --> 00:30:55,840

although act does not aim

841

00:31:04,230 --> 00:31:02,549

it's asking you to willingly sit with so

842

00:31:07,350 --> 00:31:04,240

that's the term i use instead of

843

00:31:10,149 --> 00:31:07,360

acceptance because i'll tell you why

844

00:31:13,430 --> 00:31:10,159

if i'm willing to have the anxiety

845

00:31:14,470 --> 00:31:13,440

that's instead of acceptance if i'm

846

00:31:17,510 --> 00:31:14,480

willing

847

00:31:20,710 --> 00:31:17,520

to have the anxiety in service of

848

00:31:23,029 --> 00:31:20,720

something that matters to me right

849

00:31:25,350 --> 00:31:23,039

that's the goal the goal is me being

850

00:31:27,430 --> 00:31:25,360

willing to experience something

851
00:31:29,990 --> 00:31:27,440
difficult because it's in service of

852
00:31:33,630 --> 00:31:30,000
something that matters

853
00:31:36,950 --> 00:31:33,640
but when i do that repeatedly

854
00:31:39,269 --> 00:31:36,960
paradoxically my anxiety goes down

855
00:31:41,590 --> 00:31:39,279
it's not the goal the goal is not to

856
00:31:43,590 --> 00:31:41,600
reduce my anxiety the goal is

857
00:31:44,789 --> 00:31:43,600
for me to live a life that's meaningful

858
00:31:46,549 --> 00:31:44,799
and rich

859
00:31:49,830 --> 00:31:46,559
but what's paradoxical and what all the

860
00:31:51,669 --> 00:31:49,840
research is showing is that

861
00:31:53,990 --> 00:31:51,679
when you do that

862
00:31:55,590 --> 00:31:54,000
actually anxiety goes down

863
00:31:58,070 --> 00:31:55,600

and i'll give you examples from my

864

00:32:00,630 --> 00:31:58,080

studies because so i'm funded by the

865

00:32:01,669 --> 00:32:00,640

national institutes of health and the va

866

00:32:08,230 --> 00:32:01,679

department

867

00:32:11,029 --> 00:32:08,240

and nih and the va

868

00:32:13,990 --> 00:32:11,039

for a long time has focused on symptom

869

00:32:15,669 --> 00:32:14,000

reduction right so when i apply for

870

00:32:17,909 --> 00:32:15,679

grants i say

871

00:32:20,950 --> 00:32:17,919

i'm going to do this act intervention

872

00:32:23,590 --> 00:32:20,960

and i'm going to explore whether this

873

00:32:26,310 --> 00:32:23,600

reduces depression and anxiety

874

00:32:27,590 --> 00:32:26,320

right i say that in the grant actually i

875

00:32:30,310 --> 00:32:27,600

want to make sure

876

00:32:32,789 --> 00:32:30,320

i reduce depression or anxiety

877

00:32:35,509 --> 00:32:32,799

but when i'm actually in the treatment

878

00:32:37,509 --> 00:32:35,519

actually doing the treatment i don't say

879

00:32:39,509 --> 00:32:37,519

that ever

880

00:32:41,590 --> 00:32:39,519

not once do i say

881

00:32:43,430 --> 00:32:41,600

okay you know you guys

882

00:32:44,710 --> 00:32:43,440

met criteria for depression which they

883

00:32:47,269 --> 00:32:44,720

all do

884

00:32:49,669 --> 00:32:47,279

to be in the study for example and my

885

00:32:50,630 --> 00:32:49,679

goal is for you not to meet criteria i

886

00:32:53,190 --> 00:32:50,640

never

887

00:32:54,789 --> 00:32:53,200

say anything about that

888

00:32:56,789 --> 00:32:54,799

it's it's a

889

00:32:59,750 --> 00:32:56,799

political decision it's a funding

890

00:33:02,549 --> 00:32:59,760

decision that i put it as the outcome

891

00:33:04,230 --> 00:33:02,559

but paradoxically the intervention even

892

00:33:06,389 --> 00:33:04,240

though i never talk about reducing

893

00:33:08,230 --> 00:33:06,399

anxiety and depression

894

00:33:10,549 --> 00:33:08,240

i talk about helping them live a rich

895

00:33:12,710 --> 00:33:10,559

and meaningful life and to let them

896

00:33:14,230 --> 00:33:12,720

explore their emotions and not be afraid

897

00:33:17,430 --> 00:33:14,240

of them

898

00:33:19,750 --> 00:33:17,440

but most of my studies i have found

899

00:33:22,310 --> 00:33:19,760

significant reductions in depression and

900

00:33:24,549 --> 00:33:22,320

an anxiety and improvements in meaning

901
00:33:26,870 --> 00:33:24,559
and purpose

902
00:33:28,070 --> 00:33:26,880
is that too complicated no no so first

903
00:33:30,070 --> 00:33:28,080
there are quite a few thoughts that

904
00:33:31,909 --> 00:33:30,080
occur so one is we mentioned the eastern

905
00:33:33,430 --> 00:33:31,919
approach this to me sounds like the

906
00:33:35,350 --> 00:33:33,440
merging of the western approach of

907
00:33:36,470 --> 00:33:35,360
bearing one's cross so it doesn't matter

908
00:33:37,750 --> 00:33:36,480
that you're going to feel the suffering

909
00:33:39,029 --> 00:33:37,760
you do it anyway because there's a

910
00:33:40,389 --> 00:33:39,039
higher value

911
00:33:43,190 --> 00:33:40,399
and then the other thought that occurs

912
00:33:45,110 --> 00:33:43,200
to me is that it's extremely interesting

913
00:33:47,590 --> 00:33:45,120

how often that happens in different

914

00:33:49,430 --> 00:33:47,600

aspects of life where if your aim is to

915

00:33:50,789 --> 00:33:49,440

reduce something or to attain something

916

00:33:52,389 --> 00:33:50,799

you don't get it

917

00:33:53,990 --> 00:33:52,399

but if you take a route where you're not

918

00:33:56,549 --> 00:33:54,000

supposed to care about what you want you

919

00:33:58,310 --> 00:33:56,559

end up getting it so for example with in

920

00:33:59,669 --> 00:33:58,320

relationships if you desperately want

921

00:34:01,990 --> 00:33:59,679

that person you try to please them you

922

00:34:04,710 --> 00:34:02,000

end up not doing so and if you are in

923

00:34:05,830 --> 00:34:04,720

business and you try to get money often

924

00:34:08,550 --> 00:34:05,840

it doesn't work out you have to be

925

00:34:09,909 --> 00:34:08,560

passionate about the product and so

926

00:34:11,829 --> 00:34:09,919

it's just interesting how that work you

927

00:34:13,990 --> 00:34:11,839

don't get what you want by trying to get

928

00:34:16,470 --> 00:34:14,000

what you want

929

00:34:18,550 --> 00:34:16,480

well i think what you're describing is

930

00:34:19,470 --> 00:34:18,560

the difference between

931

00:34:21,190 --> 00:34:19,480

being

932

00:34:23,589 --> 00:34:21,200

goal-oriented

933

00:34:25,430 --> 00:34:23,599

versus value-oriented

934

00:34:29,190 --> 00:34:25,440

right

935

00:34:30,230 --> 00:34:29,200

let's say my goal is to get into medical

936

00:34:32,230 --> 00:34:30,240

school

937

00:34:34,389 --> 00:34:32,240

and i'm like i need to get into medical

938

00:34:36,950 --> 00:34:34,399

school no matter what you know pressure

939

00:34:38,869 --> 00:34:36,960

from family whatever it is like

940

00:34:41,349 --> 00:34:38,879

that's a goal i can check it off the

941

00:34:44,790 --> 00:34:41,359

list right

942

00:34:47,589 --> 00:34:44,800

but what's the value behind that

943

00:34:50,310 --> 00:34:47,599

is it to help people is it to you know

944

00:34:51,589 --> 00:34:50,320

is it a selflessness thing what is the

945

00:34:54,950 --> 00:34:51,599

value

946

00:34:57,910 --> 00:34:54,960

behind getting into medical school

947

00:34:59,349 --> 00:34:57,920

and if you if you focus on that

948

00:35:00,829 --> 00:34:59,359

then let's say you don't get into

949

00:35:02,790 --> 00:35:00,839

medical school

950

00:35:04,630 --> 00:35:02,800

right

951
00:35:06,710 --> 00:35:04,640
then you say well what was the value

952
00:35:08,710 --> 00:35:06,720
behind that was the value behind that

953
00:35:11,349 --> 00:35:08,720
helping people

954
00:35:13,510 --> 00:35:11,359
are there other ways that i can help

955
00:35:15,829 --> 00:35:13,520
people there are many other ways that

956
00:35:17,670 --> 00:35:15,839
you can help people right you can go to

957
00:35:18,550 --> 00:35:17,680
pa school you can go to nursing school

958
00:35:21,270 --> 00:35:18,560
you can

959
00:35:22,390 --> 00:35:21,280
join a non-profit that focuses on these

960
00:35:24,310 --> 00:35:22,400
things

961
00:35:26,150 --> 00:35:24,320
and so

962
00:35:29,510 --> 00:35:26,160
when you're focused

963
00:35:32,630 --> 00:35:29,520

when when your values are clear

964

00:35:34,470 --> 00:35:32,640

then you're more about the process

965

00:35:36,150 --> 00:35:34,480

you're more about

966

00:35:38,950 --> 00:35:36,160

the experience

967

00:35:40,710 --> 00:35:38,960

versus if you're goal oriented you just

968

00:35:41,750 --> 00:35:40,720

want to get there and check it off the

969

00:35:45,589 --> 00:35:41,760

list

970

00:35:47,430 --> 00:35:45,599

you're like well what's next

971

00:35:49,109 --> 00:35:47,440

let me say in other words and let me

972

00:35:50,550 --> 00:35:49,119

know if this is correct so that i make

973

00:35:52,630 --> 00:35:50,560

sure that we're on the same page goal

974

00:35:55,510 --> 00:35:52,640

versus values is akin to when sometimes

975

00:35:57,349 --> 00:35:55,520

people say you shouldn't be

976

00:35:59,030 --> 00:35:57,359

objective oriented versus process

977

00:36:00,710 --> 00:35:59,040

oriented

978

00:36:02,470 --> 00:36:00,720

is it akin to that or is that different

979

00:36:04,390 --> 00:36:02,480

that's it's kind of similar yeah it's

980

00:36:05,510 --> 00:36:04,400

very similar okay so that's a great

981

00:36:07,349 --> 00:36:05,520

question right there are you coming up

982

00:36:08,550 --> 00:36:07,359

with them are you realizing them so are

983

00:36:10,390 --> 00:36:08,560

you making them

984

00:36:12,069 --> 00:36:10,400

are you uncovering what was there anyway

985

00:36:14,790 --> 00:36:12,079

that's a sub question that doesn't sound

986

00:36:16,550 --> 00:36:14,800

like an easy process so how can you help

987

00:36:17,589 --> 00:36:16,560

someone through that process what tips

988

00:36:19,430 --> 00:36:17,599

do you have

989

00:36:22,069 --> 00:36:19,440

for people to realize their own values

990

00:36:23,670 --> 00:36:22,079

in the example you gave the

991

00:36:24,870 --> 00:36:23,680

potential was that i want to help people

992

00:36:26,550 --> 00:36:24,880

that's why i want to go to medical

993

00:36:27,990 --> 00:36:26,560

school but it also may just be i want

994

00:36:29,829 --> 00:36:28,000

the status but i think i want to help

995

00:36:31,270 --> 00:36:29,839

people or i want the money but i think i

996

00:36:33,030 --> 00:36:31,280

want to help people or actually this was

997

00:36:34,710 --> 00:36:33,040

instilled in me as a child and it's

998

00:36:36,150 --> 00:36:34,720

actually not my own i don't even care

999

00:36:37,670 --> 00:36:36,160

but that takes to me that sounds like

1000

00:36:39,829 --> 00:36:37,680

that may take months or even years of

1001
00:36:43,270 --> 00:36:39,839
therapy so how does one streamline that

1002
00:36:45,349 --> 00:36:43,280
approach to get to one's values

1003
00:36:47,109 --> 00:36:45,359
that's a really good question and i

1004
00:36:49,750 --> 00:36:47,119
actually struggled with this

1005
00:36:52,550 --> 00:36:49,760
for a long time actually like

1006
00:36:54,550 --> 00:36:52,560
you know it seemed like such a broad

1007
00:36:55,750 --> 00:36:54,560
question to me like what are your values

1008
00:36:58,310 --> 00:36:55,760
well

1009
00:37:01,109 --> 00:36:58,320
it's tough right um

1010
00:37:03,030 --> 00:37:01,119
and i remember like having this aha

1011
00:37:03,990 --> 00:37:03,040
moment you know

1012
00:37:05,349 --> 00:37:04,000
and

1013
00:37:08,630 --> 00:37:05,359

well there are many ways to get to it

1014

00:37:11,109 --> 00:37:08,640

but i had this aha moment which broke

1015

00:37:12,870 --> 00:37:11,119

down values into like

1016

00:37:14,950 --> 00:37:12,880

how do i want to be

1017

00:37:17,270 --> 00:37:14,960

in this moment

1018

00:37:18,950 --> 00:37:17,280

how do i want to be like okay i'm with

1019

00:37:22,310 --> 00:37:18,960

you right now kurt

1020

00:37:24,950 --> 00:37:22,320

so i check in with myself and i say what

1021

00:37:28,710 --> 00:37:24,960

do i want to be how do i want to be in

1022

00:37:30,230 --> 00:37:28,720

this moment with this person you know

1023

00:37:32,790 --> 00:37:30,240

so it makes it a little bit more

1024

00:37:34,630 --> 00:37:32,800

concrete to me you know

1025

00:37:36,230 --> 00:37:34,640

but it's also that

1026

00:37:37,910 --> 00:37:36,240

but it also needs to be a little bit

1027

00:37:40,870 --> 00:37:37,920

more broad and i'll give you a very

1028

00:37:45,430 --> 00:37:40,880

personal example from my life like

1029

00:37:47,109 --> 00:37:45,440

um so i'm you know i'm a working mother

1030

00:37:48,470 --> 00:37:47,119

and

1031

00:37:51,990 --> 00:37:48,480

balancing

1032

00:37:53,270 --> 00:37:52,000

my career with being the kind of mother

1033

00:37:56,630 --> 00:37:53,280

i want to be

1034

00:37:57,670 --> 00:37:56,640

can be very challenging you know

1035

00:38:00,550 --> 00:37:57,680

and so

1036

00:38:02,310 --> 00:38:00,560

for example i go to work let's say from

1037

00:38:05,589 --> 00:38:02,320

eight to five

1038

00:38:07,270 --> 00:38:05,599

and as i get up off my desk

1039

00:38:09,990 --> 00:38:07,280

um kurt

1040

00:38:12,069 --> 00:38:10,000

and i'm walking out the door right

1041

00:38:13,349 --> 00:38:12,079

there's a lot of anxiety

1042

00:38:15,670 --> 00:38:13,359

because

1043

00:38:17,829 --> 00:38:15,680

my colleagues are still there i still

1044

00:38:19,670 --> 00:38:17,839

have a lot of things on my to-do list

1045

00:38:20,550 --> 00:38:19,680

right i have a lot of things on my to-do

1046

00:38:23,670 --> 00:38:20,560

list

1047

00:38:26,870 --> 00:38:23,680

my career is very important to me

1048

00:38:28,790 --> 00:38:26,880

um and so when i get up at 5 00 pm to

1049

00:38:30,310 --> 00:38:28,800

leave and all my colleagues are still

1050

00:38:31,670 --> 00:38:30,320

there and my boss is still there and i

1051
00:38:33,349 --> 00:38:31,680
still have a lot of things on my

1052
00:38:35,910 --> 00:38:33,359
checklist

1053
00:38:37,109 --> 00:38:35,920
i'm anxious

1054
00:38:39,829 --> 00:38:37,119
and

1055
00:38:43,670 --> 00:38:39,839
i connect with

1056
00:38:48,150 --> 00:38:43,680
the value of what i want to be as a mom

1057
00:38:50,310 --> 00:38:48,160
and i want to be a mom that's available

1058
00:38:51,349 --> 00:38:50,320
for a certain number of hours every

1059
00:38:53,349 --> 00:38:51,359
night

1060
00:38:56,150 --> 00:38:53,359
with few exceptions

1061
00:38:59,109 --> 00:38:56,160
because that matters to me

1062
00:39:01,750 --> 00:38:59,119
so i carry the anxiety i have about my

1063
00:39:03,190 --> 00:39:01,760

career but what helps me walk out the

1064

00:39:06,310 --> 00:39:03,200

door

1065

00:39:09,750 --> 00:39:06,320

is see is kind of knowing that my son is

1066

00:39:12,790 --> 00:39:09,760

on the other side right

1067

00:39:14,870 --> 00:39:12,800

so sometimes it's just a matter of like

1068

00:39:17,190 --> 00:39:14,880

you know filling out questionnaires or

1069

00:39:18,870 --> 00:39:17,200

like just you know people asking you

1070

00:39:21,109 --> 00:39:18,880

certain questions about what are your

1071

00:39:23,349 --> 00:39:21,119

priorities in life right

1072

00:39:26,310 --> 00:39:23,359

but i see a lot of people just

1073

00:39:29,109 --> 00:39:26,320

on automatic pilot right on automatic

1074

00:39:30,470 --> 00:39:29,119

pilot doing things like they always have

1075

00:39:32,870 --> 00:39:30,480

staying at work

1076

00:39:34,710 --> 00:39:32,880

long hours barely seeing their parent

1077

00:39:36,630 --> 00:39:34,720

you know their children

1078

00:39:39,430 --> 00:39:36,640

and they say

1079

00:39:42,550 --> 00:39:39,440

they say like for example the patient

1080

00:39:44,470 --> 00:39:42,560

that like works double shifts

1081

00:39:46,150 --> 00:39:44,480

then goes to the bar

1082

00:39:48,069 --> 00:39:46,160

takes out a picture of his children and

1083

00:39:52,550 --> 00:39:48,079

shows the people at the bar like here's

1084

00:39:54,790 --> 00:39:52,560

my child and love my child so so much

1085

00:39:56,790 --> 00:39:54,800

goes home hungover

1086

00:39:59,270 --> 00:39:56,800

and when the kid comes to talk to him

1087

00:40:01,430 --> 00:39:59,280

pushes him away like no no not now i'm

1088

00:40:05,030 --> 00:40:01,440

hungover

1089

00:40:06,790 --> 00:40:05,040

we can talk about what matters

1090

00:40:09,349 --> 00:40:06,800

right i can say

1091

00:40:11,510 --> 00:40:09,359

my son matters i can say

1092

00:40:13,670 --> 00:40:11,520

my parents matter to me

1093

00:40:16,390 --> 00:40:13,680

my sister matters to me

1094

00:40:18,470 --> 00:40:16,400

but if i don't put it into an action

1095

00:40:20,950 --> 00:40:18,480

it means nothing

1096

00:40:23,190 --> 00:40:20,960

it doesn't mean anything

1097

00:40:25,510 --> 00:40:23,200

and so

1098

00:40:27,510 --> 00:40:25,520

let me give you another example sure

1099

00:40:28,710 --> 00:40:27,520

kur if i asked you

1100

00:40:31,670 --> 00:40:28,720

if i said

1101

00:40:33,589 --> 00:40:31,680

there's a building on fire outside and i

1102

00:40:35,510 --> 00:40:33,599

want you to run into it

1103

00:40:36,630 --> 00:40:35,520

what would you say to me

1104

00:40:37,990 --> 00:40:36,640

no no

1105

00:40:39,190 --> 00:40:38,000

thank you you would say no appreciate

1106

00:40:41,829 --> 00:40:39,200

that

1107

00:40:44,470 --> 00:40:41,839

thanks for the offer yeah yeah

1108

00:40:47,510 --> 00:40:44,480

what if i said to you

1109

00:40:48,790 --> 00:40:47,520

a loved one you have is in that building

1110

00:40:55,349 --> 00:40:48,800

yeah

1111

00:40:56,710 --> 00:40:55,359

wife i'll go in a second

1112

00:40:59,990 --> 00:40:56,720

okay

1113

00:41:02,069 --> 00:41:00,000

it shifted from an automatic no

1114

00:41:04,069 --> 00:41:02,079

to an automatic yes

1115

00:41:07,109 --> 00:41:04,079

because there was the why

1116

00:41:09,270 --> 00:41:07,119

the question is why would i go in there

1117

00:41:12,710 --> 00:41:09,280

what would be the purpose

1118

00:41:13,829 --> 00:41:12,720

and the purpose is your partner right

1119

00:41:15,670 --> 00:41:13,839

right

1120

00:41:17,990 --> 00:41:15,680

and so when you're is it going to be

1121

00:41:19,589 --> 00:41:18,000

easy is it going to be non-threatening

1122

00:41:20,870 --> 00:41:19,599

it's going to be awfully hard and it's

1123

00:41:22,470 --> 00:41:20,880

going to be life

1124

00:41:26,069 --> 00:41:22,480

threatening right

1125

00:41:27,990 --> 00:41:26,079

and yet you are willing

1126

00:41:31,109 --> 00:41:28,000

to experience

1127

00:41:33,910 --> 00:41:31,119

the fear the dread the anxiety that it's

1128

00:41:35,270 --> 00:41:33,920

going to take to get into that building

1129

00:41:37,109 --> 00:41:35,280

because there's something there that

1130

00:41:38,630 --> 00:41:37,119

matters to you

1131

00:41:40,790 --> 00:41:38,640

so that's

1132

00:41:42,950 --> 00:41:40,800

the acceptance piece acceptance is not

1133

00:41:45,109 --> 00:41:42,960

just saying oh okay i accept i accept

1134

00:41:48,309 --> 00:41:45,119

you know what i feel here

1135

00:41:51,349 --> 00:41:48,319

it's that i'm willing to feel what there

1136

00:41:53,190 --> 00:41:51,359

is as i move towards something that

1137

00:41:55,510 --> 00:41:53,200

scares me

1138

00:41:57,430 --> 00:41:55,520

earlier we had a little discussion about

1139

00:41:59,910 --> 00:41:57,440

should versus values and you were saying

1140

00:42:02,870 --> 00:41:59,920

kurt talk well we didn't explicitly have

1141

00:42:04,790 --> 00:42:02,880

this discussion but you said perhaps you

1142

00:42:06,150 --> 00:42:04,800

shouldn't think in terms of should i

1143

00:42:08,230 --> 00:42:06,160

know that's paradoxical but you

1144

00:42:11,430 --> 00:42:08,240

understand what i mean that in terms of

1145

00:42:13,829 --> 00:42:11,440

thinking of choice it's better and i'm

1146

00:42:16,550 --> 00:42:13,839

unclear how values don't imply it should

1147

00:42:18,390 --> 00:42:16,560

so if you have a high value

1148

00:42:20,309 --> 00:42:18,400

to me a should comes in

1149

00:42:21,910 --> 00:42:20,319

because it's you're doing what's right

1150

00:42:24,550 --> 00:42:21,920

now it's what you're saying that the

1151
00:42:26,550 --> 00:42:24,560
value is somehow internal and the shirt

1152
00:42:29,750 --> 00:42:26,560
is somehow external and it should come

1153
00:42:31,349 --> 00:42:29,760
from should it should come from you or

1154
00:42:33,190 --> 00:42:31,359
i it's a bit difficult for me to say

1155
00:42:34,790 --> 00:42:33,200
without using the word should so yeah

1156
00:42:36,550 --> 00:42:34,800
hopefully you understand the question i

1157
00:42:38,870 --> 00:42:36,560
mean it could be just an issue of

1158
00:42:42,309 --> 00:42:38,880
linguistics right like it could be just

1159
00:42:44,950 --> 00:42:42,319
the terminology we're using but

1160
00:42:47,829 --> 00:42:44,960
values are freely chosen

1161
00:42:50,950 --> 00:42:47,839
from from an act perspective values are

1162
00:42:53,109 --> 00:42:50,960
freely chosen it's not what

1163
00:42:55,910 --> 00:42:53,119

our parents tell us

1164

00:42:57,589 --> 00:42:55,920

we should want it's not what i feel

1165

00:43:00,150 --> 00:42:57,599

society

1166

00:43:03,430 --> 00:43:00,160

wants me to say right

1167

00:43:04,870 --> 00:43:03,440

in the definition of values it is freely

1168

00:43:07,990 --> 00:43:04,880

chosen

1169

00:43:09,030 --> 00:43:08,000

and one indication

1170

00:43:11,750 --> 00:43:09,040

that

1171

00:43:13,750 --> 00:43:11,760

someone is not living a life

1172

00:43:14,630 --> 00:43:13,760

that's consistent with kind of what they

1173

00:43:17,109 --> 00:43:14,640

want

1174

00:43:20,790 --> 00:43:17,119

is there's a lack of vitality like you

1175

00:43:23,109 --> 00:43:20,800

don't sense vitality in what

1176

00:43:25,510 --> 00:43:23,119

someone is doing right

1177

00:43:28,870 --> 00:43:25,520

it feels more like it's

1178

00:43:30,950 --> 00:43:28,880

being imposed that it's like i have to

1179

00:43:32,870 --> 00:43:30,960

do this right or

1180

00:43:34,390 --> 00:43:32,880

i don't want to be doing this or you're

1181

00:43:37,270 --> 00:43:34,400

just not

1182

00:43:39,510 --> 00:43:37,280

you're not vitalized right

1183

00:43:41,030 --> 00:43:39,520

so back to my example with work

1184

00:43:42,950 --> 00:43:41,040

sometimes i feel like giving personal

1185

00:43:43,990 --> 00:43:42,960

examples helps if it's too much tell me

1186

00:43:46,309 --> 00:43:44,000

but like

1187

00:43:47,990 --> 00:43:46,319

no the more personal the better

1188

00:43:50,550 --> 00:43:48,000

you know every time i get really

1189

00:43:52,950 --> 00:43:50,560

frustrated with my job

1190

00:43:56,470 --> 00:43:52,960

with my work with my career

1191

00:43:58,390 --> 00:43:56,480

i step back and i ask

1192

00:44:00,870 --> 00:43:58,400

do i choose this

1193

00:44:03,349 --> 00:44:00,880

no one's forcing me to do this work i

1194

00:44:05,990 --> 00:44:03,359

don't have to do this work

1195

00:44:08,710 --> 00:44:06,000

do i choose this work

1196

00:44:11,750 --> 00:44:08,720

and that helps me a lot with the full

1197

00:44:14,150 --> 00:44:11,760

recognition that i choose a package

1198

00:44:15,750 --> 00:44:14,160

that i can't just choose the things i

1199

00:44:16,550 --> 00:44:15,760

like

1200

00:44:18,470 --> 00:44:16,560

and

1201
00:44:20,630 --> 00:44:18,480
throw away the things i don't like

1202
00:44:22,470 --> 00:44:20,640
because everything we have in our life

1203
00:44:23,910 --> 00:44:22,480
is a package of

1204
00:44:25,670 --> 00:44:23,920
you know the things you like and then

1205
00:44:27,109 --> 00:44:25,680
the things that you have to do because

1206
00:44:28,230 --> 00:44:27,119
you know it's part of the broader

1207
00:44:29,670 --> 00:44:28,240
package

1208
00:44:31,910 --> 00:44:29,680
so maybe that's kind of what you're

1209
00:44:33,829 --> 00:44:31,920
talking about with this should like okay

1210
00:44:36,150 --> 00:44:33,839
doing this work i really have to write

1211
00:44:38,710 --> 00:44:36,160
certain notes and i have to like do all

1212
00:44:39,670 --> 00:44:38,720
this bureaucratic crap bureaucratic

1213
00:44:42,630 --> 00:44:39,680

stuff

1214

00:44:48,390 --> 00:44:46,069

that said do i choose the package

1215

00:44:50,710 --> 00:44:48,400

that this as a package

1216

00:44:52,550 --> 00:44:50,720

is something i care about

1217

00:44:55,109 --> 00:44:52,560

that working with these patients doing

1218

00:44:57,349 --> 00:44:55,119

this research makes this other tough

1219

00:44:59,109 --> 00:44:57,359

stuff worthwhile

1220

00:45:00,630 --> 00:44:59,119

interesting

1221

00:45:02,630 --> 00:45:00,640

one of the reasons i was bringing that

1222

00:45:05,270 --> 00:45:02,640

up is because

1223

00:45:07,190 --> 00:45:05,280

i know there's a heavy emphasis on an

1224

00:45:09,190 --> 00:45:07,200

internal locus of control it's called

1225

00:45:11,190 --> 00:45:09,200

internal locus of control i believe

1226
00:45:13,750 --> 00:45:11,200
and then that to me sounds like to get

1227
00:45:14,870 --> 00:45:13,760
philosophical like the humanist movement

1228
00:45:16,630 --> 00:45:14,880
and then

1229
00:45:18,390 --> 00:45:16,640
that stands in contrast to religious

1230
00:45:20,069 --> 00:45:18,400
movements especially of the west

1231
00:45:21,670 --> 00:45:20,079
where the west is more about there are

1232
00:45:24,230 --> 00:45:21,680
some commandments you should follow you

1233
00:45:26,950 --> 00:45:24,240
need to follow but then to many people

1234
00:45:28,870 --> 00:45:26,960
their religion is what they value so

1235
00:45:30,950 --> 00:45:28,880
their value comes with the shoulds in

1236
00:45:33,270 --> 00:45:30,960
that case and then our is one to say

1237
00:45:34,870 --> 00:45:33,280
well if you're christian or if you're

1238
00:45:36,870 --> 00:45:34,880

muslim or jewish because those are the

1239

00:45:38,150 --> 00:45:36,880

western traditions if you're those then

1240

00:45:39,829 --> 00:45:38,160

perhaps

1241

00:45:42,390 --> 00:45:39,839

you need to abandon your religion in

1242

00:45:43,510 --> 00:45:42,400

order to properly apply act therapies

1243

00:45:45,030 --> 00:45:43,520

that you have the internal locus of

1244

00:45:46,710 --> 00:45:45,040

control it comes from you it doesn't

1245

00:45:47,829 --> 00:45:46,720

come from god you choose it no i don't

1246

00:45:48,710 --> 00:45:47,839

think that was what was lurking

1247

00:45:52,150 --> 00:45:48,720

underneath

1248

00:45:55,829 --> 00:45:52,160

i don't think so i think if you choose

1249

00:45:57,430 --> 00:45:55,839

a spiritual like a spiritual tradition

1250

00:45:59,510 --> 00:45:57,440

you're choosing that you're choosing the

1251

00:46:01,670 --> 00:45:59,520

past right it's like stepping

1252

00:46:03,670 --> 00:46:01,680

yeah again like you're you're talking

1253

00:46:05,190 --> 00:46:03,680

again about a very concrete thing that's

1254

00:46:07,670 --> 00:46:05,200

like more goal

1255

00:46:08,550 --> 00:46:07,680

like that okay so i'm going to church

1256

00:46:10,470 --> 00:46:08,560

check

1257

00:46:11,589 --> 00:46:10,480

right that's a goal i'm going to go to

1258

00:46:14,309 --> 00:46:11,599

church

1259

00:46:15,829 --> 00:46:14,319

check and goals can be very valuable to

1260

00:46:16,710 --> 00:46:15,839

like tell you if you're on the right

1261

00:46:19,510 --> 00:46:16,720

path

1262

00:46:22,390 --> 00:46:19,520

towards something you value right

1263

00:46:24,870 --> 00:46:22,400

but the broader value if someone is

1264

00:46:26,870 --> 00:46:24,880

you know maybe religious now some of

1265

00:46:29,030 --> 00:46:26,880

them are of course some people are doing

1266

00:46:30,470 --> 00:46:29,040

it out of compliance right

1267

00:46:34,150 --> 00:46:30,480

absolutely

1268

00:46:35,430 --> 00:46:34,160

doing it because spirituality is a

1269

00:46:36,710 --> 00:46:35,440

broader

1270

00:46:39,510 --> 00:46:36,720

domain

1271

00:46:41,510 --> 00:46:39,520

is valuable and the specific

1272

00:46:43,190 --> 00:46:41,520

goal if you want or package that they

1273

00:46:45,349 --> 00:46:43,200

choose is

1274

00:46:46,710 --> 00:46:45,359

a christian or jewish or muslim right

1275

00:46:48,230 --> 00:46:46,720

like

1276

00:46:51,030 --> 00:46:48,240

the broader thing is that they are a

1277

00:46:54,230 --> 00:46:51,040

spiritual person and

1278

00:46:57,109 --> 00:46:54,240

that the goal they have is to fulfill

1279

00:46:59,430 --> 00:46:57,119

certain obligations within that

1280

00:47:02,710 --> 00:46:59,440

spiritual tradition it's like

1281

00:47:05,829 --> 00:47:02,720

me i love what i work or what i do

1282

00:47:07,750 --> 00:47:05,839

and as part of that i have to i

1283

00:47:09,270 --> 00:47:07,760

actually have to do certain things like

1284

00:47:11,990 --> 00:47:09,280

check you know i have to do certain

1285

00:47:14,230 --> 00:47:12,000

trainings i have to fill certain cmes so

1286

00:47:16,390 --> 00:47:14,240

on so forth some bureaucratic it's the

1287

00:47:18,069 --> 00:47:16,400

values part that's

1288

00:47:20,550 --> 00:47:18,079

that you don't have to

1289

00:47:22,470 --> 00:47:20,560

that you that that's chosen

1290

00:47:23,829 --> 00:47:22,480

the goals are the kind of the posts

1291

00:47:25,829 --> 00:47:23,839

along the way that you can say okay

1292

00:47:28,230 --> 00:47:25,839

check did that i know i'm on the right

1293

00:47:30,069 --> 00:47:28,240

track i understand yeah

1294

00:47:32,230 --> 00:47:30,079

what separates people

1295

00:47:33,990 --> 00:47:32,240

for who this works for

1296

00:47:36,230 --> 00:47:34,000

quickly or

1297

00:47:38,309 --> 00:47:36,240

plenty from those who

1298

00:47:40,230 --> 00:47:38,319

it takes a longer time to work for it

1299

00:47:42,550 --> 00:47:40,240

works less for is it their temperament

1300

00:47:44,470 --> 00:47:42,560

is it their attitude is it

1301
00:47:46,069 --> 00:47:44,480
the application of a certain technique

1302
00:47:47,270 --> 00:47:46,079
the amount that they stick with it for

1303
00:47:48,870 --> 00:47:47,280
example yeah

1304
00:47:51,030 --> 00:47:48,880
that's a really good question and i

1305
00:47:53,670 --> 00:47:51,040
think it's it's complex it's hard

1306
00:47:56,230 --> 00:47:53,680
because for decades

1307
00:47:58,790 --> 00:47:56,240
in our field we have been trying

1308
00:48:00,790 --> 00:47:58,800
to do these matching studies right where

1309
00:48:03,190 --> 00:48:00,800
okay we're gonna match this kind of

1310
00:48:05,190 --> 00:48:03,200
person with this kind of therapy

1311
00:48:06,630 --> 00:48:05,200
you know um

1312
00:48:08,230 --> 00:48:06,640
like this person would do better with

1313
00:48:09,829 --> 00:48:08,240

this therapy this person would do better

1314

00:48:11,349 --> 00:48:09,839

with this therapy and

1315

00:48:13,270 --> 00:48:11,359

despite

1316

00:48:15,510 --> 00:48:13,280

millions of dollars being you know

1317

00:48:17,109 --> 00:48:15,520

committed to this kind of research

1318

00:48:19,990 --> 00:48:17,119

we don't really have a good answer to

1319

00:48:21,910 --> 00:48:20,000

that question not just for act but for

1320

00:48:24,230 --> 00:48:21,920

really a lot of the therapies like we

1321

00:48:25,910 --> 00:48:24,240

have not been able to figure out what's

1322

00:48:27,589 --> 00:48:25,920

what's the thing that

1323

00:48:29,910 --> 00:48:27,599

you know matches people like why would

1324

00:48:32,150 --> 00:48:29,920

this work for someone

1325

00:48:33,589 --> 00:48:32,160

that said

1326

00:48:35,910 --> 00:48:33,599

in the meta-analysis of the

1327

00:48:37,750 --> 00:48:35,920

meta-analysis of act studies and some of

1328

00:48:41,670 --> 00:48:37,760

the comparison studies

1329

00:48:43,030 --> 00:48:41,680

what we know or what we found is that

1330

00:48:46,230 --> 00:48:43,040

people who have

1331

00:48:47,190 --> 00:48:46,240

suffered longer tend to do better in act

1332

00:48:49,349 --> 00:48:47,200

right

1333

00:48:50,630 --> 00:48:49,359

and people who have

1334

00:48:52,069 --> 00:48:50,640

complex

1335

00:48:54,309 --> 00:48:52,079

difficulties

1336

00:48:57,750 --> 00:48:54,319

tend to do better with act why do you

1337

00:49:00,309 --> 00:48:59,589

it's a good question

1338

00:49:02,150 --> 00:49:00,319

so

1339

00:49:06,069 --> 00:49:02,160

my thought on this and i don't know that

1340

00:49:10,790 --> 00:49:08,470

but in act there's a very key concept

1341

00:49:11,670 --> 00:49:10,800

called creative hopelessness

1342

00:49:14,549 --> 00:49:11,680

okay

1343

00:49:17,750 --> 00:49:14,559

and the idea behind creative

1344

00:49:20,710 --> 00:49:17,760

hopelessness is

1345

00:49:22,390 --> 00:49:20,720

okay like let's say you have anxiety

1346

00:49:24,790 --> 00:49:22,400

right

1347

00:49:26,470 --> 00:49:24,800

and i ask the person

1348

00:49:29,030 --> 00:49:26,480

who has anxiety

1349

00:49:31,990 --> 00:49:29,040

how long have you had this

1350

00:49:35,349 --> 00:49:32,000

and they'll say 15 years what have you

1351
00:49:38,790 --> 00:49:35,359
tried well i've tried alcohol

1352
00:49:40,230 --> 00:49:38,800
i've tried drugs i've tried medications

1353
00:49:41,430 --> 00:49:40,240
i've tried

1354
00:49:43,589 --> 00:49:41,440
avoiding

1355
00:49:46,390 --> 00:49:43,599
i've tried deep breathing

1356
00:49:47,109 --> 00:49:46,400
i've tried meditating like i've tried it

1357
00:49:50,630 --> 00:49:47,119
all

1358
00:49:52,950 --> 00:49:50,640
okay and how has that worked

1359
00:49:54,309 --> 00:49:52,960
um hasn't worked in terms of reducing

1360
00:49:55,270 --> 00:49:54,319
the anxiety

1361
00:49:57,270 --> 00:49:55,280
okay

1362
00:49:59,270 --> 00:49:57,280
and and how has it worked in terms of

1363
00:50:01,349 --> 00:49:59,280

like where you are with your life and

1364

00:50:02,710 --> 00:50:01,359

how big your life is

1365

00:50:04,470 --> 00:50:02,720

and they'll say

1366

00:50:06,549 --> 00:50:04,480

oh maybe

1367

00:50:08,230 --> 00:50:06,559

it's it's really kind of gotten smaller

1368

00:50:10,710 --> 00:50:08,240

in my life

1369

00:50:13,190 --> 00:50:10,720

so what we do with creative hopelessness

1370

00:50:15,750 --> 00:50:13,200

is explore with the person

1371

00:50:18,150 --> 00:50:15,760

how long they've had the problem

1372

00:50:20,069 --> 00:50:18,160

all the techniques they've used

1373

00:50:22,790 --> 00:50:20,079

and if they've gotten anywhere with

1374

00:50:23,510 --> 00:50:22,800

these techniques in the long term

1375

00:50:25,750 --> 00:50:23,520

and

1376

00:50:27,589 --> 00:50:25,760

what what what the result is is the

1377

00:50:29,109 --> 00:50:27,599

patient being like oh my gosh i've been

1378

00:50:31,190 --> 00:50:29,119

doing this for

1379

00:50:33,670 --> 00:50:31,200

years and years and years and i'm worse

1380

00:50:36,069 --> 00:50:33,680

off than when i started

1381

00:50:37,430 --> 00:50:36,079

this it's called creative hopelessness

1382

00:50:40,790 --> 00:50:37,440

because

1383

00:50:43,349 --> 00:50:40,800

there's a hopelessness to it but in that

1384

00:50:46,309 --> 00:50:43,359

moment it gives you the opportunity to

1385

00:50:47,670 --> 00:50:46,319

say okay i think i need to try something

1386

00:50:49,829 --> 00:50:47,680

different

1387

00:50:51,910 --> 00:50:49,839

this has not worked

1388

00:50:53,990 --> 00:50:51,920

it's like it's like up in front of your

1389

00:50:55,990 --> 00:50:54,000

face that it has not been working you

1390

00:50:57,430 --> 00:50:56,000

know you've laid it out and that

1391

00:50:59,030 --> 00:50:57,440

everything you've been doing has not

1392

00:51:00,630 --> 00:50:59,040

been working

1393

00:51:03,109 --> 00:51:00,640

and so

1394

00:51:05,190 --> 00:51:03,119

the creative part is that there's this

1395

00:51:09,990 --> 00:51:05,200

pivotal moment

1396

00:51:11,270 --> 00:51:10,000

i've seen it happen countless times i

1397

00:51:13,430 --> 00:51:11,280

see it in my

1398

00:51:14,950 --> 00:51:13,440

you know my participants my clients eyes

1399

00:51:18,069 --> 00:51:14,960

like there's a pivotal moment that's

1400

00:51:21,670 --> 00:51:18,079

like oh my gosh this is not working

1401
00:51:22,470 --> 00:51:21,680
so i need to try something else right

1402
00:51:24,950 --> 00:51:22,480
for

1403
00:51:27,990 --> 00:51:24,960
this sometimes requires

1404
00:51:29,829 --> 00:51:28,000
a long time of suffering right like so

1405
00:51:31,990 --> 00:51:29,839
that's why sometimes i think it

1406
00:51:33,589 --> 00:51:32,000
resonates because

1407
00:51:35,670 --> 00:51:33,599
for some people they've tried for

1408
00:51:37,430 --> 00:51:35,680
example distraction and it's worked

1409
00:51:39,510 --> 00:51:37,440
temporarily and they've only had it for

1410
00:51:40,390 --> 00:51:39,520
a few months and they're good to go

1411
00:51:42,549 --> 00:51:40,400
so

1412
00:51:45,109 --> 00:51:42,559
you know it's fine

1413
00:51:47,670 --> 00:51:45,119

but for people who've had it for a while

1414

00:51:51,670 --> 00:51:47,680

this resonates there's this pivotal

1415

00:51:53,670 --> 00:51:51,680

moment where they're like ah okay

1416

00:51:55,030 --> 00:51:53,680

okay it sounds like they've tried plenty

1417

00:51:57,270 --> 00:51:55,040

and then they're thinking well i need to

1418

00:51:59,349 --> 00:51:57,280

try something new but that something new

1419

00:52:01,510 --> 00:51:59,359

could be almost any of the therapies

1420

00:52:03,430 --> 00:52:01,520

that are tried and you said that act

1421

00:52:05,670 --> 00:52:03,440

seems to work better for these people

1422

00:52:07,829 --> 00:52:05,680

who have tried plenty already so what is

1423

00:52:09,589 --> 00:52:07,839

it because if it's this pivotal moment

1424

00:52:11,750 --> 00:52:09,599

then would that pivotal moment not apply

1425

00:52:14,309 --> 00:52:11,760

to any of the other therapies that they

1426

00:52:17,670 --> 00:52:14,319

could try that are new any new therapies

1427

00:52:19,750 --> 00:52:17,680

i mean again act is

1428

00:52:21,910 --> 00:52:19,760

it tends to be equivalent to other gold

1429

00:52:24,230 --> 00:52:21,920

standard ah right right right

1430

00:52:25,990 --> 00:52:24,240

so it's not i'm not saying it's better

1431

00:52:28,870 --> 00:52:26,000

and i'm not i'm not sure it's conclusive

1432

00:52:31,430 --> 00:52:28,880

that it's better for these people

1433

00:52:34,230 --> 00:52:31,440

but act is one of

1434

00:52:36,069 --> 00:52:34,240

it is the only therapy actually like

1435

00:52:37,990 --> 00:52:36,079

scientifically based one that's been

1436

00:52:40,150 --> 00:52:38,000

examined with you know randomized

1437

00:52:43,750 --> 00:52:40,160

controlled trials that has such a heavy

1438

00:52:46,390 --> 00:52:43,760

focus on the the values and it's it's

1439

00:52:48,549 --> 00:52:46,400

and it's also built on all these you

1440

00:52:50,710 --> 00:52:48,559

know basic science studies showing that

1441

00:52:52,309 --> 00:52:50,720

like thought suppression doesn't work

1442

00:52:54,150 --> 00:52:52,319

distraction doesn't work they come in

1443

00:52:56,870 --> 00:52:54,160

the rebound effect

1444

00:52:59,349 --> 00:52:56,880

but again the values piece is what

1445

00:53:00,390 --> 00:52:59,359

provides the motivation to to do the

1446

00:53:01,750 --> 00:53:00,400

hard work

1447

00:53:04,549 --> 00:53:01,760

right so

1448

00:53:07,270 --> 00:53:04,559

the woman who has had panic attacks for

1449

00:53:08,390 --> 00:53:07,280

10 years and barely leaves her house

1450

00:53:09,750 --> 00:53:08,400

anymore

1451
00:53:10,790 --> 00:53:09,760
okay

1452
00:53:15,589 --> 00:53:10,800
and

1453
00:53:18,230 --> 00:53:15,599
to reduce the panic attacks

1454
00:53:20,309 --> 00:53:18,240
works for a bit not too long

1455
00:53:21,829 --> 00:53:20,319
and she's you know not leaving her house

1456
00:53:23,990 --> 00:53:21,839
very much anymore

1457
00:53:26,630 --> 00:53:24,000
her daughter is graduating

1458
00:53:28,870 --> 00:53:26,640
and this requires her to go

1459
00:53:31,430 --> 00:53:28,880
sit in a building with or in an

1460
00:53:33,349 --> 00:53:31,440
auditorium with hundreds of people like

1461
00:53:35,510 --> 00:53:33,359
the most stressful thing for someone

1462
00:53:37,510 --> 00:53:35,520
like this

1463
00:53:39,990 --> 00:53:37,520

what would motivate her to do this work

1464

00:53:45,990 --> 00:53:44,309

as her as her daughter is on the stage

1465

00:53:47,670 --> 00:53:46,000

and she looks up

1466

00:53:52,150 --> 00:53:47,680

into the seats

1467

00:53:57,670 --> 00:53:55,109

right you make the values

1468

00:53:59,990 --> 00:53:57,680

front and center for the mom

1469

00:54:02,230 --> 00:54:00,000

do you want your daughter to see you

1470

00:54:05,109 --> 00:54:02,240

there

1471

00:54:06,390 --> 00:54:05,119

would you be willing to experience

1472

00:54:07,589 --> 00:54:06,400

that

1473

00:54:10,470 --> 00:54:07,599

feeling of

1474

00:54:12,309 --> 00:54:10,480

overwhelming fear and anxiety if it

1475

00:54:13,829 --> 00:54:12,319

means that your daughter for the rest of

1476
00:54:17,510 --> 00:54:13,839
her life will say

1477
00:54:22,069 --> 00:54:20,150
so values make it worthwhile and it's a

1478
00:54:24,390 --> 00:54:22,079
really important aspect and so like a

1479
00:54:28,390 --> 00:54:24,400
lot of the traditional

1480
00:54:30,470 --> 00:54:28,400
cbt have now incorporated values into

1481
00:54:33,750 --> 00:54:30,480
their treatment models because we're

1482
00:54:35,990 --> 00:54:33,760
finding it's such a powerful piece right

1483
00:54:38,150 --> 00:54:36,000
but values have always been the heart of

1484
00:54:39,190 --> 00:54:38,160
act

1485
00:54:41,589 --> 00:54:39,200
have you

1486
00:54:45,109 --> 00:54:41,599
found any studies that demonstrate

1487
00:54:46,710 --> 00:54:45,119
whether act works for suicidal ideation

1488
00:54:48,230 --> 00:54:46,720

or other

1489

00:54:50,870 --> 00:54:48,240

i think you call them distressors before

1490

00:54:52,150 --> 00:54:50,880

or but i'm not sure other because we

1491

00:54:53,990 --> 00:54:52,160

don't want to call them illnesses but

1492

00:54:57,270 --> 00:54:54,000

other and nor do we want to call them

1493

00:54:58,790 --> 00:54:57,280

disorders per se but issues other issues

1494

00:55:00,790 --> 00:54:58,800

maybe psychosis schizophrenia

1495

00:55:03,910 --> 00:55:00,800

derealization

1496

00:55:06,150 --> 00:55:03,920

so what's really interesting is

1497

00:55:08,790 --> 00:55:06,160

like i said there's over 300 randomized

1498

00:55:11,670 --> 00:55:08,800

controlled trials on act

1499

00:55:14,309 --> 00:55:11,680

and they range from mental health

1500

00:55:17,109 --> 00:55:14,319

conditions like depression anxiety

1501
00:55:20,309 --> 00:55:17,119
psychosis trichotillomania there's a

1502
00:55:22,790 --> 00:55:20,319
huge range of mental health conditions

1503
00:55:25,430 --> 00:55:22,800
it's been effective in a huge range of

1504
00:55:26,870 --> 00:55:25,440
medical conditions diabetes multiple

1505
00:55:28,150 --> 00:55:26,880
sclerosis

1506
00:55:29,750 --> 00:55:28,160
cancer

1507
00:55:32,829 --> 00:55:29,760
cardi car

1508
00:55:35,589 --> 00:55:32,839
heart failure a lot of those

1509
00:55:37,670 --> 00:55:35,599
hiv and in terms of the outcomes are

1510
00:55:39,270 --> 00:55:37,680
different right it's like getting back

1511
00:55:42,150 --> 00:55:39,280
into care or

1512
00:55:44,069 --> 00:55:42,160
cancer-related anxiety or

1513
00:55:46,069 --> 00:55:44,079

okay just to be clear you're not saying

1514

00:55:48,549 --> 00:55:46,079

employ act in order to induce your

1515

00:55:50,470 --> 00:55:48,559

cancer to a state of remission

1516

00:55:53,430 --> 00:55:50,480

no it's like for things related to it

1517

00:55:56,870 --> 00:55:53,440

like cancer related anxiety or for in

1518

00:55:59,990 --> 00:55:56,880

the in the heart failure patients it's

1519

00:56:01,670 --> 00:56:00,000

improving behaviors that would

1520

00:56:03,670 --> 00:56:01,680

um improve actually your health

1521

00:56:06,230 --> 00:56:03,680

condition right

1522

00:56:08,710 --> 00:56:06,240

um migraines it's been helpful for

1523

00:56:11,510 --> 00:56:08,720

migraines because migraine is a very

1524

00:56:13,270 --> 00:56:11,520

similar condition right the more you

1525

00:56:15,349 --> 00:56:13,280

struggle that you're getting headaches

1526
00:56:17,349 --> 00:56:15,359
the more you're gonna get headaches

1527
00:56:19,750 --> 00:56:17,359
and the more you avoid life because of

1528
00:56:21,829 --> 00:56:19,760
fear of getting headaches the more

1529
00:56:23,750 --> 00:56:21,839
um sensitive you become to things that

1530
00:56:27,510 --> 00:56:23,760
trigger headaches

1531
00:56:30,470 --> 00:56:27,520
and also it's been used in a range of

1532
00:56:31,750 --> 00:56:30,480
life things like chess performance

1533
00:56:33,190 --> 00:56:31,760
stigma

1534
00:56:34,230 --> 00:56:33,200
prejudice

1535
00:56:35,589 --> 00:56:34,240
um

1536
00:56:41,430 --> 00:56:35,599
rowing

1537
00:56:42,630 --> 00:56:41,440
enhancing sports performance for example

1538
00:56:44,870 --> 00:56:42,640

um

1539

00:56:46,470 --> 00:56:44,880

how about learning in general so for

1540

00:56:48,309 --> 00:56:46,480

example in this channel learning math

1541

00:56:50,150 --> 00:56:48,319

and physics

1542

00:56:52,390 --> 00:56:50,160

i don't know if i've seen a study on

1543

00:56:53,829 --> 00:56:52,400

that that doesn't mean it doesn't exist

1544

00:56:55,670 --> 00:56:53,839

um

1545

00:56:57,510 --> 00:56:55,680

could you imagine how it could be used

1546

00:56:59,510 --> 00:56:57,520

to enhance learning or would it just be

1547

00:57:01,190 --> 00:56:59,520

if some anxiety was holding you back

1548

00:57:03,190 --> 00:57:01,200

from learning we addressed that and then

1549

00:57:04,630 --> 00:57:03,200

the learning i think so i think it would

1550

00:57:06,710 --> 00:57:04,640

be more like

1551

00:57:09,829 --> 00:57:06,720

how do you become more present focused

1552

00:57:12,549 --> 00:57:09,839

when you're studying how do you you know

1553

00:57:14,470 --> 00:57:12,559

not let anxiety and difficult thoughts

1554

00:57:17,670 --> 00:57:14,480

get in the way because

1555

00:57:20,230 --> 00:57:17,680

you can over think you can worry so much

1556

00:57:22,549 --> 00:57:20,240

that it gets in the way of how you do

1557

00:57:23,510 --> 00:57:22,559

so you would address that part of it you

1558

00:57:25,030 --> 00:57:23,520

know

1559

00:57:27,109 --> 00:57:25,040

like in the medical conditions we

1560

00:57:30,150 --> 00:57:27,119

address treatment adherence

1561

00:57:31,510 --> 00:57:30,160

with our diabetic patients for example

1562

00:57:33,430 --> 00:57:31,520

because patients don't want to think

1563

00:57:34,870 --> 00:57:33,440

about their condition they won't take

1564

00:57:36,789 --> 00:57:34,880

their medications because the

1565

00:57:39,589 --> 00:57:36,799

medications remind them of how sick they

1566

00:57:42,069 --> 00:57:39,599

are right it's an avoidance strategy

1567

00:57:43,910 --> 00:57:42,079

and so you're telling them to face

1568

00:57:45,589 --> 00:57:43,920

this thing that's scary to them because

1569

00:57:47,750 --> 00:57:45,599

actually in the long term

1570

00:57:48,549 --> 00:57:47,760

it will help them with their condition

1571

00:57:50,630 --> 00:57:48,559

right

1572

00:57:53,349 --> 00:57:50,640

so there's a lot of treatment adherence

1573

00:57:55,030 --> 00:57:53,359

things that act works on because a lot

1574

00:57:56,789 --> 00:57:55,040

of

1575

00:57:59,470 --> 00:57:56,799

difficulty with treatment adherence is

1576

00:58:03,190 --> 00:57:59,480

due to avoidance it's uncomfortable it's

1577

00:58:03,990 --> 00:58:03,200

inconvenient it's anxiety provoking

1578

00:58:06,069 --> 00:58:04,000

um

1579

00:58:08,390 --> 00:58:06,079

act has also been used in works

1580

00:58:11,270 --> 00:58:08,400

workplace stress and burnout among

1581

00:58:12,309 --> 00:58:11,280

medical professionals

1582

00:58:14,390 --> 00:58:12,319

um

1583

00:58:16,309 --> 00:58:14,400

but you ask oh i know what you asked me

1584

00:58:19,349 --> 00:58:16,319

about does it work for psychosis which

1585

00:58:22,069 --> 00:58:19,359

reminded me and now i'm jumping back

1586

00:58:24,710 --> 00:58:22,079

so act is listed as an empirically

1587

00:58:26,789 --> 00:58:24,720

supported treatment by

1588

00:58:27,910 --> 00:58:26,799

the american psychological association

1589

00:58:28,950 --> 00:58:27,920

and other

1590

00:58:32,069 --> 00:58:28,960

um

1591

00:58:33,430 --> 00:58:32,079

important boards for five conditions

1592

00:58:34,870 --> 00:58:33,440

for depression

1593

00:58:37,430 --> 00:58:34,880

anxiety

1594

00:58:39,589 --> 00:58:37,440

ocd psychosis

1595

00:58:42,390 --> 00:58:39,599

and chronic pain

1596

00:58:45,510 --> 00:58:42,400

now it's been tested in

1597

00:58:48,150 --> 00:58:45,520

dozens of other conditions but to reach

1598

00:58:49,510 --> 00:58:48,160

the scientific rigor to be listed

1599

00:58:51,270 --> 00:58:49,520

you have to have a certain number of

1600

00:58:53,430 --> 00:58:51,280

clinical trials and they have to be from

1601
00:58:56,230 --> 00:58:53,440
independent labs and

1602
00:58:58,630 --> 00:58:56,240
you know so there has to it's um

1603
00:58:59,829 --> 00:58:58,640
it's a very rigorous thing to get listed

1604
00:59:02,789 --> 00:58:59,839
on that but

1605
00:59:04,390 --> 00:59:02,799
imagine it's actually listed

1606
00:59:06,549 --> 00:59:04,400
as an empirically supported treatment

1607
00:59:09,990 --> 00:59:06,559
for psychosis

1608
00:59:11,670 --> 00:59:10,000
and so yes it works for that more in

1609
00:59:14,710 --> 00:59:11,680
terms of

1610
00:59:16,710 --> 00:59:14,720
not reducing symptoms per se

1611
00:59:19,750 --> 00:59:16,720
but learning to live

1612
00:59:22,950 --> 00:59:19,760
with them more effectively and

1613
00:59:30,309 --> 00:59:26,549

in the first study of psychosis

1614

00:59:33,829 --> 00:59:32,069

and getting back to the question of is

1615

00:59:35,829 --> 00:59:33,839

acknowledgement a better term than

1616

00:59:37,910 --> 00:59:35,839

acceptance because acceptance has the

1617

00:59:40,230 --> 00:59:37,920

connotation that you should accept the

1618

00:59:42,549 --> 00:59:40,240

thought like go with it

1619

00:59:44,549 --> 00:59:42,559

believe it even

1620

00:59:47,190 --> 00:59:44,559

so it's not what it should be called

1621

00:59:49,270 --> 00:59:47,200

it's what works right it's what works

1622

00:59:51,349 --> 00:59:49,280

that said

1623

00:59:52,150 --> 00:59:51,359

i don't use the term acceptance in my

1624

00:59:56,390 --> 00:59:52,160

work

1625

00:59:58,710 --> 00:59:56,400

you know when we're writing about it

1626

01:00:01,510 --> 00:59:58,720

but in the like day-to-day interactions

1627

01:00:03,270 --> 01:00:01,520

with my patients or with my clients i

1628

01:00:06,069 --> 01:00:03,280

don't use the term acceptance because

1629

01:00:08,390 --> 01:00:06,079

it's a very loaded actually actually

1630

01:00:10,950 --> 01:00:08,400

term like they take it as like just suck

1631

01:00:13,990 --> 01:00:10,960

it up and accept it you know

1632

01:00:15,109 --> 01:00:14,000

and that's definitely not the intended

1633

01:00:18,390 --> 01:00:15,119

message

1634

01:00:19,430 --> 01:00:18,400

acknowledge is a much better term i

1635

01:00:21,670 --> 01:00:19,440

think

1636

01:00:23,910 --> 01:00:21,680

the thing that acknowledge

1637

01:00:25,750 --> 01:00:23,920

doesn't get into i think

1638

01:00:28,390 --> 01:00:25,760

although it might i just haven't thought

1639

01:00:30,789 --> 01:00:28,400

about it enough but

1640

01:00:33,190 --> 01:00:30,799

acknowledge is a really good one

1641

01:00:35,030 --> 01:00:33,200

i think what willingness does as an

1642

01:00:35,910 --> 01:00:35,040

extra step

1643

01:00:39,349 --> 01:00:35,920

is

1644

01:00:41,190 --> 01:00:39,359

connects it to the value because

1645

01:00:43,430 --> 01:00:41,200

are you willing

1646

01:00:46,150 --> 01:00:43,440

to feel this way

1647

01:00:48,549 --> 01:00:46,160

or to have these thoughts

1648

01:00:50,630 --> 01:00:48,559

in service of something important to you

1649

01:00:52,710 --> 01:00:50,640

would you be willing to experience fear

1650

01:00:54,309 --> 01:00:52,720

and anxiety

1651
01:00:55,670 --> 01:00:54,319
if it means you'll be at your daughter's

1652
01:00:58,950 --> 01:00:55,680
graduation

1653
01:00:59,670 --> 01:00:58,960
would you be willing to experience all

1654
01:01:01,589 --> 01:00:59,680
the

1655
01:01:03,910 --> 01:01:01,599
difficulties

1656
01:01:05,670 --> 01:01:03,920
of graduate school if it means that

1657
01:01:07,349 --> 01:01:05,680
you'll get to do what you want to do at

1658
01:01:10,150 --> 01:01:07,359
the end right

1659
01:01:11,990 --> 01:01:10,160
so the willingness piece for me connects

1660
01:01:14,549 --> 01:01:12,000
it to the other side

1661
01:01:17,030 --> 01:01:14,559
which is a critical one but certainly

1662
01:01:19,030 --> 01:01:17,040
acknowledge is much more i think

1663
01:01:21,430 --> 01:01:19,040

compassionate than

1664

01:01:22,789 --> 01:01:21,440

accept

1665

01:01:25,030 --> 01:01:22,799

one of the questions i have and it's

1666

01:01:26,950 --> 01:01:25,040

more of a philosophical one is

1667

01:01:29,589 --> 01:01:26,960

determining whether

1668

01:01:32,390 --> 01:01:29,599

an issue is a psychological

1669

01:01:33,349 --> 01:01:32,400

problem or a physical one so for example

1670

01:01:37,270 --> 01:01:33,359

for me

1671

01:01:39,990 --> 01:01:37,280

for a series of weeks i was waking up

1672

01:01:42,069 --> 01:01:40,000

soon after going to sleep

1673

01:01:44,789 --> 01:01:42,079

terrorized by something by

1674

01:01:46,870 --> 01:01:44,799

a dream and feeling horror as they woke

1675

01:01:48,549 --> 01:01:46,880

up and then it turns out as soon as i

1676

01:01:50,470 --> 01:01:48,559

started sleeping on my side all of that

1677

01:01:52,470 --> 01:01:50,480

went away and it's because i have a mild

1678

01:01:54,230 --> 01:01:52,480

sleep apnea that i didn't know about and

1679

01:01:56,789 --> 01:01:54,240

this is common in people who have sleep

1680

01:01:59,270 --> 01:01:56,799

apnea your mouth your throat closes and

1681

01:02:01,510 --> 01:01:59,280

so you wake yourself up and because it

1682

01:02:03,910 --> 01:02:01,520

triggers a certain reflex you wake up in

1683

01:02:06,309 --> 01:02:03,920

fear and you think or i thought that i

1684

01:02:08,789 --> 01:02:06,319

need to go to see sigmund freud or carl

1685

01:02:11,349 --> 01:02:08,799

jung to resolve childhood issues that

1686

01:02:13,750 --> 01:02:11,359

are coming up in my dreams but it all

1687

01:02:16,069 --> 01:02:13,760

went away when i slept on my side

1688

01:02:17,990 --> 01:02:16,079

so that was a physical problem that i

1689

01:02:20,390 --> 01:02:18,000

thought was a psychological one so how

1690

01:02:22,470 --> 01:02:20,400

does one go about determining when a

1691

01:02:24,470 --> 01:02:22,480

problem requires a physical intervention

1692

01:02:26,230 --> 01:02:24,480

versus a psychological one so let's call

1693

01:02:28,390 --> 01:02:26,240

that question number one and then

1694

01:02:30,549 --> 01:02:28,400

a sub to that question 1a is how does

1695

01:02:32,309 --> 01:02:30,559

one determine whether an intervention

1696

01:02:34,549 --> 01:02:32,319

such as running or exercise like a

1697

01:02:37,190 --> 01:02:34,559

physical one in this case that the lack

1698

01:02:39,190 --> 01:02:37,200

of it is the cause for the issue

1699

01:02:41,190 --> 01:02:39,200

versus the addition of it abates the

1700

01:02:42,470 --> 01:02:41,200

underlying problem so are those two seen

1701

01:02:45,030 --> 01:02:42,480

as the same

1702

01:02:47,349 --> 01:02:45,040

this is an ideological question so it's

1703

01:02:48,870 --> 01:02:47,359

more philosophical about

1704

01:02:51,190 --> 01:02:48,880

how does one determine whether the

1705

01:02:53,750 --> 01:02:51,200

presence of something

1706

01:02:56,230 --> 01:02:53,760

is the cure for the predicament versus

1707

01:02:57,990 --> 01:02:56,240

the lack of it being the cause of the

1708

01:02:59,910 --> 01:02:58,000

problem let me know if that was clear

1709

01:03:00,710 --> 01:02:59,920

because i can restate that

1710

01:03:02,549 --> 01:03:00,720

well

1711

01:03:05,670 --> 01:03:02,559

the question is a hard one and i won't

1712

01:03:07,349 --> 01:03:05,680

answer it directly what i will say is

1713

01:03:10,710 --> 01:03:07,359

that

1714

01:03:13,109 --> 01:03:10,720

mental health and physical health issues

1715

01:03:14,829 --> 01:03:13,119

are intertwined and

1716

01:03:17,910 --> 01:03:14,839

play a very strong

1717

01:03:19,510 --> 01:03:17,920

bi-directional effect on each other

1718

01:03:22,230 --> 01:03:19,520

so for example

1719

01:03:23,430 --> 01:03:22,240

people who have when you do longitudinal

1720

01:03:26,470 --> 01:03:23,440

studies

1721

01:03:29,270 --> 01:03:26,480

people who have depression

1722

01:03:31,990 --> 01:03:29,280

are at much higher risk

1723

01:03:35,829 --> 01:03:32,000

for cardiovascular disease

1724

01:03:37,670 --> 01:03:35,839

and migraine and a range of physical

1725

01:03:39,990 --> 01:03:37,680

health problems

1726

01:03:42,069 --> 01:03:40,000

and the reverse is true

1727

01:03:45,510 --> 01:03:42,079

patients with migraine and

1728

01:03:47,829 --> 01:03:45,520

cardiovascular disease ms

1729

01:03:49,670 --> 01:03:47,839

are at much higher risk for mental

1730

01:03:51,190 --> 01:03:49,680

health difficulties like depression and

1731

01:03:52,870 --> 01:03:51,200

anxiety

1732

01:03:55,029 --> 01:03:52,880

so it's

1733

01:03:57,029 --> 01:03:55,039

they're very bi-directional and

1734

01:03:58,710 --> 01:03:57,039

longitudinal studies have shown this and

1735

01:04:01,029 --> 01:03:58,720

people have spent a lot of time trying

1736

01:04:03,430 --> 01:04:01,039

to figure out which comes first and

1737

01:04:05,029 --> 01:04:03,440

it differs for different people

1738

01:04:06,950 --> 01:04:05,039

i think the important thing to know is

1739

01:04:09,430 --> 01:04:06,960

that they do

1740

01:04:11,109 --> 01:04:09,440

influence each other you know

1741

01:04:13,109 --> 01:04:11,119

i'm not

1742

01:04:16,870 --> 01:04:13,119

sometimes targeting both is the best

1743

01:04:18,069 --> 01:04:16,880

strategy like let's take migraines right

1744

01:04:20,390 --> 01:04:18,079

stress

1745

01:04:22,470 --> 01:04:20,400

so migraines are triggered by many

1746

01:04:23,430 --> 01:04:22,480

things it's triggered by certain foods

1747

01:04:24,870 --> 01:04:23,440

it's

1748

01:04:26,950 --> 01:04:24,880

triggered by certain

1749

01:04:27,750 --> 01:04:26,960

changes in elevation

1750

01:04:31,029 --> 01:04:27,760

um

1751

01:04:32,789 --> 01:04:31,039

but it's one of the main triggers of

1752

01:04:33,670 --> 01:04:32,799

migraines is stress

1753

01:04:34,710 --> 01:04:33,680

right

1754

01:04:36,950 --> 01:04:34,720

so

1755

01:04:38,950 --> 01:04:36,960

if you address the stress

1756

01:04:41,349 --> 01:04:38,960

you might minimize the number of

1757

01:04:44,470 --> 01:04:41,359

migraines that doesn't mean that

1758

01:04:47,510 --> 01:04:44,480

migraines are not a true neurological

1759

01:04:49,589 --> 01:04:47,520

condition because it is the brains

1760

01:04:53,109 --> 01:04:49,599

of patients with migraine

1761

01:04:54,549 --> 01:04:53,119

even outside of a migraine episode

1762

01:04:57,190 --> 01:04:54,559

their brains are different from people

1763

01:04:58,309 --> 01:04:57,200

who don't have migraines right

1764

01:05:01,109 --> 01:04:58,319

and so

1765

01:05:03,190 --> 01:05:01,119

would that person benefit from both

1766

01:05:05,589 --> 01:05:03,200

a preventive or acute migraine

1767

01:05:07,589 --> 01:05:05,599

medication and

1768

01:05:10,230 --> 01:05:07,599

stress relieving strategies

1769

01:05:12,150 --> 01:05:10,240

probably absolutely actually

1770

01:05:14,390 --> 01:05:12,160

same thing applies for cardiovascular

1771

01:05:17,750 --> 01:05:14,400

disease right

1772

01:05:20,829 --> 01:05:17,760

people who have depression are two times

1773

01:05:22,789 --> 01:05:20,839

more likely to

1774

01:05:24,870 --> 01:05:22,799

die from

1775

01:05:26,950 --> 01:05:24,880

cardiovascular disease than people

1776

01:05:28,870 --> 01:05:26,960

without depression right

1777

01:05:31,029 --> 01:05:28,880

is that the cause

1778

01:05:33,190 --> 01:05:31,039

it's hard to say right but does it

1779

01:05:34,630 --> 01:05:33,200

impact it absolutely

1780

01:05:37,029 --> 01:05:34,640

so maybe that's a different way to

1781

01:05:38,549 --> 01:05:37,039

answer your question sure and can we end

1782

01:05:39,589 --> 01:05:38,559

on the visual just one more visual

1783

01:05:43,029 --> 01:05:39,599

exercise

1784

01:05:45,510 --> 01:05:43,039

one more visual well there are many um

1785

01:05:47,510 --> 01:05:45,520

but one like the bus driver for example

1786

01:05:50,870 --> 01:05:47,520

that's very similar to the bus driver

1787

01:05:53,510 --> 01:05:50,880

but i do individually with my patients

1788

01:05:55,910 --> 01:05:53,520

it's called the lifeline you know and i

1789

01:05:58,069 --> 01:05:55,920

get and it's a physical one in the sense

1790

01:05:59,990 --> 01:05:58,079

that i stand next to them and then i say

1791

01:06:02,150 --> 01:06:00,000

something like

1792

01:06:04,630 --> 01:06:02,160

what is something that you really care

1793

01:06:06,069 --> 01:06:04,640

about that you haven't been doing

1794

01:06:08,230 --> 01:06:06,079

you know and

1795

01:06:10,069 --> 01:06:08,240

so maybe someone will say to me like i

1796

01:06:11,910 --> 01:06:10,079

want to go out more with friends but i'm

1797

01:06:13,589 --> 01:06:11,920

too anxious

1798

01:06:15,750 --> 01:06:13,599

and then i'll really get at i'll say

1799

01:06:17,190 --> 01:06:15,760

well tell me why that matters to you you

1800

01:06:19,270 --> 01:06:17,200

know why

1801

01:06:20,390 --> 01:06:19,280

why do you even care about that

1802

01:06:21,910 --> 01:06:20,400

well because

1803

01:06:25,510 --> 01:06:21,920

you know i want to have friends and it's

1804

01:06:28,630 --> 01:06:25,520

important and i really care about people

1805

01:06:31,270 --> 01:06:28,640

and so i'll i'll put a sticky note on a

1806

01:06:32,470 --> 01:06:31,280

door which is a little bit far away from

1807

01:06:34,549 --> 01:06:32,480

us you know

1808

01:06:37,349 --> 01:06:34,559

and i'll say what's one step that you

1809

01:06:38,470 --> 01:06:37,359

can take what's one small thing you can

1810

01:06:41,190 --> 01:06:38,480

do

1811

01:06:44,549 --> 01:06:41,200

that can move you closer to this

1812

01:06:49,829 --> 01:06:47,029

they might say something like

1813

01:06:51,990 --> 01:06:49,839

ask someone on a date or they might say

1814

01:06:53,910 --> 01:06:52,000

something like uh say yes to an

1815

01:06:55,349 --> 01:06:53,920

invitation right

1816

01:06:58,470 --> 01:06:55,359

and i'll say great and i'll put that

1817

01:06:59,270 --> 01:06:58,480

sticky on the door next to the value

1818

01:07:01,349 --> 01:06:59,280

like

1819

01:07:03,829 --> 01:07:01,359

want to have more social interactions i

1820

01:07:06,630 --> 01:07:03,839

want to ask someone on a date

1821

01:07:08,789 --> 01:07:06,640

so then i say okay

1822

01:07:10,390 --> 01:07:08,799

let's let's think about walking towards

1823

01:07:12,549 --> 01:07:10,400

that let's imagine that you're about to

1824

01:07:14,710 --> 01:07:12,559

go ask someone on a date

1825

01:07:16,870 --> 01:07:14,720

tell me what what shows up for you like

1826

01:07:19,029 --> 01:07:16,880

what thoughts pop up

1827

01:07:20,630 --> 01:07:19,039

like you're not good enough or you're

1828

01:07:21,589 --> 01:07:20,640

gonna look stupid

1829

01:07:23,910 --> 01:07:21,599

you're

1830

01:07:25,029 --> 01:07:23,920

you know not lovable enough like what

1831

01:07:27,430 --> 01:07:25,039

shows up

1832

01:07:29,670 --> 01:07:27,440

so i guide them but they start like

1833

01:07:31,190 --> 01:07:29,680

telling me some thoughts and i say okay

1834

01:07:32,390 --> 01:07:31,200

and what shows up in your body as you

1835

01:07:33,430 --> 01:07:32,400

think about

1836

01:07:35,510 --> 01:07:33,440

going

1837

01:07:37,510 --> 01:07:35,520

to ask someone on a date

1838

01:07:39,829 --> 01:07:37,520

and they'll say oh like anxiety like my

1839

01:07:41,589 --> 01:07:39,839

heart's racing you know so i'll stick

1840

01:07:44,630 --> 01:07:41,599

sticky notes

1841

01:07:45,589 --> 01:07:44,640

on their body that has all these things

1842

01:07:47,349 --> 01:07:45,599

like

1843

01:07:49,589 --> 01:07:47,359

heart racing

1844

01:07:51,109 --> 01:07:49,599

she's gonna reject you you're gonna look

1845

01:07:54,870 --> 01:07:51,119

like a loser

1846

01:07:56,549 --> 01:07:54,880

this is terrible i can't handle it right

1847

01:07:59,109 --> 01:07:56,559

but when you

1848

01:08:01,029 --> 01:07:59,119

write it out and it's like outside your

1849

01:08:02,950 --> 01:08:01,039

head and you're putting it on a sticky

1850

01:08:04,789 --> 01:08:02,960

note on their body

1851

01:08:06,950 --> 01:08:04,799

first of all you you're kind of

1852

01:08:09,190 --> 01:08:06,960

disentangling a little bit the monster

1853

01:08:11,349 --> 01:08:09,200

that comes as a flood

1854

01:08:14,150 --> 01:08:11,359

and then i ask the person to start

1855

01:08:15,510 --> 01:08:14,160

walking with me towards

1856

01:08:18,870 --> 01:08:15,520

that

1857

01:08:19,829 --> 01:08:18,880

be doing

1858

01:08:22,470 --> 01:08:19,839

right

1859

01:08:24,789 --> 01:08:22,480

and as they are walking i start yelling

1860

01:08:26,470 --> 01:08:24,799

out all these things at them

1861

01:08:29,430 --> 01:08:26,480

you're going to blow it you're going to

1862

01:08:31,349 --> 01:08:29,440

be rejected it's going to be terrible

1863

01:08:34,870 --> 01:08:31,359

you're going to panic

1864

01:08:36,950 --> 01:08:34,880

and as i do that i turn them around

1865

01:08:40,709 --> 01:08:36,960

so that they stop walking towards their

1866

01:08:42,309 --> 01:08:40,719

value and start walking away from it

1867

01:08:44,470 --> 01:08:42,319

and then i say

1868

01:08:46,390 --> 01:08:44,480

how does it feel to walk away from that

1869

01:08:48,789 --> 01:08:46,400

thing that matters to you

1870

01:08:51,110 --> 01:08:48,799

they'll say it's a relief like because

1871

01:08:53,189 --> 01:08:51,120

i'm i stop i stop yelling at them as

1872

01:08:55,349 --> 01:08:53,199

well like their mind stops yelling at

1873

01:08:57,110 --> 01:08:55,359

them they've dodged a bullet

1874

01:08:58,229 --> 01:08:57,120

and i'll say okay

1875

01:09:00,630 --> 01:08:58,239

that's right

1876

01:09:02,470 --> 01:09:00,640

you've dodged a bullet

1877

01:09:04,470 --> 01:09:02,480

but what about that thing that matters

1878

01:09:06,149 --> 01:09:04,480

to you that thing that you really want

1879

01:09:08,229 --> 01:09:06,159

to do

1880

01:09:09,189 --> 01:09:08,239

and you'll be like well it's still far

1881

01:09:11,749 --> 01:09:09,199

away

1882

01:09:14,070 --> 01:09:11,759

right and i keep doing this

1883

01:09:16,709 --> 01:09:14,080

and like walking

1884

01:09:18,309 --> 01:09:16,719

and then turning him around walking and

1885

01:09:19,749 --> 01:09:18,319

like yelling these things that are on

1886

01:09:21,910 --> 01:09:19,759

the sticky note

1887

01:09:24,789 --> 01:09:21,920

and turning him around

1888

01:09:26,470 --> 01:09:24,799

until the last time or the final round

1889

01:09:29,669 --> 01:09:26,480

what i'll do is

1890

01:09:31,910 --> 01:09:29,679

i will walk with him all the way to the

1891

01:09:32,870 --> 01:09:31,920

sticky note have him grab the sticky

1892

01:09:36,149 --> 01:09:32,880

note

1893

01:09:37,349 --> 01:09:36,159

even though the thoughts are still there

1894

01:09:39,749 --> 01:09:37,359

right

1895

01:09:42,950 --> 01:09:39,759

he was willing to walk towards that

1896

01:09:44,309 --> 01:09:42,960

thing that mattered despite

1897

01:09:46,229 --> 01:09:44,319

all these difficult thoughts and

1898

01:09:49,829 --> 01:09:46,239

emotions that showed up

1899

01:09:52,309 --> 01:09:49,839

and then i'll say what does it feel like

1900

01:09:54,550 --> 01:09:52,319

to actually get there

1901

01:09:55,350 --> 01:09:54,560

and they'll always say like that feels

1902

01:10:01,510 --> 01:09:55,360

like

1903

01:10:02,870 --> 01:10:01,520

the fear win i didn't let my mind win i

1904

01:10:05,510 --> 01:10:02,880

didn't let

1905

01:10:08,229 --> 01:10:05,520

my emotions win i i let the thing that

1906

01:10:10,790 --> 01:10:08,239

matters when

1907

01:10:12,390 --> 01:10:10,800

i like that so the reward the reward

1908

01:10:13,510 --> 01:10:12,400

trumps the relief

1909

01:10:15,590 --> 01:10:13,520

correct

1910

01:10:17,510 --> 01:10:15,600

interesting because of time constraints

1911

01:10:19,590 --> 01:10:17,520

the last three questions were answered

1912

01:10:21,910 --> 01:10:19,600

over email and so i'll read them aloud

1913

01:10:25,030 --> 01:10:21,920

here question number one how much of a

1914

01:10:27,110 --> 01:10:25,040

role does belief slash hope play in act

1915

01:10:29,270 --> 01:10:27,120

that is to say when a patient believes

1916

01:10:31,270 --> 01:10:29,280

quote unquote that the treatment will

1917

01:10:33,030 --> 01:10:31,280

work or hopes that the treatment will

1918

01:10:34,790 --> 01:10:33,040

work or trusts that the treatment will

1919

01:10:37,990 --> 01:10:34,800

work then i imagine it would increase

1920

01:10:40,149 --> 01:10:38,000

its efficacy lillian states the placebo

1921

01:10:42,550 --> 01:10:40,159

effect is a real thing

1922

01:10:44,310 --> 01:10:42,560

hope is an important aspect of change it

1923

01:10:47,430 --> 01:10:44,320

helps if a person has trust in the

1924

01:10:49,669 --> 01:10:47,440

provider and in the treatment for sure

1925

01:10:51,750 --> 01:10:49,679

question number two what about finding a

1926

01:10:53,990 --> 01:10:51,760

purpose slash thinking the negative

1927

01:10:56,550 --> 01:10:54,000

thought understanding where it came from

1928

01:10:58,310 --> 01:10:56,560

and its reason and realizing it's not

1929

01:11:00,630 --> 01:10:58,320

needed but was trying to be helpful in

1930

01:11:03,669 --> 01:11:00,640

its own way for example saying to

1931

01:11:05,590 --> 01:11:03,679

oneself yes i see you anxiety and i

1932

01:11:07,110 --> 01:11:05,600

understand how you're trying to protect

1933

01:11:09,510 --> 01:11:07,120

me when i was younger that's how you

1934

01:11:12,630 --> 01:11:09,520

came about but i'm still going to ask

1935

01:11:14,470 --> 01:11:12,640

that guy out on a date anyhow lillian

1936

01:11:17,189 --> 01:11:14,480

answers yes this is something we would

1937

01:11:19,990 --> 01:11:17,199

do an act for sure our mind is often

1938

01:11:21,990 --> 01:11:20,000

trying to protect us so thanking it and

1939

01:11:24,070 --> 01:11:22,000

telling it where the thought originated

1940

01:11:25,430 --> 01:11:24,080

and that the context is now different

1941

01:11:28,470 --> 01:11:25,440

and that the thought is no longer

1942

01:11:30,790 --> 01:11:28,480

helpful is an act consistent move

1943

01:11:33,189 --> 01:11:30,800

the last question question number three

1944

01:11:34,630 --> 01:11:33,199

generally in studies one excludes people

1945

01:11:36,709 --> 01:11:34,640

with comorbidities because it

1946

01:11:38,709 --> 01:11:36,719

complicates the issues however it seems

1947

01:11:41,510 --> 01:11:38,719

like fewer and fewer people are those

1948

01:11:43,189 --> 01:11:41,520

who just have an isolated condition that

1949

01:11:45,189 --> 01:11:43,199

is to say greater and greater numbers of

1950

01:11:47,669 --> 01:11:45,199

people suffer from multiple issues

1951

01:11:49,430 --> 01:11:47,679

rather than just one thus these studies

1952

01:11:51,030 --> 01:11:49,440

don't necessarily reflect treatment

1953

01:11:53,990 --> 01:11:51,040

strategies that work for the majority of

1954

01:11:55,990 --> 01:11:54,000

people how does one overcome this flaw

1955

01:11:57,910 --> 01:11:56,000

that is not reflecting a patient's true

1956

01:11:59,110 --> 01:11:57,920

set of symptoms in the way studies are

1957

01:12:01,750 --> 01:11:59,120

designed

1958

01:12:03,669 --> 01:12:01,760

lillian answers most of my work has been

1959

01:12:05,510 --> 01:12:03,679

with people who have comorbidities

1960

01:12:07,590 --> 01:12:05,520

increasingly people are looking at

1961

01:12:09,830 --> 01:12:07,600

samples that generalize more to the

1962

01:12:11,590 --> 01:12:09,840

larger population

1963

01:12:13,110 --> 01:12:11,600

professor thank you so much i think

1964

01:12:15,590 --> 01:12:13,120

that's a great note to end on i think

1965

01:12:17,350 --> 01:12:15,600

that's extremely inspirational

1966

01:12:19,110 --> 01:12:17,360

great i'm glad

1967

01:12:21,270 --> 01:12:19,120

it was really nice to be here thank you

1968

01:12:22,950 --> 01:12:21,280

for inviting me i appreciate it i

1969

01:12:24,630 --> 01:12:22,960

appreciate you coming out and thank you

1970

01:12:28,310 --> 01:12:24,640

so much

1971

01:12:31,990 --> 01:12:30,229

the podcast is now finished if you'd

1972

01:12:35,110 --> 01:12:32,000

like to support conversations like this

1973

01:12:36,470 --> 01:12:35,120

then do consider going to [patreon.com](https://www.patreon.com)

1974

01:12:39,270 --> 01:12:36,480

c-u-r-t

1975

01:12:41,830 --> 01:12:39,280

j-a-i-m-u-n-g-a-l

1976

01:12:43,669 --> 01:12:41,840

that is kurt jaimungle it's support from

1977

01:12:45,510 --> 01:12:43,679

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