



Stop searching for the complex answer and embrace the simple and consistent method at the heart of all emotional struggle and growth. Eddie Reece and Bill Courtright delve into why all roads lead back to fundamental therapeutic truths in this *Greatest Hits* conversation, discussing everything from how our desire for comfort leads to tantrums and the Buddhist concept that attachment causes suffering. Eddie explains the power of reframing "rage" as a feeling of powerlessness and the non-negotiable role of nervous system regulation and the Kindness Dialogue—Curiosity, Kindness, and Compassion—as the core practices for profound personal change. Tune in to learn why all your struggles may be pointing you toward this one fundamental and liberating truth.

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Mastering Emotional Change: The Simple & Consistent Method (Greatest Hits Vol. 1)

The Simple & Consistent Method Of Emotional Growth

Eddie and I were just having a conversation, just talking about life and his love for therapy and my love for his knowledge, wisdom and insights on everything therapy related. I was a little bit amazed by the conversation we had and how in my opinion, Eddie's heartfelt way, trying to help me make sense of some things that were going on in my life. It was like we were grabbing elements of many different conversations that he and I have had here on the show.

It became incredibly clear to me that the concepts and the consistency of the application of those concepts and the credibility in which Eddie delivers those concepts in the very friendly, approachable way that he hopefully does for you, because he certainly does for me on this show, it was an a-ha moment for me. I even remarked about it. Of course, Eddie's response with the chuckle was pretty matter-of-fact and again, just rich with wisdom.

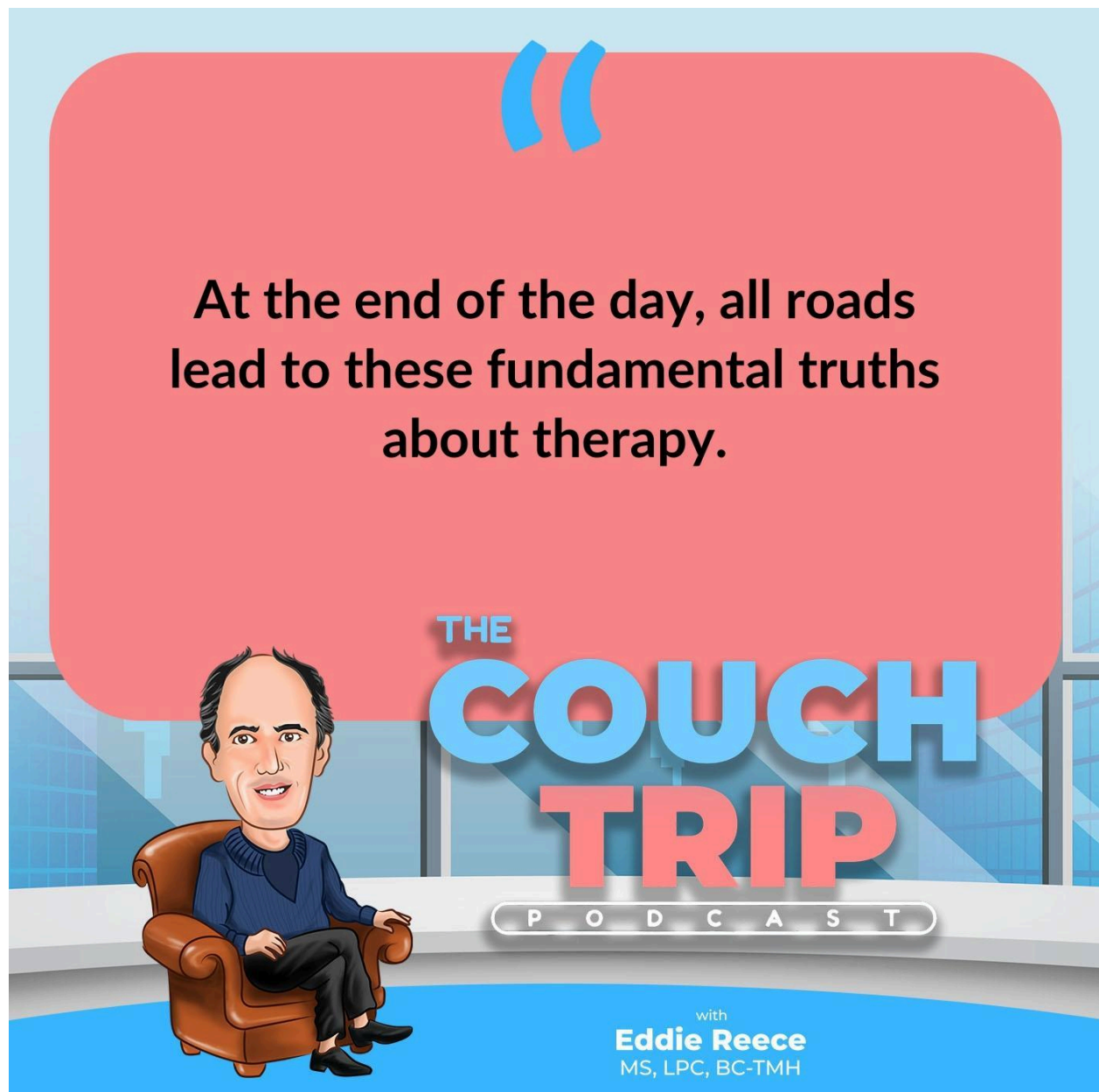
Not that it would be a greatest hits, but it would certainly be a lot of what we've discovered together and what I've discovered very similar to hopefully what you're discovering in reading these episodes in the blog or the transcript, or if you're finding us on Substack or Medium, or wherever you find us, hopefully at some point, the light bulb's going off for you.

I was reminded of the proverb when the teacher's ready, the student appears. As I've been listening to Eddie for months and pretty fascinated with each and every conversation that we have, I could promise you that it's starting to make sense. There are some principles that are ever present. Eddie and I are just going to have a conversation about the real-life circumstances that many of us find ourselves in and how it ties to a lot of the concepts that we've heard over and over again on these episodes and why that's the case. Why that consistency or repetitive nature, depending on how you want to look at it, present itself. Here we go.

I sat down and I was talking about a conversation that I had with a close family member. The concept of resentments and amends and selfishness and self-centeredness came in. I gave an anecdotal recreation of something that had happened in my mind and in my heart. Eddie, in his most very matter-of-fact way, told me what was going on. Although I never would've in a million years used the words that he used to describe what I was feeling, it was absolutely 100% dead on nuts what I was going through.

Eddie, I guess the question that I have for you, and maybe we delve a little deeper into some personal things that I'm having on my heart, but the question is why is it that the prescription or the answer, or the antidote or the explanation for a lot of these day-to-day, we say therapy for everyday life and our opening and our opener every week?

Why is it that my impression is, although I may be coming from a different place than challenged by a different thing, at the end of the day, it's like all roads lead to these fundamental truths about therapy and our self-image and our self-opinion, and what we say to ourselves and how that conversation makes us feel good or bad pissed off or joyful? Why is everything so simple and consistent and maybe even a little repetitive?



Why The Therapeutic Method Is Simple, But People Are Complicated

Why is everything so simple? That puts pictures in my heads and I have better pictures and words at the moment. Things aren't that simple. People are not that simple. It's pretty complicated mess, like a ball of string that's all wadded up and wrapped in on itself. The method to unravel that ball, the method to get to where you would like to go is fairly simple in terms of, here are the things you need to do. Here's the way you want to think about it, or the practices you want to put into your life.

There's not any piece of that that's difficult. When I talk to a client say about nervous system regulation, I'll say you exhale, and then near the end of the conversation, they'll go, "This sounds really hard." I go, "What's hard about this?" There's nothing hard about it. What's in their mind at that point is some end game where I will be this wonderfully calm, relaxed human being with no anxiety. That would be hard because that's impossible.

The process of exhale, drop your shoulders, none of that's hard. I change hard, the trick with myself and folks. It's not hard. It's just tricky. It's tricky to remember to do. It's tricky to remind yourself to work it into your day-to-day schedule, but none of it's hard. What's hard is not changing, resisting change, trying things to make a difference in your life that will never, ever work. All that's hard.

How To Deal: Choosing Your Reaction To An Unpleasant Trigger

There's a saying and most of our audience have probably heard it or some version of it where it's not about what happens to us, but how we react to what happens to us, or some non-bastardized version of that saying. It brings to mind that there is a decision or a series of decisions or some consciousness applied to our situation. I think what might be helpful for me or anyone reading is what's the right way to deal with those things that happen that immediately trigger an unpleasant response? You're agitated. You're aggravated. You're unhappy.

Rule number one with anything like that, anything that would cause you to say, "What should I do?" The answer will pretty much always be regulate and listen. What I hear you saying is if you do what you've always done, instead of listening, you're going to speak and you're going to speak from a place that's unregulated, jacked up, mad, angry, rageful, hurt, sad and is probably is not going to come out well.

I equated it to a tantrum.

Tantrum is a word I've stumbled upon decades ago and started using because that really is what most of us are doing in our lives. We're in a tantrum. The way I think of it is, I'm demanding something that's impossible. I will continue to hold my breath and cross my arms and stomp up and down and yell and scream until I get the impossible, which obviously is never going to work, but just as a child fails to see what they're doing, they don't see that it's not going to work, neither do we.

That brings people to therapy. They're trying to do something that's never ever going to work. They're initially going to come to me and saying, "Make this work." My job gets really tricky at that point, because I have to help them see that what they're asking for is impossible when they are absolutely sure it's going to happen at some point. If they can just figure out the right way to say it, do it, it'll happen. That'll go back to the conversation on grief, that you've got to let this go. You've got to grieve it. You've

got to stop putting so much time and effort and energy into something you're not going to get. That's hard for us to do.

Tweet: You've got to grieve it. Stop putting so much time, effort, and energy into something you're not going to get.

I would imagine, and as I sit here, at times, I could be wrong, but I would imagine that people come to you tasking you with creating comfort from discomfort.

Everybody's looking for comfort. Everybody's looking for a resolution, which is always going to be some version of, "I feel okay. Now everything's okay." It would be the way a child responds if they throw a tantrum for something that isn't impossible. "Get me that toy," and then a parent finally relents and gives them the toy. The child, at that point, is ecstatic. It would feel like that. That's what they're coming in to get. They want that. That probably is not the best bet because now, the child has trained the parent to give me what I want. The parent is being trained that, "I'm going to have to listen to this, and then I'll eventually give in." The pattern will repeat itself. The worn-out example I use is you want your kid to clean their room.

You go in ten times, "Clean your room or else," and the eleventh time you go in, they're not there. You look at it, you're so disgusted and clean it up. The kid is being trained that, "I can listen to that ten times, and then my room gets cleaned and they're quiet." They don't care that their room is cleaned. They don't come home and go, "My room is clean," because that's not what they wanted to begin with. They know now you're going to shut up. Great. I listened to this ten times, and then it goes away for a while. That's just the way it works. That's, that's how we're trained for everything.

Reframing Anger: Identifying Rage As Helplessness And Powerlessness

We talked about a little bit about how the level of discomfort and you referenced it a minute ago that one can feel as a result of something that they didn't invite or aren't happy with. I had used the term angry and you quickly reframed it, and you were right. You're like, "No, that's not anger. That's rage." Immediately, if you recall, I was like, "That's rage," because that's that helpless, hopeless and powerless.

That absolutely is how I'm feeling. And then you combine that with tantrum and I see you. I don't say you, me. I began to immediately feel silly like, "What am I doing?" To your point, there's no outcome. What no difference is this going to make? This isn't satiating in any way. I'm reminded that therapy and good therapy is really a process, in my opinion, of getting through, not making something comfortable bearable or easy, but just making sense of it in a way that allows someone to process it absent that tantrum state, that rage state.

When I do something like that, I'll name what I see someone doing. My hope is to give them Alfred Adler, a therapist that was a pioneer back in the '50s and '60s. He said, "When you say the truth to a client, they'll generally laugh." He called that the shock of recognition. That's me. It happens when there are parts of ourselves we don't want to see. We do our best to rationalize those away. "I'm just standing up for myself." No, you're being a really big jerk. I get couples come in. Generally, the guy will come in and say, "My wife is telling me that I'm being mean to her or I'm mistreating her, or she doesn't like the things that I say."

I'll say, "What things do you say?" Even giving me a cleaned-up version, which I'm sure it is, I go, "That's mean." "What's mean about that? I'm just trying to get her to understand that she's wrong about this." I go, "That's mean." "I'm trying to get you to understand you're wrong about this." "What if I said that to you about this?" "You just need to understand you're wrong about this. You're being mean I mean." "That's being mean. Maybe she's wrong. Maybe she's not. It doesn't matter. It's your behavior that has to change."

"Why do I have to change? When's she going to change?" "I don't know if she'll ever change or not. As a matter of fact, if all I cared about was your self-development, I'd pay her to do what she does. It pisses you off so that you can learn to deal with it in a way that will actually work. You have to make changes." "Me?" "Yeah, because you're the one who's here. You can't change her from here. If I could do that, I'd really be rich."

So much of what I believe makes therapy and therapists and psychotherapy as a discipline so fascinating is this what you just said. It feeds off of what I said a minute ago, which is it's not what happens. It's how we personally deal with what's happened. It puts a level of accountability or I guess there's some power in knowing that through good therapy, we can learn to process and get to a place of comfort or lack of discomfort. It sounds empowering.

Comfortable with uncomfortable. You've got to go, "I'm uncomfortable," and be comfortable with that.

Tweet: You've got to go among the uncomfortable and be comfortable with that.

Procrastination: The Unwillingness To Deal With Uncomfortable Emotions

I heard procrastination defined as the unwillingness to deal with uncomfortable emotions. I was like, "I'd never heard it looked at that way. I've never heard it articulated that way, and then the more I thought about it, it's like that's exactly why I am waiting the last minute to do my taxes or to clean the garage or blow the leaves or whatever. Something about that I don't want to do, it's uncomfortable. It's work, it's effort's taking me away from pleasure, comfort, or whatever. That's why we procrastinate, because what we're doing now feels better.

That in itself is a tantrum.

It sounded like it.

"I'm not going to do that because this is better. That's bad." We have what we consider a thing to do, and we just don't want to do it. Instead of exploring why we don't, we just go, "It's bad. Therefore, I'm not going to do bad things." We're going back to our [fantasy episode](#), we make up a story about how bad that's going to be. That's why I'm not going to do it. "I've got to do my taxes. That means that we got to pull out all those receipts. We've got to sit down for hours and hours." Once you finally do it, it took a couple of hours, maybe. We tell ourselves these stories and then we rebel against being made to do something because there's one part of us that's saying, "Do it." Another part hears that and goes, "No."

The problem with not getting the task done is because there's this battle going on, and you're going to do this. No, I'm not. When we get to that point, which only takes a few seconds for most of us, then we're dug in, and now we're living our day-to-day lives. We're just spending our times dug in client. Clients come in and I hear a lot of complaints about work from our clients, and a lot of my clients work in

IT. They've got a reason to complain. They're putting in 60, 70 hours a week. It's just really awful how that business runs.

What I do is I say, "The job sounds horrible. I don't know how you do it. As I think about it, that's awful." It's really not the job that's the problem. It's how you're responding to the job and the things that are being asked and/or demanded of you. If you could learn to respond to those differently, you would feel differently because you would be a different person. You could actually respond differently, wind up working fewer hours, actually not being so stressed out by what they're telling you to do.

If you just go to work and you're just another cog in the wheel, why would you worry about any of it? It's not your money. It's not your company. It's not your product. It's not your name on the building. They tell you to do something that you know is silly, not going to work will cause a big mess. You go, "Sir, I don't think that." They go, "Just do it." There's a saying in some of the business consulting I've studied that it's like, best way to get your boss fired is do everything they tell you to do. You just do it. Who cares? Things fall apart and you just go but those of you who know Alfred E. Neuman, "What, me worry?" It's not my thing. Most of us are very attached to all of those things. That's what causes you to suffer, not that you have this job.

Tweet: The best way to get your boss fired is do everything they tell you to do.

The Buddhist Truth: Why Attachment Is The Root Of All Suffering

The suffering comes from, in my opinion, our impression of how we're doing that job and whether or not we're enjoying what we're doing.

It can be summed up by saying our attachment, how we attach, I really love what the Buddhists say, that attachment causes suffering. It takes a while to really understand what attachment is. In this case, the attachment is, "I have to do a really good job. I have to be noticed and get promoted and make more money and get a bigger title and a bigger office, and I got to do this."

You're attached to that. That attachment is where the suffering comes from. You say, "Aren't we supposed to be motivated to get better?" Sure, you can say all the exact same things, but not be attached to it in that if it doesn't happen, or if I don't think it's happening fast enough or the way I want it to happen, then I will rage. That's where attachment leads to.

That's 100% right. Ladies and gentlemen, that's exactly how this conversation started. I had said I wasn't I had been wronged. I wasn't getting the acknowledgement or validation from this person who had wronged me. Moreover, no one would even acknowledge or validate the fact that I should feel the way I feel. I wasn't going to receive amends. I wasn't going to receive an apology. In the witness of people I care about, they were never going to see my side. I just wanted to not care.

You said what everybody said, which is wrong. "I wanted to not care." That's not true. You want to learn to actually care, because you're not caring taking the stance that you take. When you throw a tantrum, you're not a caring person.

No. You're emotional.

Yeah. You're throwing a tantrum. You're raging. You're feeling hopeless, helpless, and powerless, and you're demanding power and power over. When people say, "It works better if I just don't care." No, it

doesn't. It won't work at all. You have to learn to care. Caring is, I want this outcome. In the case you're talking about, "I want our relationship to be better or what I would hope it would be or I want to lose my rage and anxiety and demands over all of this and eventually learn to get to being able to begin the forgiveness process."

The grieving process, to mention other episodes, since this is our greatest hits thing, it's not an album of our greatest hits. It's an album of us throwing tidbits of our greatest hits. That's what we're doing. That caring is really caring. I care, but I'm not attached in a way that's going to make me rage and attachment as the Buddhist talk of it, to the best of my understanding, is attachment will lead to rage. It leads to suffering. It leads to this hopeless feeling that things never go the way I want them to.



At the root of that is the fact that we're feeling like as if somehow, something we do can make them go that way.

That's our fantasy issues. There are fantasy episodes. When you have a tantrum, we seem to be coming back to that, you make up a fantasy, which is what the tantrum is based on. I will hold my breath and then I will get what I want. I'll scream loud enough and I'll get what I want. Maybe that will work from time to time.

You're not really getting what you want, which is a sense of power, agency, the ability to cooperate, the ability to feel like you have some influence. You're not going to get any of that, so you're not really getting what you want, which is another thing. Most of us think, "This is what I want," but that's not really what you want. "I just want her to understand what I'm saying." No, you really don't. What you really want is for her to agree with you. Not only on this issue, but on every issue.

Not even just agree. Acquiesce, surrender.

If you got what you wanted, you would leave her because she has no spine. You would accuse her of that when you walked out the door. That's not what you really want, but you don't know what you really want, which is a cooperative, loving, communicative closely emotionally intimate relationship with somebody. You don't have a clue that that even exists. Why would you want it? That's what all human beings want inside somewhere.

The Tautology Of Tantrums: What You Think You Want Vs. What You Really Need

It makes sense. Before we got into what we do want or what the emotional connection that we're craving or whatever, what that looks like, I keep mentioning tantrum. In my mind, I was like, "The pattern here is you have unwelcome circumstance, situation, or feeling followed by emotional outbursts, followed by some level of nervous system regulation and maybe in advanced stages of therapy, or we would get into a kindness dialogue or forgiveness of self. Do I have that somewhere in the ballpark?"

Yeah. It really comes back to where you started of something happens that in our mind should not happen.

I called it an unwelcome circumstance or emotion.

You say, "The problem is that this went wrong." No, the problem is that you believed something could happen that you didn't have on the agenda. That's the problem because you've got mountains of evidence that tells you it never goes the way you want. That's why somebody came up with Murphy's Law at some point because things are going to go differently than we expect them to.

That goes back to what we've mentioned probably a number of times. I think it's best to live your life as improv. This comes at me and I say, "Yes, and," to it, which doesn't mean that you accept it or it doesn't bother you or whatever. It just means you don't fight against it. You don't go into your demand that it not happen or that it go away. There are just a lot of different ways we do that when something unexpected happens.

I go, "Is it really unexpected?" It shouldn't be unexpected that things are going to happen that you don't want. This unexpected thing, you might not have been able to think, "That might happen." You've got to train yourself that things are going to happen that I don't want to happen. I'd rather not have a body that ages. I just would rather not. That would be my preference. It's aging.

I've got a button to open my computer and I can put my finger on it, and it reads my fingerprint and the thing opens. That doesn't work anymore. The best I can tell the reason it doesn't work is because my hands, my skin is getting so dry and brittle and just shrinking up like old people's skin does that my fingerprint doesn't look the same anymore. I haven't read that anywhere. Maybe a reader has come across that, somebody who understands these things.

Somebody in the comments is going to be like, "Yeah, take some Windex and a paper towel and clean that thing."

No, it's clean. Trust me. It's clean. Alcohol pads. I've got them in almost every room. It's clean. It just won't work. Every time I open my computer, I'm punching a passcode instead of using my finger because it's like, "That's not going to work." There's always some at least tiny bit of irritation that happens when I do that because it's not the way I wanted to work.

It's like when the Wi-Fi doesn't work on the airplane.

I gave up on that. "Follow these easy steps to connect to the Wi-Fi." It's not going to work.

I'm sorry. We're in a metal tube at 30,000 feet.

People aren't going to put any money into making this work. I can tell you that right now. I don't even try the Wi-Fi. I'm not buying that.

Embracing The Obstacle: Using 'Good' To Reframe Reality

Your last series of comments reminded me of a book. I'm not sure if you're familiar with Jocko Willink. He's a Navy SEAL.

He sounds familiar.

I came across one of his YouTube shorts. He's a Navy SEAL who wrote a book called [*Extreme Ownership*](#). He's a thought leader now. There's a fairly famous short real story going around the internet about good. It speaks to what you said about this lack of predictability agenda. What you expect may never happen. Murphy's Law.

Essentially, it's that somebody he's working with is disconcerted over the current state of their organization. Every time they come to Jocko, who's a leadership consultant and a fairly well-known executive coach or whatnot, no matter what they say, he always responds with, "Good." It's like, "We're not meeting our numbers and I didn't get the promotion. I didn't get the raise." "Good." The person is like, "I don't even want to tell you anything anymore because I know you're just going to respond with good."

He goes into the explanation of good. He's like, "No matter what happens, it is good because there's always a way to reframe it as now we have more time to perfect the prototype," or, "Great, now we

have more time to prepare for when we do get that promotion or good.” We can use this as a learning experience. It's a reframe. If you just Google Jocko good, you'll see the YouTube Short.

That makes sense to me. I wouldn't frame it that way because I do my best to try not to talk in terms of good and bad, even though I do it all the time anyway, because that's the way our language is built, because I'm now saying, “That's not a very good way to do that.” I get his point in that this gives us an opportunity. I've started reading a book called [The Obstacle is the Way](#), Ryan Holiday.

I'm reading [Ego is the Enemy](#) right now.

That is next. The obstacle is the way is ancient. That's Greek philosophy. Stoicism. That's really what I think Jocko's talking about, that, “We have an obstacle we can use and we can do an episode on that.” How do you use the obstacle? That's really what I think he's saying. This is something I try to help my clients understand, that part of the problem is the way you're naming the problem. You're naming it as something that's either irretractable or is going to take a tremendous effort close to impossible to change it. That's why you're so downtrodden about it. You want to learn that this is not something that is stopping me.

It's not the job that's making you miserable. It's how you experience the job, the stories you tell yourself, the things you put up with, the things you won't do, the things you do that are making you miserable. Let's change those. Your job might be a job you should get out of but you're better off if you can learn the lessons that the job is trying to teach you. I say that in relationships that are struggling. “Get a divorce if you want to, if they're married. Break up if you want to. Why not take this opportunity to learn some lessons that this very person is doing an exceptional job of showing you that you need to learn? You're going to have to learn them at some point if you want a decent relationship, so you might as well learn them now. Use the obstacle.

Without the resistance, there is no strength gained.

Tweet: There is no strength gained without resistance.

Is that what you say?

Yeah. It's hard to build muscles without weights.

I know people who are lifting mental gymnastics.

This is out on the internet everywhere. If you can figure out a way to sell strength training as an info product, I'll buy it.

Mental strength. Emotional strength.

We're going to try to wrap this up. I've been trying to keep a mental tab of all the concepts that we've talked about, and I think we should probably bring it home with where we inevitably always end up. At least if you're talking to Eddie, or if you're blessed to have Eddie as your therapist, you've inevitably heard this series of thoughts or perspectives before. On this episode, we've talked about grief, we've talked about rage, we've talked about shame, we've talked about, what else? What am I missing?

We haven't talked about our biggest hit.

That is where I'm going.

I'm sure that's where you're going, because it's time for the encore.

The Core Practice: Nervous System Regulation & The Kindness Dialogue

It is. If all roads lead to what I'm going to call KD, then whether we're talking about grief, whether we're talking about shame, rage, helpless, hopelessness, and powerlessness, communication, relationships, whether we're talking about self-image, self-loathing, comfort in discomfort, in malleability, or flexibility in the circumstances we're dealing with, which again, is probably another way of saying just being comfortable being uncomfortable.

Ultimately, the conversation that we're going to have, either with ourselves or anyone else, is what, in my opinion, Eddie is most known for. If we could sum up the philosophy or the practice that is Eddie Reece, I think this would be the crux, the thesis, the topic sentence. The masterclass for his manner of therapy. Eddie, again, how do we always end up on the kindness dialogue?

The big hit is curiosity, kindness, compassion. The way you train yourself to be more curious, kinder, more compassionate is through that dialogue, which involves listening. As I mentioned earlier, listen, instead of speak and in order to listen, you're going to have to regulate. The end result of any discussion that I have about any issue is going to wind up involving you've got to regulate your nervous system because you're struggling, because your nervous system is unregulated.

Tweet: The end result of any discussion I have about any kind of issue is going to wind up involving regulating your nervous system.

I don't know if I've ever put it this way before, but unregulated means if you were measuring your nervous system, it means it is somewhere and it could be anywhere that won't allow you to meet the needs of what's in front of you. To explain that, if your nervous system is measured low to high and low being relaxed, high being completely enraged, if it is too low and you've got a physical mental task to do, you've got to raise it up. You've got to regulate to get up there.

If it's too high, you regulate to get down there. You're always having to move that around. Nervous system regulation, which is learning where am I just by listening to your body, and then, where do I want to be? Then how do I get there? That skillset is fundamental. You are just not going to function really well if you can't do that. A lot of us do that most of the time without even thinking about it.

If you add a little bit of a threat level into what you're doing, chances are you're going to get unregulated. It's the nervous system regulation so that you can actually have a kindness dialogue, whether it's with yourself or someone else. Be the listener and listen with this, "I really want to understand. I really want to hear this. I really want to see where they're coming from," and mean it.

Not so that you can have information about them so you can beat the crap out of them in some better way, but so that you really do see this other person as they are. If you can do that, it's pretty easy to just naturally feel some compassion for them. If you don't, which happens when I'm working with a client, I can walk them through an internal kindness dialogue and they will follow the steps. When they get to the end, they'll go, "Yeah, I get it." They can rattle off, "You think this because of that," but you can hear the tone. "Yeah, I get it. You think this is because of that, you idiot." They're raging at them.

They do have an intellectual, "I can follow the steps you're taking to get there, but you're still stupid." They weren't being curious in a way to really see the other person. They just wanted another way to beat them up or the other part of themselves. Practicing regulation all the time by doing the kindness dialogue all the time. I say it that way because it takes so much time for any of us, I know it did for me, to realize all the time, it means all the time while I'm doing the show, stay regulated.

You keep regulating, checking in. Be kind, be curious, and really listen to what is being said. Take it in. It's all the time, which you'll never do. Don't beat yourself up because you can't do something that is impossible. There's just no way in the world anybody is going to be this ideal person 24/7. That's not going to happen. I'm sure that Dalai Lama has his outbursts.

Reflection & The Human Condition: Core Concepts Recap

I think it's the part of the human condition and we'll bring it home. We'll think back to some of our early episodes. By the way, if this is the first time you're coming across the show with Eddie Reece and myself, you've likely read a bunch of the things that have been discussed on this show over the last 40 or some odd episodes. If I think back all the way to some of our earliest conversations. I remember talking about the inner brain and the conditions of fight or flight or flock or freeze or how the brain of certain animals differs from our brain and the ability to interject in that moment a dialogue of any kind is what, in my opinion, makes us human.

Tweet: The ability to interject in any kind of dialogue is what makes us human.

If this episode got you curious and you kindly want to go back and check out some episodes, compassionately leave us a review we would certainly appreciate it. The reality is, this would be a great place to start. Just know that there's at least 40 other episodes, whether that's visual on [YouTube](#) or Spotify, or [Apple Podcasts](#), or YouTube podcasts, it used to be Google Podcast, or whether you're reading us on either Substack or Medium or our blog at The Couch Trip website or maybe you found Getting Along. Either way, hopefully, this got your curiosity up.

I want to mention that at the time of this episode, not all of that is out there. We've taken quite a circuitous route to doing all of this. We've recorded way more episodes than we have published. The infrastructure is being built along the way, and the publication doesn't follow the way we recorded them. We might record episode 37 and release it before episode 2. Forgive us if you look for something that we mentioned and it's not there. That doesn't mean something's wrong. It just means we haven't really published it yet.

I guess that's Eddie's way of saying this one should be published tomorrow, as opposed to perhaps in three months. Who knows?

I don't even know for sure what is published and what's not. I'm flying low with all this and staying in the minutia of it. I don't pull myself back long enough to take a look at the whole thing to remember what was done or not done. I don't know.

What's been done has been wonderful.

Yeah, it's been fun.

This conversation that we have every week. Ladies and gentlemen, this has been another outstanding conversation between myself and Eddie Reece. Eddie is the Founder and the Originator and the thought leader behind The Couch Trip: Therapy for Everyday Life. We will continue to come back and give you some information, inspiration, and hopefully some influence to get you to reach out to a local therapist if any of this seems like it might be applicable to whatever it is that you're experiencing in your life. If you're not quite ready to take that step, feel free to drop us a comment or send us a message. We've got forms all over the place, and we'd be happy to give you the best advice we can.

Final Thoughts: The Power Of Taking The First Step

To finish up, I want to say, Billy and I really get a kick out of doing these. I guess the way you could frame our hope for the show is that you enjoy it as much as we do and let us know that.

All right, ladies, gentlemen, tata for now. We'll be back for another one.

Important Links

- [How Fantasy Shapes Our Lives Part 1](#)
- [Extreme Ownership](#)
- [The Obstacle is the Way](#)
- [Ego is the Enemy](#)
- [The Couch Trip with Eddie Reece on YouTube](#)
- [The Couch Trip with Eddie Reece on Apple Podcasts](#)