

3-4-23 uniquely ordinary

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Hello, hello, welcome back. Thank you so much for joining us, we have a guest again, today on my brother Jason gatos has decided to join us, today we are we are going to just I'm going to throw an idea at him. And then we are going to just follow it down the rabbit hole, obviously, as a podcast that's trying to look from therapeutic content, please keep in mind, that's my angle, that does not necessarily mean that that would be my brother's angle. So we this, this really could go a lot of different directions, I want to I want to throw a line at you. And this is something that I've been wrestling with Jason for for a while. And it's been coming up, it's been more prevalent lately. And that is this whole concept. You know, in our hometown, in Portland in Oregon, which is our hometown, for those of you who don't know, there was this, this thing that happened in the I think it was in the 90s, they, they they started down this path of keep it weird.

And that got Willie that got really, really weird. And that was kind of the birth of this idea. So it's been it's been stewing for a long time off and on. But the concept is this, I have a feeling

from a social science perspective, the more unique you are.

Or at least try to be, the more ordinary you actually become.

So the more unique you try to be, the more ordinary you become.

What is, you know, just talk to me about that, that idea what what comes to you first

social conformity in and that is, if you

let's say you're looking at a school of fish, sardines or something, one of them or two of them in the front turn.

And then they all turn. And then they turn again. And then they all turn. And so I look at it time. I guess my gut reaction to that is that if you're trying to be unique, everyone else recognizes that your uniqueness stands out. And so they in turn, want to be unique like you and so every one then becomes unique. And so therefore they are not.

Okay.

Beautiful analogy. I actually very much like it. And I see that. So then, if if uniqueness is what will lead why are we going for unique? Like, what's the motivation behind that?

You know, I don't have a good answer for that, I think, because my personal feeling on it is I don't really care. Like, I am unique because I am I don't need to try to be unique. There are no other me's. There are no other US. So you are you? And why do you need to try to be more than you? That doesn't, it doesn't feel right to me. So I don't I don't really like it. But I think if I were to make a guess.

It's you don't want to be alone. You don't want to be isolated. And so if you're unique, then you get attention and that tension that attention might be sought after. And so it's a way to socialize it even if you're not social, you maintain that social relationship with others. That's just me taking a stab at it. Whoa. Okay, so you just opened up Pandora's box for me because like, the clinical lens to that is this inherent need to belong, right, this tribal nature of being relational. You know, that's one thing but then you also simultaneously opened up this attachment thing, the idea of being pursued wanted or needed

It is, it's something that that creates the bond, for instance, an infant, a baby in the arms of their parent, for the first I don't know, oftentimes month, two months, three months even. There's no mirroring going on. There's literally like burping, pooping,

eating, and you're crying, there's not there's not a smile, there's not a I'm gonna wink at you. There's, there's, there's none of that social effect going on it is purely meat, they need to be taken care of.

And then right about the time that a parent is, like, metaphorically, not literally wanting to kill their

babies, this right at that moment, all of a sudden, the baby smiles. Now, we know according to the mirroring effect of the brain that the baby is mimicking behavior, right? It's because so many people have smiled at the baby. And we know that because of things like the the handshake being backwards, right? For those of you who are on rumble, or YouTube, you might have seen my hand for a second.

Not thinking very clearly that, you know, anyway.

But the idea is they think it's supposed to look a certain way. And so they make theirs look the same as the one that they see. That's a mirroring the brain is starting to connect the desire to be social, and attached and tribal, to the, you know, the the receiving of needs, right? Food, water, shelter, you know, air, stuff like that.

So, let's unpack that a little bit.

The whole tribal thing that needs to belong? What are you? What are you thinking? What's your thinking on being the need to belong?

I mean, it's a, I think it's a social

it's a fact that we belong to a community, when and so the need to fit within that community is

I mean, it might, as you develop cognitively, it might become one of the more primary needs after obviously you need food, shelter, water, all that all that but after that, it's it's the belonging to a community that becomes that that thing, and then your role within that. So that social, when he called the social hierarchy, whatever you want to, like, you have a,

you have a role within that. And so you're, you're constantly seeking out what that role is. And so, I think, okay, so Mike, I think your your initial uniqueness is in your attempts, and maybe in your failures to, to try to find what roles you fit within. And, and so that that happens, I guess, when you're young when you are pretending or playing a game of some sort, and you figure out, okay, I can be the, the one that tries really hard, and, and succeeds most of the time, I'm the one that tries really hard, but I'm terrible. And I'm the one that I'm the cheerleader, I'm the I'm the one that's like, okay, I can tell that I'm just not going to keep up. And so I'm going to route for you, right? And then I'm going to be the disrupter, I'm going to be the one that like changes the rules in the middle of the game just to see what happens. Right? And so you're the scientist or the experimenter, or just the disrupt whatever it is, right. And so you're trying all these things to find these roles and, and where you fit. And so your uniqueness, I think starts there, and then and then becomes something later, right? Yeah. Yeah.

Okay, so I'm gonna rabbit hole a tiny bit. I think it's connected enough that I'm not going to lose people on this.

But there's in the in the therapy world, and I wish I had the the reference in front of me.

But there was a study done on babies.

And there he is, you you talked about the basically, I don't know if you meant to, but you were talking about Maslow's hierarchy of needs, you know, and how that tribal nature that that then needs to belong is its core and fundamental kind of bottom layer of the pyramid. And that's interesting because we've learned something by failure, which is

is often how we learn things. There was an experiment done. And I read this, I actually got to read this, this actual experiment that was done. And I wish I had it in front of me. But the there was an orphanage. And they, they had been struggling to get the babies to attach to their new families when they got adopted out. And so what they did was they said, Okay, let's do some research and find out more about this attachment stuff. And one of the things that they attempted, and they, you know, their intention was not bad. But what they did was they said, okay, all of the caretakers are not going to touch the children, there's gonna be no physical contact, they use gloves, and when they're changing diapers, you know, but they made sure the temperature they made sure the babies had food and water, like everything that they needed, because they were they were infants, and they were in their little cribs, they weren't out wandering around. So it was relatively easy to create a non touch environment.

And at first, they were like, we're going to find out if that helps them when they get adopted, because then their adoptive family is the first one to physically touch them. And so that idea isn't bad. Like the idea of like, let's figure that out. Unfortunately, what ended up happening is, pretty quickly, they discovered that the babies were not thriving. And then next thing, you know, I don't remember how many babies died, but babies started dying, even though all of their needs, technically biological needs were being met, like all of their biological needs were met. And yet, they were still dying. And this has been something that has been studied when people are say, like, held captive in closets. And what we know is that it stunts growth and creates the higher risk of premature death. Right. So that what that says to me is as a clinical person, is if we don't love

or don't have love, if we don't have love, we begin today

means love is fundamental. It is like air, right air, you know, you don't have air for 10 minutes, you're gone. Right? You don't have food, you can live without food for several weeks. And it's really

uncomfortable, but you're still not dead after several weeks, go a month or more. And you're probably dying. Right? Like there's different capacities to to survive.

Love, you know, you can live years without love before you die, but you're gonna die prematurely. We know that.

So I thought that was interesting. What are your thoughts? Have you ever heard of that study? Actually? No, not that one. Specifically, I know, just in.

So it's, it's equivalent, sort of, but it's like,

my time as law enforcement and then in the military. Social isolation is one of the worst forms of punishment, you can do a lot of torture type stuff, let's say. And, you know, if you've read about McCain story, Vietnam, Hanoi, Hilton, it's the the isolation is, is very consistent. That's the worst part of all of that they had their arms broken, they had other things, right. But when you're a POW, it's those weeks where there's no contact, you've been separated from everyone, even your captives. And, and that's terrible. And then as

you know, as a prisoner, if you get solitary confinement, it's the worst. It's the worst form, you would rather pick, you know, 20 hours of hard labor over

isolation. It's not it's not good that the community interaction even and I hate to say it, but even if it's negative, in a way, is still community. And that isolation is, is is the worst and I'm not saying that to down downgrade, you know, negative behavior or negative circumstances that that is beyond your control that is inflicted by someone else. What I'm saying is that it's, it's really bad to not be a part of the community and then in ancient times, that it was a guaranteed death. If you if if you did something that that would brought shame on your community. And you were, you were told to leave. You had to leave you you could survive physically you could fish you could hunt you could do all

all that stuff. But you had to deal with that isolation. And that isolation is what killed them more than anything. So yeah, from a social science perspective, there's there's many social science folks out there. And, um, I think I probably fit into the category for the most part. They believe that, you know, social isolation, like that

is inhumane. Right? Like, there's, you know, the, the, the idea of isolating even an inmate, isolating an inmate is it needs to be a temporary de escalation, isolation, not a, you know, 24 hour 48 hour, you know, one week, it's like, let's get to where the emotions have a chance to come down. And then, you know, then we talk about reintroducing them in a healthy way, if possible, right? And see if the see if that helps, because the isolation, it can, there's no, it depends on who it is to right. Some

people they need, you know, they need two hours to decompress. Some people need 10 minutes to decompress, right? There's there's a different capacity for for different people, which I've talked a ton about in the emotional regulation stuff that I've done.

And so that inhumane nature is there when it's being forced upon somebody.

Let's let's rabbit trail from there because I got I got another one, then. What about this new thing that's happening? You know, I know, we started with uniqueness and, and you know, or, you know, becoming ordinary, but this is this is an intriguing sort of segue for me. What about this self isolation? Self isolation? Self isolation, man, I'm like, throwing in this is second time. I know, I keep myself saying it, too. And I'm like, I use these words all the time. But it's just you know, what happens? So it's self isolation. What do we what about that? Because that's, I believe, I haven't done the research on it. But I believe that's getting more common. Right. We're seeing more depression, more anxiety. People are pulling back. And you know, specifically around what happened with COVID people really reeled back, and they isolated because they were told they had to. And now they're doing it because they think they want to. Yeah, okay. Yeah. Yeah, this part is a rabbit hole. So there's, there's a couple thoughts for me. One is I'm naturally an introvert. And so being alone is stimulating to me. However, I'm also

I also realized the importance of community, right. And so being alone, by choice, is I know that it's temporary. And so that's why it works for me.

And so I,

I can handle those times alone, and they can be extended, but they can't be forever. For sure. They're they're just it doesn't work. So, okay, so the self isolation. My

so I think it was maybe seven or eight years ago, there was this idea that you could you wrote, like a one page deal, and you send it to space. And it's something that describes to you know, 2015 to anyone who discovers this sort of like, what is it time capsule, like we were buried? Yeah. So we buried it in space, right? Mine didn't get chosen. But my, the essence of what I wrote was this development of social media. And and how that at no time in history, have we ever been so connected yet so alone. And that's what I wrote my paper about us like social media, it, it seemingly connects us to more and more people. But we're still more we are more isolated and more alone than we've ever been in the world. Because most of us don't know, our neighbors, most of us don't know, our neighbors pets. Most of us don't even say hi to our neighbor, and I was living kind of in a city at that point. And it's 100% True. Like, you just don't know. I couldn't name my neighbors. And, and, and that's kind of sad when you think about it. Right? And I'm not saying everyone's like that. But I would say the vast majority of people are like that, right? So this self isolation is something we've been doing for

longer than just maybe,

you know, the last year or two or since COVID. It's, it's been growing because we think that we can be connected because we're connected on lines or not interested.

It's contagious. That's also because we're connected online. And so we think we have connections but they're meaningless, meaningful

connections are in person meaningful connections are our face to face. And, and so I have serious problems with it. Serious. Yeah. Okay reminds me I got it, there's two things that came up for me, as you were talking about that one is almost every

person that I have experienced, who has been fighting depression

uses something along these lines at some point in our time together, this idea of I can be alone

in a crowd of 10,000 people.

It's that idea that even though they're there, that they are in the mix, they are socializing, because they know they just gotta keep pushing through, because that's part of the, you know, the cure for depression is really, you got to just keep taking steps, take steps take steps to take steps, and eventually, that connection becomes felt again, right? That's, that's, unfortunately, just one of the hard parts of depression when when people they're dealing with it. But that concept of I can be alone. Like, feel completely alone. In a crowd of 10,000 people, I have this vision in my mind of, you know, being at a like a baseball game or a football game. And you're standing surrounded by 1000s and 1000s of people. And you're going through the motions. Yeah, yeah. But inside, you don't feel it. Like you're like, you know, I'm doing it because they're doing it. Like, it's almost like that initial analogy of, you know, the fish turn. So I just heard,

right.

It's like her and so I turned, there's one leader, and then the rest of us are just,

like, you know, like, go go into sway. I'm going like, and, you know, I mean, I think that's probably a bit of an exaggeration. I think our uniqueness is, is too important, too valuable to think that there is truly one leader. I think there's a leader for a given time. I think that can be true. But then you know

every one leader, I think there's a leader for a given time, I think that can be true. But then you know, that time passes, and then that leader is no longer the best viable option. Right? Then there's there needs to be somebody else who comes along and takes the torch from there to the next stop. So that's one piece. That idea of loneliness. And the other thing that came to my mind, have you ever read the book quiet? It's, it's the power of introverts?

Or the Yeah, oh, no, I haven't. But I think I think I've been told about it before, I've probably talked to you about it a really good, it's,

you know, I occasionally like to mention things like that, because, you know, my audience, you know, if somebody who's interested, here's the here's the gist of that. This is kind of a funny thing. We don't really think this, because it seems counterintuitive.

But our leaders are CEOs, I don't there was a statistic in that book, but it was it was something like two thirds of all the CEOs of major Fortune 500 companies like these, you know, the these people who lead our world in terms of business, at least, they're two, I think it's around two thirds, I don't remember that I could just be making that part up. But it's a lot are actually introverts that have learned how to use their extrovert

moments, in ways that are good and healthy. But then they go back to that introvert, you know, I'm going to, I'm going to sit, I'm going to stew I'm going to process their, you know, maybe a little slower and more methodical, which goes counter to our cultural narrative that you have to be first every single time.

Actually, if we follow the evidence, it would suggest that slowing down is often better, more efficient, more effective.

And so I just threw two things at you, like, talk to me about either one of them.

Yeah.

So with with regards to kind of how,

how a visionary might be, I guess, defined, like a CEO or some, some leader within the community,

that the visionary has to reflect and has to think, and, and go through the process of not just like, where should a company go, but also what, how does that impact things like and so it, it requires that

where should a company go, but also what, how does that impact things like and so it, it requires that alone time because if you're too busy too cluttered with the busyness of day to day interactions? You

or fires, whatever you want to call them. The the creativity doesn't exist. And so you need that amalgamation of of quiet time, the the character the of introversion that sort of thrives in that environment. And then and then the capacity and the time to actually do it. And what it reminds me of is the this little excerpt from a TED Talk that Alan Lightman wrote, The, I think it's called The Art of wasting time. And it talks about how, when you're, when you're a kid, you so Okay, so this of me like a personal story, but when we would go down to the park or the river, you and I are friends or whatever.

We were doing nothing. Like we would take a fishing line, and no pole because it happened to be broke that day, or whatever. And we would throw it in, or we would go to the creek, the little off shoot, and we try to catch crawdads, or whatever it was that we would do. But we were literally doing nothing. And we would talk about well, what if we walked across that thing? Would it break? Or let's let's get on that tree branch and see how far over the river it actually goes. And if you fall, you just land in the river? Well, that's doing nothing but you know what it is? It's It's wasting time in a creative way. Because you're you're discovering the world. And so that's kind of what when you were talking about, you know, the was it called alone? No, not alone. What's it called? The book, The introversion book, oh, quiet, quiet. It's talking about it's those times now, we could do that alone. And there were times that we did probably because you're like, I'm just gonna go to the other side of the river. Okay. And so we were alone for like, 20 minutes. Right. But then we would come back. Together. What did you discover moss? What did you discover lots of ferns. Okay, cool. Let's go fishing.

In in this this fishing one is a funny one. Because, you know, we had the rock quarry, right buyer.

And we would go down there, I would go down there a lot, actually. Probably more than anybody. Because people didn't realize that I would just go crawl under the little bar and, and I would head down to the pond that was on the left side as we were going down. There were no fish there. Like zero ever. Like never caught a single fish. But I would go down and fish.

I don't think there ever were fish there. I mean, we were in a rock quarry with no Creek no inlet. It was all just runoff from the road. No, I think we did actually catch a fish. But there when the birds would come, then near the end, right near the end, when before we moved, I think there were I think there were some fish. And I want to say Brian caught one. That's awesome. Now, I didn't know that. But like, I believe we know how I've learned now how this kind of thing happens, you know, fish pick it up in the river, and then they'll be flying over and they'll drop it in there. And if it happens to have eggs, like you know, those things are going to

come out. And if there's even one more fish, then they can get fertilized and re but your point isn't lost. But your point is that even though you accepted the fact that there was yeah, probably nothing going to happen because of what you were doing. You were

it was still fun, because you were doing nothing. Yeah. And you were thinking like your mind was still going, you know, sometimes 100 miles an hour, sometimes five miles an hour, whatever, who cares? Like, you're just you're doing nothing and, and I'm a big proponent of that, like, there's times where, where I think you just have to do nothing. And and so I would be sitting like when I had the business, I'd be sitting in the office, you know, and it always worried me a little bit of employees would come in and like what are you doing, like you're in charge of this place, but you're sitting there doing nothing? Well, that's what it looks like to you. You know, I'm not I'm not dogging you for what? For thinking that because it's natural to think that but I promise you I'm doing a lot right now. I'm, I'm thinking about scheduling and personnel and, and, and families and the students and whatever it is, like it looks like nothing but it's not nothing. It's a lot. And I'm getting tired sitting here. Doing what looks like nothing. Right. Right. That's it the the the reference you gave at that TED talk, you know, there was a book, I think you're the one who told me about it in praise of wasting time. That's what it's called. Yeah, the the I read that actually. And then I went out and went fishing with a buddy Honda on their boat. And it was I think I even called you that day and said, Do you know what I'm doing? Doing? Yeah, I am wasting time. Yeah.

But yeah, no, that's it's a good idea because you what you talked about. And this is a really key thing. We know that creativity gets lost in busyness. We know that like, there's enough. There's enough research on, on busyness to tell us all kinds of stuff. And one of those things is, if you're too busy, you lose creativity. And unfortunately, that's happening more and more, right, we always have something to look at online, when 100% of the time you can go there, and it will try to suck you in and pull you in. And that busyness, it's taking people who are otherwise creative,

and just making them busy.

I deal with this in the counseling world a lot. Like

I say something like, Hey, let's take out a piece of paper and let's draw, draw, we I pencil paper, what? What are you talking about? I actually have some colored pencils. Thanks. I'm gonna grab those and get them out. And they're like, colored pencils, am I in kindergarten? Right? Like it. And in the beauty of it is when a client just says, you know, I mean, I'm in counseling, you think, you know, stuff. And I'm like, I hope I know stuff.

They give it a try. And oftentimes, what they find is that it's mindful, like, it's a way of connecting with their inner being their head, their heart and their soul. And they're like, you know, that like things like journaling, do similar. And so the interesting part to me there is, once we open up that box of creativity, again, people go, Oh, I want that. Like, I get these, the vast majority of people when I take them through an experience of sorts, by doing something like that. They're like, I want more of that. It could be storytelling, it could be all kinds of things, music, mindfulness, something that just says, let's go in to you, let's figure you out.

And then they do and then, you know, they're like, I can't believe that was so effective and stuff like that. Okay, I got, I got a question for you. So then what do you do with the people that are busy, right? filling their time, but they're masking it as what they call productivity? Like, they always have to be productive. If they're not being productive, then they're wasting time. And they'll even, they'll even count their social media time as productive. They're maintaining connections, or whatever it is, how?

How do you deal with that one.

So you're your business guy, you probably know this as well or better than me even. But you know, the law of diminishing returns, right? There comes a point in which the cost benefit analysis just doesn't, doesn't line up, an employee works, say 40 hours, and you get, you know, a specific amount of productivity. And then you add five hours, and you get more productivity, then you add five hours, and you get more productivity, but there comes a point, maybe around the 50 to 60 hour mark. And for some event, it's depending on their profession, maybe around 30 hours, but the return on the investment is diminished to the point that it is it's actually counter the productivity, it can sometimes make them less productive. For instance, if a person knows they're going to have to work 60 hours, they may pace themselves differently at our number one through 40. And you then end up with the same productivity at our 60 that you could have gotten if they had only worked 40 But now they're there for 60. And you have to pay them for 60.

And that's, that's a problem. Right? So finding that sweet spot, you know, that law of diminishing return that idea that, you know, you can, you can actually do worse, by convincing yourself you're doing better. So we would explore stuff like that and just say, Okay, so at what point do you become less effective? And what are those we look for triggers we look for those, those in a lot of times it says self exploration stuff, right? A person, they go, you know, I did notice that I need, you know, after four hours of work, I take a lunch and then I come back and then I've really only got like two hours of really good work. And then I

Need a break, something happens there. And I need a break in. If I take 30 minutes, I could do two more hours of productive. But if I take five minutes, then I sort of limp along the last couple of hours. Just looking at the clock. And I'm, you know, and and people can then start to identify those individual traits, because it's unique to each of us, right? Yours are probably different than mine. Mine are different than my wife's, and stuff like that. And so we try to then pinpoint what are those signals, that you're not going to get your best out of it. And not only not your best, but it's actually not gonna be productive.

Phones are that way, as well.

Phones are awful. But

they're so convenient. I just every time I look at it, and this is a weird tangent, but

obviously, I'm getting a little bit older. And so my eyes like aren't as good. So I can't look at my phone for as long. And I'm super glad about that. Like, because I have to look for glasses. I'm like, crap, I can't I don't know where they are. Oh, well, I guess it's not important. So I just set it down.

Because it's, it's an I don't even like, like I've said before, I don't have social media, I don't have a bunch of things on there. That wastes my time. But I do like to read the news. And I like to check the weather and things like that and

or I'll catch up on on email. But there's people that spend five, six hours a day, easy in more on their phone, if you're younger, you seven eight hours. Like yo, I mean, okay, in praise of wasting time is one thing in praise of wasting time on your phone is another like, those are not the same thing. Because wasting time in from the books perspective is you're

you're out in the world, wasting time with yourself not connected. You know what I mean? So it's like, well, the well one of them, we convince ourselves is not a waste of time. But you're like we convinced ourselves that our, our phone is productive. Like I fall into that category, from time to time running a small business and doing this podcast, there are times where I'm in there trying to post stuff. Because I want to do regular posts. It's important, right? I want to be consistent so that people who come and find me can can say, Oh, well, that's what this guy is about. And he's just trying to be helpful. Like, I want them to get that clear picture. And so I post routinely, yeah, oftentimes, more often than not, I'm posting things on social media five days a week, it takes me you know, depends. But typically around 30 minutes or so to get all of my posts in. Right? You know, that's getting the first one done, and then cutting and pasting different things and making sure the link is there. And then making sure people can find it and stuff like that. And so you're I go through all of that. And I call that productive. But you as my brother in the audience, I've said it a few times, how much do I make monetarily doing my podcast? So far, in over a year, I make zero matter of fact, I even lose money, because I'm giving my time. And I have to pay for things like, I don't know, zoom, or

I don't know what else I paid for pod bean, you know, I'm doing all of these things. I bought all this equipment, so that my sound quality is good. Now, I like it. Because at the end of the day, my agenda is to help at least one person, I want at least one person. Because, you know, if I spend 10,000 hours, and I you know, in something that I say that's good and healthy, helps one person save their life. It was 100% worth it, even if I never know it. And I learned that doing all of my crisis treatment kind of care. You know, I'm not going into saving them all. I can't. I'm calling in to save one. And if I save one I go into save that next one. And then the next one, and, and not because I am you know, I'm the Savior, but because they deserve the help. Period. Right. And so and the people you think you help, or I'm sorry, the people you think you don't help? They might remember it in 10 years, and they help themselves. That's right. That's right. That kind of stuff happens. And so for me, it's that whole I want

to send out the right ripple. And to me the podcast is one of those. But yeah, that I still can get to the point where I'm justifying spending a more exorbitant amount of time on social media than I can. No I and and when I look

Get the numbers. I actually just turned on on our phones, we have this disability to track our time and stuff. And I just turned it on, like last week because I was telling somebody else about it. And I haven't had it set up for my kids. But I didn't realize mine wasn't on because I just never looked. And so I'm going to keep track of that kind of stuff for a little while and see, like, how much time am I actually? I'm pretty sure it's like 30 minutes or so a day. But what if it's more than that? I bet it's more. I bet it's more I'll pull mine up real time. And see, because it weirded me out. Let's see.

So hear

that screen time. So my daily average?

Oh, it's updating. Give me a second.

There it is. Okay, cool. So then you can go to see all activity.

My average

is two hours and 12 minutes.

And then if I look at what the time is, oh, okay, there's a trick to this. Because it looks like about about an hour of it. Roughly each week is my kids on my phone with a game. So I'm about

about an hour to an hour and a half. It looks like that's interesting. Okay, so I can only I literally just set it up. But I can tell you

that this week,

in like four days, five days, something like that. Looks like it's tracking for days.

It's

an hour and a half of my, my three hours being tracked is messages.

Those are all business pretty much. Yeah. You know, like you or Uncle Roger or something like

that is that is the the largest, and then I have over an hour in my Bible app.

So that puts me at an hour on social media and different sides. I mean, I I don't know. We'll see how it plays out. Yeah, hopefully, early data, though, with your old job. It was more? Oh, yeah, for sure. I stuck to that thing, because I always had to be in contact with their own. Yeah, it's, it's, it's scary. Because if you even if you're an hour, that's roughly 4% of your day.

Right? Yeah, once you hit the two hour mark, you're looking at close to 10% of your day. You know, I wish I you know, maybe maybe that's a takeaway for our audience here. Right? Like,

track your time find out what the heck you're actually doing. Just find out don't be scared of it, just just find out because there does come a point at which your return on investment is a negative, you're getting less than it's worth. And, you know, I would say a good chunk even of my time on social media that I just went over. There's a good chunk of that. That was probably wasted time. I bet and here, I'll bring it back to uniqueness. Because

your time spent online. Is is the conformity that we started this discussion with. You're not unique online. You're You're exactly conforming to buy trying to be unique online, you're conforming perfectly to everyone else who's online. There is no uniqueness on Yeah, so perfect, perfect summary Legolas. Let's, let's, let me just add one piece to that. Because like I love that where that's going.

The here's the summary from my vantage point as a therapist,

none of them none of my clients, not one of them. And not one of the audience members out here listening to us

has to try to be unique. It takes zero effort to be unique.

But the point is, it's not about being unique. You don't have to be unique to be successful. The point is,

Being authentic, is your uniqueness. You don't have to be anything but who you are. I've said this before, if a person tries to be unique, they they actually lose track oftentimes of who they are. And in doing that, they lose their uniqueness. Their gifts are no longer being given to the world. What they think their gifts are

or what they're trying to project is being given to the world. But it may not be who they actually are, which is what the world needs.

If that makes sense. Yeah. Good. Let's go. Let's go ahead and move

Let's, let's do this. Let's wrap up right there. People have some stuff to chew on. I thought this was interesting. I actually didn't expect it to go where it went again. But that is the nature of doing this. And so, you know, for those of you who are out there in the Rumble World and in the YouTube world, and watching, thanks for joining us. For those of you on the podcast, you should get my my perfect little sidenote, I am now figuring out how to put the the whole, you know, advertise where you can find us on both formats. So rumble and YouTube, you should be getting that as well. Thank you all so much for joining us, and have a great day.

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