

4-27-23 your the problem segment 6

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welcome to Healthy perspectives with Jeremiah, a podcast that brings you current social and cultural issues through a clinical lens.



00:27

Hello, thank you so much for joining us. As always, we appreciate your time. And we do our best to make sure that we use your time wisely. And today, we're getting after your problem segment number six. Today, I'm going to use some content that is going to be probably highly controversial. Because at healthy perspectives, one of the things that we strive to do is use current cultural events when they present themselves in a way of doing the exploration of different types of perspectives so that we can grow and get better and better and better, not just for ourselves, although for that, too, but for one another. And today, I am going to use representative Alexandria Ocasio Cortez, and her comments on Tucker Carlson to discuss empathy. Empathy, as you know, is an attempt to see the world as if you're somebody else, but without taking on their garbage in their baggage and all of that stuff. So it's, the idea is to try to see the world like you're them, but without taking it on and making it your own, because that's where it becomes unhealthy. So the setup is pretty simple. Tucker Carlson got fired from Fox, I don't have all the details, but I've heard a little bit about it. And I've been paying attention some. And obviously, for representative Alexandria Ocasio Cortez, this was very exciting news. It is something that she wanted to happen, it was something that she was pushing for. And she got it, whether it was because of something that she did or not, it's irrelevant. What matters is she wanted something her way she got something her way. So she's excited clearly. The the thing that I want you to look at when we play this through the first time I've broken it into looks like 11234 segments, and we will probably pause at each outline these three things each time. One is an effect. So that would be her body language, the way in which she leans into the camera the way in which she expresses her her excitement in this particular video in different ways through her body image. So aspect and her facial expressions as part of body image. And number two para verbals tone volume kids, you're going to see a pretty dramatic shift and a couple of points if you're looking at baseline being a certain way. The the shifts are pretty easy to tell. And then the third is the words. And when, you know one of the things that we want to do in empathy always is be assessing. Is there an effect there para verbals and their words all lining up? To send the same message? Because if they do, we have somebody who is congruent, that means they are more believable. If they don't, we have somebody that is incongruent, and whether they like it or not, unfortunately, that makes them less believable. So

we're going to be looking at are they congruent or incongruent, but just as importantly, the effect pair verbals and the words to make sure that we understand the message being delivered. Now, we are breaking this apart little disclaimer on a very small scale with only the context of this video. And so, we are, you know, with empathy we we are limited by what we know. Okay, so when we get to the second phase of this, we are going to explore what might be missing. Alright, that's an important context because we are going to first explore it from the lens of, hey, let's take a look at her athletic pero verbals and words and see if we can empathize with her and understand her experience better. But then we're going to look what's missing, and empathize with Tucker Carlson. He's not even present in this video. So it's complicated to do that, but it can be done and if you choose not to do it. I'm being real with you here. You're probably Part of the problem, not the solution, we should be able to empathize with what is present and make pretty reasonable generalizations to what is not present and empathize with those as well. And we're going to do both. So, without further ado, I am going to pull up this video. And we're going to attempt to take a close look at it seen us and hanging



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out, out at FoxNews



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out. Okay, so now we have her up on the screen, I'm going to tell you the second breakdown. So zero to 13 is we're just going to be looking at effect pair verbals and the words from her when she's delivering the message, then at 13 to 30. Same thing, but it's going to change context, you'll see the shift if you're paying attention at 30 to 47 seconds, we're going to do it again. And you'll see the shift and then 47 till the end, and you're going to see the shift these four distinct different phases within this very short video clip. So here we go. Are at FoxNews news.



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couldn't have happened to a better guy. What I will say though, is



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why. Okay, in that first 13 seconds, we saw excitement. We saw pero verbals that sound kind, so we, you know we, we see the effect and it's it's screaming excitement, but she's, she's raining it and she's attempting to rent it and it looks like a pair of verbal sound kind. But the words are sarcastic. So the words don't align, that would be in congruence. It doesn't mean that she's a bad person. It just means she's, she's wanting to deliver a message. And she's wrapped in emotion. And my screen is going to be doing this periodically, because when we're on Twitter, it likes to mess with us. Hang in there. If you're watching on rumble, YouTube, that kind of a thing. It's going to take a few seconds probably each time to get out.



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I'm very glad that the person that is arguably responsible for some of the largest driving some of the most amounts of death threats and violence threats not just to my office, but to plenty of people across the country. I also kind of feel like I'm like waiting for



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okay. I read a tiny bit long, but the aspect continues to show excitement. It's unchanged. The pair verbals also remain unchanged, but the words shift completely. Instead of sarcasm. She goes to really delivering the same message as her effect and her pair verbals. She is excited because of Tucker, Carlson's malice. That's how she describes it



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for the cutscene at the end of a Marvel movie, after all the credits have rolled, and then you see like the villains like hand, reemerge out to Glip grip over like the end of a building or something.



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Okay leer, shift in dynamics here the effect still excited, para verbals. Excited and she gets louder, okay? And she talks a little bit faster. The words she describes feeling fear, when we're fearful, that's actually a natural reaction to a faster pace more what looks like potentially enthusiasm. And it's it's a defense mechanism. Okay, so she does express a feeling fear. I love that she does that. That's, that's a authentic presentation. It's a way of turning feeling into fact, is to give it voice. So when I empathize with her, I go okay, so she's coming from a place of fear. And that makes sense. So all of that stuff still aligns. Of course she uses the analogy. A lot of people will probably have a hard time with that. But I don't as a therapist, that's something I look at and I go okay, well, she's trying to find a voice for it. Okay, fine. So we move on to the final cut.



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But deep platforming works and it is important and there you go. Good things can happen.



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Okay. deplatforming works. We get to the effect, it calms a little bit in that last phase. The para verbals, calm just a notch as well. The pace slows down that kind of stuff, just a smidge. If you're paying attention, you can see it and the words become agenda driven. So once she gets to the point where she knows knows what she wants to say, which she probably knew beforehand, but she got wrapped in the emotion a little bit, that's fine, that's normal. She does get to the message and she attempts to deliver the message in a calm, more methodical manner. That's actually good speaking in that situation. However, we are going to flip the coin. Now, if you first of all, if you can't empathize with her, and her fear and her expression there,

the sarcasm like I can empathize with all of that, whether you agree or disagree, we're talking about empathy in these particular episodes, so empathizing there, but now we're gonna play it straight through one time, and then I'm gonna break it down with the Tucker Carlson, empathy is going to be a little bit challenging. Playing it straight through for those of you watching

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is out at Fox News couldn't have happened to a better guy. What I will say though, is while I'm very glad that the person that is arguably responsible for the some of the largest driving some of the most amounts of death threats and violent threats, not just to my office, but to plenty of people across the country. I also kind of feel like, I'm like waiting for the cutscene at the end of a Marvel movie after all the credits have rolled. And then you see like the villains like hand, reemerge out to Glip grip over like the end of a building or something. But deep platforming works, and it is important. And there you go. Good. Thanks, Ken.

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Excellent. So that is what we are looking at, when we when we look at it straight through, you got to hear it, I broke it down into the four sections, you got to hear it now. I replayed it for you. So that you you could see the straight clip. Most of you have probably seen that. But now I'm going to invite you to empathize with Tucker Carlson, who isn't present in the clip at all other than he is the subject matter of the entire clip. Tucker Carlson is treated in this clip, as though he had been the obstacle. The obstacle to our agenda, whether you agree with it or not, when we empathize, we have to be able to see that. So we have to ask what's missing from the message, as well as what's present. So the first section zero to 13 seconds, what's present? Is her saying, haha, Tucker Carlson, you lost. That's what's present. That's fine. You know, she has the right to her opinion, what's missing any kind of care for his livelihood? Now some of you out there be like, Oh, my gosh, he's a billionaire, like, whatever. I don't know. I mean, maybe he's, you know, maybe he's wealthy, maybe he's not, he definitely gets a lot of social attention. And you will justify it away. If you do that. You're part of the problem. Because at the end of the day, he is a human being not an obstacle. Now, he may create obstacles for other human beings, I totally get that. But when we empathize, we have to see the human side of things, not the only what we want to see. And if you can see that you're part of the problem, it 13 to 30 seconds. What's present a lesson for Tucker, about his lack of care for safety, at least in her view. What I'm suggesting there is, you can tell she means that she felt unsafe, and you got to empathize with that. And he probably should take a look and say, did I create a lack of safety? Now, maybe he did, maybe he didn't. That opinion is for you to decide. But if you can't empathize with both of those aspects, and understand that what is missing is evidence. Evidence. You're part of the problem. She didn't know Okay, let's go with this though. There may be evidence elsewhere that has been presented. That's fine. There also may be propoganda in it. Those two aspects. If you can't empathize with both, you're part of the problem. It's not about who is right or wrong when it comes to empathy. That isn't what it's about. It's about treating people like real people. Whether you think they deserve it or not. Okay, 30 to 47 seconds in, here we are third clip, she presents fear and anger, emotion, emotion is a second to these emotions are secondary emotions. What does that mean? There's a primary emotion driving that. And for her, you're behind the fear or the anger is probably a sadness or hurt. That seems to make sense. You know, like, you know, when we fear for our life, even if it's, you know, superficially fear for our life, that's still a challenge. It's something

we have to overcome. And if you can't see that you're part of the problem. But what's missing? What's missing here is the context to connect Tucker Carlson directly to the fear. And that's okay. Again, it may be elsewhere, but it is not in this clip, which begs the question of why she is afraid. The death threats, you can go to that and say, well, she gave the example of the death threats. True. But she didn't give a single example of how he is tied directly to it. Because let's be real, we put something out there in the media, I put something out there on a podcast. Is it possible that somebody twists that? Turn it, turn it into something that it's not presented to, you know, 10,000 people, and then those 10,000 people get upset? Yeah, that stuff happens all the time. Why? Because we're busy confirming our bias, meeting our own agendas, and not empathizing, which is the point of this very podcast, my little segments on your the problem are here, because that happens all the time. Not all the time, but a lot of the time. So I understand. But we still have to take a step back, slow down, and empathize. That's the solution here. Please, do that. Do better at it a little bit every day, just do a little better. Okay, the final segment presents her agenda. Great. We get to the punch line. Her agenda is out there. She talks about, you know, deep platforming. And there's different views on that. And I get it, I get the different views. I'm not here to debate those, per se, at least not in this moment. I've done things on free speech versus controlled speech. Matter of fact, I've recently done things like that matter. This week, I did something on that. You can go and listen to that from a clinical standpoint. But today, we're talking about empathy. And so what we have to ask is what's missing? We get her agenda. But what's missing? What's missing is her agenda is premature. If we're empathizing with the Tucker Carlson situation, there's a pre event when he was still at Fox, there was a during the event and transition, which is what he's doing right now. He's transitioning to what we don't know yet. That's why it's premature. Her agenda is to capitalize on the here and now. But if we are really empathizing with all angles, or multiple angles here, we have to see that it's premature. Because how are we assessing the D platforming works? When it's in transition, we don't know where Tucker Carlson is going to land, and how he's going to land. What if he is reinvigorated land someplace, I don't know it rumble or on a different platform, Spotify, or like, whatever platform and because he's reinvigorated. He gets stronger in his language and draws more attention, not less. Would you then say D platforming works? No, not in this situation? You wouldn't be able to say that, because it would strengthen him. And if you can't see that possibility, you're not empathizing. And if you're not empathizing, you're part of the problem. I know I went detailed on this one. I did it because it's a current event. I want to at least attempt to not be super controversial on it, even though the topic itself is controversial. But here a healthy person If we address hard topics, we don't dodge hard topics, we address them. We address them when we attempt to do it from a clinical perspective, every single time and a clinical perspective in this empathy. If you learn anything about empathy in this episode, please share it with people. Let's grow, get better little by little individual by individual and our culture will make a good and healthy shift. You don't have to get it right every single time. Just get it right a little bit more at a time. Thank you so much for joining us. I hope you have a great day.



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