

# 5-12-23 You're the problem segment 8

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## SUMMARY KEYWORDS

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00:08

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



00:27

Hello, hello, welcome back. Thank you so much for joining us. As always, we appreciate your time. We're gonna get rolling today I am doing what do we got here? Oh, you're the problem segment number eight, we are keeping this thing rolling in today we are going we, I guarantee this one will be controversial. But that's the beauty of it. We hit the hard topics here at healthy perspectives. And today, I'm going to take a look at a political figure who was on CNN. Yes, you know it, Donald Trump was on CNN this week. Matter of fact, just last night, and I'm going to produce this today. And we're going to roll it out tomorrow, it's going to be a bang, bang. Let's get this out there to you, folks. Because why? Because what we are not hearing about any of this is empathize. So I gotta provide that perspective at healthy perspective, that one that says, Okay, let's take a look and empathize. Right? Well, how do we do that we add here at healthy perspectives, one of the things that we do is we do the, you're the problem if you can't do it. So we're going to challenge you, and it's gonna be a tough one. Why? Because you either love him or hate him. There's maybe a growing segment that's in the middle, plus, there's a host, and there's an audience. And then there's voters out there like you and me and everybody else. And we're going to go ahead and we're going to take a look at these three things, just three, we're going to look at Trump, and we're going to empathize with him, we're going to look at the host, and we're going to empathize with her. And we're going to look at the voters that are trying to make decisions, and we're going to empathize with them. And then we're going to do that in segments. There's only four video, I believe, for one to four videos that I've decided to show today. And yes, you should go and watch the whole thing. If you are intrigued by this, and put it all in perspective, I have no intent to distort or persuade in any way. That's not the point of my podcast. My podcast is about empathy. My podcast is about perspective. All right. So Trump went on CNN. And let me be really clear. i This is really tough for me to watch. And here's the reason why. Politicians, for whatever reason, believe the social norms do not apply to them. And it is basically universal. They want to fight. They want adversaries they want they want polarization, because through that they can gain power. demagoguery. I've done podcasts on that in the past, I'm not gonna go too far into that. But with that, in the forefront of our thinking, their goal is often to pin people in corners. Well, what do you do when you encounter an interviewer? Well, interviewers are about getting stories. So what do they want to do? They

want to pin you in a corner, of course, especially when it's an adversarial host, right? And what we have is the makeup for what we're about to witness right here on this podcast. Now I'm going to slow it down, and I am going to Oh, my bad I almost forgot this. Body language. This is for those you've been following along, you're probably starting to get the hang of this a little bit. Body language, pair of variables, and variables. They all have to align when they don't. That's when we want to look deeper. All right, so body language, para verbals, and verbals. If you're brand new, don't worry, I'll super quick go over that body language is the way in which we make our face look in different circumstances, our body language, our positioning our environmental positioning, stuff like that. We want to really pay attention to those nonverbals okay, then the pair of versus tone, volume cadence. That's what they are tone, volume, and cadence. Cadence is the speed at which we talk. Now right now I'm talking kind of quick because I got a lot of energy and actually, I'm ready to get this thing rolling. So that's where it's all coming from excitement. Alright verbals. The words that we choose should align with our nonverbals and our pair of verbals. So if I say, I hate you, that doesn't line up that's incongruent. That's a problem that tells us something's up with the story. All right, but if I say, I love you, alright, you might be gone. Well, that's kind of like a brotherly love, right? Because why? The verbals, the nonverbals? And apparent verbals all line up. All right? That was quick down and dirty, we are going to do empathy with Trump, empathy with the host and empathy with you the voter. Alright, that's what we're getting after right now. So here we go. Without further ado, I am going to pull up our first video, and we are going to get started. Alright, so in this one, we are talking about Russia and Ukraine. Okay, so I'm not gonna give you much there was a lead up to this. There was a you can go back and watch it if you want. It's mostly meaningless. But if you want to go back and look, put it in full context, please do because you'll see I'm not taking it out of context. Why? Because I'm infusing empathy. That's my agenda. All right, here we go.

 06:08

Now, here's the problem, we've given so far, \$171 billion. They've given meaning they've been in European Union, which is approximately the same size altogether, as our economy. They've given about 20. So we're 170, let's say, and they're 20. You don't have to know too much about history to realize or geography to realize that they're a little bit more effective than we are. Okay. So they've got to put up a lot more money, because they've taken advantage of us like every other country did. That's why I ended NAFTA and replace it with the US MCA Mexico.

 06:46

Issue. Mr. President, I should know, I don't know any Democrats who have said they don't believe Putin would have been invaded if you were president. But her question is, would you continue to get

 06:55

okay. I'm hoping you all caught that if you're watching on rumble or YouTube. All right, you might have caught that. I'm gonna back it up here. Just a second because I tried to hit pause twice. And I missed, but I want you to see this. All right. I'm gonna show that isn't it? But her question is, did you see that? If you with me on rumble or YouTube? Oh, my goodness. All right.

She confronted him. She said, I don't know any Democrats. And look what he did his nonverbals let's take a look. nonverbals What did they say? He removed eye contact. That's his way of saying you're absolutely ridiculous. Like, you don't have to be a genius to figure this out. Okay, what did what did he is para verbal say when he was speaking, he was speaking with confidence and force and understanding and, and, you know, making some points. All right. So without, you know, without getting into that, you know, the pair of verbals were clear with his verbals, clear with his body language when he was speaking. But when she spoke, he spoke 100% with his non verbals. Now, if we want to empathize with him, in that moment, there's a chance he was feeling like she was attacking his message. Now, if he believes that he's right, because we're empathizing with him, if you believe that he was right, you could understand why his nonverbals might go this way. Because he's like, really, really? Okay. But let's carry on. Is when you



08:41

continue to give Ukraine money and weapons if you're elected, what's the answer? I



08:45

have a very good relationship with President Solinsky. Because,



08:50

okay. She asked a very direct question. And this is the frustration that we all seem to have with politicians and I get it. I get the frustration with the voters, you and me. All right. The frustration is direct question. Where's the direct answer? We see this routinely with politicians. So I'm empathizing with you the voter right now. You the voter. Want to know the answer to the question. If you're anything like me, don't beat around the bush. Don't give me your political Mojo. Give me an answer. And he's not he's not he's talking about you know, President Zelinsky and like that's frustrating for us voters right. Okay. Well what about her let's let's see if we can find a spot to empathize with the host



09:54

does you know he backed me up with the foot a phony impeachment impeachment hoax number one When he said the President didn't do anything wrong.



10:06

Okay, let's empathize with her. Okay, she's trying to get an answer to a totally different question. He goes down this this other path. Can you not feel for her in this moment? She's like, I just wanted to answer to this question. And you just you took a right turn the frustration there. It's unreal. I'm sure that's a frustration, which is why she cut him off. Make sense? I can empathize with that. Alright, let's carry on.



10:43

So I happen to like, Yeah, that's right. And it was I was totally exonerated, by the way just a waste of time and money, you



10:48

were impeached.



10:53

You were impeached over that is what she says. He says exonerated she says impeached. The words, the effect. Did you see his body language? He made eye contact on that part? He's feeling pretty good about that. And so is she. Fortunately, they can't both be right kidney.



11:22

In, but let's stay on topic here, Mr. President, because the question is, what do you give you frame what



11:29

a crazy woman named Nancy Pelosi is what



11:31

you give Ukraine weapons and fun.



11:34

Okay. So she went down the rabbit hole with him. All right, he adequately distracted her momentarily. She then realized, wait a minute, I'm going down this hole, I want to bring it back. He of course used it as an opportunity to go, you know, to send out a little dig at Nancy. And here we are. She is by the way, like, credit where credit is due. When we're talking about empathizing, she is projecting really great confidence. Take a look at the body language on the screen if you're on rumble or YouTube right now. She's just she's just stay in the course. I mean, she got a little distracted. But she reconnected and here we go. If you were I



12:23

would sit down. Let me just put it this way. If I'm president, I will have that war settled in one day, 24 hours?



12:33

How would you settle down?



12:36

He switched it up again. empathize with him. Okay, that's simple. He has an agenda. And he wants to get the agenda. No. That's what it is that when we empathize with him, great. He's like staying on point. He's got an agenda. He's going to create some kind of a solution. Let's see what he has to say.



13:00

On leverage the landscape, they both have weaknesses, and they both have strengths. And within 24 hours, that war will be settled. It'll be over. It'll be absolutely



13:09

Ukraine to win.



13:12

He now answers the question to a degree. not straightforward. But he does say here's the solution. Pretty good political tactic. She then is going to switch the question. So empathizing with her, Look, remember what I said at the beginning. In politics, it's often about pinning people into corners to gain power, polarizing them to gain power. Well, as a host, she wants to do the same thing. If I can pin him in a corner, or create a narrative that is different than what he wants. gotten this war.



14:01

I don't think in terms of winning and losing, I think in terms of getting it settled, so we stop killing all these people and break.



14:09

Now, as far as answers go. He did not bite on that last question. Now empathizing with him. That's pretty easy. I hope I hope and pray all of you out there listening would feel similarly. Right? would feel similarly that it's really about let's stop the death the unnecessary death. Let's do that first. And let's figure out the other stuff as we go. Because the unnecessary dying

and bombing and shooting in a like that is a primary objective. So did that answer the question? Absolutely not. So I can empathize with her that demeanor her fresh Trisha is probably growing here as a host. Thank you



15:09

follow up on that. Anybody noticed that they're both talking at the same time? Yeah, kind of hard not to write. It's kind of frustrating and annoying. All right now I can empathize with you the voter. Why? Because how am I supposed to make sense when they're both talking about different things at the same time? Like, where's the social respect? In these moments? On both parties, it's gone? And who is the loser in that situation? You and me, the voters? Can you see that? If you can't, you might be the problem. I know, it's so easy to justify to justify what's what's going on and, and say, Whoa, you know, she has been wronged all these times, or he has been wronged all these times, or, you know, he just tries to make his point. And she's just trying to make a point. But at the end of the day, that breaks social norms. And when that happens in leadership, like this hosts, former presidents running for president again, we all lose, everybody loses. Because empathy goes down. You and I have a harder time saying, okay. So you know, how we fight absolutely matters. I do this with couples all the time, how we fight matters, it matters so much. You have to get better at doing it in leadership, when you're hosting big events. And when you're, you know, the former president or the President of the United States. Unfortunately, if we were to do a side by side comparison of Trump and Biden, what you would find they both use the same tactics. I probably just made a bunch of enemies, but they do. They both get angry, frustrated, talk over the top, and they say things like, Hey, buddy, like, oh, like, no, look, we've got to do better. And that's what we are trying to do here at healthy perspective. So we are gonna with that move on to the next one.



17:35

You, you did not testify in person in this trial, there was a tape deposition of you from October in it, you defended the comments that you made on that excess Hollywood tape about being able to grab women, how you want to stand by those comments.



17:49

I said, if you're famous and rich, or whatever I said,



17:52

Okay. So she brings up what she knows to be a really tough topic, obviously, putting him in a position of defensiveness. Clearly, that was her agenda. And that's fine. She's the host. She's trying to ask the hard questions. Get it? I can empathize with her. And if you can't see that, that's her role. That's her responsibility. You're part of the problem. If you're just justifying it away, saying, Oh, my gosh, this thing again, you're part of the problem. Yes, this thing again, this is an important question. And she knows it. And you know it if you're being honest, and empathizing with what people struggle to understand



18:33

that but I said of your star you are and I said, Women let you I didn't say you grew up I said women let you know you didn't use the word. But if you look, women let you now. They said will you take that back? I said look for a million years, this is the way it's been. I want to be honest, the sewage spin. I can take it back if you'd like.



18:57

Okay, if you're watching again, you're seeing him wrestle inside of his mind. The okay when we look at the the nonverbals the body language, he's literally like moving around and and trying to figure out like, I know, this is a tricky spot and, and I stand behind the words that I say but like, No, he doesn't. Yes, he does. Maybe he does. i Who knows his body language is saying I'm confused. His pero verbals. He's, you know, he smacks his lips a little bit and you know, like he's at that moment. What's he trying to do? He's trying to figure out how to get out of this one. Can you empathize with the struggle there? Yeah. What's he accurate in some of the things that he say and do to superstars get away with stuff sometimes? A lot of times let's be real, that's not false. And does it make it right, which is really what I think the host might have been going for. For Hope that's what she was going for. Is it right? For a superstar to think that way? No, he does eventually get to that answer, let's listen like to.



20:10

But if you're a famous person, if you're a star, and I'm not referring to myself, I'm saying people that are famous people that



20:18

are in a deposition should be a staple that are



20:21

powerful.



20:24

Okay, she was trying to get something in there to rile him up a little bit. And to a degree, again, that's her role. But she talked over the top of him to deal with the social cruelty that is going on between the two of them. I mean, it might be entertaining for some of you as voters to watch as audience. But it's disrespectful. It's disrespectful. And until the some of that social norm is respected, these people are tearing down our culture. They're making this the norm and the acceptable way of behaving. I hope not. Not for either one of them. Who's the loser in this situation? Let's empathize with you and me. Ordinary citizens, ordinary folks, as my family would say, solidly average people. All right, alright, let's finish.



21:33

They tend to do pretty well, in a lot of different ways. Okay. And you would like me to take that back. I can't take it back because it happens to be true. I said, it's been true for 1 million years, approximately a million years, perhaps a little bit longer.



21:44

A little exaggeration. By those call. I don't want to lie to President. Here's



21:48

what here's what she wants president.



21:52

Okay. I don't know if you noticed, but his body language, the nonverbals, his para verbals. And his words all shifted. When he got backed into this corner, he decided it was time to be aggressive, and attack. We're about to see it if you're following along. She knows it's coming. And she's trying to prevent the attack right here. I can emphasize empathize with both of them at this moment. He's backed into a quarter. He said some will, you know, as he might suggest some stupid things. Whether they're accurate or not, it doesn't matter. We can't go promoting that kind of stuff, right? Because it's not socially appropriate, like most of this interview, to be real. And she knows she's about to get it right here. And she's trying to prevent that from happening.



22:55

This person has no advantage over anyone else. Well, you do have an advantage. And I say, unfortunately, but that's the way it is. She



23:02

said fortunately, or unfortunately,



23:05

unfortunately for her, now, they're just boxing in the ring, that at that moment, they are both equals. They have both pinned each other down into a spa, and they're just throwing punches. Alright, that's, that's pretty normal in terms of the political demagoguery that's going on, unfortunately, has, they might say the losers, are you the voter, because when that kind of stuff happens, we lose track, the entertainment value might go up, but the educational value



drops significantly. All right, this next one, I'm gonna give a super brief outline of it, because it requires it. This one is about the national debt. And I skipped about half of it because it was you can go back and watch it if you want. But I want to I wanted to get right to the point where the empathy was going to be the most prevalent opportunity for learning, not this story. So let's just start right here.

 24:09

And because we're spending money like drunken sailors, so just to

 24:13

be clear, Mr. President, you think the US should default if the White House does not?

 24:19

Did y'all see that? There was a shift there. There was a shift there, she interrupted. And this was one of the few times that he backed off to listen. Now that's social appropriateness. Now it not on her part. Like what she did by jumping in is still rude, disrespectful, but when somebody does that, there is a certain amount of I will listen to learn that should happen. That should be happening routinely. And we should stop cutting each other off do

 25:02

not agree to the spending cuts, Republicans

 25:04

will do it now because you'll do it later. Because we have to save this country our country is dying. Our country is being destroyed by stupid people.

 25:14

His pair verbals, nonverbals, and words all align right there. He truly believes what he is saying right there, whether you like it or don't like it, he believes it. When we see that kind of congruence, that's what it is. He believes what he is saying right there.

 25:37

By very stupid people,





25:38

you want said that using the using the debt ceiling as a negotiating wedge just could not happen? You You said that when you were on the Oval Office



25:46

president?



25:48

Anybody see that? Okay, let's take a look. He turns his head away from her looking at the audience. And sarcastically states that comment, that's when I was president. It's an attempt to be comical, maybe it was. Let's see the Para verbals. They say, I don't really care what you have to say, the nonverbals I don't really care what you have to say. And the verbals, he was saying, I was in the position that I was in. So in that position, what you say has a different meaning. Okay, it's still not aligning. He's incongruent there. So if we want to empathize in this moment, like the mocking tone, and all of that stuff that he's taking, I would empathize more earnestly with the host, because she's the one right now kind of being attacked via ally gathering. He's looking to the audience to say, Hey, come on along with me and ignore her. And honestly, that's, that's disrespectful. That's not kind whether he's right or wrong in that moment, doesn't matter. The social, normal thing to do there is not to be blatantly disrespectful to somebody who's hosting it.



27:23

So why is it different now that you're out of office, a little bit of comedy. The US defaulting would be massively.



27:38

And then he makes eye contact, serious eye contact, like, I got one on you. And then she simply states look, this, this will be a problem. You know, for everyone, it's



27:54

a certain problem, you don't know. It's, it's psychological. It's really psychological more than anything else. And it could be very bad. It could be maybe nothing, maybe it's a you have a bad week or a bad day. But look, you have to cut your costs.



28:07

He said it's psychological. So I feel particularly qualified to address that. That's probably true. Whether you like it or not. When we talk about money, it's it, I would say 90% of it is psychological negotiations. 90% psychological, you're carrying debt creates a psychological

burden. Like, that's probably accurate, whether you like it or don't like it. The idea of, of, you know, trimming back and becoming financially fiscally responsible. That is almost all psychological. Get doing a debt snowball psychological. You do it in reverse order, and you have more success. That doesn't make sense. Why? Because you should you get rid of the one with the highest percentage of fees and all that other stuff. But what happens when you do it that way? If you don't knock off the smallest first, you feel the burden, you feel no motivation toward the progress. So he's right. It's psychological, for sure. We don't know how much it's going to impact us. We just went through a pandemic for crying out loud. We didn't realize how much damage we were doing by locking everything down by you know, silencing people and forcing them to do vaccinations, not literally forcing, we didn't pin them down and make them vaccinate themselves, but they were losing their jobs, their livelihood, that's pretty darn close to pinning them down. So we know that there are psychological impacts in this this kind of conversation. All right now back on track, I'll get back to the empathy and all that stuff's

 29:59

went west. Spending \$7 trillion on much of it are nonsense. \$7 trillion or nonsense. Voters get all of that money that was wasted. And frankly, the Senate should have never approved it. Get all that money that was wasted. And if they don't get rid of that you'll have to default.

 30:19

We've got another voter here.

 30:21

Okay. They keep ignoring each other. That's that, again, outside of social norms. It's terrible leadership. All right, and the loser there. If I'm going to empathize, it's going to be you, me, other voters, other audience members. Why? Because we're seeing the breakdown of social responsibility and social respect. It's unfortunate, and yet it went on and on and on throughout this thing. All right. The last one I'm going to show you is, is a very short clip. I'm going to show it straight through and then I'm going to talk about it because I want to get this thing wrapped up

 31:00

that day, as you know, was your Vice President Mike Pence, who says that you endangered his life on that day? In any danger. Mr. President, do you feel that you owe him an apology?

 31:11

No, because he did something wrong. He should have put the votes back to the state legislatures, and I think we would have had a different outcome. I really did.



31:20

He doesn't have the authority to do that. The vice president does not have the authority.



31:27

She challenged him. I'm sorry. Shouldn't have stopped but I did. Okay. She challenged him. Right there when he said that, he got applauded, and she decided to go on the offensive. Why not just now because it's a He gets excited. Take a look at that. You see that excitement? If you're watching, okay,



31:45

fine. And he's a very nice man. He made a mistake. His lawyer said, You cannot move I call them the human conveyor belt. I said, even if the votes you mean, talk to us law, even if the votes are absolutely fraudulent. He can say Yes, sir. He can turn but and the Democrats played it and the rhinos played it. And then the election was over. They told him he couldn't do it. And Mike said to me, I can't do it. The lawyers told me he can't do it. They can't do it. But the lawyers were wrong. Because right after the election, they all met the rhinos and the Democrats, and they worked out a plan to make sure that future vice presidents don't do what I said you could do.



32:21

That's not what happened. You're referring to the electoral account? I've read, I've read that. She challenged him again. There is there is no authority, no legal experts, including Republican legal experts. He does not have that authority.



32:34

But why did they change the law then saying that you can't do



32:37

it? They didn't change the law, they strengthen the law, because they were worried about



32:41

semantics. This right here is look, right, in this moment, I empathize with you, you my audience. Because right there, she in this situation, went to semantics. She said, strengthened, what does that mean? That means change. Alright, it's it's something that in politics, they love to do to you and me is confused, the crap out of us. Strengthened means changed. The law was changed. You can you can justify it away saying, well, the law was there to do this, but it didn't have any teeth to it. Well, it can't be enforced. It's a worthless law. I've talked about that

before. If there's no accountability, nobody's gonna grow. In clinical work. There has to be some form of accountability in order for growth to occur. Why? Because it's the discomfort of accountability, that creates the moment and opportunity for for changing and shifting. All right, they're clearly upset with each other. Just keep that in mind. Their body language is going to project that they're they're literally just throwing social blows at each other for me, you could do



34:07

it. They strengthen



34:09

the right to do it. They convinced him he didn't. And it was a horrible thing for our country, if you would have sent those votes back to Georgia, Pennsylvania, and other states, Wisconsin, which if you look at Wisconsin, they virtually admitted now that the election was rigged. If he would have sent those votes back to many of those states, they would not come back in the affirmative. And remember what I said and you just said it, pretty much you admitted what I said was right. They said he didn't have the right to do it. And he did have the right to do it. And that's why they changed the law, taking that right away.



34:45

So when he put words into her mouth, which, to her degree, she did say that it was strengthened and other words changed. But she didn't want to be backed into that corner. When she when he realized he had an edge, he got very aggressive, I can empathize with her on that moment. And when you're looking at a politician, that's gaining power, I understand why, when they when they smell blood in the water, they go for it, which is what he's doing there. What I don't like from a therapeutic lens, is that you and I are the ones that suffer because of this stupid bantering game. When social norms get thrown out, the big loser is the voters because it all gets confusing in the water, we get lost. Now we can do our diligence, you can do your diligence, I do mine, and find our way and navigate it. But there's nothing easy about it. And for those who don't have the emotional and the mental bandwidth, to do the work, we have to then rely on somebody or multiple people to give us perspective. Now who has the time to go to one side and get their perspective the other side and get their perspective? Not very many people. And so what do we do, we find people that we aligned with, and we just listen to them, which invites more of this kind of stuff. And the big loser, big loser is you and me. And if you can't see that, you might be part of the problem. There are moments where she does a fantastic job of maintaining social norms and respect. And he at Times did a fantastic job of maintaining social norms and respect. Much of the time though, not so much. And whenever it wasn't happening, you and I the audience, we become the losers. Because it kids get confused is everything. All right. That was a tough one. I hope you enjoyed it. Thank you so much for joining us. Have a great day.



37:23

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