

FROM STRESS TO MOTIVATION

*We
develop a passion
for Teaching!*



How do you go from stressed
to motivated
that is the topic of today's
quick brain
podcast the show for busy
people want to
learn faster achieve more and
really
live their limitless life now we
are
recording this live at an event
that myself and my guest are
attending
and speaking at we're excited
to have
this conversation with Dr don
wood
he has written two books

on this subject he knows so
much about
the power of the human mind
and
overcoming trauma for taking
action and
getting closer to our purpose
he is the founder of the
inspired
performance institute also as
well

welcome to the show
thanks jim i'm glad we finally
got a
chance to do this we'd fly all
the way
up to phoenix to do but this is
great I appreciate it this is

wonderful because
we had met in an event that
we were both
speaking at it was a high
performance
event and we were geeking
out about the
power of the human mind and
I got to
spend some time with you and
your office
and go through your process
and we're at
an event here and so there's a
little
bit of background noise but
you
bear

with me if you're watching us
on youtube
you see us on video here at
this event
but I wanted to capture
this amazing mind while
we're in the same city together
to be able to share with you
some ideas
and insights and actionable
things that
you could do to take the
existing stress
in your life and transform that
into
motivation Dr don you go by
many
different names let's let's talk

about
the work you do with stress
and trauma
what is your viewpoint on it
and I'm
sure people who are listening
and
they've the past couple years
has
been
pretty stressful and and
traumatic but
how is it that you take this
work and share with the world
well thanks uh one of the
things that I
always talk about is that when
we have

events and experiences earlier
in our life
they continue to affect the
way our
minds are working in the
present and if
you read all the self-help
books i'll
tell you to be present be in the
moment
the issue we have with that is
if
there's events that you've had
earlier
they continue to loop which is
then
going to take the mind out of
being

present so if you're dealing
with
stress
there's a reason why your
mind is
stressing
so anytime you have an
emotion a feeling
a sensation or a thought your
mind is calling for an action
so the idea is to identify what
is your mind calling you to do
now if you had some
traumatic events
disturbing events sometimes I
call them
emotional concussions they
may not be

big t trauma but they're bumps
that you had along the way
if those continue to interfere
they're
going to increase your stress
level in a
current situation so the
current
situation may create stress
which
makes
sense but if you've got a lot of
other
data coming in that is old
stuff it's
going to magnify it so the key
is to get
to the root of the problem

because we're
all going to deal with stress
on a
day-to-day basis how well do
you deal
with it depends on how you
can clear old stresses
so people are when
people are feel stressed
sometimes
they're responding to what's
going in
their current environment or
current
situation and other times it's
being
stacked with their personal
history

and with unresolved
issues and so what's the first
step
that
you recommend I love what
you talk about
in terms of fear and stress is
they're
signals there are signposts
emotions or
signposts that you need to
take some
kind of action so for those
who are
listening and they they are
experiencing
some stress or anxiety now I
know you

have a full process for this
and people
could we'll link to your your
books and
I love that that term emotional
concussions well the link to
your books
and also to your website
because you do
sessions like I went through
and in
your
office what do you
recommend people do
starting from right now
listening to it
a really easy way to determine
is if you

have old data that continues to
loop
that's affecting your stress
levels
today like i said we're going
to have
some stress if you're running a
business
raising a family whatever it is
that
will create some current stress
but
here's a great way to check to
see
whether old stuff is
so take a thought and think
about an
event that happened to you

earlier in
your life that you would
maybe call
disturbing or traumatic
if you think about something
happened
five years ago and your heart
starts to pound or you get
angry
it's looping
which is going to magnify the
current
stress level that you're under
so then
it's very difficult to deal with
so
if you have an emotion of fear
the

purpose of fear is to run
so if you think about
something that
happened five years ago and
you're
feeling fear
i call that it's a glitch it's an
error
message there's no action
required and
so if your mind though
continues to loop
through that it's going to
aggravate
the
mind constantly and keep it in
a
constant state of fight or flight

and
we're not supposed to do that
the
fight-or-flight response is an
emergency
management system it's not
meant to be on all the time
so in the animal world it
works
perfectly animals are fully
present all
the time they're not thinking
about what
happened to them a couple
years ago no
they don't store any of that
memory
they're only responding to

what's
happening now their memory
system is
associative repetitive memory
so they
learn through association and
repetition
and they build a code they're
operating
all off of codes and they've
built into
their DNA I always say a
zebra can't
feel fear of a lion unless a
lion's
present
zebras aren't sitting around
thinking

about lions they don't
remember the line from
yesterday
but if a lion shows up the
zebra's
autonomic nervous system
will engage to
protect the zebra it'll go into a
state
of fight or flight we have that
exact
same system it's how we learn
how to
play golf play a guitar but we
have a glitch that happens
because we store
explicit memory details and
events

about experiences
so because 95 of your mind is
working
just like the animal mind fully
present
but you've stored a whole
bunch of
explicit detail about an event
from five
years ago and your mind
recalls it so
say you're in a current
stressful
situation your mind then also
looks at
how did we handle this before
and then pulls in a whole
bunch of data

from five years ago or ten
years ago
which magnifies it because
it's looking
at all that data also calling for
a
response
so let's say people
when they're stressed they
they take a
breath and they acknowledge
and they
have awareness that this isn't
happening
right now in the moment that
they are
like water responsive like if
you throw

a pebble into water responds
exactly how
it's supposed to respond
it doesn't under respond it
doesn't
overreact it just it's
proportional to
what's going on you know in
the
environment
so once people have the
awareness what's
what's the next step then
well two things one try to find
out if
there's an old event that is
actually
doing that magnification that

I'm
talking about so check in
think about
when you were a child you
know and your
parents said that or you had a
real
traumatic event
if you feel that emotion right
then it
means it's active and it's going
to
cause more responses on
future events so
you want to get that cleared
up and
that's the program that we do
but here's

another good way just sort of
a simple
little hack right to try to stay
present
is if you notice that so say you
get the
sensation in your chest you're
starting
to feel tightness
you want to then get the
subconscious
mind which is survival based
right back
into the present so you can do
something
like this you can say right
now
I am aware of the sensation in

my chest right now
so what
and what you're doing is
almost like
talking to a child you have to
be very
firm you want to really really
stress
the right now I and my
because what that does is it
shows
indifference
I don't care right you're trying
to get
me into an action but i don't
need to
take an action so what knock
it off you

can use whatever you want to
use knock
it off stop it right so what
right but
the key is think about if you
take a
child to the mall right and the
child
says I want to get ice cream
and you say
no we got to go home for
dinner so they
fall down on the ground they
cry and
scream and kick well if you
engage with
them they're going to continue
until

they get their ice cream your
mind's
going to continue to try to call
you
into an action but if you take
the
attitude well I'll sit down here
and
when you're finished
screaming
and
crying we're going home to
have dinner
you just show indifference I
don't care
right then your mind gets the
message is
not going to get the action and

that'll
provide that quick temporary
relief
now it's interesting because
probably there's a good
amount of that trauma or
those high
linked stressed memories
from childhood
so we actually might be even
talking to
to the younger version of
ourselves now do
you provide a name for that
so is there like a label
so people could separate or
you know a
name for that that voice or

that person or that
part of you people or you feel
like

people are
are segmented in a way well
what I what

I believe is actually
happening is we've
stored memory right it's all
coming from
memory so if you don't get
that memory
updated right what I say is
we're going
to update reboot refresh and
adjust it
it's a computer it's built a
whole bunch

of data that it keeps looking at
in real
time and responding to it as if
something's happening but
there's
nothing happening
so then you're in a current
situation
that's also getting your
attention and
it's looking at the old data
so one of the ways I always
explain this
because my wife had a very
traumatic
childhood and this is a great
way to
explain it when I before I

understood
what was going on if I said to
her no I don't like that
she could start to tear up and
cry
and I'd go
what's wrong and she'd go
why are you getting upset
with me
and I said I'm not getting
upset with
you she goes yes you are the
way you
said that sounded like you're
getting upset with me
and I was like I didn't say it
like that
but she heard it like that

people who
have been traumatized
particularly as
children are highly sensitive
to sound
so they hear it differently she
wasn't
wrong and I wasn't wrong I
didn't say it
like that but if I had a little
tiny
tension in my voice
that I didn't even recognize
she could hear that like I was
yelling
and so what would happen
was at first I
thought it was what I said so I

tried to
change the way I said it I tried
to
choose my words better and i
could
still activate her
what I now understood what it
was is
that when I would say no I
don't like
that and she heard that little
bit of
tension
her mind would do a google
search about
what do we know about men
who started to
get angry and a flood of data

about her
father would come in there's
where the tears were coming
from she was not
unsafe with me but her mind
didn't feel safe because it
looked at the old data so is it
not what you said but more
how you said it
yeah sort of how I said it I
wouldn't
have recognized it if you had
to
recorded me both ways
without that
tension and with that tension I
couldn't
hear it yet she could hear

cause she was
so sensitive to it and you you
look at couples you know or
parents teaching
their children how easily they
can
activate their nervous system
and go but
I didn't say anything I mean
have you
ever met somebody and you
go what do
they get so upset about right
it's
because they're dealing with a
whole bunch of their own
personal what I call
atmospheric conditions that

they're
floating through and so then
their mind
goes to that old data and is
responding
and you didn't say anything
differently
than you would have said to
somebody
else but they heard it
differently
I think
many of our viewers here and
listeners
could identify with this kind
of
communication and whereas
certain things

happen these little bumps in
the road
that we don't can't explain
logically
but you're bringing awareness
to it
what's what's the next step
after I'm
just out of curiosity how did
that
resolve itself
well eventually what we had
so it didn't
matter what I did I couldn't
fix it
and
I kept trying to fix it I kept
trying to be more patient

choose my words better
it didn't work it wasn't till we
got to
the trauma and resolved the
trauma
because as a child she had a
lot of
danger with her father her
father was a
very violent man very angry
man
so she was constantly looking
for the
danger everywhere so all of
that data so
you think about when we're in
a
traumatic situation all our

senses are
heightened sight smell
hearing
wanted to be safe so she's
recording as
a child that data in high
definition
she's in a very high beta
brainwave
state recording that
information
she would instantly go into
beta when
she started to hear something
that her
mind perceived as a threat and
then she
would go into an activation

state even though she wasn't
unsafe because her
mind was trying to protect her
about
stuff that's not happening
what can you do about it
nothing so
that constant activation of
your system
she burnt out her thyroid she
had a
cortisol issue because she was
constantly producing cortisol
even
though she didn't know it so
she has Hashimoto's
and so a lot of people are
dealing with

those kinds of things don't
even
know it
you know they can be high
performing my
wife was a high performer I
mean if you
had met her you know she
was a great
wife a great mom or you
know nobody knew
it and she hid it very very well
but she
couldn't hide it from me
because I lived
with it every day and I could
see where
the dysfunction was coming

for her and yet
by every stretch of the
imagination
people would never have
known it
so Dr don you you have
authored a number
of books on this subject where
can
people find out more if if our
listeners
and our viewers right now
want to find
out more and go deeper with
you what's the best way for
them to do it what are
some of the options the best
way is our

we have a git tip tipp is the
name of our program the
inspire performance
program you can go to get tip
tipp.com
and a lot of the information is
there so they can either do
our online version of our four
hour
program they could do a
zoom session or
they can fly to Orlando like
you did and
and meet with me one on one
we take them
through the whole four hours
and I
believe the four hours are

critical
because it takes about two
hours for the
mind to get into a restorative
mindset
and then it's open to making
changes but
if you go into traditional
therapy and
I'm not critical of traditional
therapy
it's very good for current
stress
but when you go in for trauma
when you
sit down with your therapist
and you
start talking about the trauma

you're
going to be in a very activated
beta

brainwave state
talking about a beta
brainwave memory
how do you fix it in the same
state

you experienced it
but by the time you remember
going
through the program we never
even talked

about trauma for two hours
it was all about science
research how the mind works
and by the time we get
there then we start talking

about one two or three events
right the mind will
update them really quickly
it's amazing how resilient the
human
mind is for our ability to be
able to
bounce back not only bounce
back but
also to be able to bounce
forward so Dr Don I want to
thank you for joining me
and taking some time out at
this busy conference talking
about
performance I
encourage everybody to to
visit

be able to go to his facility in
Orlando

if not he made it very
convenient where
people could join online

Dr Don final words
yeah I I always start every
session out

with these words there's
nothing wrong
with you and there's nothing
wrong with your mind the
reason you're experiencing
what you're experiencing is
your mind is

trying to protect you I don't
believe
the mind ever sabotages itself

it's
always based on survival and
so every
time you have one of those
reasons why
your mind's calling you into
an action
just need to know what the
action is so
you can decide whether it's
something
you can do or you don't need
to do
amazing

Dr don thank you again for
being on our
show thank you for the work
you're doing

with me and so many others
thank you everyone for
always listening please
share this episode we got
value out of it we'll talk to
you very soon
be limitless.

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