

# THE JORDAN HARBINGER SHOW

## Worksheet for Will Storr | Avoiding Self-Obsession in the Age of the Selfie (Episode 33)

We tend to credit a successful individual fully for their own success, forgetting -- for instance -- the hundreds of people around Beyonce who work on making Beyonce...Beyonce. Obversely, we tend to blame an unsuccessful individual fully for their own failures (especially when that individual happens to be us).

On [episode 33](#), [\*Selfie: How We Became So Self-Obsessed and What It's Doing to Us\*](#) author Will Storr joined us to examine how the economics of neoliberalism have transformed Western society from collective to competitive, the consequences we face as a result, and what we should be doing to address it.

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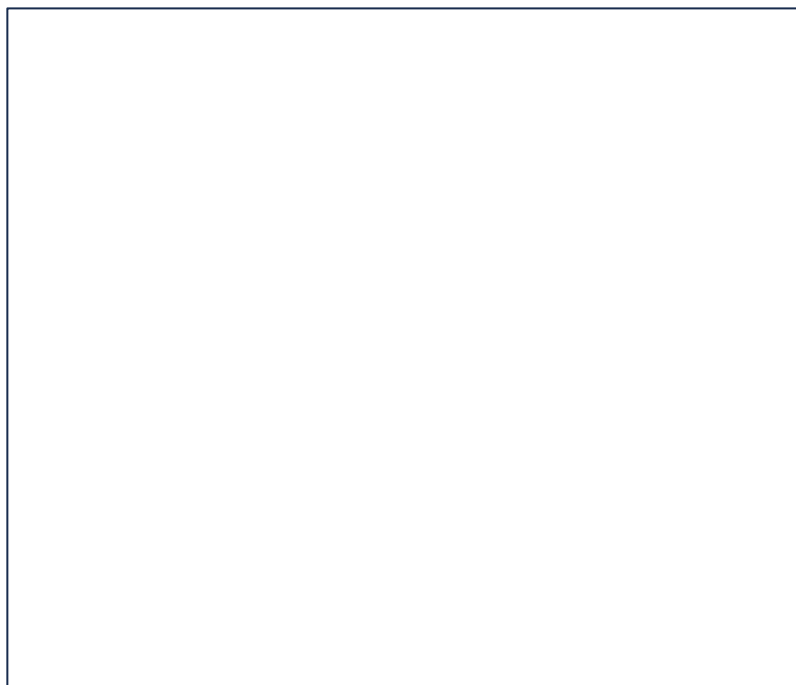
## Overprivilging the Individual

Jordan talks about creating these narratives that are fictionalized, biased, and run through social media platforms. What happens when that story clashes with reality? Will says that we overprivilege (great word from Will) the idea of the individual where we give accolades to the individual when something goes right but we also blame the individual when something goes wrong. We are also guilty of practicing perfectionist thinking, that success is only right here and when we don't reach it we feel like failures.

**Where have you expected perfection and fallen short? Who is to blame for that failure? How about success? Who deserves credit for that success? Are there others in your life who deserve both the credit and the blame for your successes and failures?**

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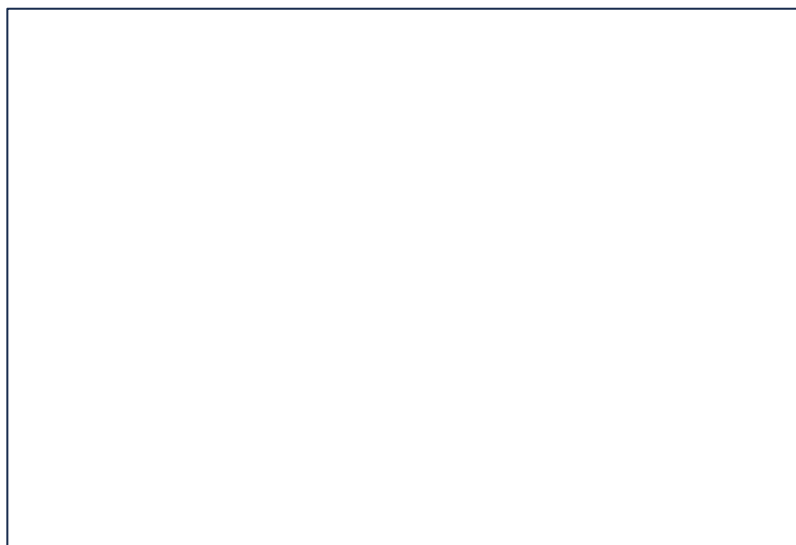
## **The Hero Story Vs. Reality**

Our Western culture creates a hero story in which everything we need to succeed is already inside of us -- all we need to do is unlock these latent talents and rise to the top. That person is a lie, no more than tribal propaganda. We forget that we are biological creatures and we have certain limits that are set.

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**Do you agree with Will -- that you do not have everything in you to rise to the top? What does Western society have to gain if you believe this? What do you gain by not believing this?**



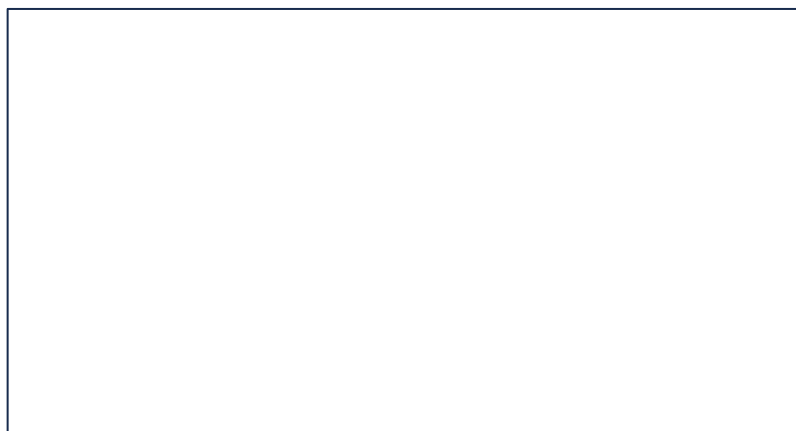
## **The Newcastle Personality Assessor**

The societal shift of the past few decades hasn't turned us all into narcissists; for some, there are upsides to the drive and motivation instilled by the tenets of neoliberalism. Where do you reside?

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Discover the personality traits that drive you by taking [the short Newcastle Personality Assessor exam online](#). What surprised you? Did you feel the test was accurate? How will the results of this test affect the way you think?



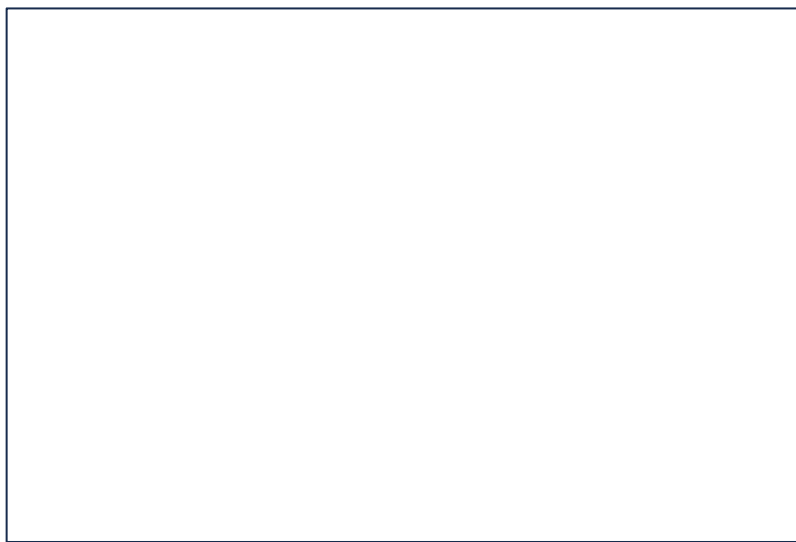
## The Fish Tank Test

Imagine a large aquarium with many fish -- one being large and flashy. A Westerner will keep his eyes on the large, flashy fish, believing him to be the leader of the other fish. The Easterner will be more concerned about the flashy fish's exclusion from the group and will not see a leader as somebody who stands out. Will says this reflects our value judgments of people.

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**Find a fish tank or picture of a fish tank. What fish are your eyes drawn to? What do you think when you see the fish? If you had a different upbringing (say in Canada as opposed to Cambodia), how do you think your judgment might differ? Find somebody with a different philosophy to discuss these differences.**



## **Avoiding Self-Obsession**

So what's our best course of action to avoid self-obsession in the age of the selfie?

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Will advocates teaching a more realistic view of personality and finding the corner of the world where your strengths shine. Stop focusing on the self and instead start thinking about how you might change your environment for the better.

**What about your environment can you change to take advantage of what you do best? How can you utilize your unique talents to make a difference in the world?**



*Full show notes and resources for this episode [can be found here](#).*

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## About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

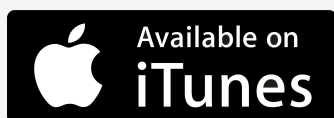
We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.



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[support@jordanharbinger.com](mailto:support@jordanharbinger.com)

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