

THE JORDAN HARBINGER SHOW

Worksheet for Phil Hellmuth | The Winning Strategies of a Certified Poker Brat (Episode 57)

Poker Brat Phil Hellmuth has made a pretty good living by reading and manipulating the emotions of others in the high-stakes world of poker, though he has a bit of a reputation as someone who's not always in control of *his own* emotions.

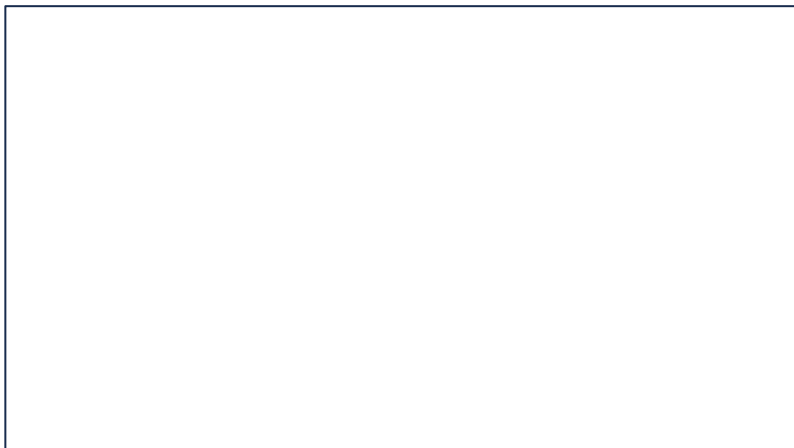
In [episode 57](#), we talk about the epiphany that made Phil resolve to become the best poker player in the world, what his goals look like today, how his tantrums have gotten him in trouble, why poker is more about playing people than cards, the importance of forgiveness, and lots more.

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Knocking the Rust Off

Phil and Jordan discuss a period of Phil's career where he slowed down the volume of games he played. Since he wasn't getting as many repetitions, some of his skills became rusty, which Phil considered to be a mistake.

Inventory your skills, but focus on the skills for which you've become a little rusty. Why have you allowed those skills to take a back-burner? Career obligations? Social pressures? Did you simply become bored? How serious are your reasons -- or are they just excuses? Now, pick just one that you wish you had back. Again, be intentional about exploring your motivations. Commit to rekindling that skill for at least the next 30 days and write down what you will do to "knock the rust off."

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

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Biased about Bias?

In [episode 40](#), we had Annie Duke on the show, also a champion poker player. It's interesting to hear these two poker champions have different perspectives on bias. Annie's perspective is that the acknowledgement and rejection of bias is crucial to making better decisions, whereas Phil appears to be comfortable with certain kinds of bias but not others. For instance, using the Slant System that he created during his youth, he learned that belief in a future outcome he desired was a powerful motivator for himself, despite that belief forming from a type of confirmation bias. However, he cautions against hindsight bias, or becoming "snakebit," because it can cloud your future decisions.

What do you think? Is all bias something to be rooted out, or can some bias be useful, or at least less insidious than others? Have you ever experienced positive results from certain types of bias? Do you have any personal distinctions between biases with which you're comfortable and biases with which you're not comfortable?

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Going on Tilt

With a nickname like “poker brat,” Jordan has Phil discuss his perceptions of the value of remaining emotionally controlled -- or failing to do so. Phil admits that there are times where he’s lost his cool, or “went on tilt,” that he regrets because it can become self-reinforcing behavior that leads to mistakes. Phil also points out that getting others to go on tilt can provide an advantage, especially considering that Phil believes poker to be a “game about people that happens to be played with cards.” Some signs of being on tilt in the game of poker could be adopting a victim mentality, beginning to wonder if the game is rigged, or an abandonment of basic strategies.

Think of a few times when you’ve gone on tilt. First, explore any links between these situations. For instance, are you more likely to go on tilt with certain people or for certain topics? Then, consider how going on tilt affected your decision-making. When have other people tried to get you to go on tilt? Did that provide them with an advantage and/or put you at a disadvantage? How can you prevent going on tilt in the future? How can you be more aware of being on tilt in the moment?

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Hate Reduction Exercise

Phil reminds us that the people we dislike aren't thinking about us and that we waste energy by giving others hate. He shares an exercise that he practices to reduce negative emotions towards others:

Think of the person you dislike the most.

- 1. Think about possible reasons why that person did whatever it was that they did to you. Can you imagine a logical reason?**
- 2. Ask yourself “is there anything good about that person?” Be objective.**
- 3. Put yourself in a position where you won't be disturbed for a small period of time. Think about this person and force yourself to “send love” to that person, whatever that means to you.**

Can you notice a difference? Do you notice that in the course of focusing on this person, you're able to broaden your perspective to include other people? How hard is it for you to do this initially? After a few repetitions over the course of days/ weeks, does it get easier?

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

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About



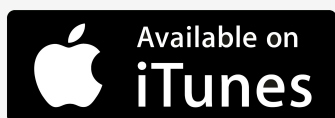
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

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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