

THE JORDAN HARBINGER SHOW

Worksheet for Dr. Drew Pinsky | Give the World the Best You Have Anyway (Episode 72)

Over a lifetime of challenges, we all face periods of self-doubt, lack of clarity, and general directionlessness. Sometimes we just want to relax on a chaise lounge and seek the guidance of a licensed professional to set us on the proper path.

Dr. Drew Pinsky is just such a professional, and he takes a break from his usual gigs at [The Dr. Drew Podcast](#) and [The Adam and Dr. Drew Show](#) to join us for [episode 72](#).

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Talk to the Heart

Dr. Drew is famous for getting the heart of an issue in seconds with his callers, and he does this by listening with his whole body, not just his ears. In a matter of seconds, he can easily discern between what's real and what's bogus.

Have you ever listened with your whole body? Can you trust your gut intuition to tell the difference between the genuine and the fabricated? Jot down any experiences you can remember when listening with your whole body -- or ignoring what your body was trying to tell you -- made a difference in the outcome.

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“Do Good Anyway”

As Dr. Drew has learned, people will ascribe all sorts of inappropriate motivations to you if you're in the public eye no matter how hard you're always trying to do the right thing.

At the end of [*Bombshell: The Hedy Lamarr Story*](#), the famed actress and inventor reads a poem by Kent M. Keith that urges us to "do good anyway" even when it seems like the world is against us.

We live in a day and age when nobody is beyond reproach. We all deal with criticism.

List three times in your life when you've been compelled to do what you thought was right in spite of seemingly overwhelming opposition. Did you follow through with it, or did you give up? How might you face future compulsions to do good anyway? Can you weather criticism from others, or does it cause you overwhelming discomfort? What might help you better cope?

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Outsider's Perspective

Dr. Drew mentions that Adam Carolla criticizes him for being too adaptive, listening to other people a little too much. However, Dr. Drew takes that as a learning opportunity to see what he can learn from the world in case there is something that he can improve upon.

It seems we've all got people in our lives who tell us we're too adaptive, don't we? What's interesting to me about this is that those people have an outside perspective that we don't. Think of specific ways people tell you you're too adaptive and try to name three. Is this something with which you're comfortable? What would you do to improve if you could?

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Social Response

Dr. Drew has millions of social media followers, so I ask him how he deals with this. He says that as a clinician, he cannot ethically respond to any of them.

I imagine it must be tough just sitting there and taking whatever people dish out without being able to throw back.

Have you ever been wrongfully attacked by someone on social media or otherwise? Did you feel like you had to respond to it? What would you do if you couldn't respond and just had to take it? How would you deal with it?

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Impostor Syndrome

I always tell my audience that experiencing [imposter syndrome](#) is often an indicator that you're a high performer or at least a deep thinker (in contrast to someone who exhibits symptoms of the [Dunning-Kruger effect](#)).

As Einstein or Aristotle or a fortune cookie once famously said, "The more you know, the more you know you don't know."

Dr. Drew also points out that having low self-esteem means you're likely to discount anything you can do as being something *anyone* could learn to do.

Are you a deep thinker? Do you sometimes feel like you suffer from impostor syndrome? How do you work through it to prove to yourself that you belong where you are or that you belong doing what you are doing?

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Safety (Inter)Net

With success spanning the worlds of radio, television, publishing, and podcasts, it might surprise some to know that Dr. Drew still practices as a medical doctor. He offers numerous reasons for continuing to answer this calling, but he does enjoy taking a break from the anonymous nature of the Internet to deal with people in the real world.

Have you ever treated someone differently on the Internet from how you would treat them in real life? If you behaved negatively in the moment, how might you keep in mind that you're still interacting with real people and strive to lift others up rather than tearing them down in the future?

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Self-Esteem

Self-esteem is established around age five, as Dr. Drew points out, and his was bad. Despite having low self-esteem, Dr. Drew does not let it define him as not being good enough. He acknowledges that it is painful if you have a lot of negativity thrown at you, but on the flip side, it is a great motivator.

Listen to our conversation and then ask yourself where your self-esteem tends to settle. Is it low? High? Somewhere in-between? List three ways you can leverage your self-esteem as a motivator.

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Body Dysmorphia

Dr. Drew and I discussed how common [body dysmorphia](#) is these days among women as well as men, and what lifting weights does to channel what might otherwise be negative feelings about his own body into positive ones.

Is there something about your body that you tend to obsess over? In what ways have you tried to take a positive approach to working through some of your thoughts and feelings about your body?



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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