

THE JORDAN HARBINGER SHOW

Worksheet for Jane McGonigal | Gaming Your Way to Health and Happiness (Episode 96)

While it seems that video games have been a popular scapegoat among politicians and media outlets for the exacerbation of social ills almost since their invention, some would make a case for the power of such games to make a positive difference in the lives of those who enjoy them.

By creating a game to overcome suicidal ideation after suffering a concussion, it's easy to see why game designer and [*SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver, and More Resilient -- Powered by the Science of Games*](#) author Jane McGonigal crusades for the latter case. Join us for [episode 96](#) as Jane explains how alternate reality games help heal, improve lives, and solve problems in the real world.

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Quick Depression Quiz

Jane came to understand that the depression she was feeling after her concussion was simply an evolutionary response to the physical trauma she had experienced -- a mechanism designed to protect her from further trauma. But she pointed out that depression can also be trying to protect us from putting energy and effort into things we don't really want to do.

The question to ask yourself is: am I putting energy and effort into something I don't care about? Well...are you?

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The Notorious P.T.G.

Jane introduced me to the concept of Post-Traumatic Growth.

This is where you can create a positive from something bad that happened.

Post-Traumatic Growth is where, following a trauma, you give yourself permission to live differently. In fact, really differently. And as much as you might not be grateful for the traumatic experience that got you to this point, you live in a new way that other people don't give themselves permission to live.

That's a wonderful thing -- even if the trauma you endured was much less than wonderful.

What drastic change would you make if you were propelled to move away from a trauma? Have you experienced Post-Traumatic Growth?

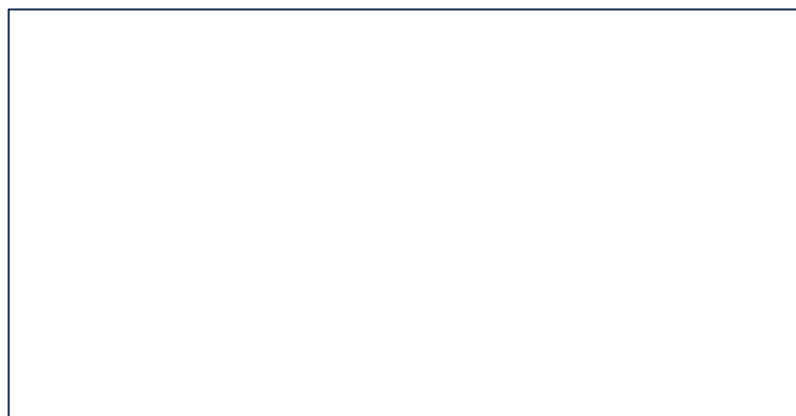
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Uncomfortable Comfort

Jane used to have a fear of flying (on an airplane -- she doesn't have a superpower). She experienced anticipatory anxiety and this discomfort was getting between her and her dreams. She wanted adventure. She wanted to see the world. She wanted to give talks in far-off places.

Jane's discovery seemed kind of obvious in hindsight: there were things in her life that she valued *more than being comfortable*.

Do you find yourself valuing comfort over pursuing your dreams? Is there a comfort zone to which you retreat that moves you further away from your goals?



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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