

THE JORDAN HARBINGER SHOW

Worksheet for Michael Scott Moore | What It's Really like to Be a Pirate Hostage (Episode 115)

Being kidnapped by Somali pirates and held hostage for over two years sounds like a nightmare scenario that none of us would wish upon our worst enemies. But for journalist Michael Scott Moore, it was a reality he managed to endure.

In [episode 115](#), Michael talks about these experiences that formed his latest book, [*The Desert and the Sea: 977 Days Captive on the Somali Pirate Coast*](#). He runs us through the events that led to his capture, how he maintained his own sanity while spending so much time in captivity, what it's like to attempt escape under such circumstances, how he eventually made it home, and what it took to readjust to "normal" life.

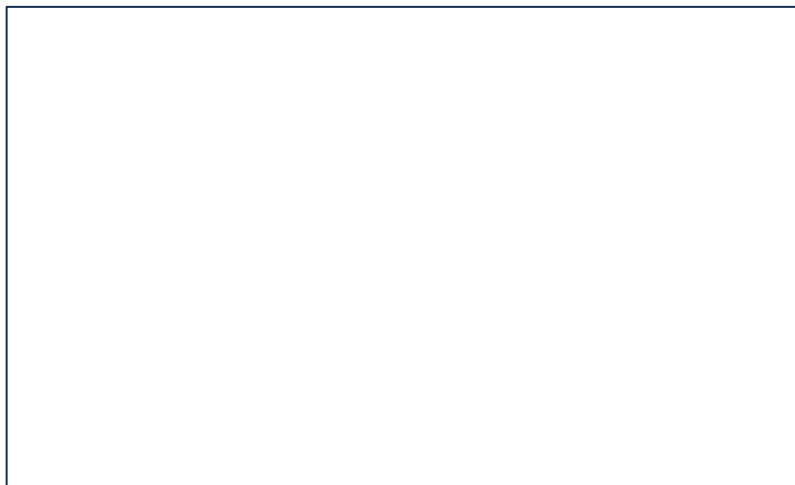
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Saved by the Moment

Michael told me that at some points during his involuntary captivity he would either feel murderous or suicidal. Two years into his stay of undetermined length, he chose to give up on the idea of the future. *"Hope has become a psychological risk,"* he realized. When the pirates would say things like, *"you'll be out in two weeks,"* and it didn't happen, he ended up feeling much worse.

To stave off suicidal depression, he chose to detach emotionally from every part of the cycle of hope. He'd block out hope but he'd also block out despair. By focusing on the moment, and not the future of his choosing, Michael was able find some peace.

Where in your life might you be best served by forgetting about the outcome you're after? How often are you committed to a result? How has that helped or hurt your regular efforts to get there?



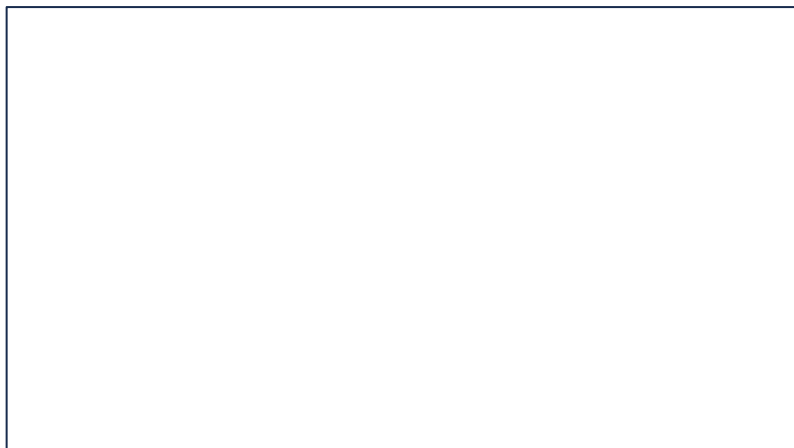
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Detach to Win

Michael lost dozens of pounds in captivity. His activity was minimal and his diet ranged from *lacking* to *gross*. Somehow he found the energy for yoga. He told me this helped him physically but also provided some “*spiritual detachment*” that made his intolerable situation slightly more tolerable. He also found similar results from writing. Whenever he found a notebook and a pen, he’d write -- and this helped him emotionally.

Feeling the entirety of his situation was just too overwhelming, so he found some peace in detachment.

When should you take a break from the depression and anxiety of a situation? How might you achieve this?

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

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Returning to Normal

Michael's two years and eight months as a hostage were the complete opposite of his normal life in every way. After he was released and left Somalia, his mind and body needed to both recover and rebuild. He found that, one day at a time, he was able to get better. After about a year of hard work, he was in good shape again. "Body and mind both know how to recover," Michael realized.

The lengthier the hardship and the harder the situation, the longer it's going to take to bounce back. Patience and perseverance are essential in order to move forward and stay sane in the process.

Have you found yourself recovering from a period of mental or physical convalescence? What was most helpful in your adjustment back to normalcy?



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

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About



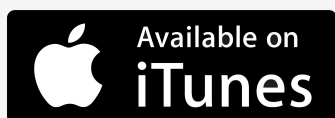
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

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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