

THE JORDAN HARBINGER SHOW

Worksheet for Derren Brown | Using the Power of Suggestion for Good (Episode 150)

It's hard to classify Derren Brown, because he excels in so many fields it's almost unfair to the rest of us. He's possibly most well known for using psychological manipulation and hypnotic suggestion to get people to take a certain course of action, as witnessed in his Netflix specials [*The Push*](#) and [*Sacrifice*](#).

Derren is also a world-class photographer and artist ([check out his creations at Instagram](#)), and author of several books -- the latest is [*Happy: Why More or Less Everything Is Fine*](#). He's obviously a very busy man, so we're delighted he was able to take the time for [this interview](#) in his house of many splendors and surprises.

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Use Your Powers for Good

Derren Brown is a mentalist. He's not nor a sorcerer or warlock -- nor does he claim to be. He's a trained hypnotist, turned magician, turned international star. He's fascinated by human nature and also seems to have a deep sense of justice. He's devoted a significant portion of his career to debunking those in similar professions who use their talents to take advantage of others. By using his powers for good, he has created a number of popular specials -- all while doing helping the viewer prevent against being taken advantage of.

Have you been able to use your talents to spread a good message? Have you been able to use your talents to stop another's nefarious message? If not, why not? What might it look like if you did? What good are you uniquely talented to spread?

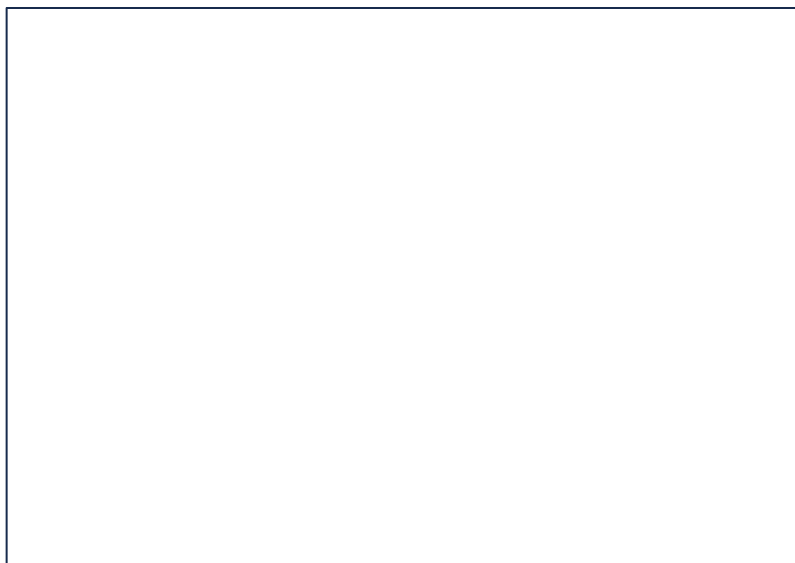


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The One-Tool Toolkit

Derren recognizes that his work doesn't exist in a vacuum. The success of his work is contingent on those with whom he interacts. "Everything I do is about seeing things from another person's point of view," he told me on my recent trip to the United Kingdom. "That's the toolkit: someone else's ongoing experience."

Recognizing this has been essential to Derren's success. If you had to distill your professional toolkit to one item, or thing, what would it be?

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

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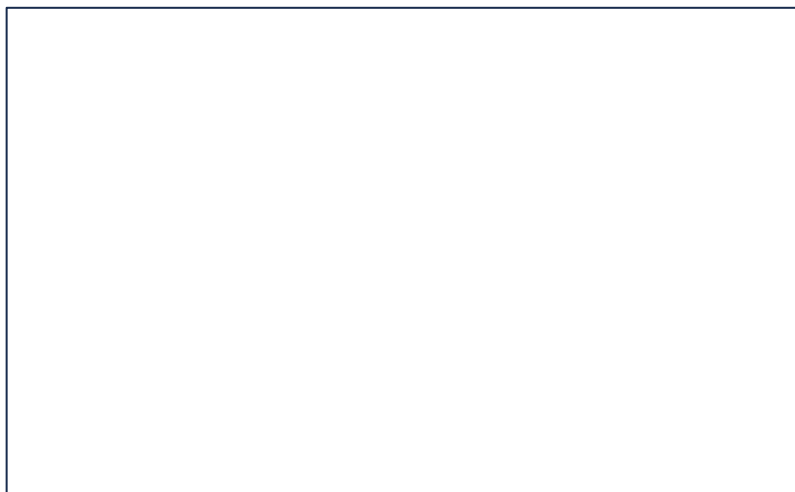
Building on Character Defects

To have flaws is to be human (*don't let any self-help guru tell you otherwise*). Derren started off as a hypnotist because, as he told me, he was desperate for attention.

"Hypnosis and magic really tap into the desire to control," he told me. "If you don't feel impressive yourself, both of those really tick that box."

Had he efforted at not feeding this insecurity, he would never have built up the amazing career and life he has today.

Do you run from your flaws or find yourself feeding them? Has this ultimately helped you grow? What might you have done differently if you were given the chance?



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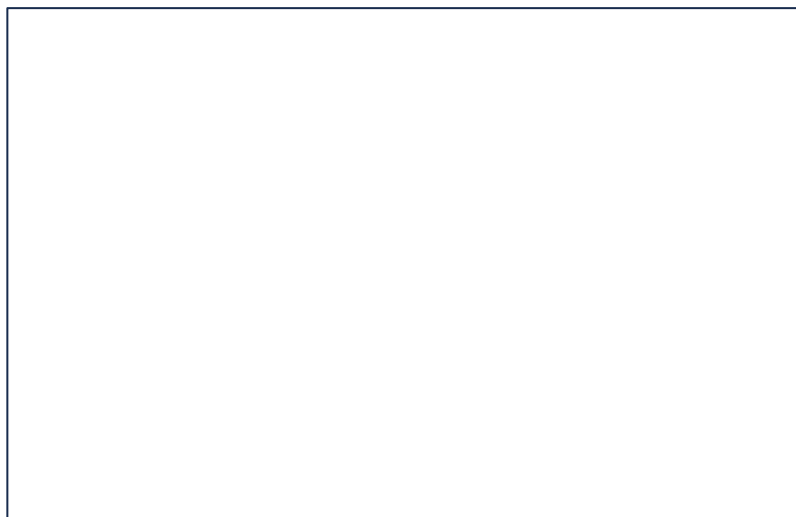
Ourselves

Derren has become a true master at understanding human behavior and how environmental aspects affect it, so I'll leave you with this.

"We can only work on ourselves and do the best we can," he said.

"You never quite get to the end where you get to the self you're supposed to be without these outside interferences.

"It's a journey."



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

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About



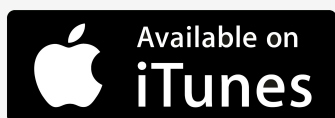
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

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

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