

THE JORDAN HARBINGER SHOW

Worksheet for Erik Aude | Imprisoned in Pakistan for a Crime He Didn't Commit (Episodes 147 & 148)

In the documentary [3 Years in Pakistan: The Erik Aude Story](#), we learn how Erik — a stuntman and actor with a successfully blooming career — was imprisoned in Pakistan for a crime he didn't commit, how he survived torture and attempted murder in prison, and what it took to gain his eventual freedom.

[This is a story](#) of human resilience, mental and physical toughness, and how a wrongfully imprisoned American on death row in a foreign land protected his mind even when the world seemed stacked against him.

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Goodbye, Freedom

“No one is grateful for the things they have until they’re all taken away from them,” Erik told me in preamble to his harrowing account of being locked up for three years on death row in Pakistan. “That’s why I appreciate my life so much more.”

Think about what your life would be like without freedom. What would you have left? What would you have lost? What would you miss? Where would you find gratitude?

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Controlling the Narrative

Rarely do public figures have a chance to control messages that go out about themselves.

However, Erik was able to tell his full story in this new documentary and address every question and doubt cast his way since an unsatisfying experience on National Geographic's [Locked Up Abroad](#).

Have you ever told your side of a fantastic story — that you know to be a hundred percent true — only to be greeted with disbelief about the details? How might you retell it in a way that clarifies these details and addresses whatever doubts people have about your story? Try to empathize with the reasons someone might have for not believing you and, while putting yourself in their shoes, determine what it would take to convince you of your own story's authenticity.

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Strange Bedfellows

Erik's entire situation is as uncommon as it gets. That's why it wasn't all that bizarre that he befriended a group of the infamous 1986 hijackers of Pan Am Flight 73. He helped them get a cell phone so they could talk to their families. This relationship led to more connections for Erik, money, and opportunity.

Have you ever befriended someone branded by most as a pariah? Was there any advantage gained by the relationship? What are the pros and cons of being seen as a friend to the friendless?

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The Last Thing Left

“What’s worth more to you: your pride or your freedom?”

This is the question Erik had to ask himself when his Pakistani lawyer wanted him to plead guilty in exchange for what the hoped would be a lesser sentence — and possibly a greater shot at life.

Erik chose to plead not guilty.

“I know if I had pled guilty it would have ate at me,” he told me. He went on to say that the shame for admitting to a crime he didn’t commit would have eaten away at him to the point where he might have even committed suicide. He chose pride.

“It was the only thing I had left.”

Have you ever been faced with a dilemma in which you had to choose a personal principle versus a practical solution to a real problem? Were you true to yourself or true to an opportunity? How did it feel? Would you do the same thing next time?

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Rare Talents

Remember that show *Fear Factor*? Erik sure does. He wanted to be on it, and to prepare himself, he taught himself to hold his breath under water -- working his way up to where he could hold it for three minutes straight. He never made it on Joe Rogan's old show, but he did use his skill while being tortured in Pakistani prison. You never know when random talents will come in handy!

What unique but infrequently used skills do you possess that might serve you in a situation like Erik's?

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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