

# THE JORDAN HARBINGER SHOW

## Worksheet for Charlamagne Tha God | Turning the Tables on Fear and Anxiety (Episode 171)

Anxiety is a scourge that many of us face, whether we're regular 9-5ers, parents, entrepreneurs, or celebrity talk show hosts. Charlamagne Tha God [is our guest today](#), and he knows a few things about the subject -- as addressed in his latest book, [Shook One: Anxiety Playing Tricks on Me](#).

Charlamagne has been dealing with anxiety for his whole life -- before he even knew it had a name -- and he'll give us a rundown of how it's affected his worldview and even served him as a fuel to propel him toward an often controversial but always thought-provoking career as one of FM radio's most popular hosts.

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## A Hurricane of Change

"I've always had the feeling," says Charlamagne. "I just never knew what it was...on my first day of first grade, I remember being at elementary school just crying my eyes out, not wanting to be left alone in that class and not knowing why. When I think back to that, I was having a panic attack."

Anxiety made itself known in other ways at this time -- like when he'd be called upon to speak in front of the class or participate in the school play; an irrational fear was always present. But it wasn't until Hurricane Hugo hit the East Coast in 1989 that he had an inkling that this fear could be controlled.

"Hugo was different because that's when everybody around me was panicking as well. In first grade when you're crying in class, everybody's like, 'Oh, it's going to be okay! You're fine!' But Hugo, everybody's like, 'Oh, my God! We might not have a house in the morning!' The next day...there was damage everywhere and people did lose their houses, but we were alive. I think it did help me cope just a little bit, because I was like, 'If this is the worst it can get, we'll figure life out.'"

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**If you find yourself coping with anxiety these days, think back to times in your life when it made itself known and how you reacted to these episodes. Have any major traumatic experiences between then and now influenced you similarly to the way Hurricane Hugo affected Charlamagne? Do you deal with anxiety differently now compared to how you did when you were younger? What has changed?**

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## Owning Past Embarrassments

Being a public figure, Charlamagne concedes that regretful things he's done or said in the past will always come back to haunt him -- often when life is otherwise going smoothly. Whether this is attributable to a higher power providing a means to work through these issues or just the cyclical nature of life's ups and downs, it just drives home the importance of being honest -- especially for anyone in the public eye.

"It's up to all of us as individuals -- we have to share our experiences, because they will help other people," he says. "If I've got to go through the shit because I shared too much, fine. I'm cool with that...in the same way I take the so-called backlash and the heat, I get the rewards, too. I've got to take the good with the bad."

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**What embarrassing things have you said or done in the past that someone might try to use against you in some way? How might you own these regretful actions in a way that addresses them honestly and defuses their negative impact? How might sharing these experiences help others?**

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## FEAR vs. FEAR

When anxiety puts you in a position to take flight or fight, Charlamagne illustrates that FEAR becomes an ideal acronym for "Face Everything And Rise" or "Fear Everything And Run."

"I use my anxiety as fuel," says Charlamagne. "When I get those feelings in my gut, it's just like, 'Damn, this means something to me.' So if it means something to me, I've got to be willing to fight for it, and that's what I do. I face my fears and I rise up from it."

This isn't to say there aren't occasions when running from your fears is a perfectly valid option -- like the time Charlamagne was sucker punched on the street and pursued by no less than five men, one of them armed with a camera to video the whole thing.

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**When you're confronted with fear, how does it tend to play out? Do you more often accept the challenge it's presenting or do you shy away from the discomfort? Over the week ahead, note how you're inclined to respond to the fears life throws your way and if your responses are appropriate. If not, how might you better deal with similar fears in the future?**

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## Are You Doing Enough?

Through his own successes, one of Charlamagne's sources of anxiety is wondering if he's doing enough to help the people in his own life. After being attacked on the street, he hired his longtime friend Wax as security.


"You never feel like you're doing enough," says Charlamagne. "You feel like you could always be doing more. You could always be putting them in a better position. You want to acquire more so you can give them more. But sometimes it's just about giving them the opportunity to do things on their own. Hopefully I'm the kind of leader that's doing that."



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**Do you experience anxiety because you feel you're never doing enough -- either for the people in your circle or the work you do? Jot down a list of these things in one column, and in another, what you *are* doing to support them. You might be surprised at how much you're already doing without giving yourself time to think about it.**

A large, empty rectangular box with a thin black border, intended for the user to write their list of things and supporting actions.

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## Social Media Anxiety

After reading [Digital Minimalism](#) by Cal Newport ([check out our interview with Cal here](#)), Charlamagne came to realize something that's helped him immensely.

"Nothing causes anxiety the way social media causes anxiety," says Charlamagne. "I'm just at that point in my life where I don't need to be a part of every conversation."

**Charlamagne deleted most social media apps from his phone, he limits the time he spends on social media in a day, and on a recent family vacation he went cold turkey and didn't even use his phone during the whole trip. If you find that social media generates anxiety, what steps might you take to limit its influence on your life? Could you go cold turkey and do without it for a set amount of time?**

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

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## About



Join us as we get deep into the untapped wisdom of the world's top performers -- from legendary creators 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 valuable insights into your own life and live what you listen.

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