

THE JORDAN HARBINGER SHOW

Worksheet for Moby | What to Do When Success Makes You Miserable (Episode 196)

Many of us dream about what life would be like with the trappings of fame and fortune at our disposal, never imagining how too much of these good things could conspire to make us miserable. But *Then It Fell Apart* author, award-winning musician, and Herman Melville's great-great-great-grandnephew Moby testifies that the excesses of success can be deceptively unrewarding.

On this episode, Moby joins us to reveal how he was unexpectedly catapulted into fame after living in an abandoned factory and DJing for \$25 a night, the self-destruction that ensued, the lessons learned along the way, and how he evolved beyond the excesses of his own success to enjoy its rewards and make the world a better place on his own terms.

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Evolving Past Success

Moby has lived a life of highs and lows, and there have been times when — to an outside observer — his behavior might not have been appropriately matched to the circumstances. He was perhaps at his happiest while squatting in an abandoned factory making \$25 for six-hour DJ sets, but had to do a lot of soul searching when he reached the pinnacle of “success” among the self-centered pantheon of the rich and famous. Now he’s sober, considers music a hobby, and gives away work for donations that go to charity.

“I hope that I’ve evolved or moved past the total drug-addicted narcissist,” says Moby. “One of the goals in the book — and I don’t know if this comes across or not — but is contextualizing the roots of that self-centeredness. That’s why I juxtapose childhood chapters with adult chapters, sort of saying, ‘Here’s the terrible adult behavior, and here are the experiences in childhood that don’t necessarily justify it or excuse it, but contextualize it.’

If you were to write your own memoirs, what questions about who you are today might be answered by reflecting on events from your past? Pick an embarrassing episode from your life and honestly answer this question: “Have I evolved past what embarrasses me about this event, and would I behave differently if it happened to me today?” If the answer is “No,” what’s standing in the way of your evolution?

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Making Amends

Moby's rags-to-riches story is ultimately one of redemption — with a cautionary tale that hits its conclusion just before the timely intermission. After a few years partaking of the expected — and admittedly cliché — rockstar lifestyle debauchery, Moby wised up and got sober. But this is when he really got to tally up the damage he'd left in the wake of his story's first act.

"What was really upsetting is when I got sober to realize how I thought I was just hurting myself, it turns out my narcissism, alcoholism, and entitlement was really hurting a lot of other people," says Moby. "That's why in the 12 steps, the ninth step is making amends. That's a really intense process when you fully accept that you have harmed other people. [But] one of the beautiful things about making amends is you can never mention anything the other person did."

Make a list of five people you've negatively affected in some way and how you might apologize to them — taking full responsibility even if you thought your actions were justified at the time. It's up to you to follow through with the apologies or not, but taking regular stock of how your actions affect other people and the world around you is the ultimate goal of this exercise.

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Imposter Syndrome

In [*Then It Fell Apart*](#), Moby details an episode when Imposter Syndrome elbowed its way into his thoughts and made him miserable during what should have been a time of celebration:

“I wanted to stop the show and patiently explain to the movie stars and the beautiful people that they’d made a mistake. They were celebrating me, but I was a nothing. I was a kid from Connecticut who wore second-hand clothes in the front seat of his mom’s car while she cried and tried to figure out where she could borrow money to buy groceries. I was a depressed teenager whose first band had played a show in a suburban backyard to an audience of zero people and one dog. My brief moment of rave fame had come and gone in the early 1990s. Now it was 1999 and I was an insecure has-been, a wilting houseplant of a human being. But we kept playing, and the celebrities kept dancing and cheering.”

Imposter Syndrome happens to everyone, but it’s not necessarily a bad thing — in fact, even though it feels lousy, it’s probably signifying personal growth ([check out our deep dive on the phenomenon here](#)). Make a list of times you’ve experienced Imposter Syndrome and what else was happening at that time in your life. If you come up empty, consider this: are you stepping outside of your comfort zone often enough?

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

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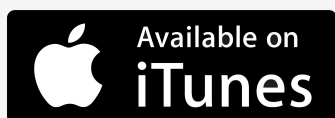
Join us as we get deep into the untapped wisdom of the world's top performers -- from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

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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support@jordanharbinger.com

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