

# THE JORDAN HARBINGER SHOW

## Worksheet for Chelsea Handler | Life Will Be the Death of Me (Episode 216)

Love her or hate her, [Life Will Be the Death of Me...And You Too!](#) author Chelsea Handler is a force in the entertainment industry. She's been highly successful from her 20s onward through today, and is a consistent hit-maker when it comes to her books, late night talk shows, and live comedy.

[On this episode](#) we enjoy a very rare chance to spend time with someone who also interviews others for a living, and discuss her very unorthodox entry into comedy — which almost ended with a one-way ticket to jail. We'll also talk about chasing fame and money and, at the end of that dirty rainbow, just trying to fix our childhoods by getting love from strangers on the Internet or the other end of a cable television talk show.

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## A Funny Thing About Fear

If you've followed her career, it might surprise you to learn that Chelsea was once petrified at the thought of speaking in public. And then, at the tender age of 21, she got a DUI. This would change everything.

"I had to go to DUI school," recalls Chelsea. "In DUI class, you go for 15 weeks and everybody gets up and tells their story — and I had such a fear of public speaking. Then I started telling my story — and all I did was tell what happened, and it was ridiculous. I called the cop a racist — we were both white.

Everything that didn't make sense I did. And the audience was just laughing and I was on stage for 14-15 minutes until the guy was like, 'This is not standup. Get off the stage! You're enjoying this a little bit too much.' And that's when I was like, 'Wait a second. I like this!'"

**Whether it's public speaking or something else entirely, what great fear of your own might you confront by being forced out of your comfort zone? How might your life improve by overcoming this fear?**

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## Smudged Blueprints

As the youngest of six kids, Chelsea felt neglected by her parents; she was *really* raised by her brothers and sisters. And then when she lost her brother at age nine, she couldn't articulate what she was feeling at the time — but the event became a blueprint for how she dealt with terminated relationships over the course of her life.

"When I was nine, my brother said, 'I'll be right back,' and died. So from then on, every relationship I ended was like that. Here today, gone tomorrow. If you piss me off, you're out of my life. It's over, and I would never think about you again. And until my psychiatrist painted the picture and said, 'The reason why you end relationships like that is because you think that's how they end.'"

**When you think back on big events from your life — traumatic or otherwise — can you identify one that acted as a blueprint for how you now deal with certain situations? Does the blueprint serve you well, or is its impact actually a hindrance? If it doesn't serve you, what might you do to change the resulting attitude or behavior into something that does?**

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## Confronting Privilege

“I had a lot of advantages,” says Chelsea. “I never struggled. I was never hungry, I’ve never been sexually assaulted, I’ve never struggled for any material thing in my life — not in a way that can relate to how any marginalized person has had to struggle.”

Thinking about life in these terms was a big wakeup call for Chelsea. On closer examination, she noticed an acute lack of exposure to any sort of diversity in her friendships or neighborhoods of residence. In order to evolve in any honest, meaningful way, she felt compelled to use the luxury of time she had at her disposal to self-reflect and try to be better.

**You may be inclined to roll your eyes whenever someone suggests that you “check your privilege,” but consider this: if you’re reading this right now from the comfort of an Internet-enabled computer screen, you’re already more privileged than (as of this writing) 44 percent of the world’s population. When you honestly consider your own circumstances, what other game-changing life advantages do you possess — just for the virtue of being you — and possibly take for granted?**

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## Elective Therapy

Chelsea makes no secret of the fact that the results of the 2016 election drove her toward therapy — which turned out to be the shiniest of silver linings. “I wanted to be able to make a point without yelling,” she says. “That was my modus operandi going into therapy. And what I got out of it was a lot more.”

To people who want Chelsea to stop commenting on politics and go back to being funny, she says: “I’ll get there. I’m not worried about my funny — I’ve got that in spades. What I needed was the serious stuff. I needed to balance it with some real empathy and understanding of people. That’s what I was in a deficit of. So don’t worry about my funny! My funny’s always going to be there. This is what I’m talking about right now because it’s important to share.”

**The polarized climate of modern American politics makes people from each side of the aisle rabidly eager to attack anyone who dares to stand on the other — and Chelsea admits she fell into the same trap before therapy allowed her to rein in her anger. If you find yourself dominated by this kind of anger over people disagreeing with your politics, consider [therapy](#), or consider [listening to our recent interview with Arthur Brooks](#)!**

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

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## About



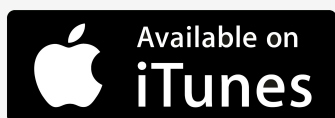
Join us as we get deep into the untapped wisdom of the world's top performers — from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

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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