

When other people are jerks

Well, you already know from an earlier video that when other people are jerks, it's really not about you.

And if you want them to be different, you are in their business.

Because you can't control other people,
Even though it would be really nice if you could, sometimes.

And you may have influence over people, but you can't really control them.
Babies are the tiniest humans on the planet, and they can't be controlled.
If you try to put food in their mouths when they don't want it, they spit it right back out.

What you can control is you. And that's your job. To be the best you you can be.
Because anything else really isn't possible. You can influence them, but they have to choose to be different to change.

We are going to draw from all the other lessons to put this all together about dealing with jerks.

In an earlier lesson, we talked about Fact vs. Story.

How facts, or circumstances, are never the cause of our pain, it's always our stories about the circumstances that cause us pain.

It's our thoughts.

So, when someone is a jerk, you can't control what they do and what they think, you can only control what YOU do, and what YOU think.

That means that if someone is a jerk, they can't hurt your feelings.
It's only what you are thinking about what they have done that hurts you.
You are actually in control all along.
You can control what you think.

There is a tool I call the Thought Loop that reveals the cause of all your pain, and the results you get in your life.

Let's use the example of someone telling you that you are stupid.
How did you get into THAT college?
Ouch.

The Circumstance is that this guy said "You are stupid"
Your Thought is, "I'm not valuable."
Your thought causes the feeling... embarrassed or shame.

The feeling... we talked about in an earlier lesson, your feeling is one word, so we'll choose shame.

The feeling of shame causes us to act differently... perhaps stammer or blush or withdraw.

And that withdrawing results in not showing up with your whole wonderful, insightful, SMART self.

And if you are not your full on bright, shiny self, the result loops around and proves your original thought of "I'm not valuable."

This thought loop is the foundational structure of how your thinking, feeling and actions are linked.

Everything you do is because of something you feel and everything you feel is because of something you think.

Let's do another one...

The circumstance you think is causing you pain is that your best friend is going to a different college.

It's the thinking that your friend going to college is a bad thing that is causing you pain. Perhaps your thought is, "He will get another best friend."

That thought causes the feeling – jealousy

That feeling causes the action – you start detaching, or maybe you latch on extra hard and are clingy... usually it's one extreme or the other

That causes the result of he pulls away because you are detaching or are extra clingy, and that loops back around soundly proving the original thought that "He will get another best friend."

Let's do one more example, because this
"Thought causes feeling causes action"
is a little tricky to try on your own.

Let's say that there is a general sense of fear of the unknown about going to college. It's scary because you don't know what's going to happen.

So there are already two things that you know that we can put into the Thought Loop. That's your circumstance... you are going to college and there are things you don't know.

And the Feeling line is Fear.

Even though it might seem like there is no one thought that is causing this fear, there is **always** a thought that causes a feeling.

And when there's a general feeling, often there are a whole cluster of thoughts.

In this case it might be something like, "I might make a fool of myself."

"I might fail."

“I might not be able to handle things that come up.”

So, just for example, if the thought is, “I might not be able to handle things at college,”
And the feeling is fear.

How would you act because of the fear?

Maybe – less confident. Your face might reflect that fear, and when you get into new situations, people might be less drawn to you and help you if you have a frozen look on your face.

And the result would be that you can't handle things as well if you aren't getting the help to figure things out.

That loops around and reinforces the original thought that “I may not be able to handle things.”

Thoughts cause feelings cause actions cause results

Knowing that there is this underlying framework gives you power.

Because you can change your thoughts... different result.

The surest way to have a different result is to have a different thought.

Try playing with that.

Take a look at some of your painful thoughts in life, and figure out what feeling they cause and what actions those feelings cause.

Then try thinking of a different thought and see how that makes you feel and how you act differently.

It's fascinating, and it can blow your mind.

In the next video, I'll teach you how to change your thoughts, but it's really important first to be very familiar with how the thought loop works. So, take some time to write down some thought loops of your own... 50 would be great 😊

I write down my thought loops every day.

I do a thought download to spot all the thoughts that are causing me pain, and then I write down the full thought loop.

With practice it doesn't take much time at all.

It's like brushing my teeth in the morning.

Except I end up with a squeaky clean mind.

Life is much more pleasurable that way.



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