

- Speaker 1: [00:01](#) Count blessings every single day. Count blessings. Gratitude has been linked to lowering anxiety, stress, and depression in 100% of people. Science has proven that you've literally cannot not be thankful and depressed at the same time. You cannot feel love and anxiety and pressure at the same time. What's up fro road dads? John Broman here, if you are new to the show, this is the podcast for family men with
- Speaker 2: [00:26](#) businesses, not businessmen with families. And my guest today is my good friend Sean Douglas, and we're talking resilience. I'm excited to get into this. Uh, for those of you who don't know no who Sean Douglas is. I think there's probably two of you out there. Uh, he has been with his wife for 12 years. He has four kids, ages 16, 13, five and two. That's quite the spread, Sean. And uh, professionally he helps entrepreneurs, speakers and business owners improve their positioning in the marketplace. But what we're talking about today is how he's used his resilience training. He's a master resilience trainer in [inaudible] the military. We're going to talk about how that gets applied at home. And something fun about Sean that most people probably wouldn't know is that he won an air force commendation award for helping put out a fire on a [inaudible] wasF 14 at 15F 15 fighter jet, which is really cool.
- Speaker 2: [01:23](#) So Sean, welcome to the show, man. Glad you're here. Thank you brother. Thank you for having me. Always a pleasure to sit down with the amazing John Roman. Well dude, let's talk about resilience today. And I've wanted to have this chat with you for a while because I'm familiar with your work professionally. [inaudible] resilience is something that I'm constantly asking myself. How do I build this in my boys, right? I'm, I'm constantly asking that and I've gone on record saying quite a few times that I'm working on building myself to be more resilient and to be more emotionally invincible or to master my emotions in a way that I don't get hijacked by the littlest things or lose my cool or get triggered. Right? And there's lots of ways that shows up. But, so let's, let's start by talking about, and I'm just going to go right to the question, which is how do you as a professional in this space, take your work that you get paid to teach people and bring it home and implement it at the Douglas household?
- Speaker 2: [02:22](#) One thing I learned from you was having board meetings. When we have board meetings at our house and there's no phones, there's no TV, there's no radio, there's no nothing. It's just us at the dinner table. And if we could just do that every single night, if we could just sit down as a family and have a dinner, it doesn't matter if it's, if it's pizza or we're out at a restaurant or really like we talk, that's like literally we're having a meeting. How was

school? How was this, what's going on with this? And because last week, like how was work and how was this, I learned from you how to ask better questions. So we ask questions like, what was your intended outcome?

Speaker 3: [02:59](#) [inaudible] and I and I never say, what were you thinking that was so wrong? What were you thinking? I'd never say that. I asked him

Speaker 3: [03:05](#) what was your intended outcome? And then I find flaws in their decision making process. I say, Whoa, if that was your intended outcome, how could you have done this differently? And I get them to realize that you have to have that intended outcome first instead of lashing out and going, Oh, that was dumb, you know, and immediately going default into the negative. I want to really create a positive, positive reward for them and say, the next time this would happen, you think about that intended outcome, lead with that, lead with that intended outcome and see how that goes. And so I given them something positive to go on instead of just lashing out. Right. Do you think resilience is about seeing the good? Absolutely. Hunting the good stuff, every single situation there is always something good. Couple of months ago, I hit a deer for the first time in my life I lived in Michigan my whole life.

Speaker 3: [03:55](#) I hit a deer and the family's asleep. It's kind of late at night. We just got [inaudible] done visiting grandparents and family and they're wore out. We wore them out. It was about nine 30, 10 o'clock at night. And I come up a mile from my mom's house. It comes up over a Hill and there's a deer on the side of the road. And immediately I slam on the brakes and I swerved. And I remember that that's how a lot of people get killed, is that they swerve on the side of the road instead of just hitting the deer. So as I swerved, I said, Oh, I got to keep going. And so I, I started to correct. And then when the deer ran in front of me, I clipped it just with the left side, just with the, with the edge of the bumper instead of hitting it head on.

Speaker 3: [04:33](#) And I was like, Oh man, I'm so glad I didn't. I just totaled the car. Know everybody's okay. Everybody's cool. The deer ran away and I just looked at the damage. I said, that's not bad. No headlight. A little bit of the bumper is crushed in. Um, we're good. And we drove it all the way back to North Carolina. It always could be worse. And I look at every situation and to become resilient, you have to hunt the good stuff. You have to count blessings. Let's define resilience a little bit further. So when you're training individuals, what do you say? How do you teach people to view this term? How do you know and the

collective or agreed upon definition in your mind? Resilience is your ability to withstand, recover then grow through every anxiety, stressful moment. You know your anxiety, your stress, every moment that that brings that on and life's changing demands.

Speaker 3: [05:22](#) Mmm. You know, if you change a job, if you get a divorce, [inaudible] a child is becoming an adult and going to college. That's stressful for some parents. You become an empty nester. That's stressful for some parents. You're retiring at the age of 56 to 65 that's stressful for some people. Newlyweds, seasons of life, your ability to withstand, recover and growth. All of those anxious and stressful moments determines your resilience. Who do you see do this with excellence at home? You know, what dads do, you know out there that have taken that by definition what you just shared, you know, and, and actually [inaudible] done that well, you know, short of actually watching, you know, somebody that's close to me watching them at the house while I'm there. Uh, there's a couple of senior leaders in the military know, I'm like, I don't, I don't know how you do it.

Speaker 3: [06:15](#) Do you have a screaming two year old? And I have a two year old and I just, I really catch myself. I'm like, it's going to be okay. It's going to be fine. I'm like, where is this? Yeah, what do you need? You know, like I'm, I'm really trying to, to hold it all in, you know, and they're just like, cold is ice. Right. You know, in this moment I'm like, how? And then I remember in the military, they're the ones leading us into deployments into the desert and they say, if I can do that, kids or nothing patients, you know, as so short of senior leaders. But you know, there's some military [inaudible] remembers that. I know. And then there's also some gray entrepreneur dads that are balancing everything. You know, they've got the family, they got nothing scheduled. They have the teams, they have, you know, and I've seen you, you know like you brought tiger too.

Speaker 3: [07:03](#) What are your speaking engagements and include him in your world when you're on stage and you could just see his face and it was just, that was, that was a cool moment. But it's really the people that have a smooth balance of, of what's happening around them. How do we teach our kids this skill and how much do you think is maybe actually a better question would be how much is nature and how much is nurture when it comes to reserves? Right? What, what's our default mode when we're born? You know, I could ask this different ways. Kids born naturally resilient more for those. There's, believe it or not, there is a ton of science done on this topic. Yeah, there's a ton of science and literally we are not born resilient. It is a learned

behavior. Science has proven that there is literally a learned behavior that happens.

Speaker 3: [07:54](#)

If you take kids from a rich town with both families who are millionaires, they may not be resilient because mom and dad paid for everything. You take a kid from an impoverished city who has to make dinner for his other siblings who had to grow up early because maybe one of them were incarcerated. You take those two children and the environment is what makes them resilient, so definitely nature and nurture. There has to be a balance. If you're too far on the nurture side, they're not becoming resilient. You're actually hindering your child by giving them everything and that making them, you know, we say work for it, but not making them feel pain as far as do chores, then they're not becoming resilient. Then again, you're going down the wrong path as well. If you just let nature take over and go, you figure it out and you don't teach them anything.

Speaker 3: [08:47](#)

Yeah. Again, there has to be a healthy balance, but even in adults, in adults and children, resilience is a learned behavior. Learned over time based on your environment. Yeah. What are some easy steps that a dad could take to build that environment right now if they're looking at us going, all right, give me the action step. Yup. My three go to this is an everyday process. It's always a learning process. My three goats, who for everybody is number one, count blessings three times a day. Now you can do it morning, noon, and night. You could do it all at night. [inaudible] blessings every single day. Count blessings. Gratitude has been linked to lowering anxiety, stress, and depression in 100% of people. Science has proven that you literally can not be thankful and depressed at the same time. You cannot feel love. [inaudible] anxiety and pressure at the same time.

Speaker 3: [09:43](#)

What is different? But they literally did a scientific study that says that you cannot be negative and positive at the same time, one or the other takes over. So when you're counting blessings, when you're in the gratitude mindset, you're not feeling that stress and depression. Uh, okay. Chemical reactions in your, in your body. Hmm, absolutely. Count three blessings a day. The second is acceptance. This is one of the hardest for, especially males. This is number one. Lack of acceptance is the reason why we have self-defeating behaviors. Something happens in life. We got to try to fix it. That meant we just have to try it. We're the fixers, right? And the women just want us to listen sometimes, but we're the fixer. Excepting that's something has happened. You were fired. You were dumped. You'd want to see as a child's going to go into a career that the parents don't want them to go into.

Speaker 3: [10:39](#) I'm a military guy. I'm like, I asked my son, I'm like, Hey, I don't want you to think just because I'm in the military that you have to go into the military. He goes, yeah, I was, I think a lot about the [inaudible]. He's like, what do I do with my life? He wants to be in SWAT. He wants to be a cop. Well, that's awesome. So do you understand the dangers of that? Is it? Yep, absolutely. I said, I don't want you to think of doing something just because I'm doing something. I want you to make your own decision. And it's tough for some families. Like we're going to take over the family business. I says a furniture store and the child's like, Nope, I want to be a doctor. That's tough. Acceptance has to be there. Something bad happens except it because you're going to drive yourself nuts trying to change it.

Speaker 3: [11:19](#) When you heard you say that by the way, real quick, I picked the Jockos good. Oh yeah, I heard, didn't talk about that or tiger and I listened to the way of the warrior kid and I've, you know, uh, and, and I, I, I really think that concept of like good, that's just that when I hear that I think of acceptance, you know, something's going good that's gonna make us stronger. Good. That's gonna make us come together. Good. That's gonna right? It's going to give us a great story when we, when we have victory here, right? The importance of just accepting what is, it's cool. Great. Absolutely any, and it's really combining counting and the acceptance part. And the third and best tip I ever give is build your board of directors. Everybody has five areas of life. Everybody has wealth and finances. Hello, personal relationships and development, professional relationships and development and spirituality, which has nothing to do with religion, has everything to do with strengthening a set of beliefs, principles and values that you and your family have.

Speaker 3: [12:19](#) Religion is the extra says yes. Oh, the exercise of those beliefs, principles and values. Some people are not religious, but they're very, very highly spiritual and so if you put two to three people inside of those board of directors and in a crisis, you can rely on those two to 3 billion. John, you're on my board of directors for not only my professional, if I have a crisis as a speaker, but as a personal relationship, someone that I know for a fact that I can rely on as someone who I want to be a better father and have better relationships with people. One thing that I want to compliment you on is something that you say in your talk is that some people act like they could be nowhere else and some people act like they want to be anywhere else. And in conversations with you, even now on zoom, I don't know if you notice it, you never break eye contact.

Speaker 3: [13:07](#) I love having a conversation with you in person because you make me feel like I'm the only person in the room. And having that person on your board of directors that says this is what John does and this is what I like, I'm going to try that for my life. And so you have these tutors, two to three people on your board of directors that really push you to be a better person. Mmm. He may or may not know this, but so I love that concept. You know that board of directors, in fact the who's in your front row, there's something that we started talking about years ago of like who's your top eight? Right. And then, uh, which by the way, it's funny cause that led to, you know, the great inside joke there guys. But uh, anyway, so having your personal board of directors, we call that who's in your front row and then the dad's group that evolved into our bands.

Speaker 3: [13:53](#) So the band being a band of brothers and also literally like a clay on like a rock band. So yeah, everybody brings something different to the table and collectively you make something better as, as a group. So how's that spin key? In fact, our band and I talk about it all the time, my band three other guys here in Austin, we meet monthly for two hours and boy it gets real real fast. And it's good man. Cause it's a conversation none of us are having outside of that breakfast meeting six 30 to eight 30 once a month where it's, again, it's, it's permission to have a different kind of conversation and it's cultivating and creating a culture. So I think that's really key. How important is a kid having a band, a group of board of directors who's in their front row. How important is that to their development along the way?

Speaker 3: [14:51](#) I know that's a loaded question, but yeah. Yeah. What do we, what do we know about that when it comes to resilience of kids hanging out the wrong people? Oh man, it is so critical. It is. It is absolutely crucial because the, this is literally 100% every single child that lives in the reality of what other children think about them, whether they tell you or not, whether they think it or not. Subconsciously children are gauging themselves against other children. I don't want to be picked last for a team, kickball or whatever. I want to be, you know, my, my, my two girls are in gymnastics. My, my [inaudible] 13 and five-year-olds are in gymnastics. [inaudible] my 12 year old all the time. She says, you know, I'm not as good as this other girl. Like, okay, she'd been doing it longer. You're fine. You just started, you know, like a month ago.

Speaker 3: [15:41](#) Like it's fine. My five year old is the opposite. She's like, Oh, I'm doing really well. Like I'm doing just so great. And so she's in this innocent stage. And I said, okay, that's fine, but one day you won't be great. And it takes a lot of work to maintain being

great. She goes, yep, I'm going to work every day. I'm like, okay. And I don't try to tear down my kids and I don't try to just [inaudible] puff them up. You know, we've talked about nature versus nurture, like, and I, I give it to them real. You know, I, I'm totally against everybody on the team. You know, let's say they have five, six, six or seven or eight or 20, I don't know, teams in a little league and everybody gets a participation ribbon. I'm so against that, cause you're not teaching the kids anything.

Speaker 3: [16:22](#)

You've got to work hard. You gotta dig deep, you gotta, you know, there's things that you need to do every day. And, and I try really hard not to give my kids false hope, you know? And I say, if you earn it right, this is what it takes. This is just how life works, you know? And, and so from the very beginning, and I tell my 12 year old, I'm like, do they think that they're like, no. They said I'm doing a good job. I'm like, then take it as face value. Yeah. And have people that you can rely on inside of that world. Every war that you in gymnastics, sports, school, whatever, have those people. Yeah. Build that. And I say, do not, do not ever take another person's word that your awful, your horrible you are, whatever negative word they want to say.

Speaker 3: [17:07](#)

Like they're, they themselves are insecure and in a bad place. And I always tell my kids [inaudible] to not fall with that. So Sean, in order to raise resilient kids, w we've got, I guess is more important than anything, is just modeling great resilience, right. For our kids. Talk to us a little bit about the state of mind for a dad at home because this is an area where you're very well versed this mental health topic for dads. Oh yeah. It's so important and I don't know if it's necessary, but do we need to build a bridge between mental health and resiliency? Absolutely. To be assumed what that is and yeah, maybe, maybe you could touch it on how those are connected and how do we build mental for dads? Oh, absolutely. Mental awareness is, I mean, you can be physically fit. You can be spiritually fit and it could be socially fit.

Speaker 3: [17:58](#)

You know, somebody who has a million followers on social media could be, could be like, Oh yeah, look at me everybody. I have a million followers and look at me. I'm in church, or I'm had my spirituality in check, you know, and I'm benching, you know, a couple hundred pounds. They look at me. But when he goes home, he's had, he has self-defeating behaviors. He's drinking, he's hiding, he's insecure, his family life is in ruins. There's a saying that says there is no success with failure in the home. And I can't remember who said that, and I'm not taking credit for it. Somebody, you could Google it. Somebody. It's a famous quote. There is no success with failure in the home. So

many professionals I know, especially in military, are rock stars. You would follow them into battle, but you would never take marriage advice because he constantly, the tears down his family, the mental wellbeing of a mat.

Speaker 3: [18:53](#) Think about it. There's so much pressure. Society tells us that we have to be the breadwinner or we have to be the spiritual leader of the home, or we have to be in charge of our, you know, whatever. And my wife and I don't play that by those rules. My wife and I were a team. We compliment each other. We used to compete against each other, but we compliment each other. Took us a long time to get used to that. We don't look at each other as you're the sole breadwinner or you're this or you're supposed to. We don't look at rules and responsibilities. We just look at how would we want our children to raise their family. In a way, [inaudible] promotes mental health, physical health, social health and spiritual health. Absolute pillars of resilience and the way that you do that in the mental health is having an awareness of how you are.

Speaker 3: [19:42](#) If you know that you have a baby or a young child who's going to get on your nerves. For example, if I have a two year old who's going to come over and jump in front of the screen and she's going to talk all over this podcast and scream or whatever, it's going to be like, Aw man, now it's ruined. And I'm like, I know you're gonna get super mad. Having an awareness around what is happening in your household is going to prevent you from lashing out and having an [inaudible] uncharacteristic moment. Would you lash out and a child or at a spouse in this moment, any other moment or is it just this one moment? If it is only this one moment, then you need to take steps to prevent that from happening. Whether it be with the children, you or anybody else. Having a mental awareness of what triggers you and we don't.

Speaker 3: [20:31](#) We talk a lot about this right now is triggering what triggers you. You know, there has to be safeguards in place and having a mental awareness of how you react, your thoughts, your feelings, and your beliefs drive all to everything. How you think the world should be, how you think the [inaudible] come, the intended outcome should go, and when it doesn't have that outcome and it doesn't happen, then he started getting upset and get mad. Instead of saying, you know what, it happened. We're going to take steps to go from here and go from moment to moment. Hmm? Having the mental capacity to analyze and put your best foot forward. It takes the lot of work. If your son or daughter comes home and says, I got an F on my test. Do you

flip out? Do we immediately flip out? And why? Why is that such a critical moment that you lashed out?

Speaker 3: [21:29](#) She got grounded or he got in trouble or whatever, every single moment that comes your way and you have yet uncharacteristic reaction to it says a lot about your thoughts, feelings, and beliefs. My grandfather never yelled, never yelled until one or two things would happen. We would talk bad about a woman or we would swear in his house if we were like all kinds of apps and this and that and we were right, he would freak out. Cause he's highly religious and he's he do you do not talk that way. And my grandfather's home, and if you talk about about a woman, no matter what she did, women are highly regarded in my grandfather's house. And so he treated his wife and his daughters with w they were out of pedestal. If you try to tear down a woman in his house, he will lash out at you having the mental awareness in his house. I would never do those things. I would do those things anyways, but I would especially not do those around my grandfather. Right? But he knows that this is his line and you do not cross it. And so that was his basis. That was his thoughts, his feelings, his beliefs, and that's how he lived his life. And that's how he raised his family.

Speaker 3: [22:41](#) All right guys. I want to take just a quick second to talk about something really important now and know you're listening to the show because you want to level up your game at home, but if you want to take the next step within front row dads, I want you to do something today which is text the words front row dads to three 1466517673 separate words. Front row dads. It's not case sensitive. I want to send you a few things right away. First I want to send you a recording from a masterclass that I recorded with my good friend and author of the miracle morning. Howe L rod is a father of two amazing human beings and we recorded a show called the five habits of a front row. Dad, I want to send that to you because I think it is well worth listening to. Second, I want to give you 45 minutes of a mind blowing conversation that I had with a woman named Kim and NAMI and the show is titled have better sex, hugely popular. This will rock your world and likely your spouses as well. But I want you to have access to this information. Number three, I want to give you access to 1300 other front row dads inside of our Facebook group where you can ask any question, share any win, and give any resource that you think would be valuable to the community.

Speaker 2: [23:46](#) And lastly, I want to include you in one email I send out each week. It's short, it's to the point and I pull from my life experiences along with the insights for more than 135 members

of our brotherhood. I want to give you the best of the best in each email. So all you have to do is just text the words front row dads to (314) 665-1767 and we will get you started today. So I'm wondering, I'm thinking about this through my own experience of getting triggered and I'm wondering if that there's a practice that I need to put in play for the next week or so, which is a journaling exercise. Hey, what triggered me today? Right? Well, why did I get triggered by that so much? Yeah. As a stepping in that direction of mental awareness, I've never really processed that, that terminology specifically mental health. Talked about, heard about, thought about a good bit, but yeah, mental awareness leading to that mental health.

Speaker 2: [24:48](#)

I haven't quite made those connections yet, which I think is cool. Do you want an amazing exercise? Yeah. Oh dude, this is, this is going to blow your mind. Okay. I want you to, we're going to do this real time or is this real time? I want you to think about ABC. Always keep in mind, ABCs. We have the ABCs of finance, ABC's of everything. ABC, a stands for evading event. What is it, an event that happened to you in the last 30 days that you had an uncharacteristic, a reaction to whatever that is. Name one event that happened and you had an uncharacteristic reaction. You want me to say it now, please? Uh, this is great. Um, which one of the hundred do I want to choose? Well, I can tell you last night I shared a little bit with this with you before we started recording so long.

Speaker 2: [25:42](#)

Let the quick context for everybody else listening is long day traveling with a tiger, my 10 year old, uh, took a 10 o'clock flight home from Baltimore to Austin and we are, he's getting sick. It's a long flight, right? We, we land, uh, it's after our [inaudible] car is where the last car in the, you know the shuttle parking lot is it's building. All right. What I'm getting at is the activating event is already building. It's starting to wear down. You know, my, my patients and then we get on the highway, we're driving home and I'm like, this is the home stretch. We are almost there. Like I've already closed the deal. I can see and feel it in my bed. Uh, they closed the entire highway and then I start, here's the activating event. The highway is closed and I start exiting and I'm like, Whoa, what's going on?

Speaker 2: [26:32](#)

No. And I just keep going like this. I go, no, are you kidding me? And tiger is sitting next to me. He's like, what, what? And I'm like, no way are you serious? And he's like, what? What's, what's going on? Right? Not only am I not being very resilient in that moment, I'm kind of losing it on the spot in the moment I'm losing it, right? I'm, I'm kind of like no. And he said, he doesn't know what's happening. It doesn't know what I'm, what am I

know? What is that? Well then he's like, what? And I'm like, dude, we can't, and I'm explaining what's going on. And he's like, well, we just go the back way. Let's just go the back way. And then I start and then, and then I actually have the mental awareness that I am starting to like [inaudible] down to him by saying, dude, we're on a highway with cement barriers either side.

Speaker 2: [27:27](#)

Like we're not going anywhere. And then, and then it hits me. I'm like, I'm no longer cool. I'm no longer calm. So that was my activating event. Yeah. So it was the highway being shut down late at night with a sick kid. That was the activating event. B stands for brains interpretations. What was your interpretation of that event? Uh, I was just telling we were going to be stuck for hours, right? Like this could be an hour in traffic. I guess my brain's interpretation is this is messing up my day now. It's TA stealing sleep away from me. Right. I'm going to have a tougher day tomorrow because this is infringing upon my ability to rest. Do you see how far down the negativity hole you at? Yeah. Yeah. It's already carried over into tomorrow, right? Right. Tomorrow's going to sock and that right already so far down the hole. It wasn't like, Oh, we're going to be stuck here for hours.

Speaker 2: [28:22](#)

That would've sucked and you would have ended it there. You automatically went until tomorrow. Now my sleep's now this now and it started snowballing. Do you see how fast you can go down negativity? That was your brain's interpretations. C stands for consequences. What was your physical consequences physically, what were you doing in that moment? Were you shouting? Were you yelling? Were you gripping the steering wheel physically? What were you doing? Yeah, I think I just buy, my energy was just elevated is what I would say. I don't, I wasn't yelling, I wasn't any of that, but I was definitely frustrated and that came out as there. I'm sure it was tense. I'm sure it was heavy. I'm sure it was. And there was an element of condescending, you know, it was a condescending tone to my voice. Yeah. It's almost like I needed to focus on my own misery, not answer his questions. Yeah. Emotionally. So physical and emotional consequences emotionally. What were you feeling in that moment? I was feeling just bombed. Sad. Uh, you know, angry. Yeah. Like I was robbed of my, you know? Yeah. So I think, uh, I think it was just feeling sad. Like, can I get a break? Right. And your intended outcome

Speaker 3: [29:40](#)

did not.

Speaker 2: [29:42](#)

Yeah.

Speaker 3: [29:42](#) Your intended outcome of making that beeline for the house, it's going to be smooth sailing. It's late at night. No traffic. Your intended [inaudible] was ruined. Yup. This exercise of the activating event and narrowing down your activating event. Aye. Identifying the mental awareness of your brain's interpretations and then analyzing your physical and emotional consequences takes at a 10,000 telescope view of how you act in stressful situations. Not all the time, but in that particular stressful situation, it analyzes everything that you felt and displayed. It displays your uncharacteristic ability to handle stress in that situation. Now we'd take the three tactics I give and I say, what was a blessing that you found [inaudible] inside of that moment where you were stuck in traffic and he was kind of giving advice. I know what, what would be a blessing for, for you in that moment? Yup. And uh, yeah, and I kinda caught it, well I did catch it that I was flipping.

Speaker 3: [30:48](#) So then I just said, well, Hey man, can't change it. You know, said I guess we get a, you know, a new way home. We get to explore, we get a little extra time in the car and this, this song is not too bad. Yeah. I immediately would have said, you know what sod, you're very resourceful. I appreciate your giving advice that there is a back way to the house. And I'm glad that you knew that there was a back way to the house in my instant thought. As soon as you said that he was trying to help [inaudible] I really appreciate that you're being helpful in this moment. Thank you so much for trying to help alleviate the situation. Yeah. [inaudible] that was super cool for him. Yeah. And, and so then you'd go to the acceptance part. There's a way to accept, you know, what suck and you did.

Speaker 3: [31:32](#) We can't go anywhere. Like we're kind of stuck right now. Um, and the song's not bad, so, you know, and, and we're in this car, you know, so we're kind of accepted in our misery right now. Mmm. You know, maybe there's a game that you play, like I spy or maybe there's a game that maybe the name game. My kids love the name game, you know, so I say be and they'll say, you know, Brett Michaels, I'm okay also am so Michael Jackson and then Jay. So we played the name game and they tried to come up with these names. So there's a game that can be played, you know, you're accepting the misery in your leg. Okay? You can't change it. Right? And then your board of directors, is there somebody you can call? Is there somebody [inaudible] is there is maybe it's eight, one, one or four, whatever the, whatever the travel place, you know, you can dial on your phone.

Speaker 3: [32:16](#) Can you call them? Uh, can you call the wife and say, honey, we're stuck. We're screwed. What could we do? Um, you know,

can you find us another route? Can you, can you dial your GPS? So you have this board set up to alleviate that situation. And so when you look at it in real time, right? You've done, okay, I have, I'm having an activating event. This is really making me upset. All right? My brain's interpretations is this. And so once you start doing these exercises, you'll immediately, and it's going to be funny, it's going to hit you one day. You're gonna be super mad. You're gonna be super frustrated. And your girl, you know what? This is a blessing. Okay? And then all of a sudden you just kinda like in the moment, in the muscle memory, go activating events happening. My brains interpretations my physical and emotional consequences is what's happening.

Speaker 3: [33:00](#) Boom. Got it. Acceptance board of directors. What can I do to bless the blessed this moment? What can I do to accept this moment? Who can I call? Like, it's going to be like, and you practice this over and over and over and over again, and you're going to see someone's going to go, John, I've never seen you mad. How do you not get mad? And you're like, everything's a blessing. I can't. There's two things I like. You can't get mad at things you can change and things you can't change. If you can change it, change it. Why? Get mad that you're, that you have the ability to change something if you cannot change it, accept it as a blessing. [inaudible] phones, somebody call somebody. Do something that's gonna allow you to have an experience this moment. Yeah. You know, one of the big things I'm taking away from this, Shawn, uh, is this idea of how our brain wants to interpret events [inaudible].

Speaker 3: [33:49](#) So I think what it's giving me is a new way to describe to my son how our brain wants to interpret events. And I've heard this differently, presented in different ways over the years. You know, I remember 15 years ago hearing Tony Robbins talk about, well, the reason we won't go to the gym, I mean this might be all the way back to like his personal powered TV CDs. You know, that I listened to back in early two thousands, you know, it's like, uh, but the reason we won't go to the gym is because the story we tell ourselves about it, right? Then I've got to get my gym clothes. Now I've got to get in the car and I got to scan my card and then I got to put my car and then it's the locker and then it's the right. Then I got what if I forget my flip flops or whatever, right?

Speaker 3: [34:30](#) There's so many things that we build out around what all this means. [inaudible] what I think has really been helpful for me lately is being able to tell people how my brain is interpreting situations. It's actually showed up in our band and the conversations that we're having because we're reading the 15

commitments of conscious leadership and in that book, one of the things that talks about is instead of saying to somebody, you know you are blank or this is whatever you say, the story I'm telling myself is right. I think about a term other ways I've, I've heard people say that my hallucination is right. It's my understanding that, yeah, I feel like that's a conversation I have with my wife. Yep. Instead of saying, you make me mad, you'd an appointed pig as you say. I feel like I'm upset because yeah, I feel like, and then you tell people how you feel and it's so hard for a male to do that and and yeah, especially in the military, in a male dominated community, nobody cares about your feelings, but being resilient, you'd be surprised. You say [inaudible] I feel like this is, they're like

Speaker 2: [35:38](#) [inaudible] what? And there's so amazed that somebody said that I feel like, and then talked about their feelings that they have no response. Yeah. Yeah. So I want to be able to say maybe in the future this is going to be my practice. This is my takeaway from today is that what I could say to tiger in the future is tiger. It's really interesting how my brain wants to amplify this into something else and almost call it out and almost say it like it is like my brain wants to talk about all these things, but what I know is the solution here [inaudible] to just be present in the moment. Then I think about, um, I was, it was emceeding an event for EO and Jesse Itzler was one of the speakers. And I remember Jesse saying [inaudible] I guess he was, uh, talking about his new book, living with the monks.

Speaker 2: [36:24](#) Right. And he was talking about how he was washing dishes and he looked at one of the monks and he said, I've got [inaudible] maybe the monk had said something like, how are you feeling right now? Imagine the story would have gone. The punchline is key. They said, I've got all these dishes I need to wash. and then the monk said something to the effect of, no, you don't. You only have one, you know, and uh, it's like that one thing in our hands that we need to deal with. Like we don't have so many things to do. We just have this one thing and we just have this one moment. And Mmm. I think getting back to that place, it's even how I feel about my to do list or my emails. I recently had near y'all on the show and he talked about his book in distractible.

Speaker 2: [37:06](#) Yeah. And that book helped me so much in managing my inbox and my phone and my reminders and my alerts and all the triggers that I have in my life. And I actually took, I was at a much higher level of awareness. When you talk about this mental awareness piece, I'm connecting a lot of dots here in my life that Mmm, I feel so much better when my to do list is clean

and organized. I feel so much better when my desk is clean and organized and there's some science behind that like people and their ability to focus when they have a ton of crap around, right? Like uh, organized chaos when my email's out of control, when my calendars out of control, I am far less resilient, right? So it's not just about learning how to be, have mental awareness [inaudible] actual moment where I'm being triggered, but maybe it's all those things leading up to it. [inaudible]

Speaker 2: [37:58](#) that right. Would you agree with that? That's so much so that it happens in a moment where you lose control. It's not just about that moment. It's like a child where you go, that child lost control, why you go, well maybe it has affected, they haven't slept in three days. They haven't been eating well for three days, that they'd been stressed at school for three days. Like it's all of what led up to that moment, not just about this moment where we're debating about a cookie. Absolutely. Yeah. There's a lot of buildup. We don't just snap judgment and, and lash out at people there. There's been a buildup. And so having like, what was that activating of that? It wasn't that I screamed at somebody, it was the fact that I'm exhausted.

Speaker 3: [38:36](#) I have been traveling and even like, you know, we just got back from Orlando, I was speaking in Orlando, you know, this past weekend and we drove eight hours with me and my wife and the four kids in a van for eight hours. And of course the old at 12 and five year old, they're gonna say something to each other or whatever. And I have to remember like, Hey look, we're in this moment for eight ours. It's not a like a five minute moment, like this is eight hours. And so I'm really putting this into place and I'm telling them, I said, what's leading up to this? What is the problem? Well, I want the phone or she's got a tablet that I want. What? Like why do you need the tablet? What are you telling yourself right now? Yeah, what's your intended outcome? Well, I want the tablet that's not an intended outcome.

Speaker 3: [39:19](#) And I explained to my children this stuff and then start to calm down. They're like, okay, well you use it for like another hour. I said, okay, in 30 minutes you guys will exchange, you know, a tablet or whatever, you know? And so we, we come to an agreement, yeah, we have an interpersonal problem solving session and we come to an agreement and then you stick by your agreement. And I said, I said, how does that make you feel if she wants that [inaudible] bye. 13. And I was like, I don't care how she feels like that's the wrong answer, you know? I said, how does that make you feel? She goes, well, I want it. Why do

you want it? What are you telling yourself? What, what is this activating event that you're having right now? And, uh, [inaudible] I just see it play out. You know, and and if you can have that, that talk and say, what is your intended outcome?

Speaker 3: [40:07](#) What did you think was going to happen if you try to steal a tablet away from a five-year-old, what did you think was going to happen? So absolutely. It is amazing by the way, the intended outcome and the different ways that I can interpret that as well. It's just, you know so much about what, what does somebody want? Like when we're getting triggered as a family. Sometimes it's just by saying to somebody, what is it that you want? What would make you really, what would make you feel happy, secure, fulfilled, and complete in this moment? What would you need to have happen? When my wife and I have a conversation, she'll say, I really need to talk to you. I'm like, do you want me to listen or do you want me to fix it? She goes, just listen. I'm like, heck yeah, there's no expectations.

Speaker 3: [40:43](#) Now I literally have to just stare her in the face and concentrate on listening and then I don't have to concentrate on listening to respond. I can literally listen to understand and there's a great video that everybody listening right now needs to Google is called [inaudible] about the nail. Everybody needs to watch that video should be like one that pops up on a reminder for you like once every three months, every few months. Yeah. So good. Well Sean, this has been great man. I really appreciate this conversation and uh, I really want to thank you for making time today. Uh, for those who want to connect with you, maybe go a little bit deeper, learn more about your work, where should they go find you? Yeah, my website is the success core, C O R P S the success core.com

Speaker 2: [41:34](#) and I invite you all. Send me a message. I'm on Facebook, LinkedIn, Instagram talk. I'm everywhere. YouTube, I'm everywhere. And uh, and I invite you to listen to life transformation radio and Jod Roman was a guest on the show in the very first season of the show. [inaudible] yeah, we talked about the front row dads, we talked about those front row moments and it's a very, very highly rated episode. Cut a lot of great feedback from that episode. So I invite you to listen to my show life transformation radio as well. And that's it. No, that's awesome. Sean. Thanks again for making time. Dude. I know that, uh, as with everybody, your time is really valuable and thanks for your service to our country. Thanks for being a great leader to your family. Um, thanks for being a great friend and a somebody who's always bringing great energy.

Speaker 2: [42:22](#) Everyone. I think about people that know you and the brand that you have is one of such contribution, such a giving energy. Oh, I remember it actually going back to a one life fully lived event when you stood up and it was one of the first times I heard you speak. I was like, that guy has energy and presence and power clarity, uh, using your voice for good. And I know it hasn't always been easy, right? Uh, it's not, it's not been an easy ride. Like we didn't even get into your full story man, and we could get there, but you know, you faced some pretty dark days. We'll just, you know, we could just leave it at that. Yeah. Versus, you know, and maybe come back to that at some point, but I think what's really important and, and if people would, by the way do go listen to your show and learn about your life, they'll learn all about what you've been through and um, and, and w why maybe resilience is also so important for you that perhaps, Oh, would it be a stretch to say this saved your life?

Speaker 2: [43:19](#) Absolutely. Saved my life. Resilience, learning resilience saved my life. Yeah. 100%. So, um, I just want to thank you so much for doing the hard work, you know, for doing the heavy lifting in all the days, weeks, months and years leading up to our call so that we can benefit from your frameworks here and the clarity that you've now received and having lived the message taught the message. And uh, and now given, you know, for me, I'm walking away, like I said, with some new mental awareness around what are my activating events and how I can interpret them and even talk about my interpretations of those events. With my [inaudible] kids. You're going to be really good. So absolutely. Thanks buddy. Anything else that, uh, we need to know before we say goodbye? That's it, man. Thank you my friend. You're an absolute rock star. You're on my board of directors and I just highly, highly, uh, I am grateful for your friendship and for what you're putting into the world, my friend. Thanks John. Let's make sure that we connect before too long again. Absolutely.

Speaker 1: [44:22](#) Hey guys, if you haven't already done so, go right now to front row dads.com/facebook and join the conversation that's happening right now on line. We designed this group for guys who are entrepreneurial in their thinking that are high performing guys with low egos. We're looking for the dads that believe in teaching their kids how to think, solve problems and be real leaders. We're looking for guys who believe in being family, men with businesses, not businessmen with families. We're looking for the fathers who have great knowledge but also believe that they have so much more to learn. And we're looking for men who want to add value by sharing their wisdom. And those that are willing to ask the questions that we all need

and want answers to. That's [front row dads.com/facebook](http://frontrowdads.com/facebook) or simply go to Facebook, type in front row dads and you'll get to our group and what we put in there, links to all the podcasts and videos and other resources that you can't get access to anywhere else except for in this group. We want to give you the best ideas to help you with your marriage, balancing work and family life communication strategies with your spouse and also your children, travel ideas and even suggestions on the latest gear that would save you time and helped you be more effective. We've got updates on upcoming events and so much more. Go right now to [front row dads.com/facebook](http://frontrowdads.com/facebook) and join the conversation. I'll look forward to connecting with you there. [inaudible].