

## How to Detach: A Super Power for Life & Leadership | Jocko Willink & Dr. Andrew Huberman

The solution to your problem is not going to be found in the problem. It's not going to be found in there. You have to get out of the problem so that you can look at it, make an assessment, and you can assess how to solve the problem or whether you need to solve the problem or not. I mean, there's a lot of things in my life right now where I shrug my shoulders and go, "Ok. But ok. Oh, someone's saying this, ok. Roger that, but carry on, no factor, move on, and then occasionally you go, "Ok. This is something I need to contend with. This is something I need to deal with. This is something I need to shape or adjust or move or or solve to use to use your word. The reason I laugh when I say that is because problems, you have to get in there. But if you take a step back, you can usually say, "oh, little adjustment here, a little adjustment there, and that thing's gonna sort itself out. So detachment is a superpower, man, certainly is. And it's certainly one that I need to focus on more. I'm grateful for you bringing that up, is this the uh, the biologist in me? But you know what is your process for engaging detachment or for disengaging? Is it an active process where you go, "You know, I'm gonna detach from this, I'm gonna put myself in a situation that is pulling on me. There's this gravitational force and I'm gonna, I don't know, create some imagery in my mind of walking away from it. Do I physically walk away from it? Do I outsource it to somebody else? What are what are some tools for detachment? Yeah, this is one of those situations where you and I had a discussion about the science and the practical application aligned. So my original experience with detachment was, and this is one of those moments where you know, I said a lot of times, things are just small moments over time, and you make a little adjustment. This is one of those moments, I I in my life, and I wrote about leadership strategy and tactics where I recognized, like in a moment, what detachment was, and how helpful it was. I'm on an oil rig doing a training mission. My whole platoon is in a skirmish line looking at a large area of the oil rig that we're supposed to be clearing again. It's not combat. This is in the nineties, there's nothing going on. We're just doing training, and I'm standing in this skirmish line. And by the way, I'm the youngest and most junior guy in my platoon. And I'm standing there looking down the site of my weapon, and I'm waiting for someone to make a call and tell us what to do. And I wait for five seconds, and I wait for 10 seconds, and I wait for 20 seconds, and no one's

saying anything And we're waiting for a leader in my platoon to to make a call to tell us what to do tell me what to do And finally after like 30 seconds which seems like an eternity I can't take it anymore And so I take a step like a like a a foot a 1 ft step 12 inches I take a step off the skirmish line I look to my left I look to my right And what I see is every other guy in my platoon is staring down their weapon staring down the site of the weapon which means their field of view is tiny It's like a 20 degree field of view You're looking down the the the scope of your weapon or the site of your weapon And that's how big their field of view is And I'm looking I'm thinking oh there's my platoon commander he's looking down the scope of the side of his weapon There's my platoon chief he's looking down the side of his weapon There's my leading petty officer he's looking down the side of his weapon there's my assistant platoon commander he's looking down the so everyone in the platoon is looking down the side of their weapon which means they all have a very narrow field of vision Well when I take a step back and look to my left and look to my right guess what kind of field of vision I got I got a massive one I can see the whole scene and I can see exactly what it is we need to do And at that moment look as a new guy you need to keep your mouth shut You don't say anything And I'm thinking well but no one else is saying anything So I muster up all the courage I can and I open my mouth and I say hold left clear right which is a basic tactical call No no no this is not a patent level genius maneuver It's just a normal call to make in a situation that we were in I say hold left clear right And I'm expecting to get kind of slapped told shut up new guy But instead everyone just repeats the call hold left clear right hold left clear right And they we execute the maneuver and we finish the clearance of this oil rig and we get done We get to the the top of the oil rig which means we cleared the whole thing We're on the helo deck at at the top and we go into a debrief And now I'm expecting ok now I'm gonna get told hey what were you doing You need to keep your mouth shut And instead the platoon chief goes hey Jaco good call on the cellar deck down there And I was kind of like yeah that's right But then I thought to myself hold on a second Why if I'm the youngest most junior guy in this platoon why was I able to see what we needed to do and make that call Why did that Why did that just happen And then I realized it was because I took took a step back to use a your term I broadened my field of view which allowed me to think more clearly because instead of being hyper focused and narrowly focused I broaden my range of vision I took a breath before I made my call right I had to take my take a a nice breath to to speak clearly And I realized that taking a

step back and detaching I got to see infinitely more than even the most experienced guys in my platoon And I started doing it all the time and I started doing it in land warfare I started doing it in urban combat I started doing it in all these tactical training scenarios These are just training This is the nineties I started doing these training scenarios and it always allowed me to see what we needed to do And then I started doing it Like when I was having conversations with people I'm having a conversation with my platoon chief and I can see that he's starting to turn a little red in the face And I you know we're we're about to argue about something I said oh wait a second I'm taking a step back looking though He's getting mad right now and he's the platoon chief You you you better just de escalate this thing real quick And I'd say hey you know what chief That sounds good Let me go take a re let me go re look at the plan or whatever And so I started to do this kind of with my normal life was to not get wrapped up in my own emotions not get wrapped up in the the the gunfight that was happening right in front of my face not to get wrapped up in the details of what was going on But instead take a step back detach look around and then you can make a be much much better decision and it's not it's it's exponential You if you're looking down the sites of your weapon and you take a step back and you look around it's exponential how much more you can see Now listen if you are the only person in a gunfight it's gonna be harder for you to do that because you got to be focused on whatever you're shooting at But when you have 16 guys or 20 guys they're all looking in the same direction It's very easy to be the guy that goes on to take a step back look around make a call So when you talk about the mechanics when I teach this to people now the mechanics of it take a step back Literally you're you know you and I are at a meeting there's a bunch of people that starts to get heated argument I will literally push my chair back away from the table Change my perspective perspective open widen my field of view The other thing the other thing like on the in in the seal teams you don't wanna you don't wanna sound panicked on the radio for a couple of reasons Number one because when you panic on the radio it's gonna cause other people to panic Number two if you panic on the radio and you sound panicked everyone's gonna make fun of you So you know when you get back from the mission everything goes you sounded like a baby out there So what would I do before I would key up my radio take a breath And so here I'm manually slowing down my breath I'm broadening my field of view So if you're in a meeting or you're in a you know you're at the at the supermarket parking lot and someone starts to yell at you take a step back

take a breath broaden your field of view detach from those emotions that you're having and make some space and that's that's how I go through the mechanics of detachment Now I can tell you right now I mean when when when you do this all the time which I kind of do this all the time Yeah I don't I don't really have to like step back but when you're starting to be able to try and do this absolutely Make a me and I'll tell you here's another like weird little nuanced thing lift your chin up and put your hands down Now this is not in a combat situation not a not in a fight But here's the thing when when when I get defensive what am I gonna do I'm gonna raise my hands up and put my chin down That's like a fighting mode So if you and I are having a discussion and I'm starting to get heated and I'm starting to like oh he's not listening to me instead of me putting my chin down and and put my hands like up up to where I can put him in your face a little bit No I'm actually gonna take a step back I'm gonna say put my chin up it changes my perspective a little bit more changes my visual perspective just but changing the angle of my head Take a step back put my hands down I'm not being in the defensive mo I actually want to hear what you have to say And if I start listening to what you have to say and not talking it's very hard to be detached when you're talking It's another key component you want to detach shut your mouth So I'm in meetings you know I in a bunch of different companies I'm running a but I have a bunch of I own a bunch of different companies I'm in a meeting in my companies I'm not the one that's doing all the talking In fact I'm doing mostly listening when I'm in task unit Brewer my task unit I'm not sitting there giving the entire brief No I'm letting the platoon chief and the platoon commanders give those briefs and that way I'm detached I'm listening to what they have to say I'm more capable of seeing what holes there are in their plans by not moving my mouth not talking I'm listening So those are some of the methodologies that I use and that I advise people to use in order to effectively start down the pathway of being able to detach in various scenarios