

Jocko Willink Shares His Super Power: Detachment | Jocko Willink & Dr. Andrew Huberman

Being able to take a step back detach and see the bigger picture to me is the true superpower of life of life And it's it's a lot harder than it sounds And you know this goes back to when you start talking about people that are having going through struggles in life right And I've described this before as you know if I'm looking at you and you're you're in a bad state right You're depressed you're sad you're moping around you're not getting anything done And I'm looking at you from the outside and and and I'm thinking for me I see this storm cloud around your head right I see the storm cloud around your head and you're in there and all you see no matter what direction you look is storm All you see is darkness I'm outside and I'm looking I'm like hey man this guy's got a great education he's healthy He's got a good team around him like he's got all these things going for him But you in that state you literally cannot see anything but the darkness of the storm And that's what's so scary about when people enter that mode is you can look I can look at it from the outside and be like Andrew you just got to move like 4 ft forward and you're gonna be through this thing and yet you're you you might hear me say that and you go no Jocko I'm looking ahead There's nothing but darkness So helping people move forward take action and be able to get that perspective detach and get outside themselves get outside their own heads You know Tim Ferris said get out of your head get into your body That's a one way to do it take action go do things But it's it's very it's very scary and I'm sure you've had this experience where you're talking to someone that you know and they're bogged down in whatever problem it is whatever stress they're under a a and you're looking at them going Hey man no it's gonna be ok Like you can clearly see that whatever they whatever is bothering them and dragging them Now you can clearly see you know a lot of times it's a relationship right The the girl the guy they got they got dumped and you go hey man that person was a disaster anyways you're better off without them and they cannot compute that they are stuck there or maybe it's the school that they didn't get into or the job that they didn't get and they get so wrapped up in that they can't they can't get out of that storm And it's it's so it's such a helpless feeling to to sit there and tell someone hey you you you you just move a little bit towards me and you're gonna get get out of this storm and it's so much easier said than done And and that's why trying to engage with

people and trying to give people that superpower of detachment where they can take a step back and say you know what You're right man that that girl she she wasn't who I really thought she was I should move on Yes But easier said than done And that's one of the biggest challenges I think that that we have as friends and in parents and uh teammates is helping people learn to detach learn to see the bigger picture learn to see that the the problem that you have that your whole world is actually not that big of a deal You know when I wrote I've written a bunch of kids books and one of the things that triggered me to write kids books is realizing that you know one day my daughter came home it's my oldest daughter and she came home from school and she's like I she says I'm stupid I said what do you mean You're stupid She's I'm stupid I'm dumb Why do you think that No whatever grade it is when you're supposed to know your times tables I don't know my times tables I said Oh well how much have you studied She kind of gave me the the the confused look What what what do you mean studied I said have you studied yet Have you made flash cards to to learn them And she didn't she hadn't she thought she should just know them from you know the teacher went over what they are now She should know him like some other kids in the class did And and so I'm sitting there going oh yeah cool We'll just you know we'll make some flashcards and she made flashcards and she learned her timetables in 45 minutes and we were good But what struck me was to me I was like oh no big deal to her It was her whole life And then I got to see that with my other kids You know somebody said something to them in the recess yard and I'm like oh screw that kid They don't know what they don't worry about them But when you're that's their whole world and that unfortunately doesn't only apply to kids it applies to adults as well And they get this problem in their world that seems so insurmountable and so massive because that little ecosystem that they're stuck in is their world and they run into this problem and that and it's disruptive in that world and they don't know how to get out of it you know iii I did a podcast talking about these ecosystems that people get into Right And there's all these ecosystems you're an ecosystem We're we're both in a shared ecosystem of podcasting and we could be like oh my gosh you know Lex just came out with a new podcast and it's been the biggest success And what can I do to catch up with Lex And and all of a sudden I could get really b you could get really bad We could be bothered by that and think man I'm a failure Meanwhile there's people that don't listen to podcasts there's people that don't even know what a podcast is and yet it's our whole world If we let it be you're in the academic world Hey

you go you you're a professor at Stanford which is a big deal in that world I know people that don't give a rat's ass They couldn't they don't know where Stanford is I get that all the time They don't know where Stanford is It it's no big deal in the Seal teams The same thing Somebody has a problem in the Seal teams and they think this is the whole world and I blew it And and now what are they gonna do when you're facing a significant problem in life A relationship a problem with a job you gotta remember that you're in one ecosystem and if you step outside of that ecosystem no one really cares And you could go move into a whole day Totally different Ecosystem and and find happiness there but at least utilize that to get out of that storm cloud that you're in and you're going to find that there's plenty of light out there in the world move towards that and it's going to be a much better situation