

Fear Me Out Podcast

Episode 32

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

Dr. Dana Saperstein - Personality Disorders

Dr. Dana 00:11

There are two basic motivating forces, fear and love. When we're afraid, we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance.

Fear Me Out 00:30

Coming to you from our studio in Santa Barbara, California, this is the fear me out podcast. We're not your typical Self Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experiencing emotions differently. Now, here are your hosts, Kim Fauskee. And Dr. Dana Saperstein.

Kim Fauskee 00:53

According to the American Psychiatric Association, there are 10 personality disorders. How many of those have you treated? Dana?

Dr. Dana 01:04

Well, that's a difficult question. Because I don't treat people with personality disorders. What kind of therapist or you have a lot of therapists who have probably two thirds of the people I see have had somebody in their life or have someone in their life that has a personality disorder, because they wreak havoc in their relationships with other people. So it's not something I'm unfamiliar with, it's just said, from my perspective, there is no treatment available for any type of personality disorder.

Kim Fauskee 01:37

So I was gonna go down the list and mention all 10 of them. But I think it probably be better for you to kind of give us your definition of what a personality disorder is, in generalities,

Dr. Dana 01:52

okay. There are very distinct characteristics that a person brings to the table that has a personality disorder. The one that that is most hard for people to imagine is that if you have a personality disorder, by definition, you can't know it's humanly impossible to know that that's what's wrong with you. Or that that's what you're suffering from. Nobody has ever come to see me with a personality disorder that has said to me, I have one, I need help. Because it when people ask me that question, is it possible I have one that automatically guarantees that they don't, because that means you are introspective enough to be able to see yourself from the outside,

Kim Fauskee 02:32

which, which is kind of ironic, because when I was doing research on those 10, I factored that I had a couple of each, in each category, I had eat something an element of each one.

Dr. Dana 02:44

Well, we all have elements of personality disorder, but that doesn't mean that you have one. I mean, everybody or most people would like to be thought highly of and would like to be, you know, admired and to feel a sense of, you know, competence and all that sort of thing. That's normal narcissism, as opposed to if you had a narcissistic personality disorder, that disorder comes with a lot of pathology, if I can put it in those terms.

Kim Fauskee 03:18

So do you know where the term narcissism comes from? Yeah.

Dr. Dana 03:23

Narcissus, and Goldman was a book that was written by Alcott, Hermann Hesse, I think,

Kim Fauskee 03:29

yeah, but they, but I think Narcissus was the son of a Greek god, oh, who saw his reflection and fell in love with it. Right. Right. Which makes sense. Yeah, right. Yeah. So in the other thing that that surprised me doing the research on this topic was that only 10% of the American population suffers from from one of these 10 personality

Dr. Dana 03:52

disorders. You know, I think that that's a gross underestimate.

Kim Fauskee 03:56

That's what I thought.

Dr. Dana 03:58

I think the general population is more like 20%. And I think that in wealthy communities, it's upwards of 50, to 60%, because we're getting a little ahead of ourselves here, but in order to accomplish great things, for lack of a better way of putting it to reach the top of your game as an athlete or as a entertainer or as a business person. And I'm talking about the stratospheric levels, generally speaking, and politicians, generally speaking, have personality disorders. It doesn't stop you from accomplishing really amazing things. But you don't want to be in a relationship with somebody who has a personality disorder because that's the main area in a person's life that's affected if they haven't that disorder, regardless of what type you know, if we, if we look at the people that we admire greatly in our, in our world, whether they're politicians or actors, actresses, professional athletes, all kinds of different people. Generally speaking, you have to have a personality disorder to get there. You cannot have a conscience that gets in the way, if you want to be an accomplished politician, as an example

Kim Fauskee 05:10

of empathy, having empathy for others doesn't help you

Dr. Dana 05:14

that way. No, it would, it would actually interfere with your ability to get to the level that you need to in order to become at the very, very top. It's especially true in athletics. If you have a conscience, it's really hard to detach yourself from how you're feeling to the point where, depending on the sport that you're in, if it's football, you know, you have to be willing to be violent enough to go out of your way to hurt somebody. And that makes you a really good football player. The ones that we admire the most are the ones that are looked at as being super vicious and an unstoppable if you have a conscience, it's really hard to imagine that you would be able to carry yourself to the world that way, and not feel bad about, you know, knocking somebody out or, or, or disabling them. And, you know, making them so badly hurt that they can't continue their career. But we look at those people as being the most accomplished.

Kim Fauskee 06:09

Yeah, the more the more pain and the more shame that you can put on somebody in athletics, the more you get paid, and the more admiration you get.

Dr. Dana 06:16

Right. So getting back to your original question about what defines a personality disorder. The first thing is that you can't know that you have one or you don't have one. The second thing that's really important to understand is you do not have a sense of self. There is no container inside of you that carries your identity. You and I each have like what I call a bowl inside of you that's filled up with Kim and mine's filled up with Dana, there may be some bad feelings we have about ourselves or so on and so forth. But, but we are able to look at other people and put ourselves in their shoes. And if you have a personality disorder, it's humanly impossible to look at another person as a person, because you don't have a sense of self in order to make that comparison. So that's a really important thing to think about. Because the inherent thing that happens is that you also don't have the ability to feel the feeling of guilt. People that have personality disorders don't feel guilty about anything. They don't even know what guilt feels like. So it's very unusual for a person like that to be able to take any kind of responsibility for themselves and to feel sorry about anything, because they're not guilty of anything.

Kim Fauskee 07:26

Apparently, that affects all of our politicians these days?

Dr. Dana 07:30

Well, I would say so because why would you want to be in the public light in that way? Unless you create power and admiration, because those are the two as far as narcissistic personality disorders goes, those are the only commodities that you're interested in as feeling powerful, and feeling and seeing yourself as being admired. And those two things are the food that you feed on in order to feel a sense of well being. So your identity is replaced by a really strong need for admiration and power.

Kim Fauskee 08:04

So I'm gonna, I'm gonna go through at least the top eight, I know the will gloss over the bottom two. But I know what everybody's gonna say just what I said earlier as I got a little bit of that, but, but but again, you need a lot of that, yes, to actually have the disorder

Dr. Dana 08:21

and the very, the very thought that you can recognize it in yourself means that you

Kim Fauskee 08:26

don't have Where you go. So the first one is antisocial. Right behavior? Yeah, well, I think in contacts, we probably all know what that is.

Dr. Dana 08:39

Yeah. It's either a sociopath or a psychopath. Those are kind of interchangeable terms. Right? And those are generally speaking people that have no conscience. And that's the hallmark of their relationship to other people in the world. So they see people as objects to be exploited. If you were to measure the prison population as an example, you would find that probably 80% of people that end up in prison have a sociopathic or Psychopathic Personality Disorder.

Kim Fauskee 09:13

So most of the habitual criminals, murderer, serial killers, all of those have that probably common trait.

Dr. Dana 09:21

Absolutely. And they see people as commodities to be exploited. No conscience and so naturally, everybody in jail is innocent or so they claim because, you know, there's always someone else to blame for whatever it is that they get caught for. Now, this is a disrespectful thing to say but I would say that the people that end up in prison are the stupid or sociopaths because the white collar criminals that usually get away with what they get away with are the smart enough to be able to, to evade the law most of the time.

Kim Fauskee 09:56

So, this is going to be a little bit of a one off but in In terms of the prison population we have these really rehabilitation programs, right, restorative programs, whatever the semantic word of the day is to that. So if if the majority of the prison population has the sociopathic or psychopathic tendencies, and how, how are these restorative programs even effective at all. And I know this is an opinion not a professional one.

Dr. Dana 10:31

Well, I mean, look at how most people in jail spend their time, they spent their time making weapons, and tried to figure out a way to continue being a criminal, despite the fact that they're in jail. And the only thing that slows them down is the threat of punishment. It's not because they feel guilty, it's that they're trying to avoid being further punished for their crimes, but they do spend most of their creative and other time making weapons, because that gives them that power over the other inmates and that, and that sense of superiority. So I'm not a great fan of spending a ton of money on trying to rehabilitate criminals, I think that there are some that learn how to function and become actually more effective as criminals when they leave jail, because it's an educational system of a bunch of people that have gotten caught for crime, but some of them are fairly brilliant in terms of, you know, what they tried to get away with. There is a center of, you know, a small portion of people that do become rehabilitated, they do feel

badly about maybe badly about what they do. But there's a really big difference between what it looks like to say you're sorry, and what it feels like to say you're sorry. And that's a really important distinction, I think, for people to make that if you want to look good than saying you're sorry, can make you look good. But that doesn't mean that you feel sorry, it just means that you're trying to look good to accomplish a purpose. So a lot of criminals apologize to their victims or to the victim's families, because they know that that may give them a reduced sentence or somehow will serve them in some way. But I don't think that the feeling of sorrow is part of the picture. They haven't fully repented. Yeah, it's a form of manipulation in a way. You know, the other types of psychopaths or sociopaths that we come in contact with are, you know, we see the shows on TV where women are seduced by. It's not always women, but women are seduced by these incredibly charming men who come into their lives. And they fall in love with these men, because the men appear to be the answer to their dreams. And next, you know, their bank accounts empty, and the man's just appeared. And we scratch our heads and think, Oh, my God, you know, there must be something really wrong with these women, they gotta be really stupid to fall for this. And my response is, that's actually not the case. Because if you have a personality sorter by nature, your perceptual abilities are heightened in order to be able to take advantage of people in your life. So if you're trying to take advantage of somebody who's lonely, for example, you can morph yourself into whatever it is that that person needs in order to feel the kind of love that they've never experienced before. And it's hard for the person that's being manipulated to feel like it's an app, because if you're that good, then you win an Academy Award, as an example. The actors and actresses again, gross generalization here that are the most famous are the ones that have nothing internally to get in the way of them becoming what's on the script. And if they have a really good talent for acting, they actually become what's on the on the on the script, and we can't tell the difference when we're watching them on the screen. And so we look at them and think, Oh, my God, these people, they're the most amazing, talented people that you could ever imagine. Because if you and I went into the acting business, we might be able to be okay. But our personalities are always going to interfere, because we can't separate ourselves from ourself. But if you don't have a self, then there's nothing to separate yourself from. And so you can, you can be an incredibly masterful actor or actress. Just don't get into a relationship with somebody like that, because they'll train you in for a different model. Very quickly.

Kim Fauskee 14:21

I was gonna say, as we as we record this episode, that would be the Johnny Depp and Amber Heard trial. Yeah,

Dr. Dana 14:27

I mean, that's a perfect example of two people that are incredibly disturbed in my opinion, and have no moral compass at all, and they're just attacking each other, you know, to make themselves feel better.

Kim Fauskee 14:38

Even if you followed a minute of that trial. I think any PhD student in psychology could have 20 to 25 Different thesis points, probably. So coming from either one of those

Dr. Dana 14:51

people. You know, the other thing that's important to mention about personality disorders, especially narcissism, is that there's an 80% chance that you're gonna have a substance abuse issue that goes along with your personality disorder, because it's a hard life to live, even though you're not aware of what's wrong with you the amount of energy that it takes in order to, you know, garner the power and the admiration from other people's, you know, is pretty consistent because no matter how much you get, it's never enough to fill you up. Because as soon as it comes in, it's closed right out the door. So people turn to substances in order to ease the pain of their loneliness and their disconnection, but they're not really aware of that. That's what they're doing.

Kim Fauskee 15:40

So the next one is avoidant personality disorder.

Dr. Dana 15:46

You know, I'm not as familiar with that one. Because, generally speaking, people with personality disorders don't come to therapy. It's very, very rare. So I don't know if you have the definition of that one.

Kim Fauskee 15:59

I don't have it handy, but I'll look it up.

Dr. Dana 16:04

You know, my understanding of it is that the person is quite isolated in the way that they live. And, you know, avoids contact with other people. Thus, the name

Kim Fauskee 16:17

will come back, we'll come back to the avoidant one. The next one is kind of a scary one. And I know that that you have a big opinion on this is borderline personality disorder,

Dr. Dana 16:29

Borderline personality disorder is really scary. Because, again, the person doesn't know that that's what they're suffering from. And what you see with somebody who is borderline is that they flipped from idealizing you and thinking that you're the greatest thing that's ever lived. And then two seconds later, they can hate you with every fiber in their body, and then come after you with the kind of violence and vengeance That's really difficult to understand. So the person is very, very volatile, in the way that they live emotionally, and really difficult to deal with somebody that has borderline personality disorder. I've actually known people that have been assaulted and, and really hurt by someone when they love you one second. Next thing, they want to punch you in the head.

Kim Fauskee 17:17

So I think there's probably some confusion in the context of borderline personality disorder versus bipolar disorder, one being a personality disorder, one being a medical condition, right? So is there a difference in bipolar versus borderline?

Dr. Dana 17:35

Oh, there's a gigantic difference. Bipolar disorder is a mood disorder. That's what it's called. And your mood changes from depression to what we call mania. So you can go from being really depressed to being really elated. Some people cycle two or three times a day, other people cycle weekly, some people cycle monthly. The length of the cycle is very sort of particular to the person, but it affects their mood. It's not an identity thing, or a lack of identity thing. It's a genetic disorder. Actually, that affects your

Kim Fauskee 18:13

mood. It's a chemical imbalance. Yes. Yeah.

Dr. Dana 18:16

I mean, I think that we've even discovered were in the genetic chain. Bipolar Disorder lives.

Kim Fauskee 18:24

Just to circle back to avoidant it's, it's exactly what you said. It's it, it. It's people that avoid intimate and social contact with others, right.

Dr. Dana 18:35

I mean, that could be the definition of a lot of a senator. Or, I was gonna say, Wait, that's me. Right. But but we're talking about somebody in a really extreme situation where they absolutely cannot tolerate any contact with anybody. Correct. Right? That's really different than being shy or, you know, a little hesitant and social situation probably

Kim Fauskee 18:58

not as common as some of the other ones we've already talked about.

Dr. Dana 19:01

No, and there will be no way for us to know because if you have an avoidant personality, you would never know that you wouldn't know that person. Right? Right. They wouldn't be living in that shut in, in an isolation that way.

Kim Fauskee 19:12

Dependent Personality Disorder,

Dr. Dana 19:16

Dependent Personality Disorder is kind of an interesting one to think about. Because your identity is actually based on you fusing with another person and adopting their identity as yours. And that's kind of scary if you think about it, that you really have nothing inside of you other than your experience of the other person.

Kim Fauskee 19:37

And one of the questions that I was going to ask about Dependent Personality Disorder, but maybe it affects the ones we've talked about already. When does a personality disorder start becoming prevalent in your life?

Dr. Dana 19:52

Generally, speaking, is something that you're born with, but it doesn't show up fully until you go through puberty, generally speaking, because when you go through puberty, your brain develops as much as the rest of your body. So whatever it is that you're kind of sitting on shows up. Now, that's not to say that I've worked with some families who have children that show a lack of conscience all the way from the time they're in elementary school, and have no kind of respect for authority. And are incredibly manipulative, and usually can be extremely bright, but have really difficult children. A lot of times they're labeled as having a conduct disorder before, they're truly labeled as having a personality disorder, because we try to wait until the person goes through puberty before we formally diagnose them in this way.

Kim Fauskee 20:46

Yeah, because I was thinking about dependent in the definition that you had given and it would be odd if going through adolescence that that you would actually have that it would seem to me that that would be something later on in life, that somehow that your identity didn't, you didn't feel that it came about, or you had been searching for this identity, and finally found it in somebody else and just lived vicariously through that person the rest of your life?

Dr. Dana 21:15

Well, I mean, the only way for a person with Dependent Personality Disorder to function in the world is to not be aware that that's what's wrong with them. So there wouldn't be that kind of introspection that you're describing, that will come from the outside, not from

Kim Fauskee 21:27

I was trying to bring realism to that diagnosis. Sorry,

Dr. Dana 21:31

it's the most common thing that I encounter with people is that it's so hard to believe that you could have something this drastically broken inside of you, and not have any awareness that this is what you bring

Kim Fauskee 21:42

to the table. And what you and I were talking about before we began recording was that, that some of these behaviors, also crossover and there's in terms of, you know, whether you may have dependent or or avoidance issues and things like that there could be other personality trait crossovers that go with that as well.

Dr. Dana 22:06

Again, as I mentioned, having a personality disorder is like being pregnant. It's, it's all or nothing, you can't sort of have a personality disorder, you either have one or you don't. Now, the severity of it is usually dictated by the way that you're raised. The presence of it, in my opinion, is genetic. Because I've worked with families where there can be five people that have personality disorders, and one kid who's completely normal and doesn't have a disorder. And man is that person's life chaotic and, and

incredibly traumatic. I worked with a family once where there were truly three children, four children altogether, but three children that had personality disorders that were narcissistic. Both parents were narcissistic. And the two older brothers believed that it was their grandiose job to teach their younger sister how to be a sexual person. Wow. And that's how they conducted their lives in relationship to their little sister who didn't have a personality disorder. But she did have to deal with these crazy brothers who, and they really believed that it was there. It wasn't something that they made up. They really in their grandiose way believe that. This was their particular role in life with their little sister,

Kim Fauskee 23:26

she was lucky enough to miss that trait, but boy, was there hell to pay.

Dr. Dana 23:31

Yes, because her sister was vicious. Her sister was what we call a malignant narcissist. But we'll get there when we get to narcissism. And that's somebody who takes great pleasure in hurting other people on purpose.

Kim Fauskee 23:42

We talked before we recorded also about histrionic personality disorder and defined by, you know, somebody that wants to be noticed that their self esteem, self esteem depends on the approval of others, which if you look towards social media, you would think everybody now has histrionic personality disorder, then you're talking about the influencer? Yeah. The Influencers, you know,

Dr. Dana 24:08

well, I would say that they're probably a combination of histrionic but more more narcissistic, because what most of the influencers are looking for, for people to really admire them, not just to get attention, but to get admiration specifically, and to feel a sense of power by by, you know, being a big shot and all that stuff. Somebody who's histrionic will get attention just for being hysterical, which is where that word, you know, histrionic come from. So that's somebody that makes a pardon for me putting it this way, but makes a shitstorm out of everything. I worked with a nurse once who every single shift that we worked together was the busiest day ever, no matter what took place in the real world. So there could be three patients in the unit and it was the hardest, worst, most taxing day ever, or There could be 25 patients and it was the same with reality didn't make any difference. For her everything was always really hard and really overwhelming. And she was always walking around huffing and puffing and just kind of hysterical about everything.

Kim Fauskee 25:12

So that's a definition of somebody that has histrionic traits. Yes, that way. Okay. Yeah. I'm the one that we've talked about that needs to go into more detail, which I think that most of us are probably most familiar with. Know, somebody that's this way, work with somebody that's this way been in a relationship with somebody that's this way is is narcissistic personality disorder, right.

Dr. Dana 25:39

And that, in my experience, that's the most common one. And that may be because it's the most visible one. They are easy for most people to interpret, right? Although I think that the term narcissistic is

thrown around sometimes in not the most healthy way, because not everybody that wants attention and needs to be admired has a personality disorder. But generally speaking, there are three types of three subcategories of being having a narcissistic personality. There's the one that we most think about, which is the person that's grandiose and their way of living in the world. And what matters to that person is that they have tons of admiration, and feel a huge sense of power as a result of the admiration. Now, I know I'm gonna make a lot of enemies when I say this, but the most prime example in our recent history of somebody who had a narcissistic personality sorter of this type was Barack Obama. Right? He loved the attention that he got. And he loved the admiration that he got for being really smart and really charming, and really amazing in the way that he lived in the world. And he was in a lot of ways. But you know, when you look sort of deeper into his life, before he ran for president, his wife told them that she would in no way support him if he ran for president. She didn't want her children to be subjected to the horrible things that happen to children when their father's the president. And she didn't want their lives to be any more impacted than they already were, by his presence in the political world. And he promised her that he wasn't going to run. But then when he got pressured by the people around him that he sort of chance of actually winning, he got seduced by what that might be like. And so he just did it. And when she found out, at least according to what I've read, she was furious. And it took her a long time to forgive him, but he just rationalized it by saying, Oh, she'll get over it. It's not that big of a deal. She'll see how important it is, and so on and so forth. But if you look at the way that he handled politics, when he was in office, anytime there was a fight to fight, he backed away. And the reason he backed away is because he didn't want people being mad at him, because that would make him look bad. So when it came, the opportunity came to a border, to appoint a Supreme Court justice toward the end of his tenure. He had the right to do that. But as soon as he got resistance, he backed away and allowed the next President to appoint that Supreme Court justice. And that's been a disaster for us, liberal thinking people, right, because then the next person that came along, got their choice. And that was a really terrible thing. So

Kim Fauskee 28:27

listeners are going which way does Dana lean? You're not quite sure.

Dr. Dana 28:31

Well, and the other thing that's important is that there are a lot of really famous people that live for the admiration and the power. And, you know, these are people that have accomplished things that are unimaginable. I mean, if you look at Bill Gates as an example, now, I don't know him. But everything I've read about him is that he doesn't have the strongest moral compass. Right? He was unfaithful to his wife throughout their whole marriage. He went to Jeffrey Epstein's perv Island. And, you know, I can't fault him for giving \$25 billion to charity. I think that's an incredible thing that he's done, and that he's really generous. If I was going to be the cynical psychologists that I am, I would say that the reason he did it was not because he necessarily cares. But it sure makes him look good. Oh, absolutely. Absolutely. And the other thing that I've read about him is that when he was conducting his business, and was really in charge of growing, the company that he built, that he was vicious in terms of the way he treated his competitors. And some of the people that even work for him. Right,

Kim Fauskee 29:38

I think, you know, Bill Gates, Steve Jobs. Yeah, same thing with Elon Musk, Jeff Bezos, all these guys.

Dr. Dana 29:45

They're not the nicest people, but at the same time, you cannot diminish their contribution to our world. No, you can't right. I mean, when Jack Nicholson was caught with his golf clubs out of the car, beating somebody's car on the freeway, right? We all laughed because we thought that was hysterical that Jack Nicholson, what a character, you know what a funny guy, right. And we gave him a hall pass because he's a super famous, charming person. If I was on the freeway, and I was black in somebody's car with my golf clubs, I don't think people would think I was a funny, clever person, I think I go to jail.

Kim Fauskee 30:16

Well, I also think Jack did that 30 years ago, when it wasn't, it was kind of swept under the rug a little bit more than

Dr. Dana 30:23

right. But I just want to make sure that it's really clear that the biggest effect that having a personality disorder has, is on your relationships with other people. Because you objectify other people, people are not people, they're objects. And they either serve you, or they don't. And if they serve you, you will be kind to them, and you'll be supportive of them. If they don't, then it's the same thing as what you would do if somebody committed mutiny off with our head off the plank, because it's a very black and white way of living in the world. Now, that's, you know, a part of any personality sort, but I was talking about the grandiose type, then there is what I call the victim type of narcissist, somebody who, who actually sees themselves as a victim, no matter what the circumstances are in their life. And you wouldn't think that that would be narcissistic. But if you think about the fact that if you're a victim, that nobody is ever able to hold you responsible for anything, especially anything negative. So you're allowed to do whatever you want, because the poor world is against you. And that, you know, you can be the most despicable human but nobody's allowed to get mad at you, because you've had it so bad, and things are so hard. And it doesn't really matter what the reality is. But generally speaking, if you're the victim type of narcissists, you don't achieve the kind of fame that you do, and fortune that you do, if you're the grandiose type. But it also really powerful and a lot of times people don't understand that some of the people in their lives that constantly see themselves as being a victim are really truly narcissistic, in their orientation toward the world.

Kim Fauskee 32:00

Yeah, it doesn't it doesn't really go hand in hand, doesn't it?

Dr. Dana 32:03

But it does, if you think about it. And then the scariest worst type of narcissist is the malignant. Now sadly, the most powerful people in the world, generally speaking, are malignant narcissists, they get a great deal of pleasure in hurting other people on purpose in order to feel a sense of power and admiration. Now, again, we just got through having a president that was the probably the most visible, malignant narcissist that we've ever had to encounter some extremely brilliant manipulative person, and if you cross him, you pay dearly, and everybody is still terrified of him, even though he has no power right now, in an official sense, because if you cross him, he does everything he can to destroy your life, and destroy your career, which is a very powerful use of, you know, your, uh, your influence. And you

could see the smile on his face when he would talk about somebody that it was able to harm in some way. And when he talked about women, especially, at first, he, you know, I'll think about all the disrespect that he had, when he described his relationship with women, that there are objects that, you know, help them feel like his penis was gigantic. And, you know, you could, you could see that he oozed from his body, whenever he talked about women, because deep inside of him, this is speculation. Women are what he needs to reinforce his grandiosity. Anything that you need to reinforce your narcissism is something that you hate. So generally speaking, he hates women, because he needs them to make sure that he can show off his virility. The fact that after, you know, a couple of years after the election, he was still hating on his opponent just tells you that that, you know, shook them up big time, in some ways, by threatening the fact that he didn't, you know, almost lost the election, that sort of thing. It couldn't come to the current president's inauguration because he would have to acknowledge that he lost and he still kind of acknowledged that he lost. He's still trying to convince everybody that you know, that the election was stolen from and all this crap. And it's because his ego or his lack of self is so fragile, that he just wants to hurt anybody that gets in his way. That makes him a super dangerous person, just like Putin in the way that he's living now. He's hurting other people on purpose in order to garner his power and try to take over the world and you know, all throughout history we've had people like that who take great pleasure out of harming others in order to achieve their sense of superiority. Yeah, I

Kim Fauskee 34:55

was. I was gonna say that probably going back into the history of this world meant that any of the great leaders absolutely probably had this trait.

Dr. Dana 35:03

Uh huh. Well, sadly, there's lots of leaders of companies and industries that are incredibly talented and really successful. But man, you get on their bad side, and you don't stand a chance of surviving. Because they'll do everything they can to destroy.

Kim Fauskee 35:19

So I want to stay on the narcissistic piece for a moment here and not have to circle back to it. Because I think a lot of people are thinking, okay, great, I understand that, like Kim had said earlier, I have a relationship with somebody like that, in my life, I've had a relationship with somebody like that in my life, and I'm talking not only from an intimate standpoint, but maybe a works standpoint, or or friends standpoint. And, you know, I've I've talked to, you know, other parents that their co parenting with a narcissistic parent, etc, etc. And so the 10,000 or \$10 million question, I guess, is, is if I'm in a relationship, or have to be in a relationship with a narcissist, for whatever reason, how do I how do I deal with that?

Dr. Dana 36:13

Without that's a tough one. Because it depends on how vicious the person is, when they don't get their way. If they're just that garden variety of somebody who you know, wants to be admired and looked at as super important. It's kind of easy to manipulate somebody like that. And I'm sorry, as a psychologist, to say that that's manipulation. Okay, that manipulation is okay. But you know, you have a dog, what do you feed your dog, you feed your dog dog food to feed your cat cat food, you feed a narcissist

admiration, and the illusion of power. And that works fairly well, although most people are not willing to do it, because they feel like they've been so hurt and manipulated and, and damaged by that relationship,

Kim Fauskee 36:55

but they can't bring themselves to. Could you do that? Right. But I, you know, I

Dr. Dana 36:59

can tell you a semi humorous story. There was a fellow that I knew a number of years ago, and his family, a super wealthy family, probably worth at least \$100 million, if not more, both parents are extremely narcissistic. Not very nice people. He grew up under the criticism and judgment of always feeling inadequate, and so on and so forth. He became really successful in his own right. But, you know, his parents were quite elderly at the time I met him and his father was already demented, to the point where he didn't know anything that was happening around him. But his mom was still in her mid 80s, the queen of the city they lived in and had a ton of influence and power, because you know, it's not a small thing to have hundreds of millions of dollars at your disposal. Well, he went to a birthday party that his mom had thrown for herself in another city. So you flew there with his family, and he was in the elevator with his mom and his mom started going off on him and tell him what it was and what a terrible Sunday was, and how grateful he was, and on and on and on. And this guy lost control of himself for a minute, and he grabbed his mom. Now, he didn't hurt her. But it's not okay to grab an 85 year old narcissistic mom in the fit of anger. And so they got into a big fight with each other. And, you know, he left the party with his family and flew home and his mother told him that she was going to disinherit him and all Anon, because she didn't let anybody treat him that way, or that way, and so on and so forth. And he didn't know what to do, because he didn't want to walk away from hundreds of millions of dollars, right? So I said to him, Look, you got a couple of choices, you can either force the issue, and your mom will write you off altogether. Or you can fly back and apologize to her and tell her how sorry you are for losing your temper and being such a bad son. And, you know, I would never say that to anybody in their dealings with in quotes normal person, but somebody who had that kind of personality disorder and that kind of power, you just want to manipulate them into submission. And so, you know, he was able to swallow his pride and go back and you know, and apologize. And his mom, you know, was so happy that he recognized how bad he was and how disrespectful it was, and you know, how innocent she was, and all of this. And, you know, everything got repaired and he flew home. And the next time I saw him, he said, Guess what happened? I said, Well, I'm assuming that if you did what we talked about that you were forgiven, and everything was fine. He said, Oh, no, there's way more to it than that. I said, What do you mean? He said, Well, this morning, I just got a check for \$8 million. I said what he said I got 2 million for me 2 million for my wife 2 million for both. Each one of my sons my mom sent me a million dollars to let me know that all is forgiven. And that's what happened as a result of him being willing to, you know, manipulate her into believing that he was sorry. It was reparations. Yeah, it was a robbery. And I said to him, that's not really fair. Where's my cut for the strategy that we came up? She got 30% of so I said to him, that's not really fair. He said, Yes, fair, I pay your bill. That's all. So anyway, we joked about it, but he, you know, he got a million dollars for basically eating it.

Kim Fauskee 40:27

Yeah, yeah, I can. That's a tough pill to swallow, right. \$8 million, makes that pill much easier to swallow. But of course, most people that have to deal with this don't have that \$8 million? Check potentially. Amen to that. And I think you've you've asked that you vacillate, right, versus, you know, taking the high road or engaging them further in terms of like the word use manipulation? Right? Am I just taking the low road and getting just going down the same path of vago?

Dr. Dana 41:00

Well, you know, Kim, I know, I've been joking here a little bit making light of it, it's not really something to make light of, because I'd say at least two thirds of the people, as I said before, you see are someone who has been deeply injured by someone who has a personality disorder, because it's an incredibly toxic, really abusive relationship. So usually, what I do with people is try to help them get to the point where they heal the trauma, which can sometimes take a bit of time. And once you get to a place where you feel your trauma, then I try to help the person feel sorry for their abuser. Because if you can pity somebody who is that broken, then you're not going to take them seriously, when they do their stupid, manipulative, hurtful behavior, you're just going to look at them like they are the pathetic person that they are, and do the best you can to either avoid contact with them, or just kind of appease them to the best of your ability. But that can't happen until you've gotten to a place where you can forgive the person for hurting you so deeply.

Kim Fauskee 42:00

And as you know, and as the listeners now, that's how I came to grips with the victimization I had with my father. Right, because I was thinking about it again, you know, thinking that, you know, he was sorry about it, or whatever, but it really was coming to that point of pitting him. And feeling sorry for him for the way he had to live his life that way, not only whatever it was the fear that he was having, the narcissism that he was exhibiting, and whatever that dominance was that that made him feel better, or whatever projection that was that he was doing. It was coming to grips me of having that pity for him, was the only way that I was I. It's tough for me to say that I actually forgave him. I don't know if there's a difference between forgiving and having pity on somebody.

Dr. Dana 43:04

Well, there has to be a certain amount of forgiveness, maybe not complete. But in order to pity somebody that has hurt you deeply. You have to get past a fair amount of the trauma that they caused you.

Kim Fauskee 43:13

Yeah. And I think that's, you know, I got to that point, not not to, like you said, that 100% point of forgiveness, but the point of, Oh, my God, you must have lived a miserable life. And man, I really feel bad for you.

Dr. Dana 43:25

Right? The hardest part is that the person that has a disorder really does not recognize anything negative about themselves in any way, shape, or form. It's always overcome by that incredible hunger for admiration and power and an ability to manipulate people in a really, really successful way.

Kim Fauskee 43:49

So my mom said something very telling when my dad was on his deathbed, he had probably been unconscious for a week, and his death was imminent within a couple hours. And I remember my mom standing over him, saying, Well, are you gonna thank me? And it never really I kept, you know, you're kind of in the moment at that point, and never really resonated till later what you know, what she was trying to get out of him at that time. So she's, she's sitting there with an unconscious husband that she had been with, you know, for 5060 years at that point. Who is never gonna say another word to her. It's gonna die in a minute. And she wants him to say are you gonna thank me? Yeah, that was pretty telling

Dr. Dana 44:39

a slight self centered reaction exactly. I shouldn't make life but

Kim Fauskee 44:45

no, I mean, I mean he's you know, when you think back on things like that, and in through the therapy I've had and the hypnosis that I've had that probably is the catalyst that's helped me heal the trauma that I that And I suffered. You think back on moments like that, because you can't make sense of at that time. But then ultimately, after you put it in perspective a little bit more, it's like, oh, it makes total sense now. It does. So I don't know if we've we've we've completely answered the question about, you know, if I work with a narcissist, if I'm in a relationship with a narcissist, if I co parent with a narcissist, I mean, we talked about that one example you had about your client that had kind of like, Okay, I'll go back all apologize and had reparations nicely in the end. But how would the person that doesn't have the million dollar check coming to them? How do they handle? How do they handle it? Well, if

Dr. Dana 45:50

you're stuck with the person, in a way, you're describing, you're stuck with somebody you're co parenting with, and so on and so forth. They're not going to go away. Now, there's a fair amount of misery that you're just going to have to accept as a part of your life because there is no ideal solution to solving that problem.

Kim Fauskee 46:06

That's not what the listeners want to hear. Well, I

Dr. Dana 46:08

mean, look, I'm

Kim Fauskee 46:09

where's the magic fairy dust right now,

Dr. Dana 46:11

I'm a realist. And I understand, again, that there are some situations that cannot be helped, somebody with a personality sorter can't be helped. Now, occasionally, people have come here with personality disorders, or with a spouse or whatever. And what I tried to do is help them get to a place where they stop harming the people in their lives as vigorously. And that does take a fair bit of manipulation. But the the answer to the question is that if you're stuck with a person, you have to figure out some way of

managing them. Because they really do not have the power, if you think about it, because if the only thing that you can digest is admiration, and power, that's a very limited span of emotion. So if you're willing to pretend like that person is special and admirable, you're going to diffuse their attention. And it's more likely that you're going to get what you want, if a person is full, as opposed to them being hungry. Now, I know it's a hard sell, because that person has already hurt you deeply. And you're scared of them in some ways, because you know, they're capable of almost anything. But at the same time, if you're stuck with that person, you have to figure out some way of interacting with them. And having a reasonable rational conversation with the person is the worst thing that you can do. Because all you have to do is threaten them by asking them to take responsibility for themselves. So you have to be willing to be very strategic in the way that you operate in relationship to that person,

Kim Fauskee 47:51

which even if you weren't a narcissist would automatically put you on the defensive anyway. Right.

Dr. Dana 47:55

Right. You know, this is an awful thing to say. But what defines our humanity is our ability to feel guilt. Because that means that we have a conscience and a sense of self, and we can put ourselves in another person's shoes.

Kim Fauskee 48:13

Right? Yeah, absolutely.

Dr. Dana 48:15

I mean, so if you don't have that, if you're not equipped with a conscience, you're actually subhuman in some ways. Because it's very much like an animal. Right? Your animals appear to love you, your dogs and your cats or whatever. But that's because their impulses are kept under control, by your willingness to provide them food and shelter and love and, and kindness and short term memory also, right. But if you think about it, I mean, I and people hate me when I say this, but this is terrible. But if you're stuck in the house, with your dog, as an example, right, and the world comes to an end, and it's just you and your dog, and there's no food, and you're super hungry, and you're slowly starving to death, it's going to be really hard for you to eat your dog. Because you'll feel so terrible about that, and so bad that this creature that you love and have devoted so much care to, now looks like a meal to you. Right? But if you die, your dogs not going to feel bad about consuming you if you're the only food available. It's a really terrible thing to think about. But yeah, that's a good point, though. But your dog has lives his life or her life based on impulse. And based on instinct, and the instinct to survive, surpasses just about anything for an animal especially. So you become the meal and I don't think your dog is going to feel bad that he or she had to eat you because it was the only way for her to survive. And we know this because there are situations in the world where this has actually happened. Right? We find somebody who's been dead for a week or two and their dog was stuck with them and, you know, hadn't eaten them and which is horrible, but you would really have a hard time doing the same anything, because your conscience would make you feel so bad about doing that, that, you know, some people would actually starve soon sooner than need their eat their pet, but your dog would not

Kim Fauskee 50:11

starve so much for man's best friend, right? Well,

Dr. Dana 50:14

and again, I'm not trying to paint a bad picture, it's the difference between having a conscience and the ability to put yourself in another person's shoes. Your dog doesn't know how to do that. Your dog knows that you're a source of comfort and security, and all that stuff. But if you remove that, your dog is going to revert back to being the animal that he or she is. And it's very much true with people that have personality disorders, they don't have a conscience, they don't have a sense of self. Everything is either security or threat. And because they're constantly starving for admiration and power, you have to be willing to feed them in order to calm them down to the point where they're not going to hurt you. Otherwise, they're going to hurt you. Period.

Kim Fauskee 51:01

Right? It's, I mean, it's the same thing as just defending yourself, right? From being harmed, whether that's somebody that has a gun on your pulls a knife on you. Yeah, so same thing, you want to get out of harm's way, and you're going to do anything that you can to get out of harm's way, right? Well,

Dr. Dana 51:17

the worst thing that I've told people to avoid at all costs is to say to the person, as an example, my therapist tells me that you're a narcissist. Because if you tell somebody that they have a personality disorder, they're going to come back swinging at you like you can imagine because it's so contrary to the way they see themselves and how they defend themselves against

Kim Fauskee 51:40

any sort of a threat. I'm sure that threats have been thrown out there many times. So I can give you

Dr. Dana 51:45

a really another example that I felt was really fascinating. There's a gastroenterologist, I had a conversation with once and I said to him, what's the weirdest sort of syndrome that you've ever encountered? And he said, Well, there's this thing called Rapid Transit syndrome. I said, number one, I love that name. It's such a great name for a horrible malady. And I said, Well, what is that? He said, well, people that have rapid transit syndrome, eat food, and it comes out the other end within two hours. I said what he said, Yeah, they can eat 10 20,000 calories a day, and be starving to death because they absorb nothing from the food that they eat, because there's something wrong with their digestive system. And so it all comes out as quick as it goes in. So they're constantly starving, even though they eat more food than is humanly possible. And that is really, truly the definition of being a narcissist that you're starving all the time. So no matter how much admiration and how much power they somebody gives you, you need more, it comes out as quickly as it goes in. Because instead of a bowl, you have a colander. So everything just pours out of those it comes in. And that kind of desperation is something that you and I could never imagine. Because we have a container. So if I show you that I love you, it sticks around for a while, right? It doesn't stick around forever, because human beings need a constant diet of love as long with food and everything else, but it sticks around long enough for you not to feel desperate, all the toys, not a hole in that container. That's right, so you can hold it for a while. So if you don't have a container, there's nothing for you to hold anything other than misery, but you don't know

that you're miserable. Because you're too busy compensating for it by looking for another source of food narcissism. Yeah, it's a scary disorder, especially because most of the people that have it are really successful. Not most, the ones that are smart enough and talented enough, really run the world. And I'm not going to dispute that for a moment. Because I don't think anybody will dispute that. Why would you want to be somebody famous or somebody you know, politically powerful and all that unless you have an inordinate need to, to control other people and feel a sense of power and admiration.

Kim Fauskee 53:58

But I also want to make that differentiation that it's healthy to have a high sense of self worth. Oh

Dr. Dana 54:04

show ever though. Yeah. Um,

Kim Fauskee 54:05

so we all we all have a little bit of narcissism in us super healthy.

Dr. Dana 54:09

I mean, look, I encourage everybody to be centered within themselves, not self centered, self centered, is narcissistic, centered within themselves centered within yourself means that you have a healthy connection to your intuition and yourself as a person, and that you don't betray yourself and to do the best you can to respect that sacred quality of your intuition and, and have a generally healthy sense of yourself. It doesn't mean you're walking around looking for people to confirm your wonderfulness all the time. It means that you feel a sense of sort of well being that neutrality we've talked about in other episodes, and that you can go to the joy and you can go through the pain, and you can live with it. But if you're a narcissist, for example, you don't go anywhere near the pain. Everything is projected outward. Oftentimes a narcissistic parent has one kid that they hate And another hit kid that they idealize. And they pour all of their grandiosity into one kid and all of their self hate into another

Kim Fauskee 55:07

and the pain of somebody else's problem, not theirs. That's right. That's right.

Dr. Dana 55:11

I mean, I knew a father once, who he fasted for a month before he conceived his first job, because he, he believed that if he fasted, he would pure himself, purify himself. Now, again, I know this sounds crazy, but this guy was a super professional, well known person in the community, he had a really good job, he was really good at what he did. But his grandiose self was pretty bizarre. So anyway, he conceives his first child, which turned out to be probably one of the most godlike children I've ever seen. So then it worked. It worked to a degree except that he just about destroyed his first child, by attempting to make that child, a mini me. Second child in his fantasy he created was not even his own biological child. He was so delusional in this way that he accused the mom of having an affair, and that the child came from a different father. But he decided he would raise the kid anyway, just out of the kindness of his heart. But he was not the golden child, he actually told his son that he wasn't his real son. Now, if you saw these two, the younger son and the dad together, you would think they had a cloning experiment, they looked so much alike, and we're so much alike. But the father was so cuckoo,

and his grandiosity and his negative negativity, they actually told the second son that he wasn't his real son, which was insane, it hurt that the younger kids so badly, and the older kid for not ever being able to develop his own identity, and, you know, this guy lived a very, very professional life where he was quite successful people really admired him and, and thought he was really good at what he did. And he was, excuse me, batshit crazy. That's how bad it can get with some people.

Kim Fauskee 57:03

Though, the last few minutes, I just want to cover the other couple of personality disorders, obsessive compulsive disorder, which I have a little bit of, actually, and I attributed it to being this HSP, even though an HSP is not a personality disorder, but I have a little bit of that, you know, in terms of, you know, the the common ones that the not constantly hand washing, but probably a little bit more than normal need to hand wash. Everything in the room needs to be in a certain place all the time, you know, things that are, you know, probably a little bit more over than normal.

Dr. Dana 57:48

But you know, Kim, first of all, you don't have any personality disorder traits at all,

Kim Fauskee 57:54

I wasn't gonna say that I was fully OCD. But I have a little OCD. And that's

Dr. Dana 57:58

the reason for your particular and this is just my opinion, is that you grew up with such chaos and with violence, that your need for order comes out of the chaos, the violence that you come from, it doesn't come

Kim Fauskee 58:12

from right, it's, it's safe. It's a safety zone. Yeah.

Dr. Dana 58:15

I mean, we come up with rituals in order to create a sense of security. You know, it's very much like, like kids who rock in a chair, in order to comfort themselves. It's not because, you know, they have horrible disorders, because they're trying to soothe their nervous system based on whatever it is that's making them feel a lot of control. So I just want to reassure you that Yeah. Okay. You know, so you need order. Right? You come by quite honestly, I need clean hands. And you need Well, yeah, I do to everybody, you know, I mean. So it's really important to distinguish between something that's a type of brokenness, versus a symptom that may develop as a result of trauma.

Kim Fauskee 58:56

Right. And I was being a little facetious. But that's why I wanted you to talk about a little bit because I mean, this when we talk about OCD, I mean, this is really overboard stuff that affects your life in a negative way. Yes. Yes, he washes my hands and having pillows in the right place and things like that don't affect my life in a negative light. So yeah, yes, but these are you people that have the OCD disorder. Yeah, I mean, it's hard, I really have a hard time being productive in life.

Dr. Dana 59:23

I've met people when I worked in the psychiatric ward, who had obsessive compulsive personality disorder. And just walking out of a room would take 15 minutes of having a walk around in circles and touch this and that and, you know, all these incredible rituals, and even then when they walked through the door, they had to go back and do it again. So it can be so bad that you can't function.

Kim Fauskee 59:46

Paranoid Personality Disorder. Yeah. Well, I

Dr. Dana 59:51

i mean, that's a tough one also, because it's not unusual at all for someone who's narcissistic to be incredibly paranoid. Again, like former president And, you know, he didn't trust anybody and was suspicious of everyone's motives until they prove to him that they were his minions. And, you know, that's part of the paranoia of knowing that nobody really cares about you, and nobody really loves you. But you can't say that out loud because it would not be a conscious, recognition

Kim Fauskee 1:00:21

schizoid.

Dr. Dana 1:00:23

You know, schizoid is somebody that used to be called eccentric. Right? We found a way to pathologize eccentricity. Yeah.

Kim Fauskee 1:00:34

And that was and now it's not even a bad thing to be eccentric.

Dr. Dana 1:00:38

But generally speaking, if it's a personality disorder, it's so severe that you can't really function normally.

Kim Fauskee 1:00:44

Do you have an example of that at all?

Dr. Dana 1:00:47

Well, again, I don't work with people that have these kinds of disorders. So and I never have and someone like that you would never meet anyway, because you see, they're holed up somewhere in isolation in their own delusional world.

Kim Fauskee 1:01:03

And the last one is schizoid title,

Dr. Dana 1:01:06

Schizo tittle, you know, I'm not 100% sure that I wouldn't necessarily call it a personality, sort of, because usually, it's a combination of really severe eccentricity mixed with really strong emotional difficulty.

Kim Fauskee 1:01:22

Yeah, when I was going through this list of 10, I started getting this idea that they had gotten to cahoots with the big pharma companies. Because it seems like everything has to have a name, everything has to have a diagnosis, and everything has to have a drug to go with that diagnosis. Well, and the

Dr. Dana 1:01:41

person in the insurance industry, if you take insurance for mental health issues, you have to come up with a diagnosis. And, you know, the insurance companies discriminate hugely against mental health treatment. And so the more severe the diagnosis, the more likely it is, you're going to reimburse for whatever charges you accrue. I don't ever take insurance. So I disconnect myself from that industry 30 years ago, because it was so in my mind, awful. But you know, a lot of times it's the only way people can afford therapy.

Kim Fauskee 1:02:18

And again, you know, we talked earlier about that, that there's probably some proof in the pudding that these are genetic traits passed down in DNA. Yes. Again, these personality disorders aren't typically scientifically proven. They're anecdotal right? out there. So if anybody's gonna go to 23andme, or any of those and try and get tested for any of these personality disorders, it doesn't matter. I mean, we think I'm gonna I think I'm a narcissist, I'm gonna get tested for it.

Dr. Dana 1:02:50

Well, first of all, if you thought that you wouldn't get tested, because you think it in the first place,

Kim Fauskee 1:02:54

right? My partner told me, I'm a narcissist,

Dr. Dana 1:02:59

right? But But if your partner told you, you were you would just get really mad at your partner and say, No, that's what you are. I mean, I again, there was a fellow who came to see me, I just want to tell you one last quick story. He came to see me after seeing seven or eight other psychologists, and

Kim Fauskee 1:03:16

was really disappointed that should be a disorder in its own right

Dr. Dana 1:03:18

there, he was really disappointed in the reaction he got because nobody could figure out what was wrong with his wife. And that's why he was going to therapy to figure out what was wrong with her. So he would come in and present the situation, and so on and so forth. And he wouldn't get the reaction that she was the problem. So I gave him a book about narcissism. And I was curious about what he would think, when you read the book. So he came back the next week, and he told me that I was the most competent genius therapist he'd ever met. Because every single thing he read in this book describes his wife perfectly. Yeah. And the sad part was when I met his wife, it was actually a book about him, right. But he couldn't see any of it and was projecting it all onto his wife, whose mother was

the husband's doppelganger that she was as bad as he was from a personality stamp disorder standpoint. And so that's why she got together with this guy in the first place. Because he made sense to her. And he was so happy when he left her with a pure diagnosis of what was wrong with his wife, and none of them nothing was wrong with his wife other than the fact that she chose, you know, to be with somebody who's that disordered.

Kim Fauskee 1:04:26

I know we had a little fun with some of this. But you know, in all seriousness, I mean, these 10 diagnoses do exist. Yes, people in the world do suffer from them. People in the World also have to be victims to those people that suffer from this. Yes. So it is serious, but I do hope our audience got a better understanding of the personality disorders that are out there, which ones are most common? Some of the signs that exhibit those personality disorders and you and potentially how to deal with them, they'll completely come up again in a lot of our subject matter, as we kind of move through debunking some of the common psychological myths and talking about some of the other ones that are more relevant, prevalent that are affecting us on a daily basis. So Dana, thanks, again for your expert input on this today. And I'm sure we'll circle back and talk about it again sometime soon.

Dr. Dana 1:05:27

You know, Kim, you're quite welcome. And I just want to remind everyone that if anybody has any questions about this episode, personality disorders, or anything else that has come up, we really welcome questions, feedback. Don't forget, fear me out. podcast.com No, fear Me Out podcast. Yeah. And

Kim Fauskee 1:05:49

gmail.com gmail.com Sorry, or fear me out on Instagram. You can also direct messages on that, right? And if you want to give us crap about our politics, you can keep that to yourself. Now you can send it to me. I don't know if he can send you can said Dan. I'll make sure he directly responds to I'm Hardy about my political affiliations. All right, everybody. Thanks for listening. We'll talk to you soon.

Fear Me Out 1:06:15

We appreciate our listeners and are interested in your comments and suggestions. Feel free to email us at yourmeoutpodcast@gmail.com If you're interested in becoming a sponsor for this podcast, please email us at fearmeoutpodcast@gmail.com Thank you for listening. See you next time.