



Psychs & The City Podcast – Episode #213 – Living Life For Your Future Self

Dr. Jeff Ditzell:

Well, coaching, it's a lot like training. Having a coach versus a trainer, a trainer can show you the mechanics of things, but doesn't really inspire performance. A coach inspires you to perform at a level that you really can't unless you're being coached. I didn't understand, honestly, the difference until I started training with Francis Benfatto.

Dr. Jeff Ditzell:

Imagine how far we've all been able to progress and achieve things. All of us, without really giving ourselves anything to do it. Probably like most goodly souls, we produce for other people, but we're not really as generous with ourselves, like with sleep or rest or just giving ourselves the supports to perform.

Dr. Jeff Ditzell:

If you think about it, if you're able to perform at the level that you've been able to and achieve all the things you've been able to achieve and you haven't given yourself anything to do it, imagine what happens when you put some forethought into it and you give your future version of you the tools, right? Future version of you depends on what you're putting into the time capsule that you're sending to your future version. Right? You get the benefit of it gets done over and over and over. You compound the interest.

Dr. Jeff Ditzell:

If you put in "ins," and take out "outs," that give a very nice package of gifts to your future self, and you've got the time in between, let's say, it's the you of Taylor Prime a year from now. That's going to cook a pretty good Taylor Prime. Taylor Prime's going to be happy. I think it's useful to think of it this way, like you're giving gifts to yourself and then you just concentrate on the day-to-day. Okay, what am I giving myself today?

Dr. Jeff Ditzell:

The other way to look at it, too, is the future you is getting pissed at the bullshit that you've been given it lately. You've been giving it Ho Hos and Ding Dongs and stuff that sucks because we're not thinking about it. But if you change the inputs, you're going to get a whole different version of you. If you can get excited about the idea of that different version, however you can see it... You might have a picture in your head, like Brad Pitt, right? Obviously, or Clooney. Always Clooney.

Dr. Jeff Ditzell:

I think that's cool. Then you can focus on what you do on the day-to-day, not on necessarily the overwhelming big picture. When I'm laying there and it's going on six o'clock and the parents decide we're going to train. I watched all the negative thoughts come in. I was like, "Man, you know what? Today I just don't feel it. Not motivated." Automatic negative thoughts come in, right? Telling me that you need more sleep, you need more rest, blah, blah, blah, blah. You can do it tomorrow.

Dr. Jeff Ditzell:

It was pretty interesting as I lay there and I'm watching these thoughts swirling around, limiting me because automatic negative thoughts are negative, right? They're telling you not to do something. The whole motivation thing, try to rely on motivation. It's a fickle mistress, right? There sometimes, not there others.

Dr. Jeff Ditzell:

If you're relying on that to get the job done, it's not going to happen. I just sat there looking at the overwhelming amassing of negative thoughts and going, "Wow, that's really imposing." It's like a giant tidal wave. Luckily, I've seen this before and know exactly what to do, which is what we talked about many times. You turn down the volume on the thoughts. You head in the direction of the sound. Do the thing that your automatic negative thoughts is counseling you not to do and you get a win.

Dr. Jeff Ditzell:

Right then, the thing to do was, if you wanted to win, is what I am telling myself, as I'm laying there on the couch, was you need to get up. Just get up, just get up. You get the win. No matter how you feel about things, whether you're motivated or not, your brain's going to like, boom, that's great. It's going to get that dopamine surge and off you go.

Dr. Jeff Ditzell:

Sure enough, that was the right next step. It turns out that once you get that first win, even though the odds were against you that any of this was going to happen, motivation lines up. Motivation will kind of come bouncing in as motivation does. I think of motivation as a floozy. I don't know why. I'm bouncing in.

Dr. Jeff Ditzell:

And then you've got motivation and self-discipline, and then as you engage what you're trying to do, even though the conditions aren't perfect, you actually embrace that. You're like, "Cool. It doesn't matter if conditions aren't perfect. I'm going to persevere." It doesn't dissuade you from getting the win and pushing your capacity. Matter of fact, you look at poor conditions like, "Excellent. I get to push even harder. I get to build my capacity." Everything was going on. I couldn't remember the code to get in the little gym area that I was working in. The headset didn't work. The phone was dying because somehow it didn't get charged. I had to go run down and go get a charger and all this stuff. But, I just looked at it like, cool. This is just building mental resiliency. And sure enough, that's what it did.

Dr. Jeff Ditzell:

Here's the problem, is the fly in the ointment of all this. If you don't keep this shit in your head because it's subtle. It's subtle. It's the most important thing in the world. As I was

training with Francis, I was thinking to myself about all this. I thought, God, I would have missed the opportunity by just random negative thoughts to train with a Mr. Olympia today. I would have missed what we did, what I did, through his coaching. What we did together, which was arrive at a place I had never been in that type of physical performance. I wouldn't have even known it existed. Right?

Dr. Jeff Ditzell:

Just persevere, keep going, find a sphere, right? You're facing fear every time if you're training like that. Fear that you're going to fail. Fear that it's going to hurt. You make the choice to keep going. I thought, wow, it's a very subtle thing to be able to keep this idea of mindset in your head and to keep moving forward and to love the idea of Taylor Prime, who looks freakishly like Brad Pitt and George Clooney.

Dr. Jeff Ditzell:

Keep the eye on the prize for that. Give your future self those gifts day-to-day because if you do it on the day-to-day, then it evolves into something. But if you do it once in a while, you don't love it enough. You don't love yourself enough to actually do it every day because it takes a commitment to yourself. You have to love who you're going to become, even though you can't fully see it, and commit to giving yourself tools to get there.

Dr. Jeff Ditzell:

Then you can kind of focus on, well, how do I get done? You're no longer, as we talked about, in the if anymore. You're like, well, how do I do it?

Dr. Jeff Ditzell:

For the water, for instance, I don't drink a gallon of water if I don't have the tools in front of me to do it. It just won't happen. It never happened before until I had a big enough reason why. I wanted to give myself the gift of, in this case, hydration so I could perform better.

Dr. Jeff Ditzell:

If you get to the point where you can forego the things that you want or the thing you want the most. It's not like they're aren't temptations to not do this stuff. There aren't reasons to give up or things are difficult so you don't do them, to not do things as well as

you could, to not follow training diets, to not hydrate properly, all that stuff. A million reasons, a million situations, where things aren't perfect.

Dr. Jeff Ditzell:

To have a love of this idea to guide you to what you ultimately can become if you allow yourself to evolve, like giving yourself the tools each day to move towards that and to keep it in your head. I mean, that's a pretty interesting idea. I think it corrects for a lot of issues that people have, like not having self worth or not being kind to ourselves or giving ourselves these gifts. Being so quick to give to other people, but not take care of ourselves. And you get the benefit of actually evolving. Hopefully ascending, Ascension, to a prime version of you, which I think is kind of cool.



Dr. Jeff Ditzell's Bio

Dr. Jeff Ditzell is one of New York City's top psychiatrists. He owns his own private practice: Dr. Ditzell Psychiatry and is changing the name of the game when it comes to mental health. Offering top of the line treatments such as Ketamine therapy for resistant treatment depression, therapy, Life Optimization Coaching, ADHD coaching, and so much more.

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