



Podcast Episode 213
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“How to Thrive in a Situation Filled with Negativity”

David Loy: Hi and welcome to In the Loop with Andy Andrews, I’m your host David Loy. Andy thanks again for taking the time to do these.

Andy Andrews: Thank you buddy, I’m glad to be here.

David: Yes, we have such a good time, the questions that come in are always fun to address, the voice mails, the emails, we continue to get great feedback from the podcast but also people are jumping in and having a conversation on Facebook, on Twitter and that’s just a great reminder if you’re not following Andy on Facebook, go to /andy andrews, on twitter @andyandrews. And what is it that you say if people look you up on Facebook?

Andy: Yeah, just find Andy Andrews and I will be your friend.

David: Easy. If you’re looking for a friend, you found one in Andy Andrews. So make sure you’re plugged into everything that’s going on. There’s some really exciting things coming up as the year wraps up, the holidays are coming in, Christmas is coming around the corner and then into early next year, there’s some really great things that Andy is planning, that we’re putting together behind the scenes. The Unshakable Entrepreneur, that was a webinar series back then and yeah, we did that back in September, and the response's just been unbelievable. And so we are using that as kind of a sign that people are responding to that type of content and we’re going to create some new stuff for you.

Andy: Yeah, whether anybody right now considers himself an entrepreneur or not, there's nobody that I know that wouldn't like to have that financial security that comes from kind of being in charge and being able to make money as you wish, right?

David: Absolutely. And we've heard from so many people that say that they thought about it before or that they wanting to start a business or that they think they have the skills but they don't know where to start, or more specifically, we've heard from a lot of people that say, hey I'm scared of doing this. Or how do I overcome this adversity to do this? And so as you know that's what you spend four of five hours teaching people some of those core principles of how to get started.

Andy: And just getting great results with it that I'm just thrilled to see what people are doing. And see what's happening and the money they making. That's what's just so cool to me.

David: It really is, is that results speak for themselves. So basically stay tuned for some exciting things that are coming from andyandrews.com and make sure that you're plugged in to podcast on Facebook and on Twitter for the latest updates. Alright Andy let's jump into a really good question.

You know, this podcast is heard, we always say, it's just heard everywhere, all over the place but here's proof that it's heard of everywhere. This week's question comes from Tim in Honduras. So we've got a great guy that's listening to us each week from Honduras. He sends a really good but interesting and serious question. So let's jump into this. Tim's email said, dear Andy I'm in my later years of life, I'm at age sixty-seven. I have a strong desire to finish well. At times it seems though that I have been plagued with things from my past. I was raised in a negative environment; it wasn't unusual for me to hear my father say that I would

never amount to anything. I've also struggled with the failed marriage and some business difficulties but I did one time have a vice president of a company tell me, Tim if you could see what everyone else sees, your potential is unlimited. You just can't see what we see.

So Andy I've read all your books and I've gained a great deal of insight and I do believe God has done much healing in my life. But I can't seem to get out of what was ingrained in me for forty-five years. I have great intentions but I can't seem to follow through to the best of my ability. I want to be the best that God has equipped me to be so how do I overcome this faulty thinking and actually take proper action?

And as I said, Tim is in Honduras, he says he's originally from Raleigh, North Carolina but now he lives in Honduras. He says, God bless you and how much you touch my life and the lives of others. That's from Tim. So Andy what are your thoughts for Tim?

Andy: Well I, you know, Tim it hits me right off the bat buddy that you mentioned God a couple of times and so I know that you believe in God, that you have a relationship with God and so let me put it this way, for you to deny who you obviously are is to deny the God who made you. Because you obviously have a relationship and believe God is who he says he is and what's the old saying, God doesn't make junk, alright. And so, you are not junk. You are completely and wonderfully made and that includes obviously according to what this guy said, Tim I wish you could see in yourself what everybody else sees in you. And I mean, isn't that what he said?

David: It is, I wish you could see what everyone else sees.

Andy: Alright, here's the thing Tim. He says, if you could see what everyone else sees, right. So God has made you with a certain level of skills and abilities and talents and it's obvious to everybody but you. And so I think the damage done by people telling us who we aren't and who we are, just these negative words man, that whole thing about sticks and stones won't break my bones but words may never hurt me, I mean, that's just ridiculous, not true. I mean, sticks and stones break your bone and words will like destroy you, ok. I have found a way that you can throw that off though. And what is going to take, it's going to take a specific decision with the people that have done this damage. Now I don't know, now obviously if you had a bad marriage, we know why she said bad things to you, she didn't like you. I don't know what your dad's deal was and I'm so sorry, he was obviously troubled as a father, obviously, because that's just so wrong. And so, but these people specifically an ex-wife, a dad and maybe there's somebody else, but you're going to have to kind of line them up and just get by yourself somewhere, line them up on a piece of paper or mentally and you're going to have to forgive them. I mean, this is one of those things that, that first step toward clearing this out of your mind and out of your heart is forgiveness. It is the reset button that you have been given to take care of this.

David: So potentially since he says he's struggled with this for decades, that might be why he hasn't been able to move forward. This is the first step.

Andy: Yeah and I see a lot of people like this and I totally understand it. I mean, gosh you totally understand this, I mean, why wouldn't you be mad at somebody like that. And worse than mad, just like hurt beyond belief. And so just, Tim, here's the truth. I always hesitate to say anything bad about somebody's father

but let me just say this, I don't know what your father's deal was but he was obviously troubled and as far as this goes, he was flat out wrong.

David: Absolutely.

Andy: He was wrong. He was wrong to say what he said and he was wrong about his conclusion. And I would bet anything and this is weird to say too, but I would bet anything he didn't even believe what he was saying because it is so not true. Because this isn't just like, you know, this vice president of a company said, hey Tim, you know, a couple of us suspect that you have a lot of potential. That ain't what he said man. What he said was, everyone else sees your potential is unlimited. You just can't see what we see. So Tim, there are scales over your eyes, there's fog in front of you brother and it's time to loosen those scales, to clear the fog, and you need to clear the decks this way. And forgive that ex-wife, forgive that dad and just give them back to God. Your father's probably already gone right, and I don't know about the ex wife but you can give them to God and say, look, you know, their discipline, their, you know, whatever they did, that is weighing your past and so God any repercussions they need to have or any discipline they need to have, that's not up to me anyway, that's up to you and so, you don't even have to think about that any more.

David: And Andy, what is your, when you talk about forgiveness, that to forgive someone you don't have to...

Andy: Yeah see, for a long time I thought it was something that somebody would have to ask for or deserve but literally I cannot find any book or expert to tell me that for one person to forgive another person, that the person being forgiven, that they have to ask for it or deserve it, or even be aware that it's happening. And so let me tell you something odd Tim, I hope you laugh when I say this. But you're

sixty-seven so I'd imagine your dad is dead, ok, he's gone. And this idea that you're still allowing him this much power, have you ever seen Weekend at Bernie's? Ever seen that movie, Weekend at Bernie's, this businessman dies and his kids are trying to stay in his house and they want to stay there and they want to continue to do so and so, so they drag him around, you know, they take him and they kind of prop him up and try to make everybody think he's alive. I mean, dude, no offence but you're dragging around the dead guy. I mean, all this stuff that is keeping you from being who you are, you know, probably business deals, having a hard time with it, clients having a hard time, employment. It ain't you, it's the dead guy. Everybody is sensing the dead guy, he's got a dead guy around with him. I mean, dragging around your ex-wife and a dead guy.

And so you truly need to cut them loose. And the only way that will happen is by choosing forgiveness. Remember it's your thinking and you can choose how you think. So as soon as you cut them loose, you make sure that the people you surround yourself with are telling you the truth about who you are and what you are and what you can be. And make sure that you read the right things and that you watch the right things. And you know, when that comes back into your mind, sometimes I have had to go through the forgiveness saying I have to do it several times before it really kind of stuck. And I've had to say it forcefully sometimes, loud sometimes. But I know to me, when I was a little kid and I heard that thing about, they asked Jesus, how many times should we forgive? Seven times, seven times and Jesus said, no, no, forgive seven times seventy times. I remember when I was a little kid thinking, really, really? Some bozo is going to do something four hundred and nine times and I'm supposed to forgive him every time? But I really believe now that that isn't what Jesus meant. I believe Jesus knew me pretty well and he knew that I was going to be prompt to take stuff back. That I'll forgive them and then two days later be mad again and then need to forgive them again.

And if it takes seven times, seventy times to forgive them to clear those decks, do it. I don't think it will but make it a process and you know, cut them loose.

David: Andy, I'm sitting here thinking, I'm writing notes, this is obviously very personal to Tim but I've got a gut feeling that everyone, most everyone, surely, listening to this podcast right now, knows of someone in their life or in their family, at their job, that is struggling with something similar. I feel like this forgiveness issue is very prominent, it's unfortunate but it feels like something that a lot of people are dealing with. So I feel like some of the things that you're talking about could be very useful to a lot of different people. If you're one of those people, hopefully you're taking what Andy's saying and applying it to your own life. But beyond that, who is someone in your life that could benefit from hearing this message. And Andy I want you real quick to talk about something else that applies here because you wrote a book called *The Heart Mender*. And if you're listening to this and if there's someone in your life that you feel like could really use this message, that book Andy could be a great non-offensive entry point.

Andy: Yeah, it's a killer story, that's my favorite book I've ever written.

David: And it's unbelievable. It's truly an unbelievable story based on a true story and it's mind blowing. But it deals Andy with this, what you're talking about here, with this forgiveness issue.

Andy: Right and it's, you know, this is so critical David, this is, a lack of forgiveness will cost you money. I mean, it'll flat cost you money. I cannot tell you how many times I have gone into corporations and dealt with groups of people who had real problems with this and they didn't really even know what the problem was. But I have seen so many sales lost and I want to tell you something. You know something Tim, you may, you have to decide whether you have to do it,

you may need to forgive yourself too. I mean, there may be some inappropriate responses that you've had to this whole thing and maybe you say, hey I need to kind of start over myself, forgive myself. But either way, I want to tell you something, this grudge, this bitterness thing that piles up against, just like dogs can sense fear in people, people sense bitterness in other people. And they don't always know what they're sensing but I'll tell you this, they don't do business with it. They don't stay married to it forever, they don't date again, they don't ask it back to dinner. I'm just telling you, people stay away from people that they sense bitterness in and there are so many people that I've dealt with in the past that they just don't know why they cannot get their business going, or they can't figure out why they can't get this dinner or why they can't stay. And it really turns out to be something that is so easily controllable for them and it's nothing they even have to do with anybody else about.

David: That's right, they can handle it themselves. Wow that's really good. Tim I appreciate you sharing some details about your life being willing to open up and Andy obviously for your time and thoughts on this situation. And again this could be useful to somebody else in your life, maybe it's useful to you but certainly it could be useful to somebody else that you know, so please pass this episode along to someone that you believe could benefit from this material.

Alright, Andy thanks for your time. If you have any questions that you would like to hear Andy address in the future, give us a call 1800 726 2639, that's 1800 726 Andy. You can also email us intheloop@andyandrews.com and we'll try to get to those questions on a future episode. Andy thanks again for taking the time, we'll talk to you next week.

Andy: Thank you David.

Would you like to run something by Andy? Contact us and your question might be featured on the show!

- Phone: 1-800-726-ANDY
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