

## What else, do you think is culty about self-help seminars?

1. Listen to the next snippet from Sounds Like A Cult podcast and join the parts of the chunks:

\_\_\_\_\_

artificially breaking

build them

capitalistic dream of

having full

we're straddled

you have respect

these passion-filled

overstate

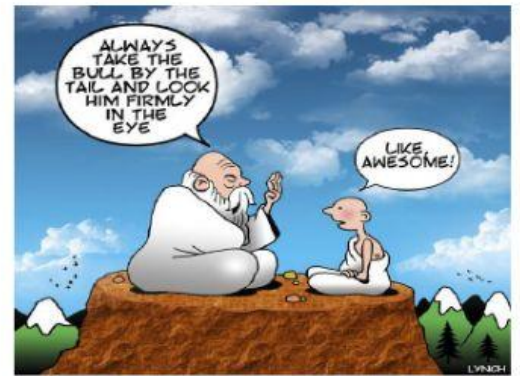
jolting on so many

ascend the hierarchy

can be whatever

an infinite number

chooser's



until leave

between these worlds

jobs

people down

back up

autonomy

being your own boss

you wanna be

of possibilities

paradox

the simplicity

of my company

juicy points here

### 2. Listen and shadow

- A. \_\_\_\_\_ I also think that these people like Tony Robbins promise you this idea that if you work for yourself, you'll be able to time-manage more. But the reality of owning a small business, the reality of working for yourself is you're actually working twelve-hour days.
- B. \_\_\_\_\_ With Tony Robbins I think the problem is that he doesn't care about creating healthy realistic goals for other people, he just cares about putting on a show and creating an echo-chamber where everyone should want to pay him to be like him.
- C. \_\_\_\_\_ No this is a charisma-exploiting of legitimate conditions of mental health for the goose-bumpy-good feel of others but for the detriment of the traumatized.

- D. \_\_\_\_\_ And then, when I did a Rachel Hollis deep dive because she had the issue with a video in April, somebody wrote into the podcast and said that they stayed after hours at a Rachel Hollis seminar and she got up and said “I’m going to tell you the secret. Everything I’m doing (and now, when there’s just us), – I own you”, she goes into this huge speech about how like “Anything I sell, you’ll buy. Anything I do, you’ll say...” It was the creepiest thing I’ve ever heard, and I was like as truly that’s not right, that wouldn’t happen.
- E. \_\_\_\_\_ This is kind of part of the Tony Robbins canon. His hyper-masculine kind of chest-beating of reference he owns people.
- F. \_\_\_\_\_ When I dove into what Rachel’s been doing, I noticed on her blog she called him at one point her idol. She saved dollar for money to go to his seminars. And six months two years later what did she do? Start having rise-conferences.

3. Listen to the next snippet from the discussion and fill the gaps \_\_\_\_\_:

I realized her business model was kinda \_\_\_\_\_ off Tony Robbins. Whose charisma is there but \_\_\_\_\_ with his exploitation of legitimate mental health problems he’s not \_\_\_\_\_ to solve.

Then I found the BuzzFeed exposé. [..]

...he was \_\_\_\_\_ by a man that was both to have an MLM an evangelical preacher. Tony Robbins \_\_\_\_\_ religion, MLM and cult because he also \_\_\_\_\_ NLP which is as we know Keith Raniere’s bread and butter.



4. Try to put the lines in order, then listen and check.

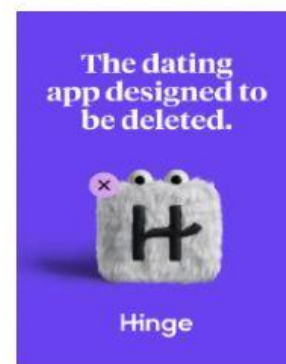


- \_\_\_ He sells out his seminars for six grand at par.
- \_\_\_ There’s a lot out there about him that is not good.
- \_\_\_ and people don’t even realize the danger of that.
- \_\_\_ Like, he’s worth over 600 million dollars, has planes, has an island.
- \_\_\_ People go to him for being this mastermind but he preys on people that probably need traditional psychotherapy and elements of mental health counseling

5. Listen and fill the gaps with “small” words

A) \_\_\_\_\_ He is everything \_\_\_\_\_ America idolizes. He is \_\_\_\_\_ good-looking white guy \_\_\_\_\_ like \_\_\_\_\_ amazing sounding voice and \_\_\_\_\_ we don't wanna cancel \_\_\_\_\_ because that's \_\_\_\_\_ we idolize, right?

B) \_\_\_\_\_ No matter how \_\_\_\_\_ he tries to convince himself that he's in \_\_\_\_\_ business of helping people, he is really not because if he \_\_\_\_\_, then people wouldn't need to keep going back. If he \_\_\_\_\_ really in the business of helping people, he \_\_\_\_\_ be more like Hinge – the dating app – \_\_\_\_\_ tagline is “Need to be deleted”.



6. Do you recognize the people in the pictures? Who are they? What are they notorious for?



Read the chunks and the transcript. Try to find the correct place for each piece. Listen and check \_\_\_\_\_

a good or proven theory

shocking the system

that big of a deal

was all the rage

a big part of his shtick

just completely filterless

- Do you think he still have you to walk across coals? Remember that \_\_\_\_\_ ?

- Oh my Gosh, yes, we were talking about that earlier.

- That was \_\_\_\_\_, was almost \_\_\_\_\_, making them do the impossible and kind of the mental high you feel after you something you think you can't do even though if you walk across hot coals fast it's like... I don't think it's \_\_\_\_\_, I even tried it.

– Yeah, we all do it when we go to the beach and the sand is hot, it's like whatever.

But why do you think Tony Robbins specifically has gained such a bigger cult-following than other motivational speakers?

- This is not \_\_\_\_\_ but you know how there was that period in the 2000s when the cool thing was to be like Simon Cowell or The Weakest-Link lady or Gordon Ramsay – it's almost as angry tell-it-like-it- is tough-love-vibe. That is positioned as refreshing?

– Yeah, like Donald Trump being positioned as honest when he was really

\_\_\_\_\_.

-And toxic. And evil.

7. Listen \_\_\_\_\_. Who had horrible relationships with their mothers?  
What is the favorite word at the podcast? Why do you think it is?

8. Read the quotes and try to decide which one is by Tony Robbins.

*Expectations always lead to frustrations. Expectations are the seeds and frustrations is the crop that sooner or later you will have to reap.* \_\_\_\_\_

*Knowing what to do is useless without the emotional strength to do what you know.* \_\_\_\_\_

*What we can or cannot do, what we consider possible or impossible is rarely a function of our true capability. It is more likely a function of our beliefs about who we are.* \_\_\_\_\_

Listen to the comments and discussion and put the picture with the name of the author next to the quote.

\_\_\_\_\_

Tony Robbins



\_\_\_\_\_

Osho



\_\_\_\_\_

Keith Raniere

