



TENDER HELP FOR TOUGH PROBLEMS - EST. 1983

The Entrepreneurial Mind (the Obsessive Brain) and How to Harness It!

By Dr. Kevin Downing Ph.D. Clinical Psychologist

1. The entrepreneur's brain is different from what most people have. Think of it as a jet engine. If you bolt it to the plane, it can take you around the world. But if you don't it can turn on you!
2. Caring for your entrepreneurial brain is essential!
 - a) Daily endorphin release (the body's natural pain killer and mood stabilizer). Get it with 20 minutes of cardio exercise per day. You are looking for the "Runners High" or the "Second Wind" feeling.
 - b) The fastest way to break up obsessive thought is with... human dialogue. "Your thoughts and four walls are a bad combination." So, talk to people. Too much isolation can be dangerous. Get lots of good social support. Fellowship with others is good!
 - c) Read scripture – memorize the Word – it is so great for your spirit and your brain!
3. Not many women have the "Intuitive – Thinking" (NT) personality (this refers to the Myers Briggs Personality Inventory MBTI). Many entrepreneurial women do (others are "Intuitive – Feelers"). (NF).
What is your personality type? Go to <https://www.humanmetrics.com/personality> and take the Jung typology test (a short version of the MBTI - and it's free!).
4. What is the "developmental issue" that every entrepreneur must address to have a successful life?
Answer: As a visionary leader you can be happy – but never satisfied. On your death bed the motor (of intuitive ideas) will still be running. Don't pathologize this trait! It is a gift and can sometimes create pain. Nevertheless it's your friend.
5. What does neuroscience and the "Nun Study" tell us about brain health for the entrepreneur?
Answer: Take a listen to Neuro Scientist Lisa Genova's TED Talk on staying mentally fit way into the latter years of life. It's called the Nun Study...
<https://www.youtube.com/watch?v=twG4mr6Jov0&t=625>

Dr. Kevin Downing Ph.D.

Clinical Psychologist

kevin@turningpointcounseling.org

Turning Point Counseling

1370 N Brea Blvd, Suite 245 ♦ Fullerton ♦ CA ♦ 92835

PHONE: 800-998-6329 ♦ FAX: 714-451-0760 ♦ TurningPointCounseling.org