



Podcast Episode 211  
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## “How to Respectfully Distance Yourself from Negative People in Your Life”

**David Loy:** Hi and welcome to In the Loop with Andy Andrews. I’m your host David Loy. Andy thanks again for joining us.

**Andy Andrews:** Hey buddy, honored to be here.

**David:** Fantastic. We’re hanging out in Nashville this week and I just wanted to bring up a cool thing that happened a couple of days ago. You’re up here, we’re doing some recording and some meetings and stuff, some planning for next year. But one of your good friends Gordon Mote came over the other day.

**Andy:** I love Gordon.

**David:** And Gordon is, for those of you who don’t know, an outstanding musician, a singer, a songwriter and probably the best keyboard-piano player in the business, anywhere.

**Andy:** He’s everybody’s favorite, they just don’t know it. I mean, literally, when you think about it, he’s like, probably one of everybody’s favorite musicians and they probably don’t even know his name. You know, because everybody has listened to his music for twenty-five years. And I mean, think about this David, he is on, Gordon’s on sixty number one hit songs. He’s on sixty number ones, he’s on seventy-five more that made the top ten, fifty million albums. He’s on golden platinum albums. Think about this, this genre, the difference in genre, he’s on

golden platinum albums in pop, rock, country, southern gospel and Christian. I mean, get that, I was talking to him one day and I said, I just started kind of taking some notes of some of the people and I said, tell me some of these people that you've done stuff with, you've been on their albums, because he is a keyboard guy of the world. I mean, he is beyond belief. And I just jot some of these down, Alan Jackson, Barbara Streisand, Bob Seger, Carrie Underwood, Bill Gaither, James Taylor, Keith Urban, Kid Rock, Lionel Richie, Lynyrd Skynyrd, Kenny Rodgers, Mick Jagger, Randy Travis, Willie Nelson, Sheryl Crow. And what did he tell us, he...

**David:** Yeah, he said, he got a call that he's going to be working with Mick Jagger again, for the second or third time, very soon.

**Andy:** For all his talent on the keyboard, Gordon has never actually seen a piano. I mean, he's blind, blind since birth.

**David:** So we have all seen him play but he has not.

**Andy:** He has not. But I'll tell you what, I am always just stunned, I'll stand over there just like watching his hands, did you hear him the other day when he snapped his fingers?

**David:** Yes.

**Andy:** He can snap his fingers faster, you know, a bunch of times in a row, faster than anybody I've ever heard in my life.

**David:** And that's also how he senses the rooms that he walks into, he can tell where the walls are by snapping his fingers and hearing the... and all of that,

things that the rest of us have no clue, how to do it and how any of that works. That's crazy.

**Andy:** When he was three years old, he like, one day, family was like, aunts and uncles were over and when he was three years old, he sat down and played a song like on the piano with both hands. Like, had never even touched the piano. That's just a prodigy. And such an awesome guy.

**David:** That's insane. It was cool to meet him in person for the first time. Our team really loved it and I know that you've been a big fan of him. I guess if people are interested in learning more than go to [gordonmote.com](http://gordonmote.com). Do you think we could maybe get him on a future episode of the podcast?

**Andy:** I'm telling you, I'm going to put the mojo on it. We got to get him on it. Now, have you ever met Kimberly, his wife?

**David:** Maybe once, briefly. I think on that cruise one time.

**Andy:** It's funny to me, I always tell Gordon, I said, Gordon, she's beautiful. I mean, it's like, she's like a model. I said, dude, you could've married somebody ugly, it really doesn't matter. I've told him that. You know, there's only so many beautiful women out here Gordon and you're blind and you didn't need to marry one of them. You've taken one off the market here and there's, you know, you could've married ugly woman.

**David:** Ok, maybe you can tell that, talk with him about that when we have him.

**Andy:** He is truly awesome.

**David:** Let's get into today's question. This is another great email question that comes...

**Andy:** Oh yeah, we are actually doing something.

**David:** Yes, this comes from Liz. So Andy let me read this question and get your thoughts. Liz says, hi Andy, of course, hi David too. Andy I recently heard you speak at the Dallas location of the Champion Life Project tour. I don't have children yet but I do agree that your parenting principles apply to any area that you work with people especially in business. My question is in follow up to your topic of respect and how you teach your boys to respect others to create an advantage for their future opportunities. How do you handle respecting and honoring those people you deal with who maybe challenging, difficult or time-consuming. Often times I feel guilty for distancing myself from people who are negative and pull me down because I do not want to be disrespectful. So Andy how do you honor and respect those people without getting walked all over or taking advantage of? Thanks for sharing your wisdom. It's definitely changing our lives as we grow and become the best we can be.

And that's from Liz in Shreveport.

**Andy:** It's an interesting question. I think it's one that we all have dealt with because you know, Liz, I don't think that distancing yourself from people who are negative or who pull you down, I don't think distancing yourself from them is disrespectful. I think we all struggle with how to distance ourselves from them, ok. But you can remain respectful and honoring of people and I think one of the ways that I have decided in my life that I was going to have to do it, was I was just

going to have to tell people the truth about some things, like not being able to do something. And I think that a lot of times people react negatively to us, we're trying to be nice and we put them off, we put them off, we put them off and they sense that we're trying to get away from them or whatever. We maybe trying to get away from them but I think it's a much more respectful, much more honoring thing, just to say to somebody, you know what, thank you so much for the opportunity but I'm not going to be able to do it, you know, we have other plans. And here's something that's kind of funny.

A friend of mine one time, I have thought about this for years and years and years. This guy, we were standing outside the hotel one day, and this was in Orlando, Florida, standing outside the big hotel. And my friend had on a hat, a very cool hat. And I don't know what in the world was going on but some kid came up and this kid was like about twelve or thirteen, old enough to know better. And this kid comes up and he says to my friend, he said, hey that's a great hat. My friend said, thank you. And he said, can I have it? He said this to my friend. And my friend just cool as a cucumber said, no, but thanks for asking, I appreciate it. And I was like, wow, no, no, you can't have it but thanks for asking.

**David:** So it is possible to say no.

**Andy:** He said no and I've thought about it so many times, I've thought, I don't know that I would've thought to say that, you know, but he did and I thought that was very respectful. It didn't say, you know, hadn't your parents taught you better than to come up and ask somebody for something you don't even know. You know, my friend said, no, but thanks for asking. And so I think that we can do that on a short term.

**David:** And not feel guilt about it, that's one thing Liz said, that there's no, you shouldn't feel guilt about doing that.

**Andy:** And then there's the one that you have to take a step further some time because you don't want to get caught in the situation where it's, you know, I'm busy, I can't do that this week. And then they're just going to call you next week.

**David:** Yeah, you're pushing it, kicking the can down the road a little bit.

**Andy:** Right, exactly. And so what I have learned to do is, I've learned to say, you know what, I really appreciate you asking me this and I hope you understand, I'm not going to be able to do it and the reason is because I have decided that for the next few years, I have to, I am so busy and I know you are too, and we all have to kind of decide what we're going to do, as much as I would love to come hang out, I have kind of, I have decided that when I'm home, I'm going to be with my family, ok. And so I appreciate you asking but boy, I've got some of my best friends I haven't been able to do that with, or haven't been able to eat lunch with or whatever. But I'll just tell them, I'll just tell them.

**David:** And I think there's a lot of value in that and you've talked a lot about this before because you have predetermined what your goals are, what your mission statement is.

**Andy:** That's really it. You're right David, that's, because once you take some time building your fence, building your mission statement, who you are, who you are working to become, and once you know that fence and you know what it fits inside that fence and what does not fit inside that fence. And so, I'll say this and this may sound a little rude, but your responsibility is, now this is my thoughts, ok. But I believe your responsibility very first is to God, what you are doing with the life

you've been given, that's your very first responsibility. Your second responsibility is to your family, ok. And so if somebody, you know, gets weird and kind of pushes back and doesn't understand that. And I've had that happen a couple of times. I just kind of smile and I say, hey I'm so sorry you don't understand but again thank you for asking. And then I'm out of there. Because at that point that's their problem and you cannot allow, you cannot allow somebody else's crazy thinking to infect yours. You're the one that's making the proper decision, ok. And so, good grief, don't let the tail wag the dog.

**David:** That's exactly right. That's a great perspective on that. I think there's also something in here about having the confidence and knowing your why, some people might struggle with saying those things, being respectful but backing out of those situations because they don't know, they know they don't want to but they don't know why they don't want to. And so like you said, the mission statement, knowing your why, having that fence built, can certainly lead to speaking with confidence and doing so without feeling guilty. Liz I feel like I kind of know exactly what you're talking about here. I think I struggle with feeling guilty with those situations as well.

**Andy:** We've all done that. And we've all felt that way. We've all felt sorry, oh gosh I wish I could. And so you've got, and it's funny because the things that you have on your priority list, the things that are inside your fence, those are the things that are making you who you are, alright. And so, oddly, if you spend all your time doing things with these people, in these situations that you know you shouldn't be in, oddly enough you would not be the kind of person that you wanted to be with.

**David:** That's exactly right. And you've said, we've talked about this, in the Unshakeable Entrepreneur, that program we did, several weeks back, but you were talking about the average, you are the average of, how did you say that?

**Andy:** You are the average of the five people you hang around in your life. You are, you cannot help it.

**David:** And so if you continue to surround yourself with these types of people in those situations, you will become more like them.

**Andy:** Exactly right.

**David:** Well Liz that's a great question. Andy thank you for your thoughts. We'd love to hear any follow up or feedback or if you have a question and you want to jump in on this conversation, give us a call, leave us a voicemail and we'll try to play that on a future episode. The phone number is 1800 726 2639, that's 1800 726 Andy. You can also email us at [intheloop@andyandrews.com](mailto:intheloop@andyandrews.com) and Matt, our producer will fill those incoming emails and we will try to get to those on a future episode. Don't forget to check out Gordon Mote and we will try to get him, Andy, on a future episode of this show.

**Andy:** We have to.

**David:** Well thanks for your time Andy, we'll talk to you next week.

**Andy:** Alright buddy, thank you.

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

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