

[00:00:01.200]

Announcer: The Art of Leadership Network.

[00:00:15.300]

Welcome to the Carey Nieuwhof Leadership Podcast, it's Carey here and I hope our time together today helps you thrive in life and leadership. Well, today on the podcast, I've got Ben Higgins.

[00:00:18.300]

Some of you may know him from The Bachelor, and well, we get into a really fascinating conversation about the underbelly of celebrity being almost famous, which is also his podcast. The back story of The Bachelor which I've never watched a bachelor but I found interesting the most Googled break up on the internet and the difference between real friends and deal friends. This is for those of you who ever put a microphone on or have a little bit of a public profile, you're going to love this episode and it's brought to you by The Art of Leadership Academy. If you're interested in leading, your team better navigating change and creating a super healthy culture at your church. I got a free resource called the leadership accelerator. Visit

[00:01:00.000]

Chip accelerator dot church, or click the link in the description of this episode and it's brought to you by he gets us. Remember the Jesus adds that went live during the Super Bowl?

[00:01:09.300]

You're going to hear more about that in just a few minutes and how they were received.

[00:01:13.100]

And in the meantime The Almost Famous podcast, co-host and Bachelor, alumnus Ben Higgins, joins us on the podcast. He is best known for starring in season 20 of ABC's, hit series The Bachelor again, never watched an episode. I confess that with him. But I'm always interested in. Like, what does that do to you? Like, what happens to you?

[00:01:34.200]

When you have that level of popularity, he has a lot of popularity and he's leveraging it now to share

[00:01:39.900]

what he's most passionate about. His faith is hope for Humanity.

[00:01:43.800]

The mission to help organizations connect more deeply with employees and customers and a lot more. But I'll tell you, this has been a really delightful interview. I think you're going to love it. Well,

[00:01:55.300]

You know what leaders? It's never too late to better your leadership. And a general rule I follow is that I have to invest in my own leadership or else I don't grow. So I want to help you with that. And if you think about team leadership right now, think about the complexity of what you're doing turnover is still high. Your team sometimes as motivated, sometimes as not. You're dealing with a lot of change. So if you want some effective strategies for leading your team members to really develop their full potential navigate the change you're facing and create a super healthy, nontoxic culture at your church or organization. You might be interested in my free Leadership Accelerator. The accelerator is a series of videos, checklists and guides that will teach you key concepts in each of those areas.

[00:02:39.800]

So it's completely free and it covers engaging your team leading change creating a healthy culture. Here's how you get it. Go to leadershipaccelerator.church or simply click the link in the description of this episode where ever you're listening. Again that's leadershipaccelerator.church. You'll get instant access and no doubt you probably by this time, heard about, he gets us and their Super Bowl ads. Well, the ads ran during the big game, but what happened after that. So I sat down with Brad Hill, the Chief Solutions Officer from Gloop to discuss how the ads were received. So here's what Brad had to say.

[00:03:15.000]

Brad Hill: Yeah, Carey. We as, you know, He Gets Us is not selling anything at the Super Bowl. Not selling beer, not selling electric vehicles. We really were just looking to start conversation out of a field of 54 ads. He Gets Us had to two different ads that finished, 8th and 15th Place. Wow, we were thrilled.

[00:03:35.700]

I think more interesting for us is he gets us as demos talked about from the Super Bowl, but other words, like more conversation, more buzz about that ad than anything else in the game, which is mission accomplished.

[00:03:49.400]

Carey Nieuwhof: How were the ads received in the media. There were a number of different reactions to them.

[00:03:54.500]

Brad Hill: There were yes. And as you might have seen Carey the reaction span the Spectrum. So you had folks from Left Right middle up down. Everywhere really, with their own questions. Sometimes support, sometimes questions, or criticism of the ad. And you know what's striking to me is even looking back in the gospels. Looking at how folks reacted, to Jesus himself.

[00:04:19.200]

It's a very complex figure. And all that He Gets Us as trying to do is put this message of Jesus' love out there. And you may have seen in the super bowl. The ads literally carried a message of love, your enemies or act. Be childlike, you know. Act less like an adult, more like a child. And so those are those are values that most people, I think, ah, can agree on the the articles, though, tend to focus on what's behind it. And what's the idea behind this campaign? And so we've we've been steering folks back to Jesus. But we're thrilled. You know, somebody said when you get attacks from the left from the right and you get support from all directions, you might be on the right track.

[00:05:00.100]

Carey Nieuwhof: If you wanna learn more about the he gets us campaign checkout [hegetsus partners.com/Carey](https://hegetsuspartners.com/Carey). That's hegetsus partners.com/Carey. And now my conversation with Ben Higgins. Ben.

[00:05:12.900]

Welcome to the podcast.

[00:05:14.800]

Ben Higgins : Hey Carey. Thanks for having me.

[00:05:16.300]

Carey Nieuwhof

: Yeah, it's great. We got some mutual friends and this is a little bit of a different interview for me. So you know, this can be a deal-breaker, you can say shortest interview and podcast history. I have never watched a single episode of The Bachelor. I've seen highlights. I've heard all the buzz hope that's not a deal-breaker but I am very interested in what happened there and the route that got you to The Bachelor, the show first, The Bachelorette, I guess, and then The Bachelor because you got your University degree. In public affairs, right? So can you can you trace out the breadcrumbs for us?

[00:06:02.400]

Ben Higgins

: Yeah definitely. Well first off I don't feel like you're missing anything when it comes to the value and essence of life if you haven't seen the show. So I don't I take no offense to it. So it's it in short.

[00:06:04.300]

My highlights of this, after college, I moved down to Peru, South America to get away. I didn't really have a job offer at a college, and there's a tough job market in 2012. And, but I left with somebody who I went with my buddy, but I left my girlfriend back home, who I thought was going to be my forever partner. And when I left things went South fairly quickly and and she ended the relationship and kind of told me it's a time. You're never going to leave home. I'm an only child. I'm from the Midwest. I'm from Northern Indiana. I love my family. I was

very comfortable and she was in a lot of ways, right? You know, Peru was a very short-term stop for me but it hit to my core because one thing growing up being an only child, I was took a lot of pride in my Independence.

[00:06:57.200]

And also, my parents always implemented in me. Um I'm going gonna like child based on some medical issues that they have. And so they never wanted me to be that. Hey. You get everything. You get all the attention. You're you know, you feel like you're King of the world kind of mentality. And they really kind of went option on that. They really implemented me that I'm not King of the world. I'm not going to get everything. Ah. And so it hit to my core. Really? When she said she said, the one thing that maybe I was most sensitive to at the time. So I moved back to US, found a job in Denver, Colorado moved out and I was working for a software company, and I was writing user manuals for a back office.

[00:07:39.200]

Settlement in clearing software. So for all those who just fell asleep when you make a trade online of a stock or a bond or any type of security, there's a lot that goes into the back end of making sure that that settles well, well, our software does that for a lot of the brokerage firm, so I was reading the user manual for all the operators. Now if you just take a second glance at my life, now, I really do enjoy talking. I really love meeting people. I enjoy having conversations that feel life-giving and I enjoy creating stories and having Adventure, like I thrive off this stuff sitting in the basement writing a user manual for a software that nobody ever saw and nobody ever knew of doesn't exactly fitting my skill set or my passions or purpose, but at the time I kind of had this mentality. It's work.

[00:08:26.900]

You know, you gotta do what you gotta do and this is the only job that was really there, and it moved me from home.

[00:08:32.700]

Well, I was young. I was 24 and just kind of I moved to Denver with no friends.

[00:08:39.200]

Didn't know anybody out. Here was working a lot and my marketing director. Came up to me one day, I think company and she said, Ben, you're 24 years old.

[00:08:47.900]

You don't like your job. It's very obvious, quite frankly, you're not very good at it. That's fair. Thank you. And she goes, you're not dating, you're not out in the world.

[00:09:01.600]

You need to start creating something some stories, like you're 24. If you said there's this show that I love and that I watch and obviously was The Bachelorette, it's a time and I had seen it with my mom growing up. I hadn't seen in a few seasons and she said they have a casting call.

[00:09:17.800]

In Denver today, I'm going to take you to lunch. I will take you to this casting costs. I'm not going to a casting call now. Standing in the line with a bunch of people who are all looking to find their partner and hoping you know that my name gets picked you okay. Well we can sign you up online when you sit with me and we'll sign you up online. Said I would. So we signed up online a few weeks later. Long story short. They called kind of through the process of of doing that. And finally, they asked me, hey, do you want to come on The Bachelor? Do you want to come on the show? And there was a lot in me that said, yes, right. Ah. This is new. This is exciting. This is cool, but you don't get paid on The Bachelor. And so I had there's a lot of hurdles to jump. And I remember then and, you know, Carey one thing that I'll probably say multiple times. I don't want to over.

[00:10:04.700]

Spiritualize are over christianize these moments in life. I think God has a hand in a part of it, but I don't, you know, I don't want to come off holier than thou but the only prayer that I prayed. The only thing I knew what to do at the time because I was out here alone was I prayed God, there's so much in me that wants to do this. That feels like it

could be fun but if this is not something good for me, please close one door.

[00:10:28.400]

Like just make it very obvious because I'm too, I'm too dumb and I'm too wrapped up in it. To not have some type of like very clear signal or a sign or something and my job said, hey, take a four month, sabbatical go do it. You need to do this. My family even though hesitant was like, hey, why not give it a shot?

[00:10:50.500]

My friends called me.

[00:10:52.200]

King Of The Nerds and said, go give a shot. And so no door.

[00:10:57.100]

That was obvious to me was closing.

[00:10:59.900]

So I said yes to go on the show and that year I found myself pulling up in a limo in Los Angeles. I've never been to LA before and in with cameras and lights and that's my story on The Bachelorette. Obviously from there, there isn't a lot of great story just that I was on it and had a great experience and felt like I made great connections with friends and following that shows, when they asked me, do you want to be The Bachelor? Which is typically how it works. If you haven't seen the show? You know, if you've been around awhile on TheBachelorette, you make it to the kind of the end. Somebody from that group gets asked to be The Bachelor and they asked me and I said yes to that for the same purposes, but also there is I think there was a part of me that was excited about the opportunity and then also saw that a lot of good

[00:11:48.500]

If for my own life could come from it. You know, even if maybe the showed in a workout that, ah, there, you know, there's new opportunities. There's a platform handed to you that would come. And so that takes us into a whole new store that I'll pause there with. But

that's really how The Bachelor happen.

[00:12:02.800]

Carey Nieuwhof

: So four months sabbatical. I just want to pick up the story. Yeah. That's really interesting. So so is it that much work like you're not flying in flying out. You're just kind of in that bubble for months on end.

[00:12:15.500]

Ben Higgins

: Oh yeah. Once you show up to the house? You're closed off in the world. No phone, no computer. Um no books even. Um for for really. Three months, um, is how long it takes. But there's some. Ah.

[00:12:34.500]

There's some mental healing typically that needs to happen, post-show, and so that extra month is kind of built in for me to get back and be in the world. Again, call my family again, call my friends again, you know, go out to dinner and and so, yeah, you're very much in a closed-off environment. You are not. You have no contact with the world.

[00:12:52.600]

Carey Nieuwhof

: So I have to ask you, everybody says, you know, hey I'm taking a one-week sabbatical off social and they make this big deal of it. Yeah, three. Four months. Like that's insane and you can't read, I'm like, okay, great chance to catch up on books, you can't even read books like what's, what's going on?

[00:13:07.700]

Ben Higgins

: Well, you know, it's something that's really been amazing for me. You have 30, you have 30 people from all over the world with all different backgrounds.

[00:13:20.200]

Coming together in one house. And the only thing you have to do is talk, so you sit and you talk to people and you entertain yourself with their life stories and your own life stories and you play games and you make up different games and you, you talk for three months and that's it. And it's it's incredible. Now granted the time to this was 2016. It's shocking. Is that seems? Instagram hadn't really taken off yet. It was still very much in the startup phase. There wasn't a Facebook, obviously, was around, but there wasn't a massive like social media habit for me at the time, because it was so new. But, yeah, so you talk to entertain yourself, you talk.

[00:14:11.100]

Carey Nieuwhof

: Wow. And then like, do you get out to restaurants or it's pretty much everything's catered in or or?

[00:14:17.400]

Ben Higgins

: Yeah. You're catered. Ah. You don't leave. So when you start traveling the world, there's this like amazing moment for every contestant, when you first travel and you go through an airport and you see other humans and you see, restaurants, you ever seen, ah. But then once you get to location, you're typically a hotel room, which is a big suite or villa. But you're in that villa. You don't leave that villa unless you're going on a date, you're you're there. There is no restaurants. There's no outside contact with the world. So no, you are Locked-in.

[00:14:50.300]

Carey Nieuwhof

: Okay. I did not know that. So that's interesting. So on The Bachelorette, you're locked in with a whole bunch of guys who are pursuing a woman. What's that like when you're the bachelor like, are you just chatting with women all the time? Or are you with the crew or how does that work?

[00:15:08.800]

Ben Higgins

: Both the end you have a little more freedom.

[00:15:10.800]

When you're the bachelor, they take you out to dinners, you know, the big thing. I think for them at least back then was the contestants. They kind of wanted to keep secret who is still around and who was and who got sent home and you didn't. So when you're the bachelor is pretty known that, you're going to be around at least, that's their hope when they choose you. And so you have a little bit more freedom, you spend a lot of time with the crew, you have a Handler, you have a few handlers that kind of make sure you have your needs met the producers and then you're going on dates every day.

[00:15:42.400]

By the time you're done with the show, you've gone on 40 different dates and that's every day pretty much other than travel days and maybe a day for the crew to take a break. So you're exhausted. When you're not with people, you're probably sleeping and

[00:16:01.600]

You know, for me because I'm an only child. My my alone time is very important to me. Still is to this day even though I'm married but the show really likes to make sure you're uneasy maybe at times, make sure you're not just comfortable and so they always had somebody with me. They made sure.

[00:16:19.700]

There was always somebody around to, to watch over me and to make sure that I wasn't just getting my respite in my like, mental healing time. They want to be talking to me. And as An introvert.

[00:16:32.700]

Carey Nieuwhof

: Geez. Yeah, sounds like a nightmare really does going back. It was, you know, few. Yeah.

[00:16:38.900]

Ben Higgins

: going back. It was, you know, few. Yeah. I was, you know, after a few years on the show, I was single again and they asked if I would come back or consider coming back. And that was really my deal breaker.

[00:16:48.000]

When I said, no, it was, I can't mentally go through,

[00:16:53.600]

Three and a half four months of having somebody by my side all the time. That would drive me crazy. I was good at it in my early twenties. I don't think I'd be great at it in my later twenties.

[00:17:04.900]

Carey Nieuwhof

: So you don't get paid to be on The Bachelorette. Do you get any kind of compensation for being on The Bachelor or just kinda?

[00:17:11.200]

Ben Higgins

: No you do. It's nothing. It's nothing to brag about. And it's nothing that would help you retire. Ah. But it is. It is a fair count. I feel like it's a fair compensation for the amount of time put in because you are our ah, for a year of your life. Kind of the face of that show. You were doing a lot of media PR for them. Ah. You're you're traveling for them. You're more of an employee of the show at that point than you were as a contestant.

[00:17:39.200]

Carey Nieuwhof

: Gotcha. And that's still about a four-month incubator like a four month of filming and then the year where you're the Tour of Duty.

[00:17:46.200]

Ben Higgins

: Yeah. Yeah, definitely. And I still work through it. And so, it's a really weird Life season for me where I was coming to Denver sitting in my cubicle. I had moved at that, point to sales, because it was obviously a very good next step for me. And also, you know, there was some excitement around the show. And so some of our clients would maybe be a little more excited to see me than they were a year before. So I was working. I had agreed to work Monday through Thursday here in Denver and I would jump on a plane Thursday evening fly to LA or New York or wherever they needed me. And I could do Friday Saturday Sunday in one of the bigger cities. And so that's how that's how I my life was working. I was on a red carpet.

[00:18:35.300]

Three days a week and I would come back to a cubicle, you know, four days of the week and it became very mentally straining for me very different worlds.

[00:18:44.000]

Carey Nieuwhof

: Let's talk about that because one of the things that a lot of listeners to this podcast have in common is they have some kind of public profile. They're either running a church running a company there on a platform and sure it's not the bachelor, it's not that level, there's no red carpet, but, you know, they're used to being in a fishbowl. So I I'd love to get before we pick up with the story. You know what are what are some highs and lows of behind the scenes? Because most of us myself included rarely step behind the camera. I hosted a national TV show as a guest host for a couple of years and that's about it was like driving to the studio. Do a couple hours of taping and drive home. Pretty easy at

Toronto Studio. But, you know, most of us we always live on this side of the camera. So what is it like,

[00:19:31.400]

Behind the scenes. And then I want to get into what is it. Was it like having that level of celebrity playing into your podcast title? Almost famous, which is just cool.

[00:19:42.100]

Ben Higgins

: It's just ah, you know, I think that's a lot of people in this listening to show or they're almost famous. You know, they're famous in their town. They're famous in their church. They're famous in their company. Almost is famous. Not quite the profile.

[00:19:52.900]

Carey Nieuwhof

: So some let's start with behind the scene stories. What are what are some reality checks for what it's really like and highs and lows behind the scenes?

[00:20:01.900]

Ben Higgins

: You know, there's the the show that I was on is is very, um, intrusive. You know, you sign up to be intruded upon. And ah, you know, some of your listeners right now, probably like I can't believe that somebody that today. Um. Not only still is, um.

[00:20:24.700]

Proud of that season of my life. It's not a huge part of my life anymore but I don't regret it by any means. And I could explain why, but as a Christian or somebody with any faith tradition, how in the world would you agree to go on the show?

[00:20:43.000]

Carey Nieuwhof

: That was one of my questions actually. Yeah. Because I mean, the show's kind of about sex, right. It's definitely about a lot of that. So, it is. How did you navigate that?

[00:20:51.300]

Ben Higgins

: Yeah, definitely. Well, I think as the lead and the shows good about this. Is you create the environment that you want to create to find your partner. Now do I think it's the best way to find your partner. No I didn't find my wife through the show. I did not. So I married now to somebody that did not come from the show and in fact, I don't know if she's ever seen a season of the show but

[00:21:15.000]

You create the environment, you want, you create the conversations you want, you create kind of the the boundaries that you think are healthy and not healthy and then you engage and dating multiple people at one time. That's weird. I will never tell you, that's not odd. It's very untraditional, it's very unique. I don't know if it's healthy but that's what you do and sort of behind the scenes to answer your first question when it comes to this show is you show everything, right, you show. Either these conversations are people that with people that you hope could be your partner. And so you're telling them about your biggest insecurities, your the things that make you you you know, you're crying, you know I shed a lot of tears because you're emotional you're kissing and then there's microphones when you're kissing so that there's enhanced noise and you can hear us to

[00:22:09.500]

Carey Nieuwhof

: Do you eventually

[00:22:10.900]

Blur that out? Like do you stop seeing the camera and the microphone? Yeah. It's very.

[00:22:11.400]

Ben Higgins

: It's very. And that was you know where it was going was. It gets very weird. How? Within a few days you get very comfortable having a camera on you. You give you don't think about it. It's gone in your mind. And even though there's twenty people with four different cameras and there's audio and there's producers standing around you as you're on this date, you can really forget about it. And I think I don't know. I think the good part of that is you become very present in the moment with who you're with. Ah. The negative is obviously it's just weird. Yeah. You know, um. And so. But you become very present because you can't.

[00:23:00.300]

You can't focus on who's there and who's watching and who's not watching? You're trying to do your best to go through this and make it healthy. If you can write, So that's what I took away. I guess is just to be more present that moment now. Yeah, any follows there.

[00:23:17.600]

Carey Nieuwhof

: No go ahead. I mean, you mentioned crying. I think it was your vulnerability, that kind of won you over, right? Like that won the cast and the crew over and the invitation because you said, I forget exactly what it was. But like, I don't fit in or I feel like I'm lovable. Yeah, you feel unlovable. That's the word. Okay, that's a big one and that kind of shifted the tone and and opened up the door for you to come back.

[00:23:44.500]

Ben Higgins

: You really did and I remember the moment. So one of The Producers became a really good friend of mine. In a few weeks into the show, he had pulled me aside and goes been I don't like you.

[00:23:57.200]

Hmm. Okay. Like I don't know if I've ever had anybody my life me and people might have said that behind my back but they never said it to my face and he said, I don't like you. And I said, okay took me back and I said why? Because because I don't know you. You don't let me get to know you and the show is very weird for me. At first, I was very uncomfortable and the environment and you know, there is professional athletes and there's doctors and there's business owners and you know, there's models all in this room and then there's me. Me who's a user manual writer from Denver, Colorado, who grew up in the Midwest and I'm sitting at going. And I think it's a fair thought. I don't belong and it had a lot of them was chapter one, right? Yeah, yeah. Like I don't fit in here. This is, this is not a space for me to thrive and I think that was fair. I don't think that's untrue. I don't think I fit in, but I was enjoying. I was enjoying it to know these people.

[00:24:53.400]

And when he said this, it took me back and I went back up to my my bedroom and I laid down on the bed. And I was thinking about what he said. And he was right. And so my whole life Carey, I'd spent, um, speaking up when I felt like it was a safe space to speak up on right. I could say the right thing at the right time, and I could stay quiet when I felt like I wasn't going to say the right thing or fit in or share too much. I was wallflower. I was really good at being a chameleon in whatever environment I needed to be a chameleon in and not being seen necessarily not being known, but just being there being present. Right. And so he wasn't wrong. But that's kind of where we left it. And so I took from that conversation. I want to get more involved. So I started to try and and I don't know if it was successful or not well flash forward a few weeks.

[00:25:45.400]

The same guy calls me in and he starts asking me questions about me questions that nobody's ever asked me. And I don't know what that necessarily means for my life and who was involved in my life at the time. But nobody to ask me the questions that he was asking me, and this is what we call an in the moment. So it's in a room with a camera you're being interviewed, but you don't really know, you're being interviewed because it's only one camera and it's really dark, and the lights on So They're in the moment kind of you'll see it during the show

you see it during a lot of shows where all of a sudden they flash to a contestant being interviewed and you wonder how they're speaking to the things in present tense and that's why they're being pulled aside and said sitting here. Well this itm was happening and it happened for three hours which is very uncommon and at the end of it,

[00:26:35.600]

All of a sudden he broke me. And I said the reason that I am the way I am is because I feel unlovable or maybe I feel unlikable or I feel like if people really got to know me, they would like me less and it was a truth. It's still an insecurity of mine. It's still something that, you know, I've had to battle with and work through and find that tools to, you know, maybe compensate for heel with but I said, I feel unlovable and he goes Ben. Then that's what you need to tell her which, at the time, was The Bachelorette. And so, I did, I said, hey, if I've been weird, if I've been odd, if I felt distant, it's not you. It's because I feel like, the more you'll get to know me, the less you're like me and that scares me. And it's not just you, it's with everybody in my life, the closest people to me.

[00:27:26.600]

Well, I said it and then I went home, right?

[00:27:28.900]

I got actually got kicked off the show like couple days later.

[00:27:33.400]

And the show started to air. And I got really nervous for this episode to air on national television. I got really anxious because I felt like, hey, this was something that was very personal to me and a very real deal for me. And I didn't know how to necessarily speak to it. And now the world's gonna know. And I don't know if I'm ready for the world now. I don't know if I'm ready for the world to, you know, think through this with me or to critique thou or criticize me within that. Um. One little side note. People love to hate on The Bachelor. I get it. It's fair. I'm you know, and they love to criticize the contestants. Go on the show. I get it. That's fair. Um. But I didn't. I wasn't ready for people to criticize this I wasn't ready to have my heart open to this and?

[00:28:19.000]

And the response to that episode. When I said that was incredible, people responded in ways, I never knew people could respond typically. I was used to people being pretty mean on social media but the love and support and then also maybe even more impactful than that was the stories of others. Writing me saying hey feel this way too. How are you dealing with it? What are you doing about this? I feel unknown. I feel unseen. I feel like I can barely like myself. And so how would I expect anybody else to like me? And at that moment, my life changed it will, it will be the pivot point to my world on that when the night that episode aired because it gave me insight into not only who I am but it gave me a community of people around me. That said me too. I'm in it. I'm there I feel it also

[00:29:10.500]

And so that kind of cat yet did it became my storyline, good or bad. But it became my storyline of a guy who went on this reality show who also doesn't feel like he belongs. And I think the reason it stuck was because it was real because it was true because people can pick up on it. Even through the my my language and my behaviors. They could see that. I just didn't feel like I fit in. Yeah. God spoke to me that moment. He something inside of me said this is your calling to be an advocate, but also to bring people together because if you feel alone and others, feel alone than maybe the common thread through this is your insecurities might connect to you in a beautiful way. And by sharing that in common, you aren't alone. The other people can understand.

[00:30:05.700]

Carey Nieuwhof

: Yeah. And I'm that's one of the things I really wanted to drill down on with you. Because in your book *Alone In Plain Sight*, you talk about feeling insecure from a very young age. And you've had a lot of time to process to unpack, you know that fourth month. And then obviously, years since that bachelor episode of your life closed telling me a little bit, tell us a little bit about that feeling that you don't belong. You're an outsider. You're alone. You're unlovable. Where did that start? When do you first know you felt that way?

[00:30:39.400]

Ben Higgins

: You know, I think part of it was being an only child. I think it's obvious that you know, I grew up in a household with adults who did love me and did invite me into their life, but a lot of my childhood was spent hanging out with other adults.

[00:30:54.600]

And so, you know, those adults were wise and how they spoke to a child, they were caring and considerate to me. They also gave me a place of full acceptance. It wasn't until I walked into school at a young age and it's funny and now that I've written a book and started speaking about this. You know, I felt silly at first that, you know, I think this insecurity popped up when I was probably 7 years old, but now that I'm understanding more of insecurities. Most adults are processing, traumas, or situations that happened as a very young child and now they're just starting to bring it to light. And so, I don't feel a silly about this. Now, it feels very important to me but

[00:31:41.800]

Schools. The first place that I felt, I think rejection. And there's this moment in time and I write about in the book, but I was in a reading class in elementary school and the teacher at the time said, hey everybody, pick a partner to read with, and this was early on that year and everybody in the class got chosen except me. And so, I was the one odd man out, and I remember asking people, you want to be my partner? No, sorry, I'm going with them. Sorry, I'm going them, whatever, you know, maybe somebody I don't remember exactly, but And that maybe said something like, no, I don't want to go with you. And so the teacher came to me and said, hey looks like you're my partner today and it hit me that I was Domino that I was left aside that I was pushed aside and I think

[00:32:26.500]

At that moment, maybe I just didn't have the tools to heal from that or to understand what the situation was. Or maybe the reality was that I was the odd man out in that classroom. Maybe I didn't have the friends I thought and something I still do today is, I assume I'm closer

to people then they believe we are. Because of just I think how I grew up. I just always assumed that everybody with my friend that everybody we all were gonna hang out. And I assume that I'm closer to people than they believe we are. And so I think it really hurt me. When I realized that these people who I thought I was very close with these kids who I thought I was I was very close with really maybe didn't like me.

[00:33:14.000]

And that became a thread line. If I may be proved it myself and lived into it my whole life or if it was true to me, it became a thread line for how I saw the world and how I saw my relationships.

[00:33:28.000]

Carey Nieuwhof

: No. You know, I think a lot of leaders can relate to that Ben and you know I've got a story that that isn't the same but it's got similar Vibes. I confused love with performance the harder you work. The more you are loved and that creates all kinds of problems in your life. Let's talk a little bit about those years of Fame. You know, the Almost Famous idea for a podcast is quite good and you co-host that with another Bachelorette alumna. - yeah. So it's kind of fun.

[00:34:00.500]

I mean do you still get recognized when you're out at a restaurant or at an airport?

[00:34:04.600]

Ben Higgins

: Definitely. Yeah. I mean but it's a yeah there's not really if I'm out in public mean the show at the time was getting about twelve million viewers.

[00:34:12.400]

And so it's a big audience but that's only 12 million viewers. If you didn't watch the show, you have no clue who I am. And and so your you are, you're almost famous and you're only on the show for a year

and you don't have any like skill sets that really brought you to this show, you kind of just got chosen. And so I'm not an artist. I'm not an Entertainer. So I do get recognized but I'm very it was very much a season of being Almost Famous, right?

[00:34:41.300]

Carey Nieuwhof

: So, When, when the show is at its peak 2016, to 2017, I think we are season. Was it like, you couldn't leave the house without being stopped? Or how did that go? I'm just gauging it a little bit and then I want to go deeper

[00:34:55.400]

Ben Higgins

: well when the show was airing, there is definitely an excitement and I was living in a little house on the main road in Denver like downtown Denver and everybody knew where my house was because we filmed some stuff there and so

[00:35:07.400]

[00:35:07.600]

You know the. Yes. When you are on the show and you are the person for that time, there are paparazzi. There are people parked out front there. Are people coming by there? Are people knocking on your door? Um yeah. That was definitely a very different season that I live in today. But yes, at the time it was it felt like, ah, the world was watching me.

[00:35:28.600]

Carey Nieuwhof

: You can relate to being a pastor, then. Because if you're the pastor of a large church or in a small town, ah, people know where you live via your house. They feel like they have access to you. What did that do to you on the inside?

[00:35:43.700]

Ben Higgins

: Well I spent a lot of my life now working with other pastors, and there's a reason I've I'm not one. So hey, it's any pastor listening. I have a lot of respect for you. I don't know how you do it. Um.

[00:35:58.500]

But I do have seen pieces of what I imagine your life looks like the benefit to my world compared to yours is I have talked about relationships, that's about it. You have to talk about the the really hard heavy, things of people's lives. And I just want to take a second say maybe just, there's a special place for you because that's tough. um, you know, I think for my insides at first it was really exciting, almost euphoric, it was There was this like almost glow to life and I started to live into it a little bit where I would go out and, you know, kind of look to see who was looking, he's looking at me. Yeah, who's looking at me? Who knows? I'm here, which is not a good, a good person to be around. And it's not a lot that, you know, you don't make a lot of friends being mad.

[00:36:54.300]

But there was a period that was exciting.

[00:36:57.900]

And I remember a moment though where I was in Los Angeles on a red carpet. For a really big awards show. I came back home. I flew to Denver. And I was sitting in the airport and I was calling my family and a couple of my buddies to tell them about who I'd met and what I'd done and they were excited but they they weren't reaching the level of excitement.

[00:37:22.700]

I don't know what I was expecting.

[00:37:24.000]

They weren't reaching the what I was expecting them to say to me, right? They weren't accepting me or loving me anymore because of my

experiences and I got frustrated and the frustration turned into resentment towards them and the resentment towards them turned into resentment resentment towards myself. And I at that, this is all happening very quickly and internally for me and I realized I had done all this stuff alone.

[00:37:50.200]

That is cool as all of it. Was that nobody could share in my experience with me. Nobody could relate my experience with me. I was doing all of this alone and that I was creating these stories that I always wanted to create, but that I had no place to share them that nobody cared. How cool I was or how famous I was. Especially my friends from middle school or my family. Nobody. Nobody cared who I was and what I was doing. They cared about me personally. And they just wanted to make sure I was good. And they kept asking. Are you good? You okay? And that's another Pivot point for me. It's where now you know a lot of my life today. Why? I'm doing what I'm doing, but I just felt very alone. And then the critiques happen. I was twenty five years old.

[00:38:39.000]

Living in this town. Still with not a lot of friends, not really knowing anybody and the critiques happened in my safe place was my church. It was and everybody around me knew that, you know, I had a really safe place and a, you know, my faith has always been something not just important to me, but very real for me and very If you take my faith away, you've taken everything, because anything I've done has been based on, on my belief that there's a God, that loves me. That is accepted me that cares for me but also calls me into experiencing this world and trying to care for the outside. So if you took that away from me, you've taken everything.

[00:39:25.100]

And the church became very critical of me. It was not a not made my personal church at the time but just Christians in general became very critical. Very judgmental, very much. Like, how could you be on this show like I said, earlier and claim to be a Christian, how could you claim to want to represent Jesus but be on television, what you know, what are you looking for when it comes to answers in this world that you needed the show to make you feel fulfilled when you have Jesus.

And these things are her. These things hurt deeply. And they made me feel like the church wasn't a safe place for me. They made me feel like Christians, maybe weren't the the tribe or the group that I could belong to.

[00:40:14.700]

And so it tossed me around for a bit. You know, I think that the idea of fame and celebrity toss me around and the clothes. I think the thing I always I always say this. And and I mean it. You know, I'm not the a massive Bieber fan, even though he he is a Canadian. I do like some of his music. No. I don't listen to all of it. But he had a song that came out called lonely. And I don't know. I wept when I heard this song because I can't imagine being Justin Bieber. I'm not Justin Bieber. I never was even close to Justin Bieber. Um. But the song speaks to I think any leader or any person in any type of spotlight because the whole song is about feeling lonely in the midst of all these people watching you all these people knowing you all these people wanting a piece of you. And it spoke to me deeply. Um it did. And I related with with him in that moment. And I also related with myself by saying, I just feel lonely.

[00:41:13.400]

I think the more famous I become, the more lonelier I feel.

[00:41:18.600]

Carey Nieuwhof

: Boy, if you're willing to go down that a little bit further, I'd love to explore that because I don't think we've ever really talked about that on this show. There is. And just because, you know, so many people who listen to the show, have a microphone, and whether that's in front of a hundred people, or 1,000 people, or a million people, if you've tasted a little bit, you know what, it tastes like and my wife and I've had that conversation many, many times like we as this group grew. And what I do right now, grew. We, you know, you find yourselves being flown into cities and, you know, out for dinner with semi-famous people Etc.

[00:42:00.000]

And exactly you sitting in that airport trying to have a conversation with your friends who have known you for a long time and family and going man, you'll never believe what just happened and there's almost an unrelatability like there's a certain inability of people to understand and I'm just wondering if you can explore that dynamic a little bit more because I think I've tasted elements of that too. I think I'm way more at peace with it. Now then I was 7-8 years ago but it's a very disconcerting thing because you're like, okay, well I did this and you know, the average person doesn't know. Can't relate doesn't care. You know. It's like well the last time you were on the red carpet, it's like I've never been on a red carpet other than the one in my grandmother's living room. You know, she had a red carpet.

[00:42:47.500]

What was that Dynamic?

[00:42:48.600]

Like for you Ben?

[00:42:50.500]

Ben Higgins

: I don't mind exploring at all. I mean, yeah. And I don't want any of this to come off as a victim here. If anything. This is a really great life experience for me and ah, there's a lot of good. That's that came from it. And it's still coming from it. And so but personally for me and and my story and how I I was seeing it at the time and maybe how I still see it today, um, you taste it. And it's sweet, um, you get people that want to be around you that one. Ah um, you know, being in your presence that that want to follow you too. Very odd thing. I remember speaking at a church about two years after the show and I had been this, but I've been to this church many times. I said, you know, it's really weird. What I'm gonna share today with all of you? Who's been on my heart for five years?

[00:43:46.900]

But you're just now willing to listen. Because I was on a reality television show and you saw me kiss people very different now, right? It's very different than now, you're willing to listen to me because of

the platform that was handed to me. So, you know, my first question to the group was, how many people out there have a story? They want to share something on their heart that maybe we're not listening to because, well, you don't respect them because they do have a platform. No, because they're not "famous". It was weird for me to all of a sudden, have a voice is also Exciting for me to have a voice. I don't know if I knew yet what I was gonna do without voice. So that was one side. Um, the other side to the fame and one of my buddies who is a little more conservative than I am shared with me, because I think there's only one name meant to be famous and that was Jesus. Like, there's only one name that really is meant to be famous. Now,

[00:44:42.200]

I would agree I don't think fame is a bad thing, I don't think it's necessarily an evil thing. I think there's a lot of good that comes from having a platform and having a voice but I don't know if there's any human that I've ever met. No matter how famous or not or how long they've been saying this, that knows how to handle it. I haven't met one person who's like, yeah, this is how you, this is, how you tread this water is easy. I also think, for me, I struggled with the narcissistic side of fame, the infatuation with being known and being seen And and wanting to be more seen. And I had a whole team of people at the time built around me to keep me relevant. This is what they would say. That's kind of our mission statement and so relevance.

[00:45:23.200]

Was being in the headlines, however, you needed to be in the headlines if it was through a breakup is if it was through a mean comment that you made. If it was through a controversial coming you made. It was just good. Just be relevant. Just be out there. Um. And so you start to chase that relevancy. You start to chase creating a story. You start to chase creating a headline, which in turn makes you always be looking for the next opportunity to have somebody focus on what you're doing, which changes your personality which changes. How you treat people which changes how you treat social situations. You're always focused if that's what people are nailing into you. Hey be relevant. You're all always trying to be relevant. How can I get a good picture with this person? How can I? You know be seen by the paparazzi at this time. Who's in this? Who? At this moment, can I say

just something controversial enough that they're gonna sit? Share it with the media that my name's gonna be at the headline. Ben Higgins says this it changes the way you operate an.

[00:46:22.300]

It objectifies every human because everybody's an opportunity, everybody's an object for your consumption and for your worth. And for you to become more famous and become more relevant. And so, everybody's an object for you. Nobody is just a human that you just want to sit with, that's at least my story, that's who I was, that's that's what was going on in my life and over time. All of a sudden when you're on this show, same phase. There's a new person, the next year, and you're less relevant than you were before. Just by default, it's how they, how things work. And then next year, there's a new person and you're less relevant just by default.

[00:47:06.500]

And there was a period of my life and I've spoken very publicly about this but it happened in July about three years ago. We're all of a sudden I stopped getting the amount of phone calls I was getting before and I stopped getting the hosting opportunities. I was getting before and I stopped getting in the headlines like I was before and it felt like I had met my now wife at the time. So we were dating and it felt like, you know, I was always known as the single guy and maybe the headline was who I was dating or what data was going out with. And now, you know, I'd bet my partner and I knew she was to be my wife. And so I was divorcing and separating myself from the idea that was going to be, you know, single any longer and so maybe the headlines were harder for me to make.

[00:47:48.900]

Carey Nieuwhof

: Higgins. Happy in love.

[00:47:50.400]

Ben Higgins

: Yeah. It's not a great headlines. The story. There's no story there. And

it happened in July. So remember, I flew home from Denver and in to Indiana to be at my my family's house, which is on a lake, which is very calming for me. And I said, I don't know how long I'm gonna be here. But I need to be here at. And um, I went into a deep state of confusion, I think and anxiety and desperation. Because I knew something hit me at that moment. You can say what it is again. I don't want to over Christianize this stuff. But there was something inside of me telling me. And you're gonna have to really get used to not being.

[00:48:30.800]

Sought after in is known in this in the world that you're operating in and that you're used to operating in and that was really hard for me. It was really hard for me to to get to a place where I felt comfortable just being me again and just being known for who I was and how I was treating people. It was a real, the fame had infatuated me, and it's been so much of my gotten so much inside my soul that I was an addict to it. And that, as I was ripping it out of my life, it was really hard. It was really hard to settle back into a place where I was just going to be known and loved as me.

[00:49:10.600]

Carey Nieuwhof

: How did you do that? How did how did you disentangle yourself from Fame?

[00:49:17.200]

Ben Higgins

: A lot of work with some, you know, counselors and family and friends a lot of speaking speaking this out, and it's a time I had one thing I did have was the ability to speak to my emotions in the vulnerability and openness.

[00:49:30.500]

I wasn't scared because of the show, really, to speak to some of this stuff, and share it with all my heart, but also kind of just having the dark night of the soul, like, having those moments of feeling.

[00:49:42.800]

This isn't that terrible? The story, what? You know, people are listening. Like wait this you're just ripping yourself from Fame. but to relate maybe a little bit. What if you're a pastor of a church and maybe you resign or get fired or maybe, just maybe something happens they replace you with the younger cooler version and you're now on the sidelines and I know somebody out there can say yeah, I felt this, right? I've seen my baby my creation. The thing that I've held onto so tightly, get ripped from my hands and now, I don't know who to be and how to be and how to help. And so, you know, for me

[00:50:15.400]

This is my story. Maybe somebody can relate with the idea of sitting in the dark nights of the soul. Sitting in the place of what I felt like was at the low of lows sitting in a place where I felt like once again, I was unlovable. The only reason people like me was because I was on the show and because I had a platform. And because maybe I was known, so many friendships had started to like so slowly disappear. People stopped asking me to hang out because maybe I wasn't as relevant as I was before people stopped looking for me for wisdom and advice. Maybe somebody can relate with that. Right. Pastor. Who? No longer has the head seat and and stands on the stage everyday. Maybe somebody. Maybe it's quieter in your life life than it was before. Maybe you feel less. You. You know useful than you did before. And that's how I was feeling. And it made me go into a lot of questions about myself. A lot of questions. About what? All this was for like what the last few years had even been about. Why?

[00:51:10.800]

I had put myself up for it if it was good or bad, or if it was helpful at any level, or anybody ever benefited from it, including myself.

[00:51:19.200]

I asked a lot of the questions of God, where you at in this, like, what is, you know, why, why is this happening? And so, it was just a lot of those questions.

[00:51:29.100]

And then, from there, when I sat in that long enough, and I allowed myself to sit in that pain and confusion and loneliness, long enough that people started to not speak to me but speak into me, people started remind me who I was and slowly, but surely I started to build those, you know, there's bricks back and I was able to kind of rise back up from that spot a better man, a better human, a better friend, a better son, I hope a better husband.

[00:51:56.700]

You'd have to ask my wife, but

[00:52:00.700]

I started to rise up from. And, and from that period of life, I realized that these these really heavy dark, what they feel like our dark almost desperate times, are the moments where I've learned the most. I've grown the most I've allowed myself to hear and listen the most and learn from others and from God, the most and so a lot of time in contemplation a lot of time in prayer, a lot of time listening to the voices around me and it wasn't immediate and I allowed myself to sit in it but slowly but surely I came out of it. It.

[00:52:31.100]

Carey Nieuwhof

: How old were you in 2019.

[00:52:34.500]

Ben Higgins

: Well, 29 years old.

[00:52:36.900]

Carey Nieuwhof

: Holy cow.

[00:52:38.100]

What a gift to get that insight at 29.

[00:52:41.600]

Ben Higgins

: I'm very thankful for it, right. I mean, I'm very thankful for this, like, really odd season of life. That's so much changed in marked me and taught me. And showed me so much about the world

[00:52:54.500]

And it all happened in my twenties. You know, some people in their twenties are able to like, maybe have a little more fun than I did because I stopped like going out with my friends. I started to stay in more because I didn't. I am into our introvert and I don't want to be talking all the time. But I I learned so much.

[00:53:10.800]

Carey Nieuwhof

: Yeah. No. You know, I'm and I'm so glad you you went there and were willing to unpack that because you have no idea how many fifty five year olds are sitting in fear of what you just talked about or seventy two year old leaders who won't give up the company or won't give up the senior pastor role because they're afraid of slipping into irrelevancy. And you know, I talked to a mentor of mine who's in his eighties when I was stepping down from the church that I started.

[00:53:39.600]

So what's your big at? Well, he gave me a bunch of stuff, but the one that really stuck with me is like, they forget you quickly and you're right. Right. Like, you know, when you're the bachelor in 2017, 2018 is different 2022. It's like, oh, there's that guy that was on that show back in the 2010s, right? And eventually you get there. So, is there any part of your former platform notoriety? Fame that you miss? Is there any part of that season of your? I know you're grateful for. It was a Mixed bag. But is there any part that? It's like oh gosh. I wish people still stop me on the street more. I wish I had this more or you're like no that's a good season. I'm moving on.

[00:54:19.700]

Ben Higgins

: I don't know if I'm honest with you maybe somebody can really listening. I miss being paid to show up.

[00:54:25.800]

Carey Nieuwhof

: Ha ha ha.

[00:54:28.400]

Ben Higgins

: I had a tag line at a time. I mean, my life just means showing up. Right? I don't have any skill set, so all they're paying me to do is be there. I missed that, that sounds honest. Yeah, it's honest and it maybe somebody can relate, right? Like, if you are a senior pastor, if you are a leader and a CEO, you're getting paid, oftentimes the speak to stuff, you know, really well. And and then once you're done with that life, like you stopped getting paid to do that like financially. I was a really good season of life. And I mean that when I say do miss that, but oh yeah, you know, maybe a little more internally to me.

[00:55:10.800]

Um no, I don't. I don't miss it. I just told my wife this the other day. You know, I'm still traveling a lot for the stuff. I'm doing now and not necessarily standing on the on the biggest stages. These are a lot of just like regular business meetings and a lot of like gatherings. And I'm home a lot more. And I have a dog now. And I have a wife now. And I told her, I don't know if I've been this, um, happily content and six years, seven, eight years of my life. I really, you know it was not easy to get to this place. It took a lot of work to get here. And as we mentioned just a few minutes ago, that was a very hard time to kind of release the idea that I was going to be famous forever. You know where that I was going to be sought after forever? Whatever. Um.

[00:56:08.000]

But now that I sit in this seat and we've done that work. I'm really happy and I'm really good and I don't miss it at all.

[00:56:19.700]

Carey Nieuwhof

: I get that I really do, you know, you talked about all the people who wanted to be around you because of the show you were on or because of what you represented or, you know, all these people who suddenly got interested in, you Arthur Brooks, the author has an interesting phrase for real friends and deal friends. So, deal friends are the people that hang around because you're the Bachelor because you're the pastor of a church or the CEO of a company. Or you wrote a book that sold well or you hosts a podcast or whatever. And some of them feel like real friends, right? You're like, oh, look at all these people. I know.

[00:56:53.700]

But you get to a point like, you know, I often think I let a church to three or four thousand people and I'm not leading it anymore but we have like and I had lots of friends, like lots of people are super friendly, it's not bad, it's still our church but like out of that there's three to five really good friendships that have endured. I don't know if you've had a similar experience and what would be your Sifting, you're separating not the wheat from the chaff. That's not what I'm trying to say, but just, you know, who are the deal friends and who are the real friends? Do you have any hindsight that can give people who are in that moment? Right now guideposts to say, this is the sign of a deal friend. And here's what your real friends are doing in the midst of it all.

[00:57:38.700]

Ben Higgins

: Yeah, definitely well and I want to pause for a second. Say I hope you know I'm 33 years old, there's a 72 Two-year-old listening to this who is trying to figure out how to have a transition in life.

[00:57:52.800]

You know, I don't know how much of this you wanna listen to me on. Right. I don't fair. I'm not. Ah. I'm not here to tell you that I get life at thirty three. I'm learning something all the time. And I'm sure if I sat with that person who's listening to this, they could teach me so much. And and that would be awesome. But you know, no. I did have a weird,

early life experience. That was very influential and very exciting and very enthralling. And I will say it to to answer your question if you're in this and you're feeling like you're having that dark, heavy, confusing separation from whatever it is that transition.

[00:58:38.500]

There's really great things ahead and I hope that's encouraging to them. I hope it's encouraging to somebody out there that there's it might be really hard for a while and you might feel like know, my experience is different in, this is gonna be hard for ever, but it's not, I promise it just takes work and it takes some grit and it takes some determination and it takes some real Raw. Realness, you know, to get to this place but it might be also if you've been in leadership and you've kind of been in the spotlight for a while might be one of the most real experiences that you've had in years and I think that in a sense is exciting. And I think it can bring you closer to whatever your belief system were to whatever you find your core that keeps you going forward. I think this can be a really exciting time to where you're going to be come out of it, a better person.

[00:59:36.900]

So the real friends verse deal friends.

[00:59:40.300]

That's great. I've never heard that before.

[00:59:42.000]

Carey Nieuwhof

: Yeah, real and deal.

[00:59:43.400]

And I would just say, you know, a little addendum to what you just said and thank you for saying that I got 25 years on you. So I haven't hit my 60s or my 70s by any stretch, but human issues are human issues. And when you were talking about your whole experience, over the last seven, eight years. It's so resonated and I think Dynamics are dynamics. Yes, and people have been lonely in the spotlight as long as there have been humans. And I'm, you know, I think about some of the

things I saw in my 20s and now that I'm living through them in my 50s, I'm like, oh yeah, I saw this in people 30 years older than me.

[01:00:21.300]

When I was in my twenties and it is what it appeared to be. And you learn some things along the way, too.

[01:00:26.500]

But yeah. Real vs.

[01:00:27.600]

Deal friends. I mean, now, you know, people are more around you because you're been like, Ben.

[01:00:35.500]

So how do you sit that

[01:00:36.800]

Ben Higgins

: one of the things that happened during this season of really heaviness? And I spoke to a little bit is I was given the advice from somebody a lot older than older than me to pick up a few people in my life and ask them to be the accountability to me to give me real truths. Good and bad, like, tell if I'm being criticized by the public to speak into me and say, now just your intentions were good. Keep going. Or maybe they need to say. Yeah. Check yourself. Why did you do that?

[01:01:06.800]

Um, and so, that's one way that I marked this was, I asked those friends.

[01:01:10.800]

Can you be that to me? Now, what an honor it is to be asked that yourself, you know, to say, I trust you enough with my, you know, mental health and emotional health.

[01:01:22.600]

That I'm going to ask you to speak.

[01:01:24.400]

Truth into me, don't just sugarcoat things. I don't need you to just tell me, I'm great. I need you to tell me how you see me and how you think others are seeing me and how you think I'm treating people.

[01:01:34.700]

So that was one way.

[01:01:35.700]

I kind of sifted it and dealt with it is when I asked, you know, did they say yes or no? Could they be that for me? And then they hold themselves true to that? When I called in to say hey, this is what I'm dealing with.

[01:01:47.800]

You know, it could be some family can be some friends but it's a small group that just know me and know me. Now, you know, maybe as a husband. Okay, I'm struggling with this. I'm really mad at my wife today and I'm like, really resentful towards towards her. How do I speak to her about this or do I or am I crazy here? Like this is a really helpful thing that's been a part of my life and it's made me a lot better because I get wisdom and I guess spoken into I also think there's a piece where at the time it's what are people asking for of me, that was a question, you know, are they asking me to always? Are they just like pouring themselves out on me all the time and asking for my response? Are they ever asking how I'm doing? And when they ask, do they really care? Is there a follow-up questions is there? Is there any intention on getting to know me or they just continuing to pull from me all the time?

[01:02:45.000]

That's one way to see it. Do they actually show any interest? Any interest? In who I am and who I want to become or filter and and and it's hard to decipher at times. Because a lot of times these people would pour out their own, like, um, emotions and their own insecurities on me, which is fair that you know. And it's okay? But is that what they're doing consistently like there's there's there ever seem to be

any like feedback, because a relationship goes both ways? So are they just always pulling from me? Um? Are they ever asking like giving me any piece of of life breathing? You know, insight or a listening ear or hearing your. So that's one other. That's one way. And then. Um. Who's willing to sit around in the boring times with you? Like who's willing to?

[01:03:33.600]

To not be around maybe if like you're not paying for dinner or if you're not going to a cool event, who's willing just to be there like who's willing to sit beside you as you watch a football game or just to come up and have a drink and talk about life with you? Who's willing to be that to you? That, that was another way. And then finally I think my biggest my biggest filter still to this day, it's who wants to check in.

[01:04:04.900]

You know, I have a list of my phone of friends that I like to text and call consistently and make sure I'm doing it.

[01:04:11.400]

But who's checking in on me who's who's really interested in how I'm doing?

[01:04:17.300]

And maybe that's just the purpose of our time together. Is this a check-in?

[01:04:22.400]

And I'm hoping I'm giving them back that back in return by checking in on them. But checking in on you who's asking those questions? My family did a really good job at that is just a call and say, hey, how you doing, what's cool about your life today? What's hard about your life today, you know, there's something that I've learned and it goes back to what we talked about earlier about the expectations and the response of when you when you tell people but really cool moments are really good successes and I don't mean this to sound. Tested Mystic towards humans and the world but there's something really interesting that I found. When I wrote Alone In Plain Sight. You know we're really really bad at celebrating each other. I think I think it's really hard for us. No matter how good like you know,

[01:05:10.600]

Scripture talks about celebrating when it's necessary and mourning with people when it's necessary as well. And I think it's really hard to celebrate it. At least it is for me. I hear, you know, my friend. Maybe maybe I've not gotten a paycheck in six months and I hear my friend tell me that they're, you know, thriving. And and I'm excited for them. I don't want them to know not be thriving. But it's hard for me in that moment. Not to think about myself and to say, man, how do you know be envious and jealous. But I actually think we're really good at at mourning with people. And I think that's because we like to see other people in pain. I just think that we we feel so much of what maybe they're feeling in that moment that we're just really, um, really good at sitting with people and relating with people and having empathy with people. At least that's how I've recognized it in my own life. And so I don't necessarily look.

[01:06:04.200]

For people who are really good at celebrating me, in fact, a lot of my my moments of Celebration, I either keep to myself or share with my wife who you know, we're a unit and so, when I something good happens, me something good to happen to her and vice versa. Um, and so I don't necessarily put that as a filter who's saying, hey, who's like, who's your so happy for me right now. It's really my filter is like, who really wants to sit with me when times are tough? Like, who wants to hear me cry? And see me cry and and see me, you know, pull my hair out at, you know, confusion, that's maybe, maybe Carey Nieuwhof

[01:06:44.600]

Hmm, you know, those are some really good filters and again, wonderful to have figured all that stuff out, or at least be figuring it out at your age. So, when asking a couple more questions, yeah, same same.

[01:06:59.700]

So you know you did get engaged. This isn't a spoiler on The Bachelor. Yeah, that's spun it's own reality TV show for about a season or so and

you ended up being the most Googled break up on the internet in 2017. Is that actually true? Were you among?

[01:07:15.700]

Ben Higgins

: Yeah, I got a little sheet for it.

[01:07:18.500]

Carey Nieuwhof

: So you know, literally millions of people are following this relationship and then you find your now wife, totally off-screen, different story. I'd love to know about the Dynamics. The different Dynamics, you experienced between that first engagement and then the one that ultimately led to marriage. Because again, the cameras were following you around during that entire relationship,

[01:07:45.700]

Ben Higgins

: Yeah. What one piece of advice via ever find yourself? Ah. Newly engaged. Somebody you met on a show and you don't even have their phone number. Don't sign up to film a show right afterwards, where more cameras around that can ruin a relation very quickly. Um. And you know I was. I think that period of my life, um, with the person I met on the show is an incredible part of my life. I I'm so I'm so thankful for it. Now it didn't work out. And I'm I'm very, you know, actually, thankful didn't work out because she's now married with two kids. I'm very happily married to an amazing, amazing partner. Who loves me so much much of it tells me that it shows me that

[01:08:29.500]

But I had a lot to learn because there were were things inside my first relationship that I thought I could just settle for and I think she thought the same thing. This is not. I think this is like both doing both ways. There were there were things like unshared interest or unsure like not necessarily seeing how we need to treat people and how we should be treating people. Maybe what we're investing our time into. And these

are things that Like you know what, it's just marriage. People kept telling me you don't. Unfortunately I had a lot of people around me at the time that we're like marriage. Just as hard don't get married it's kind of what they're saying like right. You know. And these are even, you know, people within my church Community her like hey, the Bible even says like, I don't know if it's smart to get married, like just be single forever. It's a lot easier.

[01:09:20.500]

And so I always just thought marriage was hard, like that's kind of the word I would say is like I'm making this commitment and I'm gonna, you know, I'm making my life more difficult by doing it but you kind of felt like what I was signing up for and how I, what I needed to do

[01:09:34.500]

Carey Nieuwhof

: and you knew that going in. Yeah. Usually people find that out on the other side of marriage but you can a new that during the engagement.

[01:09:38.800]

Yeah, and so there are just some things there. There's like, yeah, that's if somebody asked me. How's your relationship? It's like it's hard but we're making it work. And now with my wife, it's still hard. Marriage is hard, it is difficult. But if there's a joy to the difficulty, there's an excitement to the way we're trying to build rhythm together and to build our life together. And

[01:10:09.200]

There's a there's this weird thing that happened inside of me, where all of a sudden I learned to be less selfish in the sense that like, hey, maybe I wasn't always right. And I needed to listen to my wife and I should be willing to change if I see, I don't need to protect my opinion as much anymore, because I know where she's coming from is that place that I talked about earlier from somebody that I can confide into. And that's telling me something that she believes is true about me and about our relationship. And maybe I need to listen. And if I listen there isn't this judgment on me saying, yeah, you know what you're right? I'm wrong. I need to. I need to be willing to to change here. I need to

be willing to learn what you're saying and hear what you're saying. And there's an excitement from you to do that. Um. I think maybe that's maybe the biggest takeaway at this season of life is, um.

[01:10:57.000]

: And you can call it like love or I don't know, maybe what the catalyst this is, but there is a humbleness, and I just a, an ability now in my relationship and an excitement to continue to be a partner to my wife that she needs me to be and that I want to be and then I'm really excited and willing to do it and before in my past relationship, maybe I wasn't I was holding on this too. Too many things. And, and again, because I was just saying, yeah, it's hard, but we're going to battle this out. We're going to fight this out and if we don't agree, hey, that's marriage.

[01:11:39.400]

I think that piece maybe wasn't true. I don't think it needs to be true. I think that means that two people maybe aren't meant for each other and now there's just a willingness in a humbleness and excitement to try to be better for my life.

[01:11:54.300]

Carey Nieuwhof

: I get that three decades into marriage. I totally get that. That makes a lot of sense. Wow, we have covered a lot of ground and didn't even get into the last five years of your life, Generous Coffee, etcetera, etcetera. But anything else, you To share before we wrap up today.

[01:12:11.200]

Ben Higgins

: Well, I can give the overview here, you know, this, this was great. But yeah, all this that we talked about, you know, kind of spearheaded me into this new season of life or you know I'm working for iHeartRadio on The Almost Famous podcast that you mentioned. It's been an incredible six year partnership with them and

[01:12:26.800]

Um I get to talk about pop culture. I know nothing about pop culture, and that's why the co-host who knows everything about pop culture. So my job is really easy. Don't know anything, show up and still get paid. Get paid to show. Ah. Keep us on time. That's what I. That's what I do now. Okay. Some time it's great. You know. Generous coffee is a passion project that we started. Where we donate one hundred percent of our profits to organizations that are fighting for humans around the world and fighting trying to fight injustice that is facing them. And you can find that generouscoffee.com. You can read more about it. But that is my my main job that I don't get paid for because of Iheart radio and and the the things I'm thankful for. And so Alone In Plain Sight as we brought up many times, you know, that book came out during COVID, unfortunately, because that meant that, um, the book tour, the whole book is about connecting with yourself with others in romance and with God.

[01:13:23.200]

Well, it's really weird then to do a virtual book tour about a book about connecting. Kind of goes against the message. Yeah. And so it's something I care deeply about. It's a project took me a lot of time and a lot of effort and I'm hoping at the end of it, that people read it and just maybe if anything feel less alone, they feel like there's other people out there, somebody out there that can relate to them. And those are the three major things that are happening right now with me and you can, you know, Google In Plain Sight, you can go to generouscoffee.com. And if you're into pop culture, which I can't imagine this demo necessarily is maybe. Yeah. You could, you can tune into Almost Famous. You can find anywhere Podcasts are able to be downloaded.

[01:14:10.000]

Carey Nieuwhof

: What do you love about podcasting, because it's not an interview format for the most part, right? It's you and your co-host just goofing off each other. So, what do you love about podcasts?

[01:14:21.700]

Ben Higgins

: It's so much my life. Now. I feel like podcast have allowed this space for people to speak one. They're given more time, you know?

[01:14:32.600]

They're not these are not shortcut typically interviews and they're not typically if you're going to a trying to sway you and one way or another and it's allowing a space for humans to speak to humans and share stories.

[01:14:45.700]

I think if I sum it up, I like learning. Through podcast, there's amazing podcast out there that I can be entertained by and learn different things through.

[01:14:55.600]

It's a really great platform for storytelling. If it's your own story or if it's another if its history or if it's, you know, how you make something, it's just a great place to have a story and be able to listen,

[01:15:08.400]

Carey Nieuwhof

: Yeah. What are you doing with your social these days? I notice you have over a million followers. So you'd be in the top one percent of people on social that way. Maybe the top half percent, um. How are you approaching it now? That you, you know, obviously have a podcast platform. You're the co-founder of a company. Ah. But you just having fun on it these days days. Is there still a strategy behind it? What? What are you doing with your social?

[01:15:32.400]

Ben Higgins

: You know, I. Ah. In short when this platform was handed to me. Um. I asked my friends and my family that close group. And I said one the world they do with this. And I had one really great buddy of mine. Who

said, um, maybe this whole thing? And this was kind of the season, whereas feeling like.

[01:15:54.000]

This was kind of pointless the show and all that.

[01:15:57.600]

He said, maybe this whole thing wasn't meant about be about you.

[01:15:59.700]

Maybe it was meant to be about something bigger than yourself. And so the strategy has always been with my platform is to try to share and speak into, and educate on the injustices facing the world to share human story and then also to share, you know my life. I'm not great at that piece. My life isn't that exciting? I sit right here most of the day and I talk like this most of the the day and maybe I have some meetings like this most of the day but I try to share my life and anyways, I can but it's really, I'm hoping if Instagram went away tomorrow or Tick-Tock or

[01:16:38.500]

Twitter, whatever. I'm hoping that I could look back on and say just use it to point the things bigger than me and selfishly because when I do I'm usually invited into things bigger than me and that's really fun to be a part of. But then also I feel like there's stories out there and there's people out there that don't maybe have the following. As I said before, they have a voice and they have a purpose, and they have a passion and maybe my platform can be that for them.

[01:17:08.200]

Ben this has been so encouraging. Thank you so so much, so they can go to The Almost Famous podcast. Where's a good place to find like everything been these days. Well,

[01:17:20.400]

TheBenHiggins.Com. I wish it was just been Higgins dot Com. But that was taken. So I had to do the Ben Higgins dot Com. I'm sure there's a big Higgins out there. That is really upset saying that. I'm only. You

know, I'm the one. Um. But that is that was the best year URL that was available. So TheBenHiggins.Com you can find everything. I'm up to everything I'm doing and all these links.

[01:17:40.800]

Carey Nieuwhof

: That's great, Ben. Thank you so much. Thanks for sharing from the heart today. It really meant a lot to me.

[01:17:46.500]

Ben Higgins

: Thank you Carey

[01:17:47.700]

Carey Nieuwhof

: well that turned out to be a really fascinating conversation. I hope you enjoyed it as much as I do. And if you did and you want more, we have transcripts for you. We've got show notes and you can find those at CareyNieuwhof.com/episode559 want to thank our partners. First of all, check out my leadership accelerator.

[01:18:07.600]

Program.

[01:18:08.300]

It's free and it will help you really invest in your leadership. Just a taste of how to lead your team. Members better navigate change, and create a healthy culture at your church. You get it for free by going to Leadershipaccelerator.church. I would love to build into you. That's Leadershipaccelerator.church or simply click the link in the description of this episode and to learn more about the He Gets Us campaign. Check out. HeGetsUspartners.com/Carey while coming up on the podcast, who have we got Gretchen Rubin, JP Pohlman, Will Guidara so excited about that, Katelyn Beaty, Mike Hyatt. Who else have we just booked for the podcast, man? So many people. Kevin Kelly, one of the most interesting man in the world, Dr. Henry Cloud.

And a whole lot more. But next episode, it's Erwin McManus. I went to Hollywood sat down with him for a riveting conversation. Stuffy rarely talks about and here's an excerpt

[01:19:03.800]

Erwin McManus: Some of the biggest church systems and the world have collapsed over the last couple of years. Yeah, the huge part of it is because they were Commander frequencies. Singularly Commander frequencies and you would think that people who need a Healer frequency wouldn't go to churches that have a commander frequency, but they do because they're so broken. Yeah, that they're willing to be told what to do. But they're not getting healed. And then when there's in the problem with the commander frequency is that you cannot allow there to be a violation of trust. Because they have a commander frequency, you have to have authority and respect, and Trust. Yeah. And the moment you lose respect and trust that Commander frequency, then is seen as dictatorial because the shadow side of a commander's a dictator.

[01:19:47.000]

Carey Nieuwhof

: That's next time on the podcast. Of course, if you're new to the podcast and you haven't subscribed, I would love for you to do that. If you're a regular listener and you enjoyed this, would you leave a rating and review? I would. So I appreciate that wherever you're listening to this podcast, just please do that. I am so grateful when you do that. And now before I go, I gotta ask, how have you and your team doing with your twenty twenty three goals if you put them on the side or you've struggled to maintain your momentum, you're not alone? So I would love to help you. I've got a resource. It's a free goal, setting accountability and culture guide.

[01:20:30.100]

You can go to Leadershipaccelerator.church.

[01:20:33.500]

You'll find that in, in there, I'm going to include two videos that will show you how to help your team Crush their goals and create a better

team culture that includes a PDF guide for each so you can apply the teaching to you and your team. Once again that's Leadershipaccelerator.church thank you so much for listening everybody. I so appreciate everything that you bring to this podcast. Thanks for your constant feedback for the shout outs on social and how about we do it again next? Time on the podcast. Thank you so much for listening and I hope that our time together today has help you identify and break a growth barrier that you're facing.