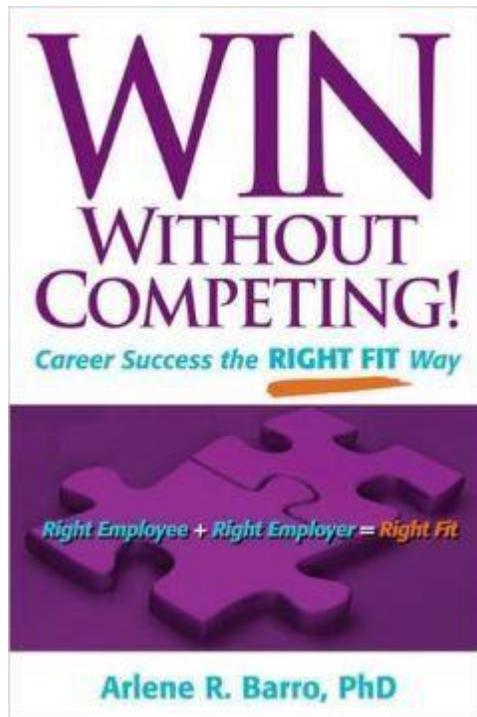


Conquering Stress! With Dr. Arlene – Trump’s 2020 Self-Talk Causes Stress



by Dr. Arlene Barro

Like a jockey on a race horse, Trump only focuses on the finish line: winning the 2020 election. To do that, he uses uncensored self-talk, streaming from his inner voice, to tweet and speak. Will he WIN? Let us investigate.

The Marriage of Distraction

As Trump’s fear of losing accelerates, we will be overwhelmed with tweets and more which we must ignore to reduce our stress. Could these communication blasts negatively impact his re-election? If our circuits are overloaded now, can we withstand more? Yes! Reduce watching and listening to national news.

Trump is a master of distraction, tossing inane morsels to the media to distract them from the real news. While he is so busy distracting others from his own behavior, he fails to acknowledge the impact of his marriage falling apart since his election. The tipping point of Trump’s marriage flashed in front of us at the G7 Summit, when First Lady Melania puckered her lips to kiss Canadian Prime Minister Justin Trudeau on August 26, 2019. Look at the photo online, if you did not see it. Trump was facing forward, holding Melania’s hand, and oblivious to the memorable movie moment. First Lady Brigitte Macron of France watched and looked astounded. Her romance with the French president Emmanuel Macron began when he was 15 years old and she was 40 and married. The Macrons have a fascinating love story with a happy ending. What about Donald and Melania?

Gabbi Shaw reports in *We asked a body-language expert to look at pictures of Donald & Melania Trump. Here's how she analyzed them*, insider.com, May 20, 2019:

Patti Ward focused her analysis on the changes in Donald's and Melania's body language since 2016. Ward says that they were happy in 2016 but not today. She emphasized the changes in Melania's posture. "Her shoulders are forward, almost slouching, and her arms are stiff and close to her side." Ward refers to Melania's posture positioning as a "danger response," resulting in a type of freeze. "You bring your limbs closer to your body—you hunker down to make yourself small."

Ward's analysis is consistent with Melania's behavior. She disappears for months and then reappears when absolutely necessary, looking uncomfortable and not present. Was the Trudeau kiss her way of saying, "I no longer want to play the role of First Lady?"

Frequently, Trump takes Ivanka to events which the First Lady should attend. Ivanka is not a replacement for Melania. During the 2016 election, Melania rarely appeared and used her son Barron as an excuse. Ivanka was a substitute for Melania then and continues to do so now. Trump assumes substituting one woman for another is acceptable. He may be unpleasantly surprised. Could his unhappy marriage have an impact on his re-election? What if Melania packs up and moves back to the Trump Tower, which would be a significant distraction? Unfortunately, their prenup agreement cannot be found on Google, which might tell us the terms of their relationship. Without that information, we cannot predict if she would move out of the White House.

The Spouses of Democratic Candidates

Could the right spouse have an impact on the election? It is possible, especially if Trump and the Democratic candidate are polling high. The top three Democratic candidates now: Biden, Warren and Sanders. Let us look at Dr. Jill Biden who has been married to Joe for more than 40 years. She is the perfect person to distract voters from his gaffes. Biden was the second lady in the White House for eight years and the first second lady to hold a paying job while in the White House. She is a college professor, who is an articulate, persuasive spokesperson for her husband. Biden is outgoing and will be visible on the campaign trail. The Bidens work as a team. Their body language and behavior confirm that they are happily married. Her Wikipedia bio reveals a leader who is an excellent role model.

Elizabeth Warren has been married to Harvard Law Professor Bruce Mann for almost 40 years, according to Wikipedia. She appears to keep her professional and personal life separate. Flying solo is her persona. If Warren becomes the Democratic presidential candidate, it is important that we meet her husband early in the campaign. If she were elected president, he would be the first gentleman. From my perspective, she could hamper her chances of winning by avoiding personal transparency which includes meeting her family.

Bernie Sanders has been married to Dr. Jane Sanders for more than 30 years. When Sanders ran in 2016 against Clinton to capture the Democratic presidential nomination, his wife stuck to him like glue. Now he does not mention her name. Yes, they are still married but she has been under federal investigation and financial scandals have surrounded her. Even though, she has not been found guilty, she displays a consistent behavior pattern which shows inept money management skills leading to dire consequences. For the details, read her Wikipedia profile. The dubious outcome of investigating Jane Sanders reminds me of

physicians who have an abnormal number of patient deaths but there is not enough evidence to prove their guilt.

Dr. Jane Sanders is a liability for Bernie Sanders. She cannot appear on the campaign trail, neither can his son who was involved in one of her escapades. What should Bernie Sanders do if he is the Democratic nominee for president? Find a new wife!

The Trump Personality Rules

Many books have been written about Trump's personality, which is polarizing: thumbs up or thumbs down. For those who are undecided about voting for Trump, they may want to assess his accomplishments. Tim Hains reports in *Newt Gingrich: Joe Biden Could Conceivably Beat Donald Trump*, realclearpolitics.com, April 25, 2019, that Gingrich believes if the economy tumbled significantly Trump could lose to Biden, if he is the nominee. For Gingrich, a staunch supporter of Trump, to acknowledge Trump's vulnerability is noteworthy. I believe that a variety of changes could occur in this country and abroad that could impact the outcome of the election. If Trump continues to fuel uncertainty, as he beats on the ultimatum drum, will he, for example, resolve his trade war with China?

Trump is supposed to be an expert in "closing the deal." We have many top priority deals that are in limbo. Can he close them before we vote on November 3, 2020?

Questions about this column? Email drbarro@barroglobal.com

Dr. Arlene Barro, the creator of the Right Fit Method, is a UCLA-trained behavioral educational psychologist and professional speaker. She is the author of "WIN Without Competing!," a business, career, and personal strategist focusing on success and stress. Founder/CEO of barro global search, inc. at 10940 Wilshire Boulevard, Westwood. Episodes of her radio show are available at www.winwithoutcompeting.com