

CT:

What is the negative conversation? That is the positive conversation, the way you overcome it, the calmness, the serenity that you have. What are the specific thoughts that you would tell yourself? Specifically, using the size, what would you say to yourself?

Narbe:

Well there's only so much that your body can do. Today's not your day. Look, it's a different weight. You don't know who the spotters are. You don't know who the judges are; they might look at you from a different Eye.

CT:

So one of them is you're too small to do this?

Narbe:

Yes.

CT:

In fact, one I had was that "Look your just a little Jewish boy from Brooklyn, what are you doing lifting those weights?"

Narbe:

Right.

CT:

An Armenian friend of mine once said, " A Jewish power lifter is an oxymoron. You guys are supposed to sell the weights, not lift them."

Narbe:

Right.

CT:

So I had this thing, what am I supposed to do with this, all this power, these weights coming down on me? What am I nuts? What am I supposed to do with all of this?

Narbe:

Exactly

CT:

So I had to overcome that particular one. So it would drive me nuts trying to overcome it. So can you say a little bit more about your conversation because every person has their own conversations and I want to help them with their conversations?

Narbe:

In an way, I think how would I help someone else is to say, " You cannot control your thoughts. Good or bad. Positive or negative." I think you can turn those negatives into a positive by making those negative thoughts your friend. By thinking, "Oh I'll show you what's up." Sort of like two guys on a basketball court that go back and forth at each other. Reggie Miller and Larry Bird going back and forth at each other, jabbing at each other. Each knowing that they're very good at what they do. I think that's what I do. As soon as I hear it, I think, "I've been doing this for years. Are you still talking to me?" So we're sort of like that.

CT:

To fear losing is not a problem. To believe we will lose is.