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The Don't Lose Podcast

With Karen Thrall

Season 1

Episode 6: Don't Lose Your Influence Through Mirror Neurons

September 10, 2026

Description:

We're constantly picking up on the energy around us, but we don't have to absorb all of it. This episode explores how mirror neurons can help us recognize what's ours, what isn't, and how our own presence can influence the room.

Transcript:

00:00 I am in beautiful Calgary, AB, Canada and behind me is the view of the city.
00:05 It's a gorgeous view.
00:07 I'm up on a hill and I just had to show it to you because this is where I'm going to do the podcast today.
00:15 Hi, I'm Karen Thrall, welcome to the don't lose podcast.
00:19 Today's episode is don't lose your influence through mirror neurons.
00:23 I'm learning a lot about how much impact.
00:27 Who I am has.
00:30 I think we spent a lot of time focusing on communication.
00:34 I do have to be a better communicator, nerd out on the topic all the time.
00:40 And I think where my focus is shifting, not changing, but just shifting a little bit.
00:48 Is not what I say.
00:50 But how I show up?
00:52 I want to remind us, and me especially, that there's so much I can do in my influence without saying anything.
01:03 And when I sense something, I can change what's going on by my presence.
01:09 And I think all of us, it would be so great if all of us would look into our lives and say, what is that influence I have without saying anything.
01:21 This is the biggest part of my topic today.
01:25 It's not in saying something.
01:26 It's a space that you create.
01:30 That people enjoy.
01:33 And I don't know if we talk about that enough and what I love.
01:39 And please do e-mail me, text me.
01:42 What do you create that is enjoyable for other people?
01:47 What do you notice?
01:49 That you are.
01:53 That people respond to, that you're being that people respond to.
01:59 Really, genuinely being.



02:02 And I think of.
02:04 Puppies, because I find they're like the best.
02:06 If you're having a bad day and you go sit down in your chair, a puppy, they'll come over and they'll put their, their chin on your your knee and they'll look up at you.
02:17 They're they're aware that your energy's off.
02:22 And they are shifting.
02:26 The energy around you.
02:29 And so my question to you is, what is yours?
02:33 What is the thing that you're not saying anything.
02:37 You're, you're being something that creates wonderful energy that people mirror their their mirror neurons activate and they emulate it.
02:47 That's something to be really, really proud of in yourself.
02:51 Something I learned about mirror neurons is it's cells in your brain that are responding to somebody else's behavior, moods, energy, and you mirror it.
03:01 And of course there's the negative one and the negative one is usually in fighting and arguments, that one person will get heated and so it will escalate and then the other person will match it.
03:15 If you're exploding and you're reacting and you're talking very loud and argumentative.
03:21 The mirror neurons in other people.
03:24 Their defenses go up and now
03:26 They want to talk defensively and argumentatively.
03:29 And so or they may, they may seethe, they may seethe on the inside and they're holding it all in.
03:36 It's still energy, but one energy activates another energy.
03:39 Neither one are good.
03:40 The way I describe it is two puppies walking. Puppies.
03:43 It's all about puppies.
03:44 Two people, two puppies are walking and they're walking towards each other calmly.
03:48 They're enjoying their walk, they're loving, they're sniffing, they're having a great time.
03:53 They get near each other and all of a sudden they go.
03:56 And then they continue walking as if it never happened.
04:00 And you're like, what was that?
04:02 You know, they, they, they're so good and sweet and kind
04:08 And that was the trigger of mirror neurons.
04:11 Between them, that happens in us.
04:14 We'll be one minute fine next minute
04:17 We're not.
04:17 Have you ever had that happen?
04:20 One minute you're fine, next minute you're not.
04:22 What changed?
04:24 And a lot of times we take responsibility that it's something in me got triggered, sure.
04:31 And there's times where it was your mirror neurons, it wasn't you at all.
04:38 Which one is it?



04:39 Is it you?
04:41 Getting triggered?
04:42 Or is it your mirror neurons emulating somebody else's?
04:46 And I got to tell you, this has helped me a lot.
04:53 I am emotional.
04:56 And I can get upset about things, but sometimes I'm not upset and I'm fine.
05:03 And I'm thinking, why am I all of a sudden upset?
05:09 And it has helped so much for me not to take responsibility for somebody else's mood.
05:17 If it's their mood, it's their mood.
05:19 I don't have to participate in it.
05:22 I can still be me, and that's taking practice when I'm in an environment where, for example, if someone's cold and aloof with me, which I don't like, I don't like coldness, but if someone's cold and aloof with me, I.
05:40 I, I feel it and I respond to it and I have to say, but I'm not cold.
05:47 I'm not aloof.
05:48 This ones not me.
05:50 And it I readjust and remind myself that that's one's not me.
05:54 And I say those things.
05:55 This one's not me.
05:56 I actually say that this one's not me because sometimes it is me.
06:00 But I want to know when it's me.
06:02 I got to own it.
06:04 I got to be self accountable.
06:06 I got to be self regulated and call myself back to sparkly Karen.
06:09 But when it's not me, I let it go.
06:12 And I say, you know what?
06:14 I'm not going to mirror that this one's not me.
06:17 Or if I start to mirror it, I can stop myself and go.
06:21 This one's not me.
06:22 That that one's their journey.
06:24 That one's they got to figure that one out.
06:26 I'm going to go back to my sparkly it it helps me not carry the burden of some of the emotions that I pick up around me thinking they're mine.
06:37 And so for you.
06:40 When do you notice that?
06:42 Are there people in your life that you notice?
06:45 You're picking up their mood?
06:47 It isn't yours.
06:48 You walked in, you were fine.
06:51 You were whistling, You're happy, and now you're not.
06:54 That doesn't mean you're having the problem.
06:57 That might just mean that the cells in your brain are mirroring an energy right in front of you.



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07:05 The main message I want to say is influence.

07:10 It's a great launching pad to the bigger theme and that is are you being influenced or are you influencing?

07:18 Not with words.

07:21 With yourself, who you are, when you get sucked into somebody else's vortex, how do you get out and not let it influence you, not adopt it?

07:32 So I'll leave you with that influence through mirror neurons.

07:36 That's the start of this conversation.

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