

Transcript Episode Twenty-four: Your Imagination
Out of Touch: A Hall and Oates Podcast
Naomi Schoenfeld + Mary Kay Holmes + LJ Johnson

00;00;02;26 - 00;00;03;16

Speaker 1

Okay. It's happening.

00;00;04;16 - 00;00;12;06

Speaker 2

Okay. Okay. Well, I'm sorry that it's echoey, but I am in the place where it all started.

Oh, I knew it.

00;00;12;12 - 00;00;13;22

Speaker 3

I could tell her the windows.

00;00;13;22 - 00;00;18;13

Speaker 1

Behind you, even though you blurred them out. I'm like, Nice try, homey.

00;00;18;14 - 00;00;32;13

Speaker 2

No, no. I was actually trying to blur the video because I wanted you to know I didn't want you to be, like, jealous. I just. I am I'm sorry.

00;00;32;27 - 00;00;42;29

Speaker 1

Where you are is a house where we decided to create this podcast, which is in Northern California, and it was beautiful. Beautiful and the town gorgeous.

00;00;42;29 - 00;01;03;28

Speaker 2

How cold the house is. The town is Forestville, and it belongs the house has something to do with the movie The Highlander. Oh, I think that's an interesting piece of trivia. And let me just say.

00;01;04;08 - 00;01;04;20

Speaker 3

That.

00;01;06;07 - 00;01;21;15

Speaker 2

You'll remember this, because this is where we were watching friends from college or can't figure out why Mac died. It's very sad, but my Mac died, and so I'm using them as clunky clunky.

00;01;21;16 - 00;01;25;02

Speaker 3

Are you laughing at his computer? Yeah.

00;01;25;27 - 00;01;28;21

Speaker 1

Oh, there you go. Yeah. What was the deal with Highlander?

00;01;29;03 - 00;01;30;05

Speaker 2

There could be only one.

00;01;30;21 - 00;01;36;17

Speaker 3

That's the only one. It could be only way one.

00;01;36;29 - 00;01;39;05

Speaker 1

But they like Highlander in that house.

00;01;39;21 - 00;01;43;19

Speaker 3

The quickening. The quickening No, I'll just.

00;01;43;21 - 00;01;50;11

Speaker 2

I'll. I'll. I'll maintain the privacy benefactors largesse. I'm here.

00;01;50;25 - 00;01;51;22

Speaker 1

Got it. Got it. Got it.

00;01;52;06 - 00;01;52;16

Speaker 3

All right.

00;01;53;00 - 00;02;06;24

Speaker 2

I'm here for a few days at the end of an amazing West Coast road trip. So yesterday was a bit of a brutal day because we drove from Portland and that was like a, you know, a 12 hour adventure.

00;02;07;00 - 00;02;09;06

Speaker 1

So that's a long day.

00;02;09;18 - 00;02;15;04

Speaker 2

The day we've been chillin in a way, my family's been chilling. I've been doing a bunch of computer work.

00;02;15;04 - 00;02;15;13

Speaker 3

But.

00;02;17;15 - 00;02;29;12

Speaker 2

In classic me on my farm, I have just I have procrastinate. And what it means is the evidence fresh, so fresh in my mind and your imagination.

00;02;29;12 - 00;02;30;17

Speaker 3

And super.

00;02;30;17 - 00;02;31;02

Speaker 1

Fresh.

00;02;31;17 - 00;02;51;07

Speaker 2

Both stoked about your imagination. But yeah, I just wanted to come back for a second. If this is the house and I remember distinctly we were in the kitchen. It was February 20, 22 so long ago, the farm family man came on and then in the kitchen Yep. And then we got around that long table and we said.

00;02;51;28 - 00;02;52;28

Speaker 3

I hope we do a podcast.

00;02;53;14 - 00;02;55;26

Speaker 1

We got to do it. It had to happen. It was time.

00;02;56;15 - 00;02;57;20

Speaker 2

It was our destiny.

00;02;58;01 - 00;03;15;19

Speaker 1

It was our destiny. And I have to say, I feel like it's really, really, really delivered, at least as far as my joy is concerned. Now, for anybody else's joy, I cannot speak. But for the, you know, for all of our listeners across the world, I hope that it brings them as much joy as it brings us.

00;03;16;15 - 00;03;21;16

Speaker 2

Please call one 800 to Google.com and let's hear about the joy you've spent.

00;03;22;14 - 00;03;24;17

Speaker 1

Tell us your three favorite things about us.

00;03;27;01 - 00;03;49;29

Speaker 2

Yeah. So, yeah, and much like the Islander, there can be only one. The only one. I just want a podcast. It's nice to be back here where it all started and the inspiration started.

And I remember how I was writing and that was great. And now my computers crashed, and that's no good.

00;03;50;04 - 00;03;53;25

Speaker 1

Oh, that's terrible. So, like, your computer is like, dead. Dead, like, no mass.

00;03;55;21 - 00;04;07;16

Speaker 2

I have not let go. I am still, like, thinking that, you know, I can go this far and they might be able to relate it and sacrifice my life.

00;04;08;05 - 00;04;19;14

Speaker 1

It's possible. I think anything. I'm feeling very optimistic right now. So I'm going to say your computer because of the Hall and Oates vibes and because of the fact that we need it, it's going to have to come back to life.

00;04;20;05 - 00;04;24;19

Speaker 2

There were lavender stripes on it, and and I.

00;04;24;19 - 00;04;28;14

Speaker 3

Went on your screen, there was like, oh, through.

00;04;28;15 - 00;04;31;17

Speaker 2

Every single thing with the chat, baby.

00;04;32;25 - 00;04;34;11

Speaker 3

Nathan. It was great.

00;04;35;00 - 00;04;47;06

Speaker 2

Pride. So hard. We spent a lot of time pressing buttons, and it was really hard because I had to hold them like four buttons at the same time and then hold them for 20 seconds and then, like.

00;04;47;20 - 00;04;49;06

Speaker 1

Putting that to use.

00;04;50;11 - 00;04;51;19

Speaker 2

Thank God I have a page.

00;04;52;14 - 00;04;55;06

Speaker 3

I mean, imagine if you didn't. Imagine if you didn't.

00;04;55;22 - 00;04;57;11

Speaker 1

They called the genius bar for a reason.

00;04;57;27 - 00;04;58;11

Speaker 3

Not for.

00;04;58;11 - 00;04;59;29

Speaker 2

Everybody. It's not for.

00;05;00;12 - 00;05;01;05

Speaker 3

Everybody.

00;05;02;01 - 00;05;05;13

Speaker 1

That should be their slogan Genius Bar. We're not. We're just not for everybody.

00;05;05;17 - 00;05;08;00

Speaker 2

And we're just here for the geniuses. We're just.

00;05;08;00 - 00;05;12;00

Speaker 1

Here for. If you're not already a genius, we can't not help you with anything.

00;05;12;07 - 00;05;15;10

Speaker 2

We only have, like, one minute before our guest comes on. What's up with you?

00;05;15;20 - 00;05;15;29

Speaker 3

Oh.

00;05;16;13 - 00;05;20;07

Speaker 1

They are in the waiting room.

00;05;20;07 - 00;05;21;03

Speaker 3

Oh, my God.

00;05;21;10 - 00;05;23;27

Speaker 2

Okay, Yes, that's sweet.

00;05;24;24 - 00;05;32;24

Speaker 1

Bio quick thing to say to you before I let them in. Keep your face towards the screen, because when you turn your head to the left, I lose you.

00;05;33;21 - 00;05;35;10

Speaker 2

When I turn right. And you do this.

00;05;36;03 - 00;05;41;16

Speaker 1

I lose your sound, and you do this kind of how returns. And then I lose you.

00;05;41;26 - 00;05;43;28

Speaker 2

Okay, I will not do that.

00;05;44;10 - 00;05;46;19

Speaker 1

So this this what you're doing right now, do that.

00;05;47;09 - 00;05;47;27

Speaker 2

Look like a.

00;05;47;27 - 00;05;48;25

Speaker 3

Focus. Okay.

00;05;49;00 - 00;05;50;00

Speaker 1

I'm going to let them in.

00;05;50;15 - 00;05;51;10

Speaker 2

All right, here we go.

00;05;52;18 - 00;05;57;19

Speaker 1

Winner. Momento. Here they come. Hello.

00;06;00;02 - 00;06;08;17

Speaker 3

I see. L.J. Hey. Hello. Hello. Hello. You better have.

00;06;08;17 - 00;06;11;19

Speaker 2

Like, a tiny hand on your screen. Does everyone see that?

00;06;11;29 - 00;06;12;20

Speaker 1

No.

00;06;12;28 - 00;06;14;09

Speaker 2

No one sees the tiny.

00;06;14;24 - 00;06;23;23

Speaker 3

Did I raise my hand? I was like, Oh, we say something. But only to you, Naomi.

00;06;23;24 - 00;06;25;10

Speaker 1

Not to me, because I don't see it.

00;06;25;16 - 00;06;27;03

Speaker 4

We do have a side conversation.

00;06;28;08 - 00;06;31;12

Speaker 2

About my conversation where I'm more my head to the left.

00;06;31;12 - 00;06;31;20

Speaker 3

And.

00;06;34;27 - 00;06;38;12

Speaker 4

It's like doing family therapy on Zoom. There's, like, no way to go.

00;06;38;12 - 00;06;41;13

Speaker 3

All comers, no family therapy.

00;06;41;23 - 00;06;42;26

Speaker 1

I try to do so.

00;06;42;26 - 00;07;09;21

Speaker 2

Much for coming on our podcast. LJ, we're super stoked to have you here on our bonus podcast, and I want to go ahead and read your bio because it's so sweet and so sweet. I can't wait to get this picture up on Grandma LJ, who is a colleague of and coconspirator of mine. I want to say that I have the honor of being in community with them a little bit.

00;07;10;03 - 00;07;18;11

Speaker 2

I'll tell you, is an area based rouser and community mental health worker as a professional homosexual.

00;07;19;06 - 00;07;23;12

Speaker 3

Professional I literally died.

00;07;23;12 - 00;07;24;23

Speaker 1

When I read your bio, by the way.

00;07;24;23 - 00;07;29;03

Speaker 3

I was like a bio in the picture. I was flying.

00;07;29;10 - 00;07;55;04

Speaker 2

As a professional homosexual charged, but corrupting the youth into lives of gay hedonism here, contractually obligated to espouse correct opinions on all things pop culture. And I just I just need to at least put this into the atmosphere for people who don't look on their Instagram stuff because they are they're blowing a saxophone. And he couldn't be more perfect.

00;07;55;04 - 00;08;00;05

Speaker 2

It's like a seems to be like a plastic sax. What does that look like?

00;08;00;14 - 00;08;03;06

Speaker 4

It's a bubble. It was a bubble machine actually.

00;08;03;29 - 00;08;04;06

Speaker 3

Into.

00;08;04;06 - 00;08;10;10

Speaker 4

It. And then you would get the bubbles. It was like a favorite childhood toy. So I thought that it was like perfect for this.

00;08;10;18 - 00;08;17;15

Speaker 2

It could not be more perfect. I, I could not. The only thing that you had to do right now and if the person.

00;08;18;28 - 00;08;19;02

Speaker 3

If.

00;08;19;02 - 00;08;20;27

Speaker 1

We could do a side by side of you as.

00;08;21;27 - 00;08;22;15

Speaker 3

Know with.

00;08;22;15 - 00;08;23;23

Speaker 1

It, that would be ideal.

00;08;23;23 - 00;08;25;23

Speaker 4

It would be so small in my adult body.

00;08;26;18 - 00;08;27;00

Speaker 3

Which would.

00;08;27;00 - 00;08;33;00

Speaker 2

Be brilliant. Exactly. Like a soprano sax. Is there such a thing? Is this kind of bubble sex.

00;08;33;21 - 00;08;34;03

Speaker 3

You.

00;08;35;01 - 00;08;38;09

Speaker 1

Knew casual? The name is casual replacing a notes.

00;08;38;26 - 00;08;39;14

Speaker 2

That's right.

00;08;39;22 - 00;08;41;20

Speaker 4

Mr. Caldwell, that's the name of the saxophone.

00;08;41;20 - 00;08;43;12

Speaker 1

That's the saxophone players name.

00;08;44;03 - 00;08;44;17

Speaker 2

Charles.

00;08;46;06 - 00;08;47;12

Speaker 3

Could it be a visual?

00;08;47;13 - 00;08;50;28

Speaker 1

Yeah. Could it be a better nickname? I mean, that's amazing.

00;08;50;28 - 00;08;54;12

Speaker 4

Yeah. They even make nicknames like that anymore. I am so impressed.

00;08;54;18 - 00;08;57;16

Speaker 2

Okay. Those are in about 1987.

00;08;58;23 - 00;08;59;00

Speaker 3

Yeah.

00;08;59;17 - 00;09;02;17

Speaker 2

I think the heyday of that line of nicknames.

00;09;03;16 - 00;09;04;17

Speaker 1

Oh, such a good one.

00;09;04;23 - 00;09;12;01

Speaker 2

You got to savor it. And I just saw that mountain perform live not that long ago. He looks a little different right now.

00;09;13;27 - 00;09;14;05

Speaker 3

Yeah.

00;09;14;07 - 00;09;15;22

Speaker 1

And he did in 1987.

00;09;16;09 - 00;09;20;17

Speaker 2

But he is still his, his saxophone skills have only improved.

00;09;20;22 - 00;09;21;07

Speaker 3

Upon.

00;09;21;27 - 00;09;26;15

Speaker 2

Like a fine wine, you know stock skills you improve with time.

00;09;27;00 - 00;09;30;01

Speaker 4

May we all be so lucky to improve like a fine wine.

00;09;31;08 - 00;09;38;02

Speaker 2

Exactly. Exactly. Well you know, like, did you ever imagine yourself on a holiday podcast.

00;09;38;17 - 00;09;49;23

Speaker 4

I did not. But when I was given the opportunity, I couldn't say no. Know, I, I was so ready. Like, I, it was the task I didn't know I was ready for, but I was ready for it.

00;09;49;23 - 00;09;54;13

Speaker 2

So I think it was like, you have been training for something you didn't know what it was.

00;09;54;19 - 00;09;54;25

Speaker 3

Yeah.

00;09;56;16 - 00;10;18;12

Speaker 2

Did were you how aware were you because Mary Kay asked me something, you know, like approximately like what age or what generation? And I'm like, I have no idea, because in my mind, you're an ageless individual, individual. You're young, for sure, and ageless, certainly not old, but within the realm of young your age.

00;10;18;25 - 00;10;31;11

Speaker 4

Yes, I am. I am squarely a millennial. It's funny because I spend most of my time. I work life with teenagers, so I could be anywhere between like 21 and 41. They have no concept of how because you're.

00;10;31;11 - 00;10;36;18

Speaker 2

Like Oh, you're there like you're over there in that other older category.

00;10;36;18 - 00;11;05;28

Speaker 4

And adults are a lump. Like, I'm not their parents, but I'm not their peer. And everything in between is just a blur. So yeah, so I am squarely in millennial. I'm like in my. Like coming up in my mid thirties. And so in terms of my Hall and Oates awareness, like I think I, I was aware in like the pop culture ecosystem, but I didn't really connect the dots until I pulled up the Hall Oates playlist on Spotify, which I did in addition to my given task of listening to more.

00;11;06;04 - 00;11;07;01

Speaker 3

What, I don't read it.

00;11;07;11 - 00;11;32;12

Speaker 4

I know overachiever. Let's just wait until we get into the content here. And I was impressed with the breadth of the songwriting. Like there was a lot of hits in there. I didn't really connect up. Yeah, like I think I have like my earliest Holland Oates memory is like being in college in Indiana and like my I didn't grow up listening to music.

00;11;32;12 - 00;11;50;15

Speaker 4

Like, I, my family, super conservative, like we listen to Christian music and country music. So when I went to college, it was like this whole world just opened and I remember listening to a rich girl and it just being like, like, so punchy and like a little bit edgy, you know, it's got the B word in it, right?

00;11;50;25 - 00;11;52;12

Speaker 4

You know, so lots of.

00;11;52;14 - 00;11;57;11

Speaker 2

Different ones, like the Satanic Cult, like you were first exposed.

00;11;57;11 - 00;11;59;23

Speaker 3

To your.

00;12;00;17 - 00;12;15;11

Speaker 2

Like a wild. So. Wow. So, okay, Indiana Christian music, you're already like, my mind is already exploding. What is there any good Christian music you mean?

00;12;16;03 - 00;12;41;28

Speaker 4

I would say I have not experienced a lot of it, but I spent a lot of my like early twenties, like pre becoming a professional homosexual. Like I was in this long term straight relationship with someone who was a professional Christian musician. And so I would sometimes like go on tour with them and was like, you know, in the middle you.

00;12;41;28 - 00;12;55;25

Speaker 4

And there is a whole world of Christian music that like dating a Christian rock star was a pretty formative experience from 18 to 21. And I would say there is a lot of content but is not music I would consider good at this point.

00;12;56;20 - 00;12;57;18

Speaker 3

Wow.

00;12;57;27 - 00;13;00;05

Speaker 2

I you dated a Christian rock star.

00;13;00;06 - 00;13;00;22

Speaker 3

I did.

00;13;01;10 - 00;13;12;06

Speaker 2

I have never met anyone who dated Chris Rock Star before and that's, that's amazing. You're reminding me of a guy, not you, but your story is right.

00;13;12;21 - 00;13;13;03

Speaker 3

You know.

00;13;13;26 - 00;13;23;12

Speaker 2

Marie is reminding me. Mary Kate. Mary Kate. I've known each other since we were in second grade. Although we became friends. Third grade, we were.

00;13;23;27 - 00;13;25;18

Speaker 3

A pivotal year, a pivotal.

00;13;25;18 - 00;13;35;03

Speaker 2

Year that involved a talent show that is very controversial where we're not sure. And both of us were dancing. So pretty sure that all the Mary Kate was dancing.

00;13;36;24 - 00;13;37;13

Speaker 3

Although I know.

00;13;38;01 - 00;13;43;21

Speaker 1

There are no photos, no one remembers. I swear she was on stage with me. She swears she was my parents.

00;13;43;21 - 00;13;45;00

Speaker 2

She came to this like.

00;13;45;13 - 00;13;45;20

Speaker 3

We.

00;13;45;20 - 00;14;07;08

Speaker 2

Were we were raised in that kind of way. Yeah. But at Sandy, a high school stadium outdoors. We like to we like to give the big apps to our Sandy or mad at or shout out to them in Northeast type. It was a guy that we called the Christian rocker. You remember every Christian rocker. And what was so cool about the Christian rock for you?

00;14;07;14 - 00;14;23;02

Speaker 2

You had everything like like a rocker would have like what we called a rocker. And that rocker look at the time was like a leather jacket and like ripped jeans. Like writing stuff on yourself and carving out what he would carve would be like.

00;14;23;02 - 00;14;29;27

Speaker 3

God rules Jesus. Yeah. I mean.

00;14;29;27 - 00;14;54;15

Speaker 4

That was my vibe in high school, definitely, for sure. Like, you know Naomi, you know me, from, like, rabble rousing, right at that part of my life. And like, my commitment level to being a community organizer was only matched by my commitment level to being a Christian I was in high school, and I would write I, you know, have like have worn basically the same prayer, the same outfit since I was 15 years old.

00;14;54;15 - 00;15;06;18

Speaker 4

But like a pair of like high top Chuck Taylors. But at that time it was just covered in Bible verses that I had written all over to like prove my devotion to the Lord. Like it was a similar level of commitment.

00;15;06;27 - 00;15;07;29

Speaker 1

It's amazing.

00;15;08;00 - 00;15;13;01

Speaker 2

This is so amazing. Do you want to tell them, Mary Kate, who feel like telling okay about the book?

00;15;13;10 - 00;15;13;18

Speaker 3

Yeah.

00;15;14;05 - 00;15;16;22

Speaker 1

Well, I mean, I can I might.

00;15;16;22 - 00;15;20;06

Speaker 2

I'm a side note, but like there's another thing going.

00;15;20;06 - 00;15;20;20

Speaker 3

On, you know.

00;15;20;29 - 00;15;41;18

Speaker 1

So I'm a writer, I'm a writer, and I finished a book last year that I'm trying to get an agent for, which it's not working out, but I'm working on it. That is about it's a retelling of the life of Jesus Christ as if Jesus were an alien who happened to be in a love triangle with Judas and Mary Magdalene.

00;15;42;07 - 00;15;43;09

Speaker 1

Uh, yeah.

00;15;43;19 - 00;15;47;13

Speaker 4

This is amazing. I mean, I just wanted to ask if it was fiction and nonfiction.

00;15;48;05 - 00;15;51;12

Speaker 3

We don't know. We don't know because the Bible.

00;15;51;12 - 00;15;58;21

Speaker 1

Is it fiction and nonfiction? Yeah. So but I mean, if you think about it, why was Judas so angry?

00;15;59;09 - 00;16;03;27

Speaker 4

Drew, I think that leads us maybe to our topic today. That was a nice Segway.

00;16;04;00 - 00;16;16;21

Speaker 2

Oh, oh. But you, Mary Kay, you should Mary Kay is the is the child of an of a nun and a Mormon. Just to put that out in the middle, you if if you can even envision such a thing.

00;16;17;10 - 00;16;36;13

Speaker 1

Yeah. So I grew up like visiting the Mormons in new to but going to Catholic Mass every Sunday and hating every single second of it my whole entire life. I was like the irritating kid that you probably hated. That was like, um, I have a question like where was Jesus between the time that he was born and the time that he was 30?

00;16;36;25 - 00;16;41;28

Speaker 1

Gives me like I was that guy and nobody liked that guy. And eventually I stopped going.

00;16;42;26 - 00;16;45;11

Speaker 4

So I stopped doing as well. I'll just let you know.

00;16;45;11 - 00;16;48;11

Speaker 3

But I don't know.

00;16;48;20 - 00;16;58;26

Speaker 2

Anybody, but so the Judas is jealous. Let's talk about so let's, let's just let's just dove in. First of all, do you like the song Your Imagination? What do you think I did?

00;16;58;26 - 00;17;19;23

Speaker 4

You know, funnily, it's been stuck in my head like I woke up. It's so catchy. It's like one of those songs that I would find myself singing despite the content being, like, you know, having many feelings about it, you know, but I it's been running through my head all day, so I would say, like, yeah, artistically, I enjoyed it.

00;17;19;23 - 00;17;23;00

Speaker 4

And that is the point of a pop song. Like, it was enjoyable to me.

00;17;23;08 - 00;17;23;24

Speaker 3

Yeah, it's.

00;17;23;24 - 00;17;32;11

Speaker 2

A good pop song. And I want to say also the live version that you post, Mary Kay, I don't know where that's from and gotten any. I think it's from somebody.

00;17;32;22 - 00;17;34;05

Speaker 1

From Wembley Stadium as.

00;17;34;06 - 00;17;37;26

Speaker 2

Good it was, and I was really liking it.

00;17;38;22 - 00;17;39;28

Speaker 1

Yeah, I like being live.

00;17;39;29 - 00;17;42;01

Speaker 4

A really good. Yeah. In a live performance.

00;17;42;01 - 00;17;54;10

Speaker 2

Yeah. Like you could imagine. I can imagine like how cool it would be to be there, be like, Oh, now you're getting your imagination. I literally have never I never heard that song before. A few weeks ago, I just it's.

00;17;55;01 - 00;17;55;07

Speaker 3

It's.

00;17;55;10 - 00;17;56;13

Speaker 1

A good one. But also.

00;17;56;13 - 00;17;56;20

Speaker 3

Did.

00;17;56;20 - 00;18;02;04

Speaker 1

You see Daryl's boots in that video? Did anyone take no good? They they were like quite.

00;18;02;16 - 00;18;03;18

Speaker 3

You know, I mean.

00;18;03;26 - 00;18;11;09

Speaker 1

I mean, come on. It was so good. And only he could wear that and everyone be like, dude, that's what he's wearing. It's fine. No problem. Loved it so much.

00;18;11;23 - 00;18;21;10

Speaker 2

All the things really thin and that video that I can we just can we acknowledge that something was going on? I don't know what substances. I think the life.

00;18;21;10 - 00;18;22;17

Speaker 1

Of a pop star.

00;18;22;29 - 00;18;23;16

Speaker 3

That's right.

00;18;23;20 - 00;18;57;26

Speaker 2

The plot of the pop star. Yeah. That that was a fun song. And you know, we've done a little bit of where like 23 24 episodes into this fall and it's thing I'll do and like American I've enjoyed walnuts for a long time. But like we went through a we enjoyed volcanos in our early life because we are Gen Xers but then we had to like go dark and like enjoy the Cure and Depeche Mode and Mass until Morrissey became, you know, horrible.

00;18;57;26 - 00;18;59;06

Speaker 3

And all that.

00;18;59;24 - 00;19;14;17

Speaker 2

And, and so we only made our way back around the holidays like 20 years ago, like our nostalgia irony. But we're learning a lot and we have been on a big journey with Phil Energy Smith is.

00;19;14;18 - 00;19;16;05

Speaker 4

I don't know who that is.

00;19;16;24 - 00;19;18;13

Speaker 2

You know, SNL, right? You ever watched.

00;19;18;13 - 00;19;19;13

Speaker 3

Saturday Time.

00;19;19;28 - 00;19;36;29

Speaker 2

Back in the day? Do you submit like we did, you was the bandleader for us and the bandleader for SNL for a number of years. And then but what we learned just started his podcast with you started off. You know, he was a guitarist. He was he didn't start out, but his main thing before that was the guitarist for Holland.

00;19;37;01 - 00;19;49;16

Speaker 2

It's also Jason is in that video right he's the guitarist. But they had a big breakup because he's like a Trumper, like a conservative dude. I can't unsee that.

00;19;49;20 - 00;19;51;06

Speaker 3

Yeah, yeah.

00;19;51;06 - 00;19;54;00

Speaker 1

It's a bummer. It's a bummer. When we found that out, we were super sad about it.

00;19;54;14 - 00;19;54;21

Speaker 3

Yeah.

00;19;56;08 - 00;19;59;19

Speaker 1

Because he went from being, like, here to being, like, just way down here.

00;19;59;20 - 00;20;00;04

Speaker 2

I love it.

00;20;00;11 - 00;20;04;11

Speaker 1

Yeah. Oh, no. So sadly, we don't talk about him as much as we would like to.

00;20;05;14 - 00;20;18;00

Speaker 4

Well, you know, he made his choices in terms of that. So, you know, when you get demoted, you know, he's got a whole new like crowd, though, that he's playing to. Like, maybe he's playing Trump rallies, you know, and.

00;20;18;00 - 00;20;18;07

Speaker 3

Oh.

00;20;18;21 - 00;20;30;12

Speaker 1

He literally played the 2016 like Trump rally. Yeah. No, he's that guy. Yeah, he's doing it. So that's good for him. But, but no.

00;20;30;22 - 00;20;39;04

Speaker 2

That's why he's not all live at their old house that in many other reasons. But because, you know, Farrell and John broke up with them.

00;20;40;09 - 00;20;47;11

Speaker 4

They're like, that's a fair move to make. I think a lot of people are going through that emotional changes over these past couple of years with people they're very close to.

00;20;47;21 - 00;20;48;01

Speaker 3

Yeah.

00;20;48;12 - 00;20;53;01

Speaker 1

Yeah. I would imagine have you had to deal with that a lot with your family? Is that been an issue at all? Not to get.

00;20;53;01 - 00;21;19;23

Speaker 4

Yeah. No, no, no. I mean, it is. And like, I think that's the virtue of you know, being being in my thirties, being coming up in my mid thirties is that at some point, like you just start to accept people for who they are and like, my family is not going to change. They're getting older. Like if I want to be in connection with them, I have to accept their Trump loving evangelicals those, you know.

00;21;19;23 - 00;21;38;10

Speaker 4

So yeah, yeah, it has been an issue and like I think I'm at a greater place of acceptance with it than ever. Like to the point where I could you know, last night text my dad, be like, Tell me what you know about Holland Notes. And he said literally nothing like he he responded, he didn't ignore me.

00;21;39;19 - 00;21;40;11

Speaker 3

But he said.

00;21;40;27 - 00;21;45;17

Speaker 4

All I know is from Top Gun. And I was like, All right, here we are again.

00;21;45;26 - 00;21;48;22

Speaker 2

I'm going to have a look. There's no I've never been aware of it.

00;21;48;22 - 00;21;50;06

Speaker 4

You've lost that loving feeling.

00;21;51;00 - 00;21;51;21

Speaker 3

Oh.

00;21;53;00 - 00;21;54;17

Speaker 2

But yeah, I know, I know.

00;21;54;22 - 00;22;00;05

Speaker 3

This is all right. All right. That's, that's yeah. That's like okay, that's fair.

00;22;00;21 - 00;22;08;17

Speaker 2

Well, maybe you're that's right over a top gun because I still have a soft spot in my heart for and I haven't yet seen Maverick, the new top what?

00;22;09;02 - 00;22;09;29

Speaker 3

What? Naomi.

00;22;10;20 - 00;22;14;08

Speaker 4

You got to get. Plus a review from my boomer parents. So they were very excited about it.

00;22;14;09 - 00;22;20;20

Speaker 1

I was a big fan. Not going to lie. But you know how much I love Top Gun. So I was, like, destined to like it. There's no way I was not going to like it.

00;22;21;17 - 00;22;42;20

Speaker 2

Yeah. I can't convince anyone in my family to watch a math problem, and it does seem like it deserves the movie theater anyway. You know, I'm I. I am impressed with your ability to to sort of accept, you know, accept that and your family and keep your connections and and reaching out to your dad. It's like, that's awesome.

00;22;43;02 - 00;22;48;11

Speaker 2

Building bridges, you know, what does, what is it is like, you're like this dad, like, you know.

00;22;48;28 - 00;23;13;03

Speaker 4

He does it like it. I think that, like, he's so he said another part of the text message that I left out is that he said, you know, I'm not a big music guy. I'm unfamiliar with the music of the sixties, seventies, eighties, nineties, which is every generation except for their most recent ones and his earliest one of the fifties that he was born.

00;23;13;03 - 00;23;19;24

Speaker 4

And so I don't know if like between 54 and 60, there was like a real musical zenith that happened in my dad's life. But he is not a music guy.

00;23;19;24 - 00;23;27;26

Speaker 2

So does that mean that he's familiar with the music of the 2000s? Like, does he love like Justin Bieber or Justin Piper? And came a swift and like all of that.

00;23;28;12 - 00;23;36;26

Speaker 4

Not to my knowledge, but I remain open for people to change and grow into their best selves later in life. So maybe we'll find out soon.

00;23;36;29 - 00;23;49;05

Speaker 2

Speaking of later in lives, I mean, I want to just I want to put a plug out like thirties are good and you're really coming to yourself Forties are even better or even better luck.

00;23;49;06 - 00;24;04;19

Speaker 4

You're in that. Yeah, life is only gotten better, which is like, you know, in my day job, again with the youth like I do a lot of telling them that and they don't do a lot of believe in me around that. So, you know, it's good to know that the next the next big one is looking good. Looking up for me too.

00;24;04;22 - 00;24;29;04

Speaker 2

Yeah. Yeah, I guess it gets even better. Well, so, so one of the things, you know, when I first heard this song, which again, I wasn't the one goes like this is the interesting thing. I never heard it before. And and sometimes, you know, you can try to dig really deep and I don't really think this song is deep, but if that doesn't mean that we can go deep.

00;24;29;04 - 00;24;30;08

Speaker 2

We did. We can.

00;24;30;13 - 00;24;31;03

Speaker 1

We can.

00;24;31;12 - 00;24;35;06

Speaker 2

We can go so much deeper than Daryl Hall and John ever intended.

00;24;35;16 - 00;24;35;25

Speaker 1

Yeah.

00;24;36;12 - 00;25;04;27

Speaker 2

Because this is a launching point, you know, and I am an anthropologist in addition to being a nurse practitioner. And I my approach to go home, I guess it's a launching point. This is, you know, dove in. So one of the key themes of this song is jealousy. And I thought, you know, well, people who work in the realm of mental health counseling and and this kind of thing you know, you have to deal with these themes.

00;25;04;27 - 00;25;14;00

Speaker 2

And and I'm curious, you know, first of all, like, am I did you read the song in the same way that I did? I mean, what do you think about those lyrics?

00;25;14;26 - 00;25;38;15

Speaker 4

Yeah. You know, I think one of the things I spent a lot of time doing in preparing for the podcast was thinking about who is in the crowd at the Hall and Oates show. That is like, this is my song. And I couldn't quite place like who the person was that would really be singing this song and feeling it, you know, like identifying with different parts of it.

00;25;38;15 - 00;25;56;10

Speaker 4

Like there's a whole narrative arc here that's happening and yeah, I definitely picked up on the jealousy clearly and like wondering about what this song has to say about relationships. Right? And how we approach them in a healthy manner. Yeah, there's a lot to dig into there, you know?

00;25;56;24 - 00;26;00;06

Speaker 2

Yeah, exactly, exactly. So I mean, I think.

00;26;01;05 - 00;26;01;14

Speaker 3

Okay.

00;26;02;05 - 00;26;04;08

Speaker 2

What you my take is like.

00;26;04;27 - 00;26;05;29

Speaker 3

The plastic is.

00;26;05;29 - 00;26;20;16

Speaker 2

Shot. The person for whom this song is like speaking to them. How it's like the person who would have more be the dominant person in a relationship sort to have that power be like, no. And I was like, is that gaslighting the other person?

00;26;20;22 - 00;26;25;10

Speaker 1

Yeah. There's definitely gaslighting. And there's a lot of gaslighting in the song for sure.

00;26;25;10 - 00;26;37;15

Speaker 4

Totally. That was what I was tracking, you know, in my deep dove into jealousy. In preparation for this podcast. Like I was looking at, you know, even got him right here with me, all of my, my polyamory books.

00;26;37;28 - 00;26;46;26

Speaker 2

I thank you for being the one to bring this up. So I didn't have to I mean, I wanted to, but I was like.

00;26;47;16 - 00;26;48;20

Speaker 3

You know, look like.

00;26;49;14 - 00;26;52;16

Speaker 4

A book about secure attachments more.

00;26;52;16 - 00;26;56;18

Speaker 2

They can you show these titles? Can we talk about this? I really like the first one here.

00;26;56;18 - 00;26;58;19

Speaker 4

I just the jealousy workbook.

00;26;58;29 - 00;27;03;09

Speaker 2

The jealousy. But can we open it up? Are there actual exercises in there?

00;27;03;09 - 00;27;06;07

Speaker 4

Oh, they're tabbed. If you didn't see.

00;27;06;28 - 00;27;07;18

Speaker 3

The chapter, we.

00;27;07;18 - 00;27;08;15

Speaker 2

Flip open to what's.

00;27;08;15 - 00;27;11;22

Speaker 3

Happening. Me I keep expecting.

00;27;11;22 - 00;27;14;20

Speaker 1

To see, like, an eighties Jazzercise picture. Like, it's going to be somebody.

00;27;14;20 - 00;27;14;27

Speaker 3

Like.

00;27;15;10 - 00;27;16;04

Speaker 2

I'm working how.

00;27;16;15 - 00;27;17;02

Speaker 3

To work it.

00;27;17;16 - 00;27;18;15

Speaker 1

Working out my jealousy.

00;27;19;02 - 00;27;19;18

Speaker 3

I think.

00;27;19;23 - 00;27;20;06

Speaker 1

I don't think.

00;27;20;06 - 00;27;20;28

Speaker 2

They get their.

00;27;22;09 - 00;27;22;27

Speaker 3

Jealousy.

00;27;24;01 - 00;27;29;08

Speaker 4

Totally so well. So there was the jealousy pie chart, which I thought might be of interest.

00;27;29;09 - 00;27;30;19

Speaker 3

Can you read that out loud?

00;27;30;21 - 00;27;31;03

Speaker 2

What's on.

00;27;31;03 - 00;27;32;26

Speaker 4

There? Let's see. So let's see.

00;27;33;20 - 00;27;34;19

Speaker 2

Jealousy pie chart.

00;27;34;28 - 00;27;37;11

Speaker 4

I see. Pie chart. Let me find a good.

00;27;37;25 - 00;27;43;25

Speaker 2

You have like already way exceeded my expectations. Yes. My mind is already super blown.

00;27;44;22 - 00;27;46;03

Speaker 3

That there's jealousy.

00;27;47;03 - 00;28;00;08

Speaker 4

So frequently I receive phone calls from people in the midst of a jealousy crisis who shout into the phone, Oh my God, I feel so jealous when I ask them what they're feeling. They just repeat I feel jealous.

00;28;00;19 - 00;28;01;10

Speaker 3

In fact.

00;28;01;21 - 00;28;26;20

Speaker 4

Jealousy is not a single emotion, but a whole bundle of feelings, thoughts, sensations, memories, associations, and experiences that get that tend to get lumped together. So the point the point of this exercise is to identify what portion of your emotional response is linked to these underlying feelings of fear, sadness and anger.

00;28;27;14 - 00;28;31;06

Speaker 2

What is the biggest one I can't see what's up there is this.

00;28;31;06 - 00;28;46;08

Speaker 4

This biggest one for this case study is anger. Anger is the number one emotion in this. And there's like a little there's more fear than sadness, right? And so I was like, okay, in the mind of the person that is experiencing the gaslighting.

00;28;47;17 - 00;28;48;06

Speaker 3

And in.

00;28;48;09 - 00;28;55;11

Speaker 4

This song, like what is I'm assuming it's a her what are her proportions of this pie chart? Right.

00;28;55;13 - 00;28;55;23

Speaker 3

Right.

00;28;56;29 - 00;29;08;04

Speaker 4

And I'm not quite sure, but I do think that there is a fear of a loss that I am sensing in this song, the fear of the loss of the relationship with the protagonist you singing?

00;29;08;05 - 00;29;08;25

Speaker 3

Yeah. Yeah.

00;29;09;04 - 00;29;29;02

Speaker 1

And there could be a moment of like her horror or he or whoever feelings scene, right? Like the song is, wait, this happens other people like, you know, that's this crazy phenomenon that happens, right? Where you think that everybody else is just like you or that you're the only person that this is happening to. And then all of a sudden you learn, wait, there's other people that are experiencing this as well.

00;29;29;02 - 00;29;34;21

Speaker 1

Like, Oh, it's not just me. Maybe that's one of the people that's that it's resonating with. I'm not sure.

00;29;35;15 - 00;29;49;17

Speaker 2

Well, do you think that the the narrator of the song who will you know, Darrell Hall in this case, do you think that they're espousing sort of a perspective that is like a securely attached perspective? They're like, don't you know, you know, so you had this other book, right, secure.

00;29;49;17 - 00;29;51;01

Speaker 4

You had the policy care. Yeah.

00;29;51;05 - 00;29;51;29

Speaker 2

You know, insecure.

00;29;52;07 - 00;29;53;16

Speaker 3

I when I was.

00;29;53;23 - 00;30;12;12

Speaker 4

Reading all of my my books right this is what I do for fun. You know, I also deep dove. Like, I what I was thinking is like, this does not sound like a secure attachment that you could actually do any work from you know, like, where is the trust? Where is the repair? There was a trust violation. Has that been addressed?

00;30;12;20 - 00;30;27;17

Speaker 4

Like, if these two people were in my therapy room, like where would I start? What is holding them together? And I'm not sure there's this sexual connection clearly that's happening. And yet why are they with each other? What's the draw? I'm not sure.

00;30;27;27 - 00;30;28;03

Speaker 3

There.

00;30;28;03 - 00;30;38;04

Speaker 2

Was this is 11 of the lyrics that is like it basically kind of admits, you know, that there was one time. Right. Right.

00;30;38;08 - 00;30;41;07

Speaker 4

It didn't last too long. You know, one oversight.

00;30;41;12 - 00;30;43;20

Speaker 2

You don't have one oversight that didn't last too long.

00;30;44;00 - 00;30;46;16

Speaker 3

Yeah. That you know.

00;30;48;00 - 00;31;05;00

Speaker 1

But again, you know, every line ends with parentheses, your imagination. So every statement is like I'm saying this thing, but what I'm really addressing is that you are the problem. You are making this up. You are fabricating this whole thing in your head, even though I'm the one who's being an A-hole.

00;31;05;13 - 00;31;05;24

Speaker 3

Exactly.

00;31;06;03 - 00;31;20;19

Speaker 2

What do you think about do you think that if you were to be in a session with a couple and somebody kept saying, it's your imagination, you know, you feel like that's a good therapeutic, you know, how is that communication strategy?

00;31;21;01 - 00;31;21;09

Speaker 3

You know.

00;31;21;20 - 00;31;42;16

Speaker 4

There's the like when someone like soft serves it up to you and you're like, so for me as a therapist, I'm like, yes, I'm in in terms of assessing the relationship, I would say red

flag left and right. You know, I deal like, you know, I do a lot of I do a lot of talking with the youth about like, what's a red flag and a green flag in a relationship.

00;31;42;28 - 00;31;55;09

Speaker 4

I would use this song as a red flag. I'm not going to lie to you like this is, you know. So I think that would be the moment where I would put on my like my therapist voice, which I'm not sure I can reproduce for you in this moment, but it's.

00;31;55;09 - 00;31;56;14

Speaker 2

Very coming, having.

00;31;56;20 - 00;32;05;25

Speaker 4

Very direct and very confident. And I would say, wait a minute, you know, like what's happening here? Like, I need you to break it down for me, you know, like.

00;32;05;25 - 00;32;07;03

Speaker 3

What what.

00;32;07;03 - 00;32;14;10

Speaker 4

Happened in this incident? And then, like, we'd see where it go, but there would be an error injection point if someone kept saying, this is you're making it up.

00;32;15;04 - 00;32;15;20

Speaker 3

Yeah.

00;32;16;13 - 00;32;18;06

Speaker 4

The entrance as a therapist. Yeah.

00;32;18;21 - 00;32;32;12

Speaker 2

Yeah. When you're saying, can you break it down are you said are you asking the person you're saying it's your imagination to break it down or the person who's like being accused of imagining the jealous. Oh, are we going to go back okay?

00;32;32;14 - 00;32;35;01

Speaker 4

Yeah, I would need both. I mean, who would I start.

00;32;35;01 - 00;32;35;09

Speaker 3

With.

00;32;37;05 - 00;32;48;05

Speaker 4

I think I would start with the person that was that I perceived to have more power in the relationship just to see, like, if I felt like, okay, let's back it up. If I felt like.

00;32;48;19 - 00;32;49;27

Speaker 2

You start with Daryl Hall here.

00;32;50;24 - 00;32;52;22

Speaker 3

Or there before.

00;32;52;22 - 00;33;09;18

Speaker 4

We even get to this point. Like, if I'm assessing that, like, there is like general equity and safety in this relationship and like, I can move forward, you know, like that feels like the precursor of this again with the red flags. Like, is this a relationship that can be worked on in a safe way? And if I say yes about that, then I'm like, Okay.

00;33;09;19 - 00;33;35;11

Speaker 4

Daryl Hall. Like, from your perspective, tell me what happens right one, then the other, then facilitating a conversation between the two. And the whole thing I'm testing for, right? Is like, are you able to be reflect says about what happened? And if not, like, I don't know if this is something we could touch right now, even though it's like your primary goal for therapy.

00;33;36;05 - 00;33;36;11

Speaker 3

Well.

00;33;36;12 - 00;33;59;07

Speaker 2

See, there are some things we know, okay? We know there's this Clara Allen, very important woman and Daryl Hall's life for many, many years. 30 years, the science base. She was a collaborator. She was a songwriter. She helped them. They she wrote a lot of the songs. Her sister was John, is that right? Her sister died of ovarian cancer.

00;33;59;07 - 00;34;01;14

Speaker 1

I think we came here. I think we.

00;34;03;14 - 00;34;26;04

Speaker 2

Any. Your parents leukemia is cancer. So Sara Allen and Daryl Hall when in 30 years you know what we found out when we did an episode on Father's Day is we did learn that arrow Hal fathered a child with the one and I'm sure you know he's had I'm sure many of course adventures etc. etc. but where was I going with all this?

00;34;26;04 - 00;34;27;09

Speaker 3

I had a point.

00;34;27;18 - 00;34;45;05

Speaker 2

I had a point. Man had too much more time. I had the jealous oh cancer shows. Let's say that you're in a monogamous relationship. Let's just say that face and that there is not one line. Right. And you get past that.

00;34;46;11 - 00;35;12;21

Speaker 4

I think so. You know, I mean, I think that there are all sorts of trust violations that happen in relationships like sexual trust. Violations, of course, are so loaded, they're so primal in our responses to that and our desires for whatever type of relationship we have set with our partners, be it polyamorous or monogamous. And, you know, but the key part is the active commitment to repair.

00;35;13;03 - 00;35;21;21

Speaker 4

And that is not what I'm hearing in this song. Like I would need to see and feel something different to trust that it was a genuine desire to repair.

00;35;22;08 - 00;35;22;19

Speaker 3

Yeah.

00;35;22;19 - 00;35;26;00

Speaker 2

The whole even the title of the song is like, you're already starting off.

00;35;26;16 - 00;35;26;28

Speaker 3

You know.

00;35;27;11 - 00;35;41;21

Speaker 2

It's the song might as well be like, I'm so I'm so grateful. I know about gaslighting. I was like, what is this song? You know? It's like, there's obviously some issue. You just keep saying over and over, it's your imagination. I mean, that's gross.

00;35;42;16 - 00;35;49;09

Speaker 4

It is. Well, it I think if there's like a specific like the turn that I felt is it starts out like I used to be jealous.

00;35;49;23 - 00;35;51;00

Speaker 3

I know what it's like.

00;35;51;14 - 00;36;07;03

Speaker 4

You know, and I got over it. Why can't you get over it? Right. You know, and that is like, you know, like, why can't you be like me? Is like the ultimate emotional manipulation, right? Of, like, I can do it. Why can't you? And again. Red flag. Red flag. Red flag.

00;36;07;04 - 00;36;09;00

Speaker 3

Oh, yeah. I want to be generous.

00;36;09;05 - 00;36;32;03

Speaker 4

You know, and, you know, we're all young. We're all learning in our relationships. I imagine he was young when he wrote this, you know, younger. And so, you know, but still, like, again, that's what it brings me back to, like, where is this connection going? Right. Like, if this is like a sexual connection primarily, right? Then like, what's the allure there to keep it going when you're Darryl Hall?

00;36;33;05 - 00;36;35;14

Speaker 2

Yeah. I mean, it does repeatedly say.

00;36;35;14 - 00;36;36;04

Speaker 3

I'm.

00;36;37;24 - 00;36;41;07

Speaker 2

Let's see. Let's just hear what I'm going to touch.

00;36;41;11 - 00;36;42;02

Speaker 3

When I talk to.

00;36;44;11 - 00;36;45;13

Speaker 2

There may be a sexual relation.

00;36;47;25 - 00;37;24;05

Speaker 1

But just, you know, you're wondering too much about what I do. You know, you're taking over my old line. You know, it's like it also, to me, feels very insecure when someone is judging someone else so harshly, like, well, I'm not jealous. So, like, what's your deal? Clearly, they are reflecting that about themselves, right? Because often, I mean, at least in my experience, when I've known people who've had partners who've accused them of things, often as the person who's accusing who is the one who either has thought about or, you know, had adventures outside and they're just sort of projecting onto the other person.

00;37;24;05 - 00;37;31;14

Speaker 1

So it's it's this sort of insecurity, but also covering up but lack of self-awareness and yeah.

00;37;31;15 - 00;37;37;14

Speaker 2

It's more of a phobia, right? Those like totally right wing super homophobes are usually closeted either they go.

00;37;38;12 - 00;38;08;08

Speaker 4

Well, yeah, I was thinking I was thinking about like like the difference between like envy and jealousy, which is like a big thing that gets pointed out and jealousy being like the fear motivated, like something that we have or we possessed or some, like, special relationship we have is threatened as opposed to envy being like we have a lack and we want something that someone else has like, you know, or a relationship or a life or whatever, you know, but that the fear is really what's stuck with me.

00;38;08;08 - 00;38;23;13

Speaker 4

Like what is the person who's like the recipient of this, this gaslighting? Like, what are they fearful of? Of loss, you know? And yeah, I want to hear the counter song, right? You know, like, I want to hear the response song from forever.

00;38;23;26 - 00;38;51;12

Speaker 1

Right? We need a line. You might think like like when you talk about jealousy and envy, like one of the things and maybe you have an idea about this, but I can't think of a positive angle on jealousy. Like, I can't think of an instance where I would be like, Oh, it was great. I was jealous. It always to me feels like a negative situation, whereas like I can justify envy because like, do I wish that I had a body like Kim Kardashian even though I don't want to be Kim Kardashian?

00;38;51;12 - 00;38;59;19

Speaker 1

Like, you know what I mean? Like, there's that. But. And but at the same time, like, I'm not jealous of Kim Kardashian does that make sense?

00;38;59;19 - 00;39;02;13

Speaker 4

Like, well, that makes me think of like, you know.

00;39;03;11 - 00;39;04;07

Speaker 3

Like, I.

00;39;04;24 - 00;39;32;15

Speaker 4

What I would say about that is that, like, all emotion is information right? It is like not good or bad is informational is what you do with it that matters. Right? And jealousy, it is like, you know, it's a physiological response. Right? Like if you see something like, you know, and you it feels like it takes over. But part of the skill is like, you know, I know we joked about the pie chart but really like what is underneath this feeling and what do you do with it?

00;39;32;15 - 00;39;55;28

Speaker 4

So, you know, again, I don't I don't think it's like a positive or negative thing. It's what you do with it. And if you can make meaning of it to find out what's going on with you and what your need is like, then I think that could be a positive process. But, you know, I mean, speaking personally, like when I've experienced jealousy, it doesn't feel like something that I have any control over the the trigger response of it.

00;39;56;10 - 00;40;04;20

Speaker 4

But I do have choices in how I understand it, and I don't want to build in layers of shame around having that automatic experience.

00;40;05;20 - 00;40;10;12

Speaker 1

Yeah, I like that. I like the way you phrased that. Looking at it as information. That's a great way of looking at it.

00;40;11;05 - 00;40;34;08

Speaker 2

Yeah. I think it's interesting. You know, what you think bring up the sort of physiologic responses of it. It's like it makes me think of the way that you know, our mind can kind of when we experience, like, pain, like physical pain, right? Like you know, we have

okay. You know, you can be aware and this is something like when I've done some DULA work with people like, you know, giving birth, like, right?

00;40;34;08 - 00;40;46;10

Speaker 2

Well, there's a sensation of sensation. And I don't know if it's like a Buddhist approach or what, but it's like being like, okay, you don't have to attach anything to this, but you can kind of notice this thing that's happening.

00;40;47;09 - 00;40;49;12

Speaker 4

Yeah, it's very similar to me. Yeah.

00;40;49;26 - 00;40;53;23

Speaker 2

What do you think? You know, you're working with young people, you're working with.

00;40;53;29 - 00;40;56;06

Speaker 3

The youth and.

00;40;56;06 - 00;40;57;06

Speaker 4

Corrupting them. Yes.

00;40;57;14 - 00;41;32;21

Speaker 2

You're corrupting it. You're a millennial, corrupting the youth. We're Gen-Xers here, so we're like one generation one more generation with me. And I'm curious. We both Mary Kay and I have been in a relationship very, very long time. And so, like, I wonder if you're you know, if you think that the way the jealousy plays out or the role that it plays

for you people is, you know, or if there's anything different about it or if it's like that same old jealousy.

00;41;32;21 - 00;41;33;28

Speaker 2

Jealousy is jealousy.

00;41;35;05 - 00;41;35;27

Speaker 3

Well, what.

00;41;35;27 - 00;41;59;17

Speaker 4

I see is social norms around relationships changing, like in a positive way. Like, I mean, whatever. I'm in the Bay Area right? So like the experience of most young people in the Bay is vastly different than the experience I had growing up in the Midwest. And like, there is more like conversation and education around healthy relationships than I ever received at all as a young person.

00;41;59;17 - 00;42;02;02

Speaker 4

Right. So so one thing I see is that I.

00;42;02;07 - 00;42;02;19

Speaker 2

Thought.

00;42;02;22 - 00;42;28;11

Speaker 4

I know it's it's beautiful, you know, in a way to have young people really wrestling with questions of like, what is a healthy relationship, what is abuse, what is restorative

justice, right? Like, I never thought I'd heard that come out of like a 13 year old's mouth, you know, but it's like they're grappling with these real life questions, you know, so there is a changing cultural moment around relationships that I really prize, right?

00:42:28;11 - 00:43:03;18

Speaker 4

Like in wanting to be people that are in like respectful, supportive relationships of one another. So that's one part of it. The other part that's just real about being a young person is that there's a skills gap, right? Like you don't know what you're doing in a relationship. Like that's inherent with being a teenager. You are trying stuff on coupled with, again, with the fact that youth are trying all sorts of different relationship experiences, like in terms of, you know, having sophomores in high school come to me and say, I have two boyfriends.

00:43:03;18 - 00:43:10;01

Speaker 4

And I say Great, what's going on? That's a lot of jealousy to navigate them.

00:43:10;01 - 00:43:12;12

Speaker 3

More people are. Yeah.

00:43:12;23 - 00:43:20;13

Speaker 4

And I'll be honest with them about that of like, you know, it's not good or bad. There's just more people involved. So you got a lot more to work on.

00:43:20;13 - 00:43:30;20

Speaker 2

So is this in that book, is there a mathematical equation for like the more there's like, here's an equation and like here's the jealousy quotient and here's the factor.

00;43;31;00 - 00;43;53;02

Speaker 4

Oh God, somebody should make that because like, you know, the limit does not exist. How complicated it can get in. They use intimate relationships, you know, but they want to be good, right? Like they want to be in healthy relationships. And there's so much to work there. But, you know, I'm not going to lie. Sometimes I am overwhelmed being like, well, how do you navigate that?

00;43;53;02 - 00;43;58;19

Speaker 4

As a teenager? I'm not quite sure how to navigate those things sometimes as an adult, you know?

00;43;58;19 - 00;43;59;24

Speaker 3

So yeah.

00;44;00;09 - 00;44;01;10

Speaker 1

Well, yeah, if you.

00;44;01;10 - 00;44;01;19

Speaker 3

Have three.

00;44;01;19 - 00;44;29;02

Speaker 1

Different dating dating with kids feels very different now than when we were teenagers. I have an 18 year old who's getting ready to go to college and just a completely different situation, a completely different world than when we were in high school. You

know what people are open to and, you know, dating and not dating and making choices based on convenience for themselves and just not having time for it and not being interested in it and, you know, people that aren't worth your time.

00;44;29;02 - 00;44;36;06

Speaker 1

And it's just it's a lot of like different conversations and I don't ever remember taking any of that into consideration when we were in high school and dating.

00;44;36;23 - 00;44;51;26

Speaker 2

And I say I think that that I'm so impressed with, like, young people and like their wives, and they have like a better sense of all the stuff. I mean, like, in terms of like reflecting over in terms of time and stuff like that. Like that's x.

00;44;52;25 - 00;44;53;05

Speaker 3

Y.

00;44;53;22 - 00;45;11;26

Speaker 2

Other stuff. Like they are just like in a different like they're way more advanced. I feel like they've like they've left ahead, like Mary Kay especially, I think you and I were in like a Neanderthal generation of like dating and sexuality, like Neanderthal yeah.

00;45;12;09 - 00;45;12;27

Speaker 3

Yeah, it.

00;45;12;27 - 00;45;15;12

Speaker 2

Is be more Neanderthal. They were super Neanderthal.

00;45;15;24 - 00;45;19;27

Speaker 1

Super Neanderthal and super binary and super. Yeah.

00;45;20;06 - 00;45;20;18

Speaker 2

It was.

00;45;21;17 - 00;45;48;19

Speaker 1

Very yes. Consent was like, huh? And it was very different, you know, meanwhile, I'm having these like really interesting conversations with my kids about, you know, gender and dating and relationships. And it's, it's super interesting, you know, to talk about it and, and to, to reflect on myself and think about myself and how I feel about the world and how I feel about relationships and because, you know, being in a relationship for as many years we have, sometimes you just don't think about it.

00;45;48;19 - 00;46;04;08

Speaker 1

And then you get to a point where I don't know, you know, how would things be different for me if I were a teenager now? Like, would that mean something different for me for how I dated and who I dated and so it's interesting. They're very they're much more in touch than we were, it seems.

00;46;04;17 - 00;46;05;17

Speaker 2

They're not out of touch.

00;46;06;01 - 00;46;07;00

Speaker 3

They're not out of touch.

00;46;09;09 - 00;46;12;14

Speaker 3

Well, we are both. Okay.

00;46;12;14 - 00;46;19;19

Speaker 4

So the balance being like that, so much of my role is like I'm like, cool uncle like, I am like.

00;46;19;26 - 00;46;21;02

Speaker 3

Now they're like.

00;46;21;02 - 00;46;43;20

Speaker 4

I like cool telling me anything. Sex, drugs. Like, come on, let's go. I'm not your parents, you know, and like, there are these moments with young people where I really have to step into, like, this serious tone of, like, you were experiencing your first brutal heartbreak and you feel like you're going to die, like you are not going to die.

00;46;43;21 - 00;47;02;08

Speaker 4

And, like, that's where I think the balance comes of the generations, you know, like they look at me like I'm in the end. Or sometimes even though they don't know how old I am, they know I'm old or something, you know, and like where I really have to step into that and be like, okay, but here's my piece that I can bring is like, you're going to be okay, kid.

00;47;02;24 - 00;47;19;15

Speaker 4

Like, you don't got to believe me, but, like, hear me out. And like, you know, it works, right? So there's that balance between like, the ways youth are light years ahead of us and like, they need adults in their life that are like, what is going on with this imagination thing? Your partner keeps talking about, like.

00;47;20;17 - 00;47;22;23

Speaker 3

Yeah, yeah, yeah.

00;47;23;12 - 00;47;32;13

Speaker 2

Do you think that, like, is gaslighting still really happening is are they so big? Gen Z, what we call them Gen Z?

00;47;32;13 - 00;47;34;05

Speaker 4

That's what I hear a lot of. I hear like.

00;47;34;15 - 00;47;45;02

Speaker 2

There's someone there's there's a whole other people coming up the motions are like coming up on but is like slamming the egg thing, I think in millennials and Gen X and Boomer.

00;47;45;02 - 00;47;45;13

Speaker 3

Yes.

00;47;45;22 - 00;47;51;05

Speaker 2

But if it's still like are people still like perpetrating this gaslighting thing in Gen Z?

00;47;51;19 - 00;48;14;12

Speaker 4

I think so. But what I see more than that is that like that language is so deeply ingrained in the culture that like it gets applied to everything, like every sort of like disagreement relationally then becomes gaslighting and like same thing with like, you know, that's the flip side of like all of this like conversation and education around healthy relationships.

00;48;14;12 - 00;48;35;04

Speaker 4

Like, yes, it's good. And also it's nuanced, right? So that's one thing I see is like it's a very cancel culture. It's very online of like, can I use these words to categorize a behavior which that may or may not be affiliated with? All I know is I feel bad. And just because you feel bad doesn't mean that some harm has happened.

00;48;35;04 - 00;48;44;12

Speaker 4

It means that you feel bad. And we got to figure out what's going on. So I do like I hear that word a lot, but I got to take it with a grain of salt, you know, and really investigate what's going on.

00;48;44;24 - 00;49;04;11

Speaker 2

That's really, really interesting to hear. You know, and I and I appreciate you saying that because I think you and I work in the most progressive and the most left of the left and the most, you know, and and, you know, just like, okay, I'm like, let's let's let's take it with a grain of salt. Let's listen and see what's really going on.

00;49;04;11 - 00;49;29;20

Speaker 2

And and try to put all the pieces together. I don't you know, I can't claim to have a real deep understanding of a lot of stuff, but I do have some life experience and some clinical experience, you know, but that's fascinating. What so let's just let's I, I want to just touch base real quick on the Live from Daryl's because we get to talk about that yet.

00;49;30;09 - 00;49;31;04

Speaker 3

Um, yeah.

00;49;31;27 - 00;49;37;03

Speaker 2

We talked a little bit about the first, we talked about the video. The video is like in an airport, I think.

00;49;38;18 - 00;49;38;27

Speaker 3

You know.

00;49;39;07 - 00;49;46;26

Speaker 4

In a day. I mean, I kept thinking it looks like San Francisco General, like some sort of parking garage edge like statue. I was like, are they at the hospital? Like, where are they.

00;49;46;28 - 00;49;48;12

Speaker 3

Filming this music video?

00;49;48;13 - 00;50;05;28

Speaker 1

They're kind of known for, like, throwing these things together. So they're kind of like, Oh, you need a video? Great. Well, just like, let's go over here and we'll make a video. Like, The Private Eye's video is a perfect example of that. They just sort of they throw it together out of nowhere. So off, sometimes there's like high concept, really bizarre things.

00;50;05;28 - 00;50;20;11

Speaker 1

And then ones like this just feel very, very they were doing something and someone said they needed a video and they're like, All right, well, we'll do a video. Go stand on that thing over there. Go or you go over here and do this thing. It didn't feel intentional. But maybe it was.

00;50;21;21 - 00;50;36;06

Speaker 2

I read this kind of interesting article and I'm trying to find it. Yeah, it was an article about this song from about nine years ago. Yeah, I only got to number three.

00;50;36;22 - 00;50;37;05

Speaker 3

Yes.

00;50;37;25 - 00;50;39;01

Speaker 2

Did you read that article?

00;50;39;06 - 00;50;43;26

Speaker 1

I did, and only 45 in the UK on the top charts. It never busted through.

00;50;45;23 - 00;50;51;03

Speaker 2

Such a good song. Okay. And then did we know anything about Grace Sewell?

00;50;52;26 - 00;50;57;14

Speaker 1

I do not. I am not familiar with her as an artist either of you.

00;50;58;14 - 00;51;21;22

Speaker 4

I am not. But I thought that the, the clip from Live at Daryl's like I feel like again, like what interests it like her voice is amazing. Like she's so talented, you know, and like it was so much more interesting when it felt like the lyrics were in conversation. Like, I felt like that would have been an interesting take is like maybe like taking on different points of this conversation and there might have been something there.

00;51;22;22 - 00;51;23;02

Speaker 3

Yeah.

00;51;23;13 - 00;51;30;03

Speaker 2

Yeah. Reminds me of that what's that song? I was working as a waitress at a day.

00;51;30;14 - 00;51;32;00

Speaker 3

Yeah, yeah, yeah, yeah, yeah.

00;51;32;08 - 00;51;36;14

Speaker 2

And now, like, I love that song because it's like, okay, here's my perspective. And like, well, here's what.

00;51;37;07 - 00;51;40;22

Speaker 4

Exactly the couples therapy version of you're imagining.

00;51;41;23 - 00;51;42;24

Speaker 3

Things right here.

00;51;43;17 - 00;51;44;18

Speaker 2

You're really well, that's what's.

00;51;44;18 - 00;52;00;22

Speaker 1

Kind of cool about life from Daryl's is there's sort of reinvention of these songs from a long time ago and bringing in different artists and having a different take to it because it even though it's the same words, it's the same song, it just has a whole different meaning when it's done with different people. It's super interesting.

00;52;01;28 - 00;52;18;03

Speaker 4

I loved hearing them kind of like talk to each other and like get excited. Like even when they were setting up like the little bit of tape before they started playing, it was cool that they included that because it's like you're watching people that are really good at what they do and like seeing their joy and like finding it together.

00;52;18;03 - 00;52;27;21

Speaker 4

And I'm not a musician, but there's something that's beautiful about that synthesis when it happens in life, and you were like on the same wavelength. And I felt like I saw that happening in the clip, you know.

00;52;28;01 - 00;52;35;29

Speaker 1

And I'm not a musician, so I have never experienced the magic of someone being like, You do this and I'll do this. And then we just, you know, make something awesome. I don't know what that.

00;52;35;29 - 00;52;36;08

Speaker 3

Was in.

00;52;36;23 - 00;52;58;03

Speaker 2

The intro, and that part was really, really good. But I was really bummed at the dinner because I really felt like they were being kind of jerks. They were like, Oh, don't worry, we'll use Autotune. We'll really edit it. Like they were both straight jerks at that dinner. Like, I mean, I don't know, you know, maybe somebody was way out of tune, I'm not sure.

00;52;58;09 - 00;52;58;22

Speaker 3

But like.

00;52;59;14 - 00;53;01;16

Speaker 2

Come on, where you say all that stuff?

00;53;02;05 - 00;53;21;27

Speaker 1

Yeah, I don't know. I mean, I think as we've discussed, you know, there is a little bit of hubris involved, and especially now that they're, you know, men in their seventies. I think there's a lot of like men in their seventies energy that comes out occasionally and in the things and and I don't want to say that that's unintentional or excuse it simply because of that.

00;53;21;27 - 00;53;37;11

Speaker 1

But it's just every once in a while there's those moments where you're like, oh, that's like, you know, a man in a seventies. That's what they say. Those are the things, you know, they talk to people a certain way they talk to women a certain way, they talk, you know, it's, it's just this very specific sort of thing that's just sort of built in.

00;53;37;11 - 00;53;55;03

Speaker 1

I actually write a really I completely lost it. I had it in my tabs and I'll try to find it for me. Started about an article with Daryl Hall, and there was a quote that I was going to read for you, and I'll find it and I'll email it to both of you. But it was essentially him being emails in the last five years or interviewed the last five years, and he's like, Look, I have one of the greatest voices of all time.

00;53;55;04 - 00;54;01;19

Speaker 1

And like, I've come to terms with that. Like, people have told me forever and like, I go, okay with it. It's like well.

00;54;01;23 - 00;54;02;27

Speaker 3

What is this I.

00;54;03;19 - 00;54;04;02

Speaker 2

That.

00;54;04;12 - 00;54;05;22

Speaker 3

I've wrestled burden.

00;54;05;22 - 00;54;21;14

Speaker 1

But like, okay, I've settled into the fact that I'm one of the greatest voices of all times. And then it says, like, below it, it's like and John Oates rolls his eyes or something like that. Like, it's, it's like and I can imagine the two of them sitting there in their seventies, like, drinking wine. And Daryl's like, I'm great.

00;54;21;15 - 00;54;37;03

Speaker 1

And I'm like, Yeah, okay. But it's, it's that same sort of, you know, hubris that I think comes out in some of these songs. As a younger man, and they're in your twenties and you're like a pop star and like, there's chicks everywhere and right.

00;54;37;04 - 00;54;45;14

Speaker 4

Like growing up in the public eye, even in that era and being lifted up to that level, like, what does that do to your ego? Like, you know.

00;54;46;00 - 00;55;08;02

Speaker 1

Now, I mean, I, I, when I first moved to L.A., I worked in the movie industry and, and occasionally you'd work with someone that had been famous for so long that they were so out of touch, literally with the world that, you know, the things that they got

away with and the things they said and the things they did, it was it was astonishing, these people, because they just have no idea how normal people live.

00;55;08;02 - 00;55;08;15

Speaker 1

Like, just.

00;55;08;15 - 00;55;21;28

Speaker 2

Let them know what. Yeah. I can no longer find the article that you and I both read, but what I do remember of it is that they said the song perfectly captured, like sixties Doo-Wop and Eighties era Reagan de Reagan style.

00;55;22;11 - 00;55;23;20

Speaker 3

Yes, I read that too.

00;55;23;20 - 00;55;25;02

Speaker 4

I pulled out that, quote.

00;55;25;19 - 00;55;26;08

Speaker 3

The Reagan.

00;55;26;08 - 00;55;27;14

Speaker 4

Era detachment.

00;55;27;16 - 00;55;29;01

Speaker 2

Reagan era detachment.

00;55;29;11 - 00;55;30;22

Speaker 3

Yeah. Reagan Air.

00;55;30;22 - 00;55;38;01

Speaker 1

Detachment. Yeah. I mean, who knows? Maybe that was it was maybe the song is deeper than we think. Maybe there was a lot more that went into it.

00;55;38;17 - 00;55;39;06

Speaker 3

I don't think.

00;55;39;07 - 00;55;40;13

Speaker 2

That I don't think it's a.

00;55;40;22 - 00;55;45;08

Speaker 1

It's probably about some broad that was bugging him. And so he wrote this, and then that's the end of it.

00;55;45;08 - 00;56;01;10

Speaker 2

But I want to well, first of all, honor two things. I know you've done some research and I want to make sure that we got all the nuggets of wisdom that that you prepared for us because I know you're you're an overachiever here, and I don't want to leave any pearls.

00;56;01;11 - 00;56;29;15

Speaker 4

Oh, no. I think we've done all that. I think, though, that one interesting little nugget that I wanted to drop to is that they were two kind of models for managing jealousy that I thought were interesting to tell. I know. So one being like what they called the engineer model is that it was all about like identifying what piques your jealousy and then kind of creating setting up your life so that you're not experiencing the jealousy, right?

00;56;29;15 - 00;56;33;09

Speaker 4

Like, you're maybe, like, not going to the place where, you know, you'll see the person. Right.

00;56;33;21 - 00;56;34;24

Speaker 3

Which should be.

00;56;34;24 - 00;56;59;25

Speaker 4

Frank. Seems like a lot of work and something that could get very process heavy very quickly. So that was one model that they offered. The other model was the so be a model, right? Like this idea that there's like these intense emotional reactions that are like could be addressed through desensitization. I guess. I'm not saying I ascribe really to either one of these models.

00;56;59;25 - 00;57;20;09

Speaker 4

Like, I think it leaves out some pretty big chunks about relationships and how they work. And yet it did seem interesting, like in the context of this song, right? Like what is Darrell Hall saying? Like, should you engineer yourself out of feeling jealous? Is this just something you got to get over right. You know, there's I know there's something there.

00;57;20;29 - 00;57;36;23

Speaker 2

But I don't like what you were saying earlier about which I did, which I take is like almost like a Buddhist approach of like, here's a feeling, okay. You know, this is the feeling that I'm experiencing. And let's let's think about that or not notice it, you know.

00;57;37;16 - 00;57;52;00

Speaker 1

Why I think it's common with mental health, too. I mean, I've experienced it many times in my life with many different people. And I was actually talking to somebody about it the other day, is when you're having an emotion or you're going through something and someone in your life is like, aren't you over that yet? Aren't you done with that yet?

00;57;52;00 - 00;58;05;20

Speaker 1

Can't you just get over it? And it's and it's an interesting mindset for somebody that's like, you should be able to engineer yourself out of that and why haven't you engineered yourself out of that yet? But it's just that's not always possible. It's not always your process.

00;58;06;04 - 00;58;34;21

Speaker 4

Right? I don't really think it is possible, like, especially in relationships, like to create a perfectly set up situation in which you're never going to feel a feeling is an unrealistic model to attain. Right. And I think lends itself to more control in a relationship like who's controlling where you go, what you say, what you do, you know, that is a lot of power being passed around, you know, and like, I think for me, like, I'm an attachment oriented therapist, right?

00;58;34;21 - 00;58;47;27

Speaker 4

So the relationship is the heart of it. Like, are your needs actually being met in your relationships? And if they're not, like, that's when people get fearful and angry and sad and you got to know how to do that for yourself, too. So you can be in a healthy connection with another person.

00;58;49;02 - 00;58;51;24

Speaker 2

I want to put that on a poster and.

00;58;52;00 - 00;58;55;25

Speaker 3

That's all that's so good. And it is and.

00;58;55;25 - 00;58;58;11

Speaker 2

Like everyone should read those words every day.

00;58;58;14 - 00;59;01;02

Speaker 1

It's true. Maybe that should be one of our merch items.

00;59;01;17 - 00;59;03;11

Speaker 3

Like myself, I that's.

00;59;03;11 - 00;59;04;12

Speaker 4

Great. You all can take a.

00;59;04;12 - 00;59;05;21

Speaker 2

Cue with your saxophone.

00;59;06;12 - 00;59;11;15

Speaker 1

You make a PDF and it's like, I'm totally going to make a PDF out of that. It's kind of you can.

00;59;11;15 - 00;59;16;11

Speaker 4

Even do like a relationship a series of like Hall and Oates, like greatest hits of related.

00;59;16;28 - 00;59;17;03

Speaker 3

Right.

00;59;17;10 - 00;59;19;24

Speaker 4

You know, I notice a lot of songs are about relationships.

00;59;19;24 - 00;59;21;23

Speaker 1

Am I need to write that well, sort of a.

00;59;21;23 - 00;59;30;02

Speaker 2

Relationship, but your show, right? You say you've got all this on your shirt and then there's like relationships do call it out. It's like the stages of attachment, the stages of jealousy.

00;59;30;11 - 00;59;31;29

Speaker 3

Yeah. Yeah. All love it.

00;59;33;04 - 00;59;42;22

Speaker 1

I have a relationship question for you before we let you go. So Naomi's husband is texting me, telling me that it's time for her to go have dinner yes.

00;59;43;01 - 00;59;43;23

Speaker 3

I mean.

00;59;44;22 - 00;59;54;12

Speaker 2

Okay, this is clearly your problem, laughing boy, by the way. So, Laughing Boy is is experiencing jealousy right now.

00;59;55;17 - 00;59;57;10

Speaker 3

Yeah, there's something happening.

00;59;57;24 - 01;00;09;29

Speaker 4

I mean, I think he's just beckoning you into relationship, Naomi, right? You know, he's it's. It's an extension, right? There's, like, a clear, strong connection between you and your childhood friend, right? Like, this is using what you got, right?

01;00;10;15 - 01;00;10;25

Speaker 3

Yeah.

01;00;10;29 - 01;00;12;24

Speaker 2

Generous interpretation.

01;00;15;05 - 01;00;17;04

Speaker 2

And you're out there book an appointment with your.

01;00;19;09 - 01;00;22;01

Speaker 4

Well, you know, happy for this one to be free. I love to be a.

01;00;22;01 - 01;00;23;29

Speaker 3

Service to the community.

01;00;24;12 - 01;00;24;29

Speaker 4

Spread it.

01;00;24;29 - 01;00;26;11

Speaker 3

Around.

01;00;27;21 - 01;00;41;27

Speaker 2

We are very having learned so much more than that I ever thought I would. I want to get those books out of app on our social as they seemed like they'd be really, really good. You give them.

01;00;41;27 - 01;00;43;07

Speaker 3

A lot of really.

01;00;43;07 - 01;00;43;21

Speaker 1

Helpful.

01;00;43;21 - 01;00;46;01

Speaker 2

Yeah, that's really good. You've been amazing.

01;00;46;01 - 01;00;47;11

Speaker 3

Thank you so well.

01;00;47;11 - 01;01;05;00

Speaker 4

Thank you so much for having me. This is such a welcome distraction and such like. I feel like, you know, as a therapist, whatever I'm reading about in my personal life, like, it's somehow slips through into therapy. Like, who knows? Like, there's going to be hollow notes references in there in the young people's lives, like, and I'm not even going to sense it.

01;01;05;00 - 01;01;05;27

Speaker 4

It's just going to.

01;01;05;27 - 01;01;07;26

Speaker 3

Be there everyone's.

01;01;07;27 - 01;01;09;05

Speaker 1

My will pop up. You'll be like, Oh.

01;01;09;13 - 01;01;12;19

Speaker 3

There it is. Totally love it.

01;01;12;23 - 01;01;13;09

Speaker 2

Crazy.

01;01;13;11 - 01;01;15;01

Speaker 3

Well, let me go about how.

01;01;15;01 - 01;01;18;27

Speaker 2

They keep creeping in and or they're continuing to.

01;01;18;27 - 01;01;19;04

Speaker 3

Be.

01;01;20;05 - 01;01;22;04

Speaker 4

All right. Take care. Have a good night. Oh.

01;01;22;11 - 01;01;22;25

Speaker 3

Yeah.

01;01;23;08 - 01;01;30;26

Speaker 1

I that was great. That was great. Oh, I learned.

01;01;30;26 - 01;01;31;08

Speaker 3

I mean.

01;01;32;04 - 01;01;39;00

Speaker 1

I learned so much. I always learn so much. That's the beauty of this whole thing. I never I never don't not learn a lot.

01;01;39;15 - 01;01;40;29

Speaker 2

I never don't not learn.

01;01;42;14 - 01;01;44;08

Speaker 3

I always do the learning.

01;01;45;02 - 01;01;46;07

Speaker 2

I never don't learn.

01;01;47;14 - 01;01;52;11

Speaker 1

Apparently you're having steak. Apparently having steak for dinner on the street.

01;01;53;12 - 01;01;56;17

Speaker 2

Trader Joe's pre marinated teriyaki.

01;01;56;28 - 01;02;03;22

Speaker 1

Well, your husband says if you don't get off soon, he's going to overcook your steak. That sounds a little threatening to me.

01;02;03;22 - 01;02;04;16

Speaker 2

That's like blackmail.

01;02;05;10 - 01;02;10;15

Speaker 1

It sounds like a little intense. If he needs to take it down a couple notches.

01;02;10;18 - 01;02;15;25

Speaker 2

We're going to talk about this for a draft, what's really going on and the beer and the attachment issues.

01;02;15;26 - 01;02;27;01

Speaker 1

I ask him what pie chart of fear, sadness and jealousy he's feeling asked him to illustrate it in a circle. So we all know.

01;02;27;22 - 01;02;32;09

Speaker 2

It sounds good. That sounds good. Okay. The Christian Roberts of mine.

01;02;33;05 - 01;02;33;13

Speaker 3

Oh.

01;02;33;27 - 01;02;44;12

Speaker 1

I mean, yeah, amazing. And and like, I have so many questions. I feel like I could spend hours and hours and hours talking to them about about all of these things. So so many questions.

01;02;44;12 - 01;02;46;20

Speaker 2

Probably do a follow up email about it. But yeah.

01;02;47;02 - 01;02;49;23

Speaker 1

I think I may need to do that because there's there's a lot to discuss.

01;02;50;21 - 01;02;53;03

Speaker 2

A lot to my friend. We're not another one out.

01;02;53;17 - 01;02;54;15

Speaker 3

We did it. We did it.

01;02;56;17 - 01;03;10;12

Speaker 1

Another one bites the dust. Okay, go see Maverick and enjoy the beautiful house. And I'm sad that I'm jealous that I'm not there, but I'm going to process my emotions accordingly.

01;03;10;12 - 01;03;11;08

Speaker 2

Yes, actually.

01;03;11;18 - 01;03;16;18

Speaker 1

I'm I'm envious. I'm envious. I'm not just I'm not angry. I'm envious.

01;03;17;13 - 01;03;25;05

Speaker 2

And they brought this up I brought to you by Trader Joe's like cheddar cheese.

01;03;25;15 - 01;03;27;09

Speaker 1

He's like, get off the phone. Here's a packet of cheese.

01;03;27;28 - 01;03;29;14

Speaker 2

Cheese. All right. I got to.

01;03;29;14 - 01;03;29;21

Speaker 3

Go.

01;03;30;09 - 01;03;32;23

Speaker 1

All right. I'll talk to you soon. Bye. Everybody's getting time.