

Untitled: Fatties Talk Back

Episode #6 Transcript

0:00:00.4 Bryan: Hello and welcome to Unsolicited Fatties Talk Back, the podcast where fat people talk back to shitty partners, and weight loss, mandates in romantic relationships. I'm Bryan.

0:00:12.8 Jordan: I'm Jordan.

0:00:14.8 Caleb: I'm Caleb.

0:00:16.5 Mikey: I'm Mikey. Guys, I'm feeling very wiggly right now. It's good.

0:00:24.6 Da'Shaun: Yeah.

[laughter]

0:00:25.5 Da'Shaun: And I'm Da'Shaun. And we're the fatties.

0:00:31.8 Mikey: The fatties.

0:00:32.1 Jordan: The fatties.

0:00:32.2 Caleb: The fatties.

0:00:36.3 Jordan: We're the fatties. The fatties.

0:00:36.4 Bryan: So, wait, we're here, and we are about to record episode six. So we are halfway through our first season. Surprise, we're having seasons, you didn't know. So we're really excited and so thankful for all of the support that all of you have shown us. We've had so many people write in, and tweet about us, message us on Instagram, share the podcast as one of their favorite podcasts out of the last year. It's really meant so much to us. We've been getting all of the feedback and questions from all of you, and we wanna let you know that we're gonna be starting to do, in a couple of episodes our new segment, where we're gonna do a podcast that's solicited, where we'll be answering a question directly from one of you, our listeners. So please feel free to write in and submit questions to us.

0:01:34.2 Bryan: Additionally, we know that many of you have been asking about a way to support us financially, and we really, really, really appreciate that. So, please watch out. Soon, you'll be able to sign up for the Unsolicited Patreon. And we're

gonna have some really amazing perks for all of you, including the opportunity to get your questions answered more rapidly than just in a solicited episode. We're really excited about some of the things we've got coming up for all of you. So thank you so much and we're gonna hop into the episode. So this episode, we'll be talking about a 2020 write-in to slate Dear Prudence advice column, which is run by Danny Lavery, at the time. A woman adjusting to her aging body is looking for advice regarding her fat-shaming husband, who won't stop bringing up old pictures of her inner past, or a thinner past even. We'll respond to her write-in later on, but first, Da'Shaun is going to introduce our first segment.

0:02:33.4 Da'Shaun: Hey, cuties. So I just popped a Jolly Rancher, so I might be giving this slight little pauses. But I always have to eat candy on this show, because every time I sit down here, I think about Caleb, and they're like candies...

[laughter]

0:02:50.5 Da'Shaun: And then I have my own candy jar now, so I feel like it's like paying homage to Caleb. So I'm eating Jolly Ranchers right now.

[laughter]

0:02:57.8 Mikey: That's so cute.

0:03:00.9 Da'Shaun: Yes. So our first segment for the day, for this episode, LOL, is favorite comfort foods. So I wanna let Jordan start off and I'll come back at the end, but I'm really excited about this because... Yeah, let's just get into it. Go ahead, Jordan.

[laughter]

0:03:20.0 Jordan: Wait, that's so funny, because you think about Caleb. But then you were having a lollipop, like a couple of episodes ago. And so now, every time we record, I have a lollipop, and I think about you.

0:03:35.2 Mikey: I also love how Da'Shaun is just like the main character of the first segment.

[laughter]

0:03:44.6 Mikey: Right? We all go through. And then we finally get to Da'Shaun, and Da'Shaun is like "I'm so glad you asked".

[laughter]

0:03:56.6 Jordan: Oh, no.

0:03:56.9 Mikey: I feel like I'm talking to an old white lady in a Central Park apartment.

[laughter]

0:04:00.2 Jordan: Not the Central Park apartment, please.

0:04:02.9 Da'Shaun: What can I say?

0:04:08.5 Mikey: Okay. Okay, Jordan, go ahead.

0:04:09.8 Jordan: Okay. So I would have to say like mac and cheese. I feel like I have vanilla cone whenever anyone talks about comfort foods.

0:04:26.8 Mikey: I thought you were gonna bring up Apple Dave's again.

[laughter]

0:04:32.0 Mikey: Apple, Dave, if you're listening, I love you.

0:04:35.2 Bryan: Oh plus Apple Dave's.

0:04:35.2 Jordan: Oh, my god.

0:04:37.0 Mikey: Does anyone else get the feeling that Jordan wants to have sex with Apple Dave?

[laughter]

0:04:42.9 Mikey: I'll be honest, I would. I don't even know what this man looks like, and I don't even sleep with a man like that, but like, listen, maybe I would.

[laughter]

0:04:52.6 Bryan: If you got a free supply of his product.

0:04:55.7 Mikey: Yeah, exactly.

0:04:56.6 Jordan: No, but... Okay. So I always think it's really funny, comfort foods, because growing up, my mom, who listens to this podcast. Hi, mom. She knows this. She eats like a bunny rabbit. Like she only... She's very like raw, diet, celery woman.

[chuckle]

0:05:18.1 Mikey: Oh wow.

0:05:20.7 Jordan: And so if you are like... Patty, her name's Patty. If you're like Patty... Not to out her. But you're like, "Patty, what's your favorite comfort food?" She'll be like, "Salad." It's really funny.

[laughter]

0:05:37. Jordan: Because I just wanna know if we all have the same understanding of what is a comfort food. 'Cause for me, what... I'm just also curious, what for you, what does it mean for something to be a comfort food. Is it just something that brings you comfort or is it like a fatty, carb, heavy... 'Cause to me, that's what that means, but I don't know if that's just 'cause of the way that I grew up. 'Cause then I have other comfort things, like an iced latte, is something that if I drink an iced latte, it brings me comfort. But I wouldn't call that like a comfort food, that's just like...

0:06:10.9 Bryan: Yeah. It's not a food, it's a drink.

0:06:11.8 Jordan: Well, yeah. Of course. But I mean, just like...

0:06:13.5 Bryan: Also, you need to check out the chat, just really quick, Jordan.

0:06:17.5 Jordan: What did it say on the chat?

0:06:18.8 Bryan: Well, I put in the chat, I put up a picture of Apple Dave, I found a picture of Apple Dave.

0:06:22.9 Jordan: Really? Wait. Where's the chat? I can't find the chat.

0:06:26.4 Mikey: Oh my god!

0:06:28.0 Jordan: It's missing. I'm gonna find it, hold on. No one freak out.

0:06:31.4 Mikey: I hope you like them ripe, Jordan.

[laughter]

0:06:32.1 Bryan: Just like them apples.

0:06:38.7 Mikey: Just like them apples.

0:06:38.9 Jordan: I'm scared. I'm scared. Apple Dave. He's kind of a hottie. Like, this

is—

0:06:45.3 Mikey: What?

0:06:49.0 Jordan: Look at his little hat. I think he's a communist, look at that raised hat... That is the one I, he's spoiling.

[laughter]

0:06:56.2 Bryan: Don't worry folks.

0:06:56.8 Da'Shaun: We are all tired of it.

0:06:58.8 Bryan: Don't worry folks. We are going to put a picture of Apple Dave in the notes for all of you to see...

[laughter]

0:07:02.2 Bryan: So you can see Apple Dave...

0:07:03.3 Jordan: Comrade Dave...

0:07:03.9 Bryan: Does anybody else... I didn't send ya'll the link to the website, but this website.

0:07:12.9 Mikey: It's so bad though...

0:07:14.5 Bryan: This website was made in 2004, and you can tell because at the bottom of the website it says made on a Mac, which means it was made with that old ass i-web software...

[laughter]

0:07:27.0 Mikey: I love that there's just a random clip-image of HuffPost just in the middle of it...

[laughter]

0:07:35.7 Bryan: Also no Black person has ever been to Apple Dave's ever.

0:07:38.6 Mikey: Absolutely not.

0:07:39.1 Bryan: Look at the pictures in the back.

[laughter]

0:07:41.8 Mikey: NO! [laughter]

0:07:42.8 Jordan: I can say from first hand experience that that's not true.

0:07:46.1 Bryan: Did you take a Black person there?

0:07:48.7 Jordan: NO! [laughter]

0:07:48.9 Bryan: I was going to be like, 'how dare you '

[laughter]

0:07:54.8 Jordan: Listen, Anyways, next...

[laughter]

0:07:56.8 Jordan: Now that we've all...

0:08:00.2 Da'Shaun: Did you ever even answer the question?

0:08:02.1 Jordan: Yes. I said mac and cheese.

0:08:04.6 Bryan: They said mac and cheese.

0:08:04.6 Da'Shaun: Oh okay, okay.

[laughter]

0:08:05.9 Bryan: Oh my God that's so beautiful...

[chuckle]

0:08:09.1 Mikey: Bryan...

0:08:10.0 Bryan: Okay let's see, I really think, that my comfort food is stuffing...

0:08:17.1 Mikey: That's good...

0:08:20.5 Bryan: I will... If I'm tired or sad or cold or whatever, I will just make a box of stove-top stuffing, or honestly, I will make a box of the store brand stuffing, it does not really matter. And it is bready and salty and herby, and I will eat the whole thing without a problem, very happily. And it's just so good, it's also because I think it's

one of those foods, I can eat any time, even if my stomach is upset 'cause it's just basically carbs and, I don't put real butter in it, it's plant butter, so it's not gonna mess with my gut at all. That's really, really nice. And it's like five minutes to make, and it's always funny to me that you boil the water with the butter in it, then you immediately take it off of the stove and then put the stuffing in and then cover it, then you just wait five minutes and it's ready. It doesn't even have to cook, it's wild.

0:09:27.4 Jordan: Magical.

0:09:28.3 Bryan: It is...

[chuckle]

0:09:32.3 Mikey: What about you, Caleb?

0:09:35.0 Caleb: I think I would say I have two that are coming to mind, one is a McDougle from McDonald's. I eat those quite a bit. Burgers generally are my comfort food. Also weirdly, when I got my autism diagnosis last year, the practitioner was like, "There's all this research coming out about how autistic people tend to just love dairy and gluten," and I was like, "That's wild." If there's any other dairy and gluten lovers out there, maybe you're also autistic...

[chuckle]

0:10:14.8 Caleb: The other thing that's coming to me is lately, I've been really obsessed with queso from Chipotle, their chips are so salty, I know, I'm shaming my culture and ancestors, but I do love that Chipotle queso.

0:10:36.6 Jordan: Listen It's not right, but it's okay.

[chuckle]

0:10:39.0 Caleb: Thank you.

0:10:39.6 Bryan: Honestly them salty chips, I love a salt, I love a salt so much, which is why I am taking... That's why I'm taking blood pressure medication. Not 'cause I'm fat, thank you very much. It's because I fucking love salt.

[laughter]

0:10:54.6 Bryan: The guac, the guac, oh my God the Chipotle guac, I could die for it.

0:11:01.9 Jordan: Doesn't guac come from... What's his face?

0:11:04.4 Bryan: Apple Dave?

0:11:06.3 Jordan: No, no, the Chipotle avocados come from James Franco's fucking avocado farm...

0:11:15.7 Bryan: What?

0:11:16.1 Jordan: You didn't know this?

0:11:17.5 Bryan: No.

0:11:17.9 Jordan: Maybe I made it up, wait I'm gonna...

0:11:22.2 Bryan: I'mma put that... It's okay, we gonna store that for the... On the Patreon, we'll have the curious case of the Chipotle guac...

[chuckle]

0:11:29.8 Bryan: We will do a hunt down...

0:11:33.3 Caleb: Mikey, did you answer?

0:11:35.8 Mikey: No, I was trying to hide because I haven't... I haven't chosen between two...

0:11:44.0 Bryan: Give us both of them...

0:11:44.9 Caleb: I did two.

0:11:45.3 Bryan: Yeah...

0:11:45.5 Caleb: I don't think you have to choose...

0:11:47.9 Bryan: It's food, you ain't never get to choose...

0:11:49.0 Caleb: No.

0:11:50.0 Mikey: You're right, You're right. I think the... Comfort food versus comfort food, there's the comfort food that is in the general genre of comfort food because of the implicit idea that we shouldn't eat them that often and that we can only eat them when we're weak, because of their "unhealthiness". There's that comfort food, but then there's personal comfort foods, that give you pleasure and can make you happy or whatever, in stressful situations. I have two: My sister's mac and cheese, which is... She visited me the other day and she brought me some and it was like

eating love, it's delicious, it's so cheesy, so smooth, so perfected over many hours and hours of experimentation and trying over... It's just wonderful. The other one is white rice, red beans, and some kind of stewed chicken or something, arroz y habichuela, cabbage on the side...

0:13:29.0 Da'Shaun: Say that one more time, say that one more time, say that one more time, say that one more time...

[chuckle]

0:13:32.7 Mikey: I said "arroz, habichuelas, y carne."

0:13:32.9 Da'Shaun: Yes, yes, yes. Yes. Yes. Si si si!

0:13:42.1 Mikey: I am probably 75% white rice, red beans and stewed chicken because that was... I think I'm pretty sure that's all my mom ate when she was pregnant with me and then that's... That was my favorite food when I was a kid and which is very Dominican of me or whatever but... Yeah. Just a well a made white rice can't be matched. A well made red bean can't be matched and if you know how to make stewed chicken, you're going to live forever so... [laughter] I think that's the eternal food honestly. It's not flashy, but it is good.

0:14:24.2 Caleb: I fucking love red beans and rice.

0:14:26.5 Mikey: Yeah?

0:14:26.9 Caleb: It's so good. Yes.

0:14:28.8 Jordan: Oh my gosh. It's just so unmatched.

0:14:29.7 Mikey: Oh my god. Red beans and rice and a fried egg just...

0:14:33.7 Jordan: So good.

0:14:34.6 Mikey: Boom. Perfect. But yeah, those are my two. Now I want some.

0:14:42.4 Jordan: Okay Da'Shaun.

0:14:43.5 Da'Shaun: Okay.

0:14:43.9 Jordan: It's time.

0:14:44.9 Mikey: Oh my god.

0:14:45.6 Da'Shaun: It's time.

0:14:46.4 Jordan: I'm ready.

0:14:47.1 Da'Shaun: Baby, welcome to the party.

0:14:49.2 Jordan: What we've all been waiting for.

0:14:51.7 Da'Shaun: Okay, so...

0:14:52.3 Jordan: My favorite part of every episode.

0:14:55.0 Da'Shaun: I'm pretty sure. I'm pretty sure that I've spoken about this on here already many many times so who cares, but... My number one favorite comfort food is and forever will be spaghetti, however, not like the Italianos, right?

0:15:15.8 Mikey: No. Southern spaghetti.

0:15:16.9 Da'Shaun: Very... Very much and more specifically nigga spaghetti. So, my mom used to... When I was growing up, she always made the spaghetti and of course we had to have sugar in it and also I don't know... I don't really care to hear the boos from the people. If you want to boo me, boo me. But I also not only add Parmesan cheese to the sauce but I also add cheese on top of the spaghetti and I eat it with ranch. Yes.

0:15:49.5 Jordan: Wait.

0:15:50.9 Mikey: Okay, I wasn't expecting that last part. It's just you had me and then I was like, why did you just shoot me?

0:15:56.9 Da'Shaun: I know. A lot of people.

0:15:57.7 Jordan: Can you tell me the ingredients?

0:16:00.1 Caleb: Wait, do you just add...

0:16:03.3 Jordan: What's the difference between regular spaghetti and what you're saying.

0:16:09.1 Mikey: Caleb wants specifics.

0:16:09.2 Caleb: Do you add ranch?

0:16:09.9 Mikey: Is the ranch inside?

0:16:10.5 Caleb: Do you just pour ranch on top.

0:16:13.5 Da'Shaun: Oh absolutely yes.

0:16:14.6 Bryan: Yes.

0:16:15.8 Jordan: But it's like... And it's like red sauce?

0:16:19.3 Mikey: Caleb said okay and then muted himself. I'm not engaging further.

[laughter]

0:16:23.3 Caleb: I just wanted clarification. I'm not passing judgement. I just wanted to know how that works.

[laughter]

0:16:31.2 Jordan: Where does the sugar go?

0:16:33.5 Da'Shaun: The sugar goes in the sauce and so this is how... Do you want a breakdown of how I make it?

0:16:40.4 Jordan: I want breakdown... I need a... As a white person I feel like I need a lot... Or just like a brief breakdown. 'cause I feel a little bit lost.

0:16:46.1 Da'Shaun: Let's get into it. Let's get into it.

0:16:47.5 Bryan: Welcome to the white education portion of the podcast.

0:16:49.5 Jordan: I feel like this is Elf... Like you know in the movie Elf, when he pours maple syrup on the spaghetti. That's what I'm picturing and I'm like I know that's not right.

0:17:00.2 Da'Shaun: No, that is not right. Okay, so here's how it goes. You ready? So...

0:17:07.2 Jordan: Yeah.

0:17:07.2 Da'Shaun: You first start off by browning the meat of course, right? You have to brown the meat while also...

0:17:12.1 Jordan: What kind of meat? Like beef?

0:17:13.5 Da'Shaun: Ground beef.

0:17:14.1 Jordan: Okay great. Delicious.

0:17:15.2 Da'Shaun: Yeah, I do not... I mean you could use turkey but why? So yeah. Ground beef and I like mine fattier... As fat as it can be, right?

0:17:24.2 Jordan:: Sure. Hashtag fatties talk back.

0:17:26.8 Da'Shaun: Exactly. So... Exactly, precisely. And so you brown the meat and in that then you start adding your seasonings, okay?

0:17:34.3 Jordan: Okay.

0:17:36.0 Da'Shaun: Now, I know that white homes don't always own a lot of seasonings, however...

0:17:47.5 Jordan: No I know what seasonings are Da'Shaun.

0:17:48.3 Da'Shaun: But I know...

0:17:48.5 Mikey: That's what I call cultural sensitivity. That's cultural sensitivity.

0:17:48.7 Jordan: Thank you so much for sharing.

0:17:48.8 Da'Shaun: This is DEI training.

0:17:56.3 Jordan: No I really appreciate it. 'Cause... I'm sorry what's a seasoning.

0:18:01.8 Da'Shaun: No, no, no, no, no. Okay. So you add your seasonings but in that process that's when I also add the sugar and the Parmesan cheese.

0:18:08.9 Jordan: Oh, okay.

0:18:10.2 Da'Shaun: Well the sugar goes in after I add the sauce to the meat, but the Parmesan cheese goes in on the meat while it's... After it's browned and then you boil the noodles, of course, in salt water and then after that the spaghetti is done and then after that I put on top of it, actual cheese slices.

0:18:33.2 Jordan: Yeah.

0:18:34.0 Da'Shaun: I break them up so that they melt into the spaghetti and then I put ranch on top.

0:18:40.2 Jordan: Wait. Can I have some?

0:18:43.1 Da'Shaun: Absolutely, I love nigga spaghetti for anyone.

0:18:46.3 Jordan: I'm about to drive to Atlanta right now.

0:18:48.5 Mikey: Cultural exchange.

0:18:49.8 Jordan: I'm about to hop in my Prius, drive to Atlanta, just so I can learn about this ranch spaghetti.

0:18:55.8 Da'Shaun: No, I literally love it. Like it's so good and what makes it different at least to me, from a more Italian spaghetti is that everywhere that I've gotten spaghetti from that's authentic to Italy, it's very acidic and for me, it just doesn't taste well for me and also acid reflux. So...

0:19:17.8 Jordan: Right.

0:19:18.6 Da'Shaun: The sugar cuts that of course, but also it just tastes... It's just so, so good and then I also was gonna say and I'm only saying this because Caleb mentioned Chipotle, and specifically their queso and I gagged because their queso is powdery so I'm just like I don't understand Caleb you're not only... You're not only upsetting your ancestors but also your own taste buds. I don't know what's going on.

0:19:46.9 Mikey: I'm screaming.

0:19:51.0 Jordan: That's hateful.

0:19:51.1 Da'Shaun: But...

0:19:51.2 Caleb: I never claimed high quality. I like what I like.

[laughter]

0:19:58.9 Mikey: Caleb said I'm not afraid. I'm not ashamed.

0:20:00.3 Da'Shaun: But I was also going to say... Well I was also going to say was that I'm perhaps shaming or upsetting your ancestors too because I like most queso. I love most queso and I will eat it any chance I get. So I feel like we're all just doing... Not doing things right but we're doing things our way.

0:20:16.6 Bryan: We are...

0:20:18.2 Mikey: It's not right, but it's okay.

0:20:21.0 Jordan: Our ancestors wildest dreams.

0:20:22.5 Da'Shaun: So true.

0:20:24.9 Caleb: I don't know Moe's. I don't know her.

0:20:26.4 Da'Shaun: Woah, wait. Do you not know for real, or you don't like Moe's?

0:20:28.9 Jordan: I've never been to Moe's, but I know what it is.

0:20:31.8 Mikey: Wait, what is Moe's?

0:20:32.6 Bryan: It's regional though, it's like a chain, but it's like regional.

0:20:34.8 Da'Shaun: Oh wait. So Caleb you don't, you really don't know what Moe's is?

0:20:37.8 Caleb: No, I literally never heard of it...

0:20:39.6 Bryan: That's Okay.

0:20:40.7 Jordan: I don't know what Moe's is either.

0:20:40.8 Caleb: Except but like that part made some sense...

0:20:40.9 Da'Shaun: Oh my goodness. Woah, woah woah, woah, woah. Okay, Moe's is to me one of the best Mexican franchise chain restaurants, not authentic Mexican food, but it's like Chipotle but better. And their queso, they have this white queso with jalapenos, and cut-up jalapenos. And it's so good. And I will eat it every day of my life, if I have to.

0:21:10.0 Caleb: It's not hard to be better than Chipotle.

0:21:13.5 Da'Shaun: That's true. That is true.

0:21:15.3 Bryan: We do have Moe's out here, in Southern California.

0:21:22.0 Da'Shaun: Oh, do you?

0:21:22.1 Jordan: I was gonna say...

0:21:27.0 Bryan: But you find... You often find Moe's inside of a, I guess I'm looking how often I've seen them in strip malls.

0:21:32.2 Jordan: I was gonna say...

0:21:32.7 Bryan: There's a bunch in South Cal.

0:21:35.2 Jordan: It's not like a... Atlanta's not the mid-west.

0:21:37.6 Bryan: Oh well no, hold on.

0:21:38.4 Jordan: Excuse the midwest...

0:21:41.0 Bryan: There are like three in Southern California. And then there's a bunch of other things called Moe's.

0:21:46.2 Da'Shaun: Okay.

0:21:47.3 Bryan: Yeah, like Moe's barber shop, you're not gonna go there for some queso.

0:21:52.3 Da'Shaun: When you all come to Atlanta for the Unsolicited FTB kick back, I'm taking all of us to Moe's.

[laughter]

0:22:00.9 Jordan: Yay.

0:22:01.0 Caleb: There's exactly one Moe's in California, and it looks like it's on a marine base.

0:22:07.4 Da'Shaun: Oh ew.

0:22:07.4 Mikey: You have to go, Cal... Oh, no.

0:22:09.7 Bryan: Oh you're right it is, you're right it's on camp Hamilton.

0:22:11.7 Da'Shaun: Never mind. Don't go there. [laughter]

0:22:14.0 Mikey: I was literally gonna say, "You have to go there by any means necessary", and then you finished, and I was like " oh, no."

0:22:20.0 Da'Shaun: But not those means.

0:22:20.7 Mikey: No, not those means. [laughter]

0:22:21.5 Bryan: It's in the... Oh wait, the ITT take it off. Okay, I thought it meant ITT technical school, and I'm like, "You got a ITT on a camp? On a military base with a Moe's in it?"

0:22:34.8 Mikey: Oh my gosh. ITT tech? ITT tech? You just threw it back so far.

0:22:39.5 Jordan: Oh my God!

[laughter]

0:22:40.7 Da'Shaun: But I mentioned that to say that, that queso was also one of my comfort foods, I love it, and even though I'm Lactose intolerant. I will, I don't care, fuck my stomach up. I don't care, it's so good.

0:22:50.4 Bryan: It's your lactate and some probiotics.

[laughter]

0:22:56.1 Da'Shaun: Yeah, seriously. I just, whenever I eat it, I make sure I have nothing to do next day, and I just let my body do what it's gonna do. [laughter]

0:23:02.1 Bryan: Obviously like, "Alright, here we go." Honestly, that's the best part, I was gonna say that's the best part about not going anywhere. I'mma say, I discovered I could eat cheese again because I didn't have to go anywhere.

0:23:16.1 Mikey: Oh my god.

0:23:16.5 Da'Shaun: It's great.

0:23:18.8 Mikey: Yeah. Okay, Caleb.

0:23:20.4 Caleb: On that note we're gonna switch to... We're gonna pivot to our main segment of the day.

[laughter]

0:23:25.2 Da'Shaun: Hey, we talked about nut juice before, okay?

0:23:28.7 Mikey: Yeah.

0:23:29.5 Bryan: Nut juice.

0:23:29.8 Mikey: No.

0:23:29.9 Da'Shaun: Go ahead, Caleb. I...

0:23:31.0 Mikey: No, no, no.

0:23:36.4 Caleb: So today, our column is again about the tragedy of heterosexuality in the form of...

[laughter]

0:23:45.1 Caleb: Our dear Prudence advice column, which I believe Mikey is gonna read for us. Mikey, do you wanna take it away?

0:23:53.5 Mikey: Absolutely, would be my pleasure. Yeah, I'm glad you brought that up because when I read this, I was like, "Wow, this is incredibly straight. Just so abrasively hetero." Okay, so here we go: "Dear Prudence, I am a 42-year-old woman. For most of my life, maintaining a stable weight hasn't been a problem. I exercise five days a week and generally eat healthy. My routine didn't change, but since I turned 40, I've gained about 10 pounds a year. I've tried everything, but can't lose that weight unless I exercise every single day and keep to a very strict diet and eat the bare minimum of calories. Once I go back to my regular eating patterns, the weight comes back. I don't have any underlying medical conditions, my doctor says it's just a slower metabolism that comes with age. I've tried every diet under the sun, every exercise, hired a trainer, done a prescription weight loss program, but nothing works.

0:25:01.6 Mikey: I was initially quite depressed about it, but I have recently come to the conclusion that this is me now, and I would rather live my life and be happy than miserable and dieting. The same exact thing happened to my mom around my age, so I suspect it may be hereditary. The problem is my fiance, he is on me constantly to lose weight, I have explained the situation to him several times and even brought him to the doctor's office with me. I keep food diaries, I know I am not overeating, but he is the kind of man that can give up chocolate for a week and lose 10 pounds. He does not understand. He frequently pulls up pictures from when we first met and says how nice I looked. I understand that I have put on 30 pounds since we started dating, but he has every right to be upset." Wow, oh my God. "But I just don't think I can do what it takes to get back to being 30 pounds lighter. Should I be miserable and lose the weight to make him happy, or should I leave and find someone who will accept me as is? From No More yo-yo.

0:26:13.1 Jordan: Wow!

0:26:14.5 Mikey: Okay.

0:26:15.4 Da'Shaun: What a train wreck.

0:26:16.5 Mikey: I know!

0:26:18.6 Jordan: Here's my thing. 30 pounds is not that much pounds. I guess maybe it depends on the person, but every time I hear stuff like this where it's like, 10 pounds, 20 pounds, 30 pounds, I'm like... Is it real... It's wild to me just like how committed to thinness people are that it's like how is that really looking on your body? I can't imagine that it's like you have completely changed appearance.

0:26:50.8 Mikey: Yes. 30 pounds is not a lot of weight to gain. It is a huge...

0:26:55.3 Jordan: No, it's a lot to lose.

0:26:58.1 Mikey: And it's... Yeah, yeah, I know what you meant. It's not a lot to gain. It's not the kind... It's not the amount where like there is a real change to your physicality as well as your day to day, or just how you look in general, or how you're perceived. 30 pounds isn't actually do very much. Although I have seen some pictures where people claim to say, "Oh, this is me, 10 pounds lighter." But I think the difference in a lot of those is that they gain muscle and whatever, blah, blah, blah, blah, blah. Anyway... But yeah 30 pounds...

0:27:37.5 Jordan: Not that the pounds matters. [laughter]

0:27:37.7 Mikey: Yeah, not that it actually matters, but 30 pounds is hardly noticeable, and also a ridiculous amount to have to lose. And, it's really telling that she ends this by saying, "Should I be miserable and lose the weight to make him happy? Or should I leave and find someone who accepts me as is?" She's still posing weight loss as a possibility, when she's literally gone through the process that proves it's actually not an option. She cannot lose this weight. She says that she can't lose that weight unless she exercises every single day, and keeps to a very strict diet and eats the bare minimum of calories. But, I don't actually think that's the case. I think that would work up to a point and then, she wouldn't be able to lose the rest. Because she says that she saw the same thing happen with her mom.

0:28:26.9 Jordan: Yeah.

0:28:28.0 Mikey: These are not... It's not like we try harder and harder, doing the extreme thing and then it works out. It's that... Sometimes it's literally not possible.

0:28:43.5 Jordan: Correct.

0:28:44.5 Mikey: And yet... And this person has gone through the trials and knows that it's not actually possible, but still poses it as an option at the end, in their mind. There's an option they're considering that they've already proven is not an option.

0:29:01.6 Jordan: Which I feel is so common...

0:29:03.6 Mikey: Yes.

0:29:04.8 Jordan: I feel like as fat people like most of us, I feel like for most of my life that's been how I've felt too, where it's like if I just tried a little bit harder, if I just did this one next thing, if I just you know... Then maybe it was possible. But it's really I think hard for people to get it, into your brain, and also body and soul to understand that it's actually not possible for a lot of people...

0:29:31.0 Mikey: But that's what we do...

0:29:32.8 Jordan: Most people.

0:29:34.2 Mikey: Every day. We already know that weight loss is rare, unlikely dangerous to get to life threatening, that we'd lose a lot more that is positive than negative in the pursuit of it. And, we just know that it's just not... Not likely that we're going to lose the weight. But we still postpone important life events for times where we might look better. We still get mad at ourselves for gaining weight, for not losing weight, even though we know that it's extremely unlikely that we'll lose weight. And we do things every single day that mimic the same thing that's happened here. It's just... It's an example of how weight loss is. It's not a mandate that... It's not a reasonable logical mandate, that is substantiated by anything but anti-fatness and anti-Blackness.

0:30:49.1 Bryan: What I really think about here is, what you... This woman, as you said, has tried all of these things. And, has had the fortune... Good fortune to come to the conclusion that she wants to be happy with her body and live her life instead of being miserable. Again, from the heterosexuality point of this, it's still like, "Oh! But should I be miserable for a man that I haven't even married yet? I don't even have to go through the divorce process yet." But it's a great example of this expectation also for women, that you don't have value unless you've been... Unless you have married or found love. In this... Or found a relationship, the one that is blindingly heterosexual but also very, very cisgender too.

0:31:57.9 Jordan: Yeah, I was gonna say, I don't even know if it is like...

0:32:00.4 Bryan: It's so cis like.

0:32:01.0 Jordan: If it really even is that like a hetero idea because I feel...

0:32:05.5 Bryan: Because Cis white gay men...

0:32:07.1 Jordan: But even cis white lesbians and bisexual women, I feel like enacts this violence too. Some of the most toxic fitness culture I've seen from people has been from trans-masks and of all races and white lesbians, are the two groups in my head that I'm like... And maybe that's just 'cause the identities that I'm closer to and so I engage more with. But I feel like I see it all the time, it's really toxic like I'm gonna look good for my partner, or whatever it is and... Or it's affirming for my identity to be hard and straight-bodied and stuff.

0:33:01.4 Bryan: I mean as a Black, as a... As a fat Black person, who just like being fat and gay for as long as I was. I never got as many terrible things as I had said to me by white gay men ever... Like just straight up like you're gross, you're disgusting. And that's what this man is saying to his wife by showing her these photos, he is, in this example, a literal personification of anti-fatness being... Trying to push her back into doing these things that she's identified are not healthy. She even did a prescription weight loss program and those things are terrible, absolutely terrible. And I just can't... I mean, she said he's the kind of man that can give up chocolate for a week and lose 10 pounds.

0:34:05.5 Bryan: First of all, it's clear, she doesn't understand here is that's like most men. The metabolisms of men are different, and so those first pounds can go quick but they also come back, as we talked about... And yeah, it's just, it's really... It's just... And the wild part about her doctor... Her doctor even was like, "Stop worrying about this" And here she is wondering... Does he have a right to be upset? No, he didn't have a right to be upset. He has a right to be told he's a terrible person for treating her this way. Bodies are bodies, and they change, and people... You love the person. If you didn't... Clearly, this man never loved her, he loved her body. And the particular version of her in that body. Because he seems to be more interested in the body than the person, which was inevitably going to change, anyway. Get out now, girl. Honestly, you're saving yourself a lot of heartache.

0:35:22.7 Caleb: Yeah, it really begs the question of, what does he like about, why is he in this relationship? If his primary concern is her body and her weight... I think it shows the... So Jordan's earlier point that 30 pounds doesn't actually change your body so significantly. But it shows how much thin people scrutinize their bodies such that that difference is going to... May potentially make or break their marriage, right? And the idea that the people are in partnership and that their partners are status symbols.

0:36:09.9 Caleb: And I think it's true across gender and sexuality. I know I've had people tell me that they work... They couldn't be with me because of essentially, what it would look like to be in public with me. And how their families would respond to being with me, even if they were attracted to me. And I think that's also partially why I had to stop watching Queer Eye because Tan France is so fucking bizarrely, aggressively fat phobic, and he's been very open about... He told this story

about how his first partner left him because he had "let himself go", and now that's why he is so focused on his appearance for his partner, so his partner doesn't leave him. And then like reproduces that sort of logic to the people that he helps. And it's just such a huge part of why I can't engage with Queer Eye.

0:37:11.0 Caleb: But it's also just a huge part of just romantic culture that your partner is reflective of you as a person. And that's so much... That's also part of what makes dating as a fat person hard too. Like, people are attracted to us, but they also know that if they are seen in public with us, that's going to hurt their image. Or it's going to do something different to their image. So yeah, fuck this dude. He's... I just have so many questions about why he's with her, especially because what he's recommending is going to damage her body and her overall well-being.

0:37:58.1 Caleb: Like, we know that weight cycling is the thing that threatens people's overall health. It's not being fat. It's the weight cycling and the tendency for a body to gain weight after weight loss, because weight loss often results in weight... Gaining the weight back plus some. And often leaves you fatter than you were at the point. So, yeah, she's just fighting her natural body and she can't do that for the rest of her life, so. Yeah, I think we all deserve partners that are not going to shame us for our bodies and they're going to accept us... Accept them as they are, especially as they age.

0:38:51.7 Da'Shaun: Yeah, I have so many thoughts, and Caleb, I love what you just ended with. I have so many thoughts about this whole thing, because I'm reading this and I'm like, "We don't even know that she is fat now. We know that she gained 30 pounds, but we have no idea that she's actually a fat woman because, like I said my...

0:39:11.9 Mikey: Yeah, that was my whole point at the beginning about the 30 pounds. It's like, she's probably not even fat.

[laughter]

0:39:17.2 Da'Shaun: Right. Like you said, there's just no way of knowing whether or not this person is actually fat. But I think that part of what is so frustrating for me reading this, and I don't know if this is like a culturally specific thing or if this is true across varying cultures, but even if she were to leave this man, right? Like, we already see in the ways that she's phrasing her question, that she's willing to put her body at risk, quite literally, to please her husband. But even if she does leave her husband, right? I'm assuming this woman is white, but I have no idea. I know that in Black spaces in particular, there's also this idea that when you leave a man who was bad to you, that part of the way that you sort of pop out at the end is through loss weight as well, and so I wonder... I'm also thinking like, well, she's claiming that she would leave this man to be happy with herself and find someone who's happy for

her, but depending on the culture in which she's been brought up in, like, so much of that may not actually be true once she leaves him.

0:40:29.0 Da'Shaun: I'm thinking, I'm recently out of a partnership and that was something that I was thinking through so much, I was like, obviously this weight of mine is going nowhere nor do I want it to go anywhere. And I just think so often about like, the ways that we talk about glow-ups and post-relationship glow-ups, and the ways that we then place the onus of support and care and love and adoration on the person who was harmed and not by the person who did the harming. And in this case, it really sounds like her husband is being really emotionally abusive towards her and super manipulative. And I think that like, it's only being written about and not talked about in a way that is abusive because of the fact that he's asking her to not be fat. And fat people cannot be abused. And I think that like that is just such... That's what's frustrating me about all of this is that, just no matter where she really goes with this, there's always a possibility that she comes out on the other side choosing still to understand her weight as an obstacle and not a part of who she is.

0:41:45.3 Da'Shaun: And I think that... Jordan, you mentioned transmasculine folks, and I thought that that it was just really interesting because... I agree for one, but also the sixth chapter of my book is literally all about that, about how transmasculine spaces and like non-binary masculine spaces are really particular about size and body. And my ex-partner, he was like... He had gained a lot of weight in our relationship over the past year, and of course, I loved every bit of it, and part of him, I think also loved it and felt very out of place and insecure, because there's a particular size you're supposed to be as a transmasculine person in the world. And when you're no longer that size then you are no longer affirmed in your masculinity despite your best efforts of trying to be affirmed in that, and so...

0:42:46.8 Da'Shaun: Yeah, I definitely am saying that to just say that I agree that it is... It's very true across gender and sexuality spectrums. And I don't know, I worry for this writer because I just know... And all of us I know are very aware of the level of psychological tear that comes along with being terrorized and abused because of your weight because of your size. Especially in a romantic sense, and that's always been one of the biggest things for me that has been hard about living in a fat body, because as Sabrina Strings writes about in her book, and as I've written about in mine, so much about anti-fatness is predicated on desire. It's because desire is about power and who holds power then is predicated upon who is thin or who is closest in proximity to thinness.

0:43:41.8 Da'Shaun: And she's losing that power, she's also getting older, which means she's also dealing with ageism, right? Like, there's so much that comes along with... And then of course, the misogyny. There's so much that comes along with existing in a fat or larger body than you once did and I think there's a conversation there about this sort of predatory nature that requires people, women in particular,

to exist in bodies that are as thin as they were in their 20s or in their teens. Like, there's something very, very predatory in particular about that level of violence that I think also matters. So that's just to say that I hope that she does leave, because to me it sounds like, she's being abused and preyed on, but also I hope that when she chooses to leave, that it is because of her own desire to be with someone who loves her for her body, and not because she...

0:44:34.4 Da'Shaun: And that she doesn't fall into the trap of feeling that she has to lose that weight, or put herself at risk by doing what she said that she could do or going under the knife, and possibly killing herself for the sake of love. Because what I also want a lot of fat folks to sit with, despite our best efforts and despite how much we deserve, like, so many of us don't get the love that we deserve. Because romantic love, in my opinion, love I think in general, is very much a failed project and as one of my friends would say and so some of us get access to it and some of us don't, and I don't want us to kill ourselves over trying, because it's not a guaranteed thing, unfortunately.

0:45:23.6 Jordan: And I think also it's the thing where it's like we as fat people don't ever have... And obviously, the politics of representation are flawed and don't actually mean that much, but we don't see fat people in relationships like, represented anywhere. [chuckle] I'm trying to think of shows and movies in which like, you actually have seen that and the movies I can think of are like, maybe like Queen Latifah movies from a long time ago. And then like, Gilmore Girls like Sookie, Sookie in Gilmore Girls.

[chuckle]

0:46:02.1 Mikey: I immediately thought of Phat Girlz, the movie with Mo'Nique.

0:46:05.2 Da'Shaun: Same.

0:46:05.9 Jordan: Oh, yes, that one too like...

0:46:08.6 Mikey: And I also thought of My Mad Fat Diary, that one.

0:46:12.9 Jordan: That one. Like, there's just so few that it's like a handful, you know? And I think that like...

0:46:19.3 Da'Shaun: But even Phat Girlz is not really the greatest, because her body is fetishized in a very particular way, but also the man of her dreams is this thin muscular man who is glistened...

0:46:29.7 Mikey: Listen, do not get me started on Phat Girlz, I have seen it 10 times. I have so many thoughts.

0:46:33.8 Da'Shaun: Yeah, same.

[laughter]

0:46:34.1 Mikey: I could talk about it for it hours.

0:46:37.3 Da'Shaun: Yeah. Sorry, girl, go ahead.

[laughter]

0:46:37.7 Jordan: No, no, no, no, no...

0:46:38.5 Bryan: I know where that's gonna go. I know exactly where that's gonna go.

[laughter]

0:46:41.4 Jordan: We should actually... I feel like we should do an episode that's on... I'd love to do an episode that's on the politics of representation of fatness. Just put a pin in that for later, but it also is like, I have a very core memory of... This is such a silly movie, I don't think any of you have seen it. It's called the Sleepover, and it's like this movie... Wait, I'm gonna look it up. I'll Shuffle link, but it's... So, in this movie, basically it's like, is it the Slumber Party movie? I don't know, it doesn't really matter. But in this movie, there's like... It's a group of these girls and they're having a sleepover, and they go and they sneak out of the house and it's like a whole thing. It's like a teenage girl movie. But one of the girls in the movie is like the fat girl. She's like, not really actually that fat, but whatever. And she's lusting after this boy.

0:47:46.4 Jordan: And in the movie there's this line where she's sad because the guy doesn't like her and then the protagonist girl who's played by I think the girl who's in Spy Kids, what's her name Alexis Vega, I think is her name, they're having a conversation and she tells the fat girl that like, "Some people like brownies and some people like celery and you just have to find a guy who also likes brownies." And it's basically like if you're a fatty you have to be with another fatty and you can't be with the thin person and that's okay, but it's like, in my whole life, I have like...

0:48:30.7 Jordan: I swear to God, I don't know what this did to me, but in my childhood brain, I was like, so upset by this and I was like... There was so much I think like internalized fatphobia that it made me be like, "Why do I have to date another fat person?" As an 11-year-old watching this movie, I was like, "What the fuck? That's fucked up for me." And now I'm like, "Wow, I hated myself so much," but I don't know. It's just this, like, our understandings of relationships as fat people are like, just so skewed growing up.

0:49:11.8 Bryan: I have been doing a lot of work with my therapist on the dynamics of my particular relationship, and my partner's sort of coming to understand that he is somewhere on the asexual spectrum. And that sort of coinciding with me, like getting back to being interested in sex throughout the pandemic and really starting to unpack that for so long in my life, I wanted to know if people wanted to have sex with me? Not whether they loved me or cared about me, but... And I was reminded of this, when you talked about desire, Da'Shaun. I literally said to a friend, I think it's always been about understanding whether I was desired or not. And that the being desired was the validation that I was looking for and that... And I didn't understand that care and compassion and kindness and support. These words that we often all wrap up in the word love, right? Could exist outside of this need to be sexually desired. That desire was a particularly pernicious instantiation of that sort of concept, where again, it became the overriding factor.

0:51:12.8 Bryan: So often I was like, well if I think they're a nice person and they think I'm hot and I think they're hot, well, we should definitely date. Like, I didn't understand that... I also didn't understand that you could desire somebody and not want to have sex with them, like, those could be different things for so long. Because for me in this body, in the fat Black body that I exist in, there was nothing more important to me than being desired for so long. And it's been so important, I think for me to learn to understand what exists outside of the politics of desire. I think about, Da'Shaun, I think about your piece as around ugliness as a politic. And for a long time, I struggled with that concept, because I didn't understand what it could mean to sort of like, not play into the politics of desire. I think about that a lot these days when I think about what clothes I wanna wear or how I want to dress and what type of a statement or like what is the message I'm trying to send.

0:52:22.6 Bryan: And so, I think about this writer who clearly, I just wanna be clearly like has... Is not in a good place with eating in general. And I say that because they are like, I keep food diaries. And your thought process around eating is not healthy if you're keeping food diaries. We should be able to enjoy the food that we choose to put in our bodies without having to make a log of everything about it, unless we have a particular... Unless we have a particular medical reason where we're trying to determine like, is this the food that's upsetting my stomach or something. But yeah, I worry that that this woman is going to come out of this relationship and continue to have a broken relationship with her body, with her weight, with the fullness of who she is. And I use the word fullness intentionally. Because she seems to be stuck on doing these things for... At least partially, for staying a certain weight. Even if it's not the 30 pounds lower than her fiance is asking her to do so.

0:53:54.6 Da'Shaun: Yes, this... I'm thinking, again, I just... So, get yourself together, Da'Shaun. The things that I am thinking about right now, I'm sorta going back to the cultural relevance or the, I guess, like the cultural specifics of all the things. And this

makes me think about Tyler Perry's "Why did I Get Married?" Where Sheila had to drive up that mountain for the sake of her marriage, where her husband was cheating on her with this thin woman, right? And not only did she not get her ass beat by Sheila's friends, like she perhaps should have, but the husband was also allowed to stay there as well. And I think so much about the ways that that showcases, even if indirectly, right? Like, we know Tyler Perry does not have a fat politic, but it indirectly shows and showcases particular ways that fat folks are un-cared for and are un-held even by the people who are closest to us and hold us most dear.

0:55:05.0 Da'Shaun: And I think that what this writer is talking about, just reminds me of that, where it's like, people love us and that love always fails to an extent because our bodies exist outside of love's hold in so many ways. And I think that that is such a complicated thing to come to terms with, just as it is to sit with this politic of ugliness, where now you have to embrace yourself. Your entire life, you've gone, and wanted to feel beautiful, wanted to feel pretty, wanted to feel sexy, wanted to feel loved, wanted to feel desired, and then you're having to sit with and say, "Well, what does it mean for me to want to place myself into a position that comes with a very particular level of power that then subjugates other people who look like me?" And now you have to work through all of that complicated... All of those complicated feelings about what that means or what that looks like, and then have to sit with, "Well, okay, then I actually have to embrace ugliness as an identity, as a politic, as something to hold on to, as something that is valuable for as long as we live in a capitalist state that is predicated on power through beauty, on power through desire, on power through anti-fat, anti-Blackness."

0:56:28.0 Da'Shaun: And I think that that film also speaks to what I was talking about earlier, where Sheila, who is Jill Scott, who was also in the fat suit loses weight, she loses weight, she gets this nice body, she gets this man who loves her so much that he sort of like does this work out regiment with her for however long, and then she pops up on the screen again, and now she's lost all this weight, she's got this "snatched body," that again plays into this idea that love is only associated with desire and power. It is a status of sorts, marriage is a status of sorts, and therefore it affords you a very particular level of power that sort of in many ways forces you into being in as close proximity to the things that are a lot of power as possible, which in this case, what Sheila was, moving closer to thinness, moving up in tax bracket or in her... How much money she has in her pocket, and also in being married to a man who has a very particular level of status, he was a sheriff, which has a very particular status, unfortunately in society.

0:57:47.8 Da'Shaun: And so I just think that there is so much to say about fatness and love and desire, and in this case, with this writer, I think that she is experiencing so much of the violence of love and what it requires of you to be able to hold on to it as a fat person, and again, that's what... That's assuming that she is fat 'cause we

don't know that she's actually fat. I could talk about this all day long, so I'll stop there.

0:58:22.2 Jordan: No, that also brings up for me, like going back to the transmasculinity of it all, having to risk desirability for transmasculine folks, because I think for fat women, this... There's the ideal body type, there's the hourglass body type. So even if you are fat, there's still a way to, to reach that, not ideal, but to like fade...

0:59:02.7 Mikey: To replicate the body hierarchy.

0:59:04.2 Jordan: To replicate thinness.

0:59:06.2 Mikey: Yeah.

0:59:06.9 Jordan: Yeah. To like essentially replicate thinness in certain parts of your body. And I know for me as someone who, when I was presenting more feminine, that was a big thing for me, where I was like, "I'm going to show off my curves and I'm going to accentuate the thinnest parts of my body", and a big part of me fighting, I guess, like my internalized transphobia and also internalized fatphobia, was being able to give up the desirability that I did have in those ways and risk, risk being undesirable to people and allow myself to choose to look bigger by wearing more masculine, "masculine silhouette," whatever that means. But to do these things and in that choosing fatness, but in that also choosing to maybe not have... To choose to not be desired in the way that I was before.

1:00:24.4 Jordan: And I think that's really prevalent with transmasculine folks, and why transmasculine folks in general, get so wrapped up in thinness, because it's like in choosing happiness with your gender, you're also choosing or risking desirability that you once had, and the only way to hold onto that desirability is to lose weight, to have a straight up and down body, which is not necessarily... It's just not natural, I guess for, not to say AFAB, but for AFAB folks, the way that we carry weight is in... Not that way. Even with, I'm on testosterone and my ass is still so big. [laughter] So, I don't know. [laughter]

1:01:15.8 Mikey: The humble brag, the humble brag.

1:01:20.0 Jordan: Not to brag but my ass is huge. [laughter]

1:01:23.5 Da'Shaun: Booty so big, Lord have mercy. [laughter]

1:01:23.7 Jordan: Have mercy. Yeah. I don't know. I think we're gonna talk about that more on the episode that we have coming up about butch-ness and obviously, so I guess someone else talk about something else but...

1:01:40.1 Mikey: No I love... I really just love hearing y'all talk about the intricacies of fat phobia within the... Colliding with being marginalized by gender. It's... I love it and it gives me life because, this space, the conversation is so saturated by a feminised conception of fatness and fat phobia. And I mean, the relationship...

1:02:15.9 Da'Shaun: Talk about it.

1:02:16.6 Mikey: Yeah. The relationship between patriarchy and fatphobia and misogyny is very clear, yes, it's there, but to apply a binary gender analysis to the concept of fat phobia is ridiculous because one, we know that gender ideals are baked into gender even through the binary lens so how are we not transferring that complexity to the discussion of being trans, and embodiment and how trans embodiment is often seen as parallel to thinness or even just like, I think about the politics of fat androgyny a lot. And I have lots of thoughts on that, that we definitely don't have time for, but I just...

1:03:09.0 Jordan: We'll talk about it at some point.

1:03:10.3 Mikey: We'll talk about it at some point.

1:03:10.4 Jordan: 'cause I think we all have a lot of thoughts on that.

1:03:13.3 Mikey: Yeah. Because I remember when we were, sort of talking about our identities, with regard to queerness and gender and I told y'all that my relationship with my gender is antagonistic. And a lot of that is because of fatness, and fatphobia has really challenged, more recently my willingness to, I don't know, it's just, it's the whole un-gendered flesh issue coming up again all over again. But, the point is, I love hearing y'all talk about it. I'm just... I appreciate y'all's knowledge so much in this space because it's important and that work is just in such short supply right now, so thank you.

1:04:17. Jordan: It also... Not to go take another turn down this [chuckle] rabbit hole that is not really necessarily relevant to this episode, but then it also gets into the medical gate keeping of transition and, you know, the fact that, if I wanna get top surgery, there's only like five surgeons in the entire United States that will do it. So, [chuckle] I don't know.

1:04:43.2 Da'Shaun: And it will cost you two to three times more than your thin counterparts so...

1:04:46.1 Jordan: Yeah. They won't take my insurance, so... [chuckle] It's... Yeah, I don't know, it's very interesting. And I'm sure it circles back to what we were originally talking about. So, if anyone has some really smart way to circle back to the article, I invite you.

1:05:04.0 Bryan: Yeah. I mean, I think that it does, right. Obviously this person, well, not even obviously, we have no idea what this person's gender is besides what she named as, you know, being a wife, but I think that this plays a significant role in also... Hi Da'Shaun speaking. I think this plays a very significant role in all of this because fatness is structured in a very particular way that really does affect all of us across the gender spectrum and outside of gender. Because everything is gendered. And so I, I just think with this writer like I really I feel so much sympathy for her because I don't see a difference between the medical abuse of fat trans people and the emotional abuse and mental abuse of fat women in marriages to men who are concerned solely about or solely with their status. And in particular, their status and proximity to their wife, right? And also, I don't see the difference between that and the major, I'm gonna call it homo normative abuse of fat queer folks in our spaces from people who refuse to see fat folks as more than things unworthy of desire, right? And who we are not interested in holding, giving grace to, etcetera, because we don't find and by we I mean like queer folks as a whole, don't find fat folks sexually, romantically or even platonically desirable.

1:07:20.6 Da'Shaun: Yeah.

1:07:22.6 Bryan: And so I'm saying that to say that I do think, Joe, that all of these things are very interconnected and I think they matter because the very reason why this writer is even where she is, is because of desire. And I'm gonna always be the one to bring us back to the fact that that is because of anti-Blackness. And so even if this again, I think I've said this before, even if this writer is a white woman, what she's experiencing is the residue of anti-Black violence that her body helps to sustain. And that means that there is no way of undoing this for her unless she's also, unless we are also undoing the violence of anti-Blackness and I always want to remind our listeners of that, and ourselves, because I think that it becomes very easy to forget that. Because that analysis is not a super widespread analysis, in fat study spaces or fat politics spaces, but it matters because there is no anti-fat violence without Black bodies. There is no anti-fat violence without violence against Black bodies and that is... It's just too significant of a point to to not make, especially in these conversations because the politics of ugliness and the politics of desire for me also meets at the heart of the Black fat identity, the Black fat trans identity, and that matters, so just saying that to try to be the one to bring a smart point together. [chuckle]

1:09:05.5 Jordan: And you did.

1:09:06.0 Mikey: I also... You did.

1:09:06.7 Jordan: You brought it... You brought it back.

1:09:09.5 Mikey: You did the smart person looping back thing.

1:09:12.5 Jordan: I thought of a loopback. I want Mikey to talk first, but I thought of another loopback that I'll say after Mikey says what she was gonna say.

1:09:21.5 Mikey: Well, it's just the discussion about violence in general. I wanna look more closely at the violence here as it's been perpetrated. Specifically, I want to talk about the act of, pulling up pictures from when they first met and and the reason for this is because I'm gonna call back to a point that Jo made earlier, be with regards to like you don't see fat people like in relationships, like there aren't models, at least there aren't popular models for this. And so I think that that has this dual effect of... And I hate this word, but I'm gonna use it now of normalizing, normalizing the kinds of mundane violence that we experience because you don't see us in relationships, which has the effect of...

1:10:25.5 Mikey: It basically has the effect of social devaluation in which, like the negative things that we think fat people deserve are transplanted onto their romantic or sexual relationships because we don't see healthy examples of those things, especially of people who are dating those who are not the same size as them or even in my case, dating someone who is in a normative body and is also white and like... And me being a Black fat woman, who is in a positive relationship with somebody, who is deeply caring and loving and wonderful, I'm gonna use my own relationship as a counter to the implicit assumption that being in a relationship as a fat person means experiencing this violence by nature, by some kind of natural law that dictates it as the case. There is nothing about fatness, or the existence of fatness, or our fatness, or fatness on our bodies that inherently justifies our abuse or harm and so we...

1:11:56.5 Mikey: And I know that it seems like a very basic point to say fat people who are listening do not anticipate that this kind of violence is correct or justified or by virtue, and inevitably a condition that comes along with you being in a relationship as a fat person. I'm just saying it explicitly this kind of violence is not acceptable. Violence towards our bodies may be socially acceptable but that doesn't mean it's right. And so even though we see this kind of violence over and over and over again, it's important to say that it's fucked up, horrible, weird, disgusting, not warranted and we don't have to choose it, 'cause we usually don't get the chance to choose it. But I'm saying when we do, we don't have to choose it. The act of pulling up a picture of your partner from when you first met over and over again because she says frequently... She says that he frequently does this, and saying how nice they looked when you first met is such a disregard of not just the general rule that you don't go out of your way to harm other people for no fucking reason.

1:13:39.8 Mikey: It's just weirdo behavior. It's weirdo behavior. It's gross. And I just wanted to really directly call that out because I think that before I had the

opportunity to have a really positive relationship, I just assumed that this kind of violence was what I was going to get if I decided that I was going to pursue love, if I was going to pursue desire, if I was going to pursue a partnership with somebody, that this kind of shit would just be there and I couldn't do anything about it, and it was going to happen regardless of how good my relationship was or how good the person I ended up marrying was or whatever. I just assumed that I was going to deal with this because those are the kinds of things that I deserved by virtue of my existence as a fat person. And nobody countered that idea for me until I met my husband. And it took way too much violence for me to get to that person. So yeah.

1:15:01.0 Da'Shaun: I really quickly want to say one, thank you Mikey for sharing that, I think it's very important. And I also think that it taking you that long to get to that person is the evidence for me, that... Our bodies oftentimes are I guess, maybe purported to exist outside of the scope or the realm of love, capital L, this structural love that we've assigned so much status and power to.

1:15:54.2 Mikey: Yes.

1:15:54.3 Da'Shaun: And I think that I have an essay coming out in a book called Black Loves Matter in February and most of the book is written by Black romance novelists. And then here I am, this Black fat scholar who's not writing about Black love as a savior but writing about Black love as a Trojan horse of sorts, that we've named Black love as a way to sort of subvert the violence of love itself and yet the very scope of or the very makings of the violence of love have always entered into those spaces too, because we don't undo anti-Blackness, essentially. And I...

1:16:40.0 Mikey: Oh I have chills, I can't wait to read this.

[laughter]

1:16:44.7 Da'Shaun: I write about... I use pop cultural moments like Shrek and Beauty and the Beast to sort of make the point that so much about the violence of love and the many iterations that we come up with just to remove ourselves from that violence. I think so many of us talk about Black love or fat love or Queer love or whatever as ways to sort of subvert the violence of love that even if it's not named that we understand to be violent and we still cannot escape wholly that violence because we are creating conditions under which the very structure that makes love itself violent still exist. And so in my head, I'm always going back and forth because I'm like, "Yes, we deserve, we deserve, we deserve, all of us deserve to feel seen and heard and held and all the things." And even when we are, maybe even when we do experience those things, are we fully outside of the scope of love's violence? And the answer becomes no, which is why... But I think that we only know that when we start to see these really major examples of that, with what this writer is writing about, when she's like I'm being threatened and manipulated by my husband to be

the size of someone that he saw, I think... What, was it a decade ago?

1:18:34.0 Da'Shaun: However long ago... I don't remember if she said the amount of time or not. But however long ago that they met, I'm not gonna be that size anymore. I'm not that person. I cannot be that same person, and yet you're requiring this of me. And we see that as violent, but we don't see the sort of smaller ways that fat folks are having to navigate anti-fatness in relationships, even with the people that are not doing this like this man is doing her. It's really shitty. [chuckle] And that's why I'm just like, "Ugh, I feel for her," because we... What I think is that we all deserve to be as close to the feeling of being held as possible by the people who love us and who are most dear to us. So those are my final thoughts.

1:19:33.7 Jordan: I agree. And I also think that all of this talk, and, Mikey, what you're talking about, it really brings up to me how people... Obviously, I feel like this is all we've been talking about, but people view fitness as the thing that's like, "And now you're no longer a candidate for a relationship." It's like, and be that if you gain weight, and then you get dumped. Or if you just are fat, and then you're not... There's always a limit. And even from childhood, I feel like that's been so nailed into my consciousness. I have like a core memory... Me and my core memories today... I'm really bringing it back to my youth. But I have another core memory of I was in like sixth grade, and this kid told another kid in my grade that he thought I was really pretty, but I was too fat to wanna go on a date with. And then someone else... The person he told that to told that to me.

1:20:50.3 Jordan: And I feel like these are the things that I have carried with me into adulthood and into my relationships, and especially as someone who is in polyamorous relationships, and how I've allowed myself to be... Not a victim, blame myself, but I stand by this, like how I've allowed myself to be treated in my relationships as an adult, especially my polyamorous relationships, where I've been not the primary partner, and allowed myself to be treated very poorly because of that, especially when I was the only fat partner, especially when I was the only trans partner. And these are the things that are just so pervasive in all of our lives. And I also think it's something that can feel very shameful, and so it's not something that we always are talking about. It feels shameful, I think in, especially... I don't know if this is specific to the United States and the culture we have here, but there is an innate privilege to being in a relationship, and I would say, especially, in a monogamous relationship. So I feel like it then becomes shameful to talk about not having access.

1:22:12.9 Jordan: And then also, as I feel like maybe we've talked about before, then if you talk about that, then it feels... People might interpret that as predatory or as if... I know when I've talked about this on TikTok, people have been like, "Well, no one owes you a relationship." Like, no one... "People don't have to wanna sleep with you." And it's like, I'm not saying people have to wanna sleep with me. That doesn't

make me predatory for saying that like, there is a privilege to being in a relationship. And if we're saying that fatness is the thing that excludes you from that activity, then that hasn't made me a rapist, for say, but...

[chuckle]

1:22:51.6 Da'Shaun: It doesn't. It doesn't. But people make you seem that way.

1:22:54.7 Jordan: Like, I'm so sorry.

1:22:56.0 Bryan: Oh, God. Absolutely.

1:22:57.3 Jordan: It's just wild. And... I don't know.

1:23:02.6 Bryan: There's a whole episode on this, too. There's a whole episode in here.

1:23:05.8 Jordan: Oh, yeah.

1:23:06.3 Caleb: Because Da'Shaun and I have both talked about the experience of what it means to express that you might be attracted to somebody as a fat Black person, or if they even think just the ways that you're immediately pigeonholed as a predator.

1:23:24.1 Jordan: Yeah. Oh, and the circle back that I was thinking of before is what is actually gonna also tie into the later episode, which is that there is also an emasculation that happens when a woman is larger than the man in the relationship. And it kind of feels to me that this guy is like... I just totally... It didn't say this in the thing, but I'm like, "Do you just feel emasculated in..." How do you say the word?

1:23:53.0 Bryan: Emasculated.

1:23:55.4 Jordan: Like, Do you just feel emasculated because your wife is bigger than you now... We don't even know if she is bigger than him, but that's what came up for me. And then I remembered that we're... We have an episode that talks about that issue explicitly. But I don't know.

1:24:12.8 Da'Shaun: Yeah, I think that there's so much to be said about that and that very cisheteronormative way of thinking that seeps into trans spaces as well, the way that we make jokes about trans women being taller than their transmasculine husbands or boyfriends. And I also think there's something we said about desire and height, with regards to men versus women and all the things.

1:24:44.5 Da'Shaun: But this has been, I think, such a great episode, such a... I think it's been heavy in places, but it has also been just a really beautiful conversation that I think is always necessary and that so many fat folks always want to be a part of, because many of us... Not all of us, of course. Some of us are asexual. Some of us are aromantic, but many of us are thinking about it often. And so I'm glad we were able to have this. Y'all, leave a review on Apple Podcasts, email us your questions and thoughts and feedback at unsolicitedftb@gmail.com. Again, that is UnsolicitedFTB@gmail.com. And follow us on Instagram and Twitter @UnsolicitedFTB. And until next time. Watch your mouth.

1:25:41.2 Jordan: Watch your mouth.

1:25:41.3 Mikey: Watch it.

1:25:41.4 Bryan: Watch it, fools. Watch it.