

Speaker 1:

Forever Dog.

Speaker 2:

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Michelle Collins:

Hey guys, Michelle Collins here. You may know me from SiriusXM's The Michelle Collins Show, and believe it or not, even television. But did you know that I have my very own podcast right here on Forever Dog called Midnight Snack? Well, I do. As a comedian host and reality TV connoisseur, I deep dive with your favorite celebrities and personalities. Amazing people like Tan France, Nicole Byer, Julia Stiles, Danny Pellegrino, Ben Schwartz, Bianca Del Rio, Jackie Schimmel, just to name a hundred, and I also break down the latest and craziest headlines from my own life. People, I'm talking loose fish at Costco, Shrek jackets, shocking sites on the American Idol audition line, so much more.

Michelle Collins:

That's just a hint, a taste. Are you intrigued? Well, you should be. So, join us every Tuesday and Thursday by subscribing now to Midnight Snack with me, Michelle Collins, on Stitcher, Apple Podcasts, Spotify, or wherever you get your podcasts. I guarantee you'll love it. No refunds.

Speaker 1:

Forever Dog.

Allison Raskin:

(singing). Hello, I'm Allison Raskin, I'm a writer, mental health advocate, and younger sister.

Gaby Dunn:

Hi, I'm Gaby Dunn, I'm a writer bicon, bisexual icon wink, and succulent plant owner.

Allison Raskin:

How many?

Gaby Dunn:

We have a bunch. In my office right now, we have two, which you can see. Oh, you can't see it here on the podcast.

Allison Raskin:

This is a podcast.

Gaby Dunn:

There's like a bunch around the house, but I've never had plants so I'm getting plants because it's like, I'm an adult and I live in a house and I have plants.

Allison Raskin:

Are they succulents?

Gaby Dunn:

Yes.

Allison Raskin:

I have a question. Do you feel like an adult?

Gaby Dunn:

Yeah.

Allison Raskin:

Really?

Gaby Dunn:

Yeah. Well, my knees crack sometimes when I sit down and I have like a house and a partner. I have problems. I am sitting here worried about the electricity bill, like who have I become? What is this? There's definitely things where I'm not an adult, but I very rarely have to call my parents and ask about anything anymore. I figure stuff out, but maybe that's just because I don't really have a situation where they would provide any information I could not find on my own.

Allison Raskin:

Yeah.

Gaby Dunn:

I think like, this has all happened in the last year during the pandemic, I would say that I-

Allison Raskin:

That you've learned how to be self-sufficient?

Gaby Dunn:

That I just feel like an adult. You talk about we're in entertainment, right? I'm running a small business. Half the time I'm writing and doing entertainment stuff and the other half of the time, I'm just like sitting here, figuring out taxes and budgets and who can do this, and what can do that. The fun part of entertainment I would say is like 30%. And the small business thing, where I didn't go to school for business. I'm not an entrepreneur. Then it's like 70% like, why is this form wrong?

Allison Raskin:

I definitely am heavily reliant on my father still and that worries me.

Gaby Dunn:

Really? Why?

Allison Raskin:

Because I feel like I should know how to do more stuff on my own, but also, I don't want to. I don't want to do it on my own.

Gaby Dunn:

Do you still like get a form and go, no, thank you, and have your dad look at it?

Allison Raskin:

Yes.

Gaby Dunn:

Yeah.

Allison Raskin:

But I also, now that I've been abandoned by my fiance, I feel like I'm allowed to do that.

Gaby Dunn:

Uh-huh, very much so.

Allison Raskin:

My cousin's wedding is in October in Arizona and my parents were like, yeah, so we booked our hotel room for it. I was like, "Well, did you book me a hotel room for it?" And they were like, not

yet. I was like, "Well, okay. But I was supposed to be going to this wedding a married woman, but instead, I'm just a little baby, and so I'm going to need you to book me a hotel room for it.

Gaby Dunn:

You've gone straight to I'm baby.

Allison Raskin:

I'm back to just being a full on little baby and I just need you to care for me. I'm baby, I was set up to enter a married life. I was set up to be an adult and to start my partnership and my adult married life. Then Jake was like, "No, thank you," and I was like, "Okay, fine. I'll just be a baby."

Gaby Dunn:

I love that. I love that. I love that.

Allison Raskin:

Maybe in six months I'll feel more like an adult and I'll feel like, okay, I'm ready to take it all on again. But for right now, I'm just going to feel a little baby.

Gaby Dunn:

I feel like a mother. I have Drew who's like my daughter, and then I have Cheyenne who's like my daughter. I just have like two daughters who come over and eat dinner and want things and need help, and I drive Drew places. Me and Mal are sitting there being like, okay, so which one of us is going to take Drew to the eye doctor tomorrow? Because Drew doesn't have a car, or there was like some interpersonal drama where like Drew and Cheyenne were fighting, and Mal was like, okay, like, I think they're going to like talk tonight at the house. I was just like, why are we parents? We did not birth these people.

Allison Raskin:

Yeah, but it's good practice.

Gaby Dunn:

It makes me think, man, I don't want to have kids.

Allison Raskin:

That's fair. It's so tiring.

Gaby Dunn:

You know what? Fuck it. I'm going to go and be like, I'm baby.

Allison Raskin:

It's a good strategy.

Gaby Dunn:

I'm going to tell Cheyenne and Mal and Drew and my parents, look, y'all are on your own. I'm baby now.

Allison Raskin:

No, you just go, I'm a little baby, and then people take care of you.

Gaby Dunn:

Yeah, why am I working so hard? I'm baby.

Allison Raskin:

Anyway, this is just between us, the variety show filled with heartfelt [inaudible 00:06:15] ridiculous games, and brutal honesty.

Gaby Dunn:

You know something else? Okay, so Mal, when we were trying to figure out a place to live in LA, we had like a couple of different places we were looking at, and Mal has a hard time with decision making, and we were trying to find a place to live. Mal just laid down on the floor at a certain point and was like crying and was like, I don't know. I just went, "Okay, we're going to live in North Hollywood. I pick this house." Just because to make a choice. They were like, okay. Then we were planning this trip, like we were planning dates to go visit my family and their family, which we're going to do, I think in May and June.

Gaby Dunn:

We were on the computer planning, and Mal just lays down on the bed and like shuts down. I was like, okay, so we're going to go from this day to this day and we'll like drive from here and we'll do this. Then Mal was like, "Well, I don't know what we're going to do." I was like, "I just planned it. We're done." I was like, "You know what? Why don't they baby? I'm baby?"

Allison Raskin:

Yeah. I can make decisions. I just can't fill out forms.

Gaby Dunn:

Yeah. Everybody's baby in their own way.

Allison Raskin:

Yeah. We all have our own babyhood.

Gaby Dunn:

Yeah.

Allison Raskin:

It's all special. Then the dream is to find somebody whose babyhood is different than your babyhood, and together, you are one adult.

Gaby Dunn:

Yes, exactly. [crosstalk 00:07:34].

Allison Raskin:

Melisa is horrified. She hates everything that we're saying. As a full adult, she can't believe we would suggest to anyone to be a baby. She's very disappointed with us.

Gaby Dunn:

The only way that I'm baby in my relationship is that Mal cooks and orders all the food and groceries because I don't know how to feed myself.

Allison Raskin:

There you go. That's you being a baby and Mal's being the adult.

Gaby Dunn:

I have started doing it. Well, Mal will be like, "Can you take out the garbage?" And I'll be like, "No." They'll be like, "Why?" And I'll be like, "I don't want to." There you go. No, that's not a reason. That's not a reason. Or they'll be like, "You have to do the dishes." And I'll be like, "No, I don't want to." Instead of just coming up with an excuse, I'll be like, I really don't want to. [crosstalk 00:08:19].

Allison Raskin:

I have to tell you, me having to now do all this again by myself, I'm like, well, this is not what I signed up for. I signed up for a goddamn husband. I put in that emotional labor for almost two years so I wouldn't have to take the trash out. Yesterday, I was like, okay, so today is what? April

8th. Can I still find someone to marry me by August 29? I said, I literally said that to the person that I'm dating.

Gaby Dunn:

Do you want to get married by August?

Allison Raskin:

No, I said, "I bet I could find someone."

Gaby Dunn:

What did he say?

Allison Raskin:

He was like, "Okay, so you break up with me, and then you think you can find someone?" He thought that I said April 29th. And he was like, in 21 days? I was like, well, I said August 29th, but I also think I could do in 21 days.

Gaby Dunn:

That's a movie. You're trying to find someone to marry you in 29 days?

Allison Raskin:

21 days.

Gaby Dunn:

21 days.

Allison Raskin:

But I think I could definitely do it, just it wouldn't be a love match.

Gaby Dunn:

Where would you find this person?

Allison Raskin:

I don't know, Gaby. I'd walk outside.

Gaby Dunn:

Confidence. Confidence. I bet someone who listens to this podcast would marry you.

Unfortunately, for you, I do think it would be a woman, but that person would marry you in three weeks, for sure.

Allison Raskin:

Because it's like the weirdest thing is I could adapt. I have completely adapted to the fact that I'm not with Jake anymore.. Jake, see you later. I don't need Jake in my life. I don't care about him as a person.

Gaby Dunn:

Right. Sure.

Allison Raskin:

I have been unable to adapt to the fact that I no longer getting married.

Gaby Dunn:

Okay. Look, if you can adapt then like, hi, ladies. First of all, the whole time you've been trying to get married. I've tried to tell you that if you found a U-Haul lesbian, this would be over. You would have been married years ago. You could have U-hauled yourself six months. A woman would marry you in in four months.

Allison Raskin:

I just got so used to not having to do the dishes.

Gaby Dunn:

You can find a lady who will do the dishes for you.

Allison Raskin:

I have to walk Sugar every time now.

Gaby Dunn:

Ladies who listen to this show, will you marry Allison in three weeks? What are your thoughts on doing the dishes and walking Sugar? Please write in with your applications.

Allison Raskin:

Yeah, I'm willing to pay.

Gaby Dunn:

No, Melisa just said you can also pay people to do those things.

Allison Raskin:

Oh, I thought, Melisa, that I would pay my spouse to do these things. That I should just pay somebody to do it. You're like, yeah, if the spouse wants to do it, I'll give him an allowance. We'll go back to the '50s. I'm crying in both a funny way, but also I'm really mourning the fact that I'm not getting married.

Gaby Dunn:

Oh my God. I swear to God, a lady will marry you in three weeks.

Allison Raskin:

It was my time.

Gaby Dunn:

Okay.

Allison Raskin:

It's not fair.

Gaby Dunn:

Okay. Well, you have until August.

Allison Raskin:

Yeah, I have until August to find the beautiful bride.

Gaby Dunn:

I'm serious. You want to use whatever down payment you used, a woman will marry you, and that's the guarantee it's called WLW, women loving women. Call in, a woman will marry you.

Allison Raskin:

My dad literally keeps being like, look, we still have the date available.

Gaby Dunn:

Yeah.

Allison Raskin:

Yeah, but it's fine. Everything's fine. I just have to be patient.

Gaby Dunn:

Sure.

Allison Raskin:

Yeah. I just don't want to be and it feels unfair.

Gaby Dunn:

Sure. Well, like you opened yourself up to dating different types of men who are outside your usual sphere, a lady will marry you.

Allison Raskin:

You wouldn't marry me.

Gaby Dunn:

I'm pretty busy on August 29.

Allison Raskin:

Well, what would you do if I was like, let's ... Yeah, Melisa's like sick bird. What would you do if I was like, Gaby, let's just do it? Let's just break up with Mal, let's you and me give it a real shot?

Gaby Dunn:

Well, we would have to work out a lot of logistics.

Allison Raskin:

Like what?

Gaby Dunn:

Are we just married and we hang out or are we actually hooking up? Where do we live?

Allison Raskin:

We could live wherever you want.

Gaby Dunn:

Really?

Allison Raskin:

Yeah, and we get access to my parents' timeshare in Mexico.

Gaby Dunn:

Whoa. Okay. You're really sweetening the pot for me. Honestly, the fan base would shit. The fun base would be like so happy. They would-

Allison Raskin:

Do you think Mal would understand.

Gaby Dunn:

They'd be confused for sure. They'd be really confused. I'd be like, Mal, you don't understand. I put in the work. Melisa is dying.

Allison Raskin:

That would be the biggest twist of all.

Gaby Dunn:

It would be a scandal. Twitter and Tumblr would be alight. It would be a scandal. Oh Melisa said, you can still be with Mal though, right?

Allison Raskin:

No, it would have to be monogamous.

Gaby Dunn:

Oh God. The timeshare in Mexico versus monogamy is a real tough one for me. Who's baby? Who gets to be baby?

Allison Raskin:

I'm baby.

Gaby Dunn:

That seems right.

Allison Raskin:

No, I think we get to split being baby. As long as you take care of finances, I can do everything else. I don't want to do finances and I don't want to do insurance stuff, but I'll do anything else.

Gaby Dunn:

You're like ...

Allison Raskin:

I'll do laundry, do cleaning.

Gaby Dunn:

You walk Sugar.

Allison Raskin:

I'll do pet care.

Gaby Dunn:

Oh my God. Our house would be so clean.

Allison Raskin:

Very clean, fully stocked.

Gaby Dunn:

But I would have to be monogamous, and that is tough.

Allison Raskin:

And we wouldn't have sex.

Gaby Dunn:

Okay. Wow. I'm making a real pros and cons list here, but then I'm not allowed to have sex with other people, so the thing is you and I never have sex again.

Allison Raskin:

Again? What do you mean? Ever.

Gaby Dunn:

No, I mean, we never have sex like ever again in our lives.

Allison Raskin:

Well, I might die young.

Gaby Dunn:

This is a lot, and then I'm a widow.

Allison Raskin:

You would crush as a widow.

Gaby Dunn:

Remember when we used to say that if one of us died, the other one will have full range to make the biggest-

Allison Raskin:

Monetize.

Gaby Dunn:

Monetize, make the biggest play, like write a book, get on Oprah. Do it the fuck up. If one of us ever dies, the other one has one's permission to like get so famous off of it.

Allison Raskin:

Yeah, of course. What's the point? Otherwise ...

Gaby Dunn:

This intro is a real look into our relationship. Sometimes we're shooting shit, and this is like very accurate.

Allison Raskin:

We should dive in. We've got a great episode for you guys this week.

Gaby Dunn:

We're going to be talking all about beliefs versus behaviors and what defines us, though I don't know how that'll be different from what we just talked about. When we returned from break, we're going to answer a listener's question, so stick around.

Allison Raskin:

With HelloFresh, you get fresh pre-measured ingredients and mouthwatering seasonal recipes delivered right to your door. Skip trips to the grocery store and count on HelloFresh to make home cooking easy, fun, and affordable. That's why it's America's number one meal kit. HelloFresh cuts out stressful meal planning and grocery store trips so you can enjoy cooking and get dinner on the table in about 30 minutes or less. HelloFresh offers 25 plus recipes to choose from each week, from vegetarian meals, to craft burgers, and extra special gourmet options, there's something for everyone to enjoy.

Allison Raskin:

With all recipes designed and tested by professional chefs and nutritional experts to ensure deliciousness and simplicity. HelloFresh's fresh ingredients are sourced directly from growers and delivered from the farm to your front door in under a week. Contact free, of course. HelloFresh is, I got to say, the delivery surface of the Raskin family. My parents use it. Also, my grandpa uses it. It's been amazing to see my dad actually be cooking again. Again, I've never seen my father cook until this past year when he's been helping my mom out with HelloFresh. He's in charge of all sorts of grains.

Allison Raskin:

Whenever there's a grain, he does that. He does the vegetables. My mom's the main chef, but he's a very good sous chef, and they've been having so much fun, trying so many different recipes. To be more like my parents, go to hellofresh.com/betweenus12, and use code between us 12 for 12 free meals, including free shipping. That's hellofresh.com/betweenus12 and use code between us 12 for 12 free meals, including free shipping. HelloFresh, America's number one meal kits, and the official meal kit of the Raskin family.

Allison Raskin:

Prose knows there's more to you than just your hair type. Prose has given over 1 million consultations with their in-depth hair quiz, which is how I got started. I love taking quizzes. I'll be honest was super fun. I got to give them exactly what I wanted in terms of my hair goals. I also got to pick the set for my shampoo and conditioner. I told them about my eating habits, my exercising habits, all of that apparently goes into them figuring out what is the best way to take care of your hair, because with their algorithm, and over 50 billion formula combinations, Prose determines a unique blend of ingredients to treat your exact concerns.

Allison Raskin:

My shampoo and conditioner were made exclusively for me, which honestly makes me feel very special. I told them that I really wanted to focus on having it be more moisturized, have it be softer, shinier, that there's less frizz, and I've noticed all of that. I also got this amazing hair oil from them, which I apply after my shower. I know you can't see me because this is a podcast, but my hair just air-dried today using their products. I think I look pretty good. If you're not 100% positive Prose is the best hair care you've had, they will take the products back, no question. If anything, that proves how confident they are and what they have made.

Allison Raskin:

Honestly, I'm blown away by it. I was so excited to get this sponsor and they have not disappointed. Prose is the healthy hair regimen with your name all over it. Take your free in depth hair quiz and get 50% off your first order today, go to prose.com/justbetweenus, that's P-R-O-S-E.com/justbetweenus for your free in-depth care quiz and 15% off.

Allison Raskin:

We're back. You know what time it is? Hit it. (singing) question. Priscilla, Brazil.

Gaby Dunn:

That's a real fun name.

Allison Raskin:

I know, right? Isn't that beautiful? Priscilla says, hi, Gaby and Allison, during this pandemic year, my best friend has developed severe OCD, first regarding cleaning things that came into contact with the outside due to COVID, and then quickly escalated to cleaning absolutely everything, even himself, due to being dirty in general. Me and another friend in common kept talking to him giving advice when he asked us to, but mostly trying to convince him to get therapy and see a psychiatrist. Once he started with medication, he had a huge improvement, but quickly fell into a deep, deep, low point in which he completely stopped answering to any form of messages or attempts to contact him.

Allison Raskin:

It's been a couple of months since that happened and we have exchanged messages two or three times during this period. The first two times he spoke only a few words, mostly saying he was sorry, and that he missed me and that he feels terrible and wants to die, which made me very worried. I contacted his sister about this since he's living with her. He mostly says he's feeling useless and powerless because he can't overcome the compulsive thoughts in order to do anything at all. This low point started when he said he had to give up on a project he was really excited about, but it was already delayed and the client decided to cancel it because he wasn't able to sit down and touch his computer or the chair or keep focus from other intrusive thoughts.

Allison Raskin:

I know Allison deals with OCD and also Gaby deals with having a friend with OCD, so I wanted to know both of your perspectives on how I could be more helpful to my friend, especially during this pandemic where I can't physically be present for him. Where we live, vaccines aren't widely spread yet, and the death rate keeps going up, currently at 35,000 deaths a day. Yeah, that's Brazil. Thank you for all of your advice. Sending lots of love, Priscilla.

Gaby Dunn:

Oh man. That is so sad.

Allison Raskin:

I picked this question for a number of reasons, and the first one is that OCD presents in a lot of different ways. I think that there is a sitcom portrayal of it, which is that, it's like, oh, I need to adjust my pens on my desk because if they're not aligned, then that really bugs me. I was recently on a podcast where they asked me if I'm offended if people like make those kinds of jokes about having OCD or just sort of like throw a CD around in kind of OCD cavalier way.

Gaby Dunn:

Cavalier way.

Allison Raskin:

I said, I'm not offended, because my OCD does not interfere with my level of functioning in a huge way anymore.

Gaby Dunn:

Anymore.

Allison Raskin:

Anymore. But what I don't think that people understand is that for a lot of people out there, OCD is an incredibly debilitating illness.

Gaby Dunn:

Yes, it's not funny.

Allison Raskin:

It's not funny. Like many things, there is a large spectrum, but like for this person, it can take up hours of your day. It can make it so that you can't do anything, because all that you're doing is your obsessions and your compulsions, and that occupies your entire life and it interferes with all of your functioning. Like this person said, he's unable to get his work done because he can't sit at his computer, or for other people, maybe they're just doing these compulsions that literally just take up hours of their day. I think, even when I'm talking about my personal experiences with OCD, I'm talking about it from a very, very mild, very mild case of it.

Gaby Dunn:

Your case was mild?

Allison Raskin:

My current life-

Gaby Dunn:

Well, right now, but when it started, it was mild?

Allison Raskin:

No, when it started, it was very severe and it very much interfered with my functioning and it was debilitating in a lot of ways. But my current life, incredibly mild and I still wouldn't wish it on anybody. I still don't enjoy that a lot of my thoughts are about cleanliness and that I'm constantly tracking things and concerned with things other people don't think about. This was like an example to sort of point out that, I don't think that people often recognize just how debilitating this disease is, and also how time consuming this disorder is. I just wanted to take a second to highlight that.

Gaby Dunn:

I was going to ask, in terms of like how serious and everything, is it tied in, was it tied in for you in terms of how serious this is with suicidal ideation?

Allison Raskin:

What do you mean?

Gaby Dunn:

Because it's repeating thoughts because it's like, you can't really control the compulsions and the obsessions, and because things are so overwhelming.

Allison Raskin:

One of the problems with OCD is like, you know it is distressing. These thoughts are distressing. It's interesting, there's also something called obsessive compulsive personality disorder. The big difference is that like, it's a lot of the same traits or tendencies, but in that situation, the tendencies to be a certain way aren't distressing to the person. It's like, that's just the way that I am. But with OCD, it's like, I don't want to be this way and it is incredibly distressing to me that I am this way.

Gaby Dunn:

Yes.

Allison Raskin:

Again, I'm still learning a lot of things, and I'm not speaking about this from a licensed point of view, so I apologize if I'm getting any of this wrong.

Gaby Dunn:

But you have a lot of experience.

Allison Raskin:

Yeah, but so I know that I don't want to give a about the fact that your purse is on my couch.

Gaby Dunn:

Right.

Allison Raskin:

I don't want to waste energy on that. I don't want to care about that. I don't want to have to then ... When Sugar lies on the street, I don't want to then have to change my afternoon plans to give her a bath that I didn't want to have to give her.

Gaby Dunn:

Of course.

Allison Raskin:

That's annoying to me. That interrupts my day. It can make you want it to not live. It can be so distressing, then it makes you not want to live. I think that, with me, when I was a kid, was that the OCD then made me depressed. I didn't want to have these thoughts.

Gaby Dunn:

Yeah, of course.

Allison Raskin:

That's why, when I was like a little kid, I said to my dad, I need to see a doctor because something inside of me is making me sad. You're compounding all of these things on top of each other. I think that we have to just recognize, in the same way that there are people with high functioning depression and people with low functioning depression, there are people with high functioning OCD and low functioning OCD. There's such a range and we have to like, remember that and recognize that, and think about that the next time that you're about to say like, oh, I'm so OCD.

Allison Raskin:

It's like, oh, are you? Are you unable to accomplish your daily tasks because your compulsions are taking up 10 hours a day? I don't think so.

Gaby Dunn:

It's also people don't realize they think it's organization or cleanliness, and they don't realize also that it's spiraling thoughts in the sense of like, someone I know has like, their brain repeats thoughts they don't want to have. I think we talked about, with the OCD specialist that we had on, where it was like repetitive sort of like, am I a pedophile, am I a pedophile, am I a pedophile, and you know that you're not, but you're so distressed by the repetitive thoughts that you can't control them. Maria Bamford's a comedian who talks about that a lot, about the repetitive thoughts.

Allison Raskin:

Intrusive thoughts, yeah.

Gaby Dunn:

Intrusive thoughts. I think you're right. This email is like, after you read it, I was like, that's so sad. You're right, people do not associate any of this with OCD.

Allison Raskin:

Then the next part, on the one hand, I totally understand this desire to be there for your friend, but in a case that is like this severe, it's going to be really tough.

Gaby Dunn:

It's just so sad for me to see this person isolating themselves, to see this person like ... Because you do have to, at a certain point, you have to control so much of your environment that you can't interact with other people because there's too many variables. Is that what's happening?

Allison Raskin:

It might be. I mean, it's also really hard right now, because you can't go see them, you can't ... Obviously, it's a good thing that they're in treatment and that they're seeing a psychiatrist. I think that, when it comes to this like "advice," I think that all you can really do is be like, this is your disorder and I'm so sorry that it is causing you this distress. Do you know what I mean? I think that maybe just the validation of like, this suck. I can't imagine what you're going through. I'm here for you. I'm here for you in any way that you need me to be here for you.

Allison Raskin:

But in terms of "advice," you're not a mental health professional. You can't sit down and do exposure therapy with them. It's really more about just like being a warm body, providing that emotional support, validating that the situation blows, recognizing that you're still their friend.

Gaby Dunn:

that you love them. That you're there and you love them.

Allison Raskin:

That you recognize that, potentially, that this isn't the true them.

Gaby Dunn:

But also, is it is the true them, do you still love them?

Allison Raskin:

I think maybe it could be helpful to say like, I did some research on this and these treatments are actually really helpful. Have you talked to your doctor about these treatments? Something like that. Do you know what I mean? Of like providing hope of being like ...

Gaby Dunn:

Yeah.

Allison Raskin:

I was listening to this podcast and this girl had what you had, and then ... But it was during a time of extreme stress, and then she kind of did some meditation and some mindfulness and exposure therapy and she went on this medication and then it got a lot better. Just providing like examples of people who got ... Just like, almost that this can get better thing of like, in terms of advice, advice, that's more difficult.

Gaby Dunn:

Well, you've talked about the pandemic sort of exacerbating your OCD, and it seems like this person's OCD really got bad during the pandemic. Can you talk a little bit about that?

Allison Raskin:

At least for me, a way to visualize it is that like, I keep my OCD, my contamination OCD in this little cage in my brain. At different points in my life, and depending on the stress, it gets to expand its play area. When I'm doing really well, it's play area's small, and when I'm not doing well, it's play area is big. Through what was going on with the pandemic, it's play area got bigger because I had to wipe everything down, because I was allowed to be afraid of the outside, because everyone was telling me that the world was contaminated.

Allison Raskin:

So, I got used to this play area being pretty big. Now I'm having to work on like, you had this freedom, but now we've got to reign you back in. Like, we let you have some fun, but let's get you back. That's tough. But again, I am dealing with a very mild case of this compared to what a lot of other people are dealing with.

Gaby Dunn:

But you're dealing with a mild case of it now. I think what you were saying about having hope, I don't want people to think that like, oh yeah, Allison's just always had a mild case. You had a severe case, and now it is mild.

Allison Raskin:

Yes.

Gaby Dunn:

That's helpful.

Allison Raskin:

Totally. Totally.

Gaby Dunn:

Also, in terms of, as a friend, of someone with OCD, I've said this many times on this podcast, just don't take it personal. Even with depression, I didn't respond to some text messages, and then when I did respond, I was like, hi, sorry I was depressed. If this person is dropping off a little bit or they have weird things that, "weird things" that they need or do or whatever, it has nothing to do with you.

Allison Raskin:

Yeah, and I would also say that with OCD, it's like, so someone might say I have OCD, but there's going to be some comorbidity there. There's going to be the comorbidity of depression potentially with this sprint. So, you're going to be like, okay, so you have OCD, but then why don't you want to see me? Or why are you acting depressed? There's going to be other elements of it. It's going to also present potentially just like social anxiety.

Gaby Dunn:

Totally.

Allison Raskin:

They're not going to want to go do things. They're going to have anticipation anxiety. It might expand outside of what your smaller view of what "OCD" is.

Gaby Dunn:

What you are talking about was like agoraphobia, where you were like, I didn't want to go outside, and then COVID was like, guess what? You shouldn't go outside.

Allison Raskin:

That's the thing, is like, I've been in a controlled environment. Now getting used to like, like I've said, it's like, now I have to relearn how to go outside and come home and not change my clothes, but I've already done that. A few weeks ago, I was afraid that I wouldn't be able to do that. Then the other day, I did that. We are able to do these things and to train ourselves and to live through the discomfort.

Allison Raskin:

Honestly, it's doing it on our better days. It's taking the days where we're less stressed, where we're more calm, and doing it on those days so that we know that we can do it. At least for me, it's not forcing myself to do it on a day where it's a lot harder to do it, because then it becomes this whole bigger thing, and then it's like, then I'm a mess. Then I associate doing it with this much harder thing. I'm like, oh my God, but ... I did it on a day where like, when I went out to eat, I felt like the place was cleaner. I went out with the guy I'm seeing and like we both came back and watched TV on the couch, and so I was like-

Gaby Dunn:

So, you were distracted.

Allison Raskin:

Yeah, I was distracted. I knew I didn't want to bring my issues into with him. If I had gone out alone and I came back alone, then maybe I would have changed, but because I was with somebody, I was like, okay, I'm not going to allow myself to make this big of a deal, I'm having fun with this person. We're about to watch this movie. This is a good time for me to push that boundary, versus a day where I'm stressed, already freaking out, at a place that was like, I felt was extra dirty, and then making myself do it. Do you know what I mean?

Gaby Dunn:

Yes.

Allison Raskin:

You have to negotiate with yourself in with yourself and be like, okay, is today a good day to like push this boundary? Is today a good day to take that extra step? I've been navigating this for like 25 years. You have to understand that this guy, your friend has been navigating this for maybe like a year.

Gaby Dunn:

Very short.

Allison Raskin:

It takes a long time to like negotiate this stuff and figure out what works, and you're kind of negotiating with your own brain. Sometimes it's kind of like, okay, what can I get away with? What am I allowed to do? What can I do without completely disrupting my equilibrium?

Gaby Dunn:

Yeah. Priscilla, just play this for him and have him follow Allison emotional support lady.

Allison Raskin:

I also would say, at least for me, stress is very related to my OCD. Working on lowering your stress level in general and exercising and mindfulness and meditation, and all of those things that you think aren't necessarily directly tied to OCD might help with that too, because they're going to just sort of like help with your mental health overall.

Gaby Dunn:

You had the stressor of your fiance leaving and this guy seems to have had the stressor of this client falling through. I think like, maybe acknowledging that this is normal, of course you're going to be upset.

Allison Raskin:

That there's going to be flare ups.

Gaby Dunn:

There's going to be flare ups that have to do with hard things that are real.

Allison Raskin:

And that medications are going to have certain things, side effects like yes, maybe it helped maybe with some OCD symptoms, but maybe yeah, it did affect your mood in a weird way. That's what you have to like really work in tandem with your psychiatrist to figure out the right thing, and that it can sometimes take a bit of time, and to just sort of like have some patience with yourself to allow yourself the grace to be messy for a little bit. Because let me tell you, if you were diagnosed with cancer, people would give you that grace.

Gaby Dunn:

I know. Mental illness is viewed in such a different way, but it's a disease. You've developed a disease.

Allison Raskin:

Hopefully, that was helpful, Priscilla.

Gaby Dunn:

I think it was very helpful. Just so weird that I wrote in under the pen name, Priscilla, to get you to talk about all of this very vulnerable and moving stuff. I think everything you said was fantastic.

Allison Raskin:

Don't put too much pressure on yourself to be the one to fix it because it's tough, and believe me, if we could all figure out how to fix this stuff, easy peasy, that would have happened a long time ago.

Gaby Dunn:

That's very true.

Allison Raskin:

It's complicated.

Gaby Dunn:

Yeah.

Allison Raskin:

If you want us to meet your international question, send it to justbetweenuspod@gmail.com.
That's just betweenusP-O-D@gmail.com.

Gaby Dunn:

We're going to take one more break, and when we get back, we'll discuss beliefs versus behaviors, what defines us. Still light episode today.

Allison Raskin:

Welcome back to Just Between Us, it's time for tap ex.

Gaby Dunn:

Ex, ex, ex, ex, ex, ex, baby.

Allison Raskin:

Baby.

Gaby Dunn:

Oh, wow.

Allison Raskin:

Wow, wow, wow, real roller coaster. I picked this question because I'm in a law and ethics class. Although by the time this episode comes out, I will have completed my final and no longer will be in a law and ethics class for my graduate clinical psychology master's program. But one of the things that we discuss in it is beliefs versus behaviors. Basically, because there's all these issues, right? So, if you're a therapist and let's say you're a Christian therapist, and you think that being gay is a sin, but you have a gay-

Gaby Dunn:

Which it is. We all know that it is, obviously.

Allison Raskin:

I love that up for, and you put it away. Little [inaudible 00:37:55], told us we're all going to hell. But like you have a gay client, what do you do? That kind of thing. Or like, holy water, end segment. I'm sorry. I'm sorry. I'm sorry. I just think, so I've been really happy so I'm just trying to be a little light.

Gaby Dunn:

What do you do?

Allison Raskin:

If its something like, let's say you're a couples therapist and you don't really believe in divorce, but your clients come to you with the goal of like, how to amicably separate.

Gaby Dunn:

I have this question for you.

Allison Raskin:

Okay.

Gaby Dunn:

When does a therapist have to report something?

Allison Raskin:

Great question. We'll do a tangent. The only thing a therapist can report, and this is so fascinating to me, is elder abuse, dependent abuse, child abuse, and if I'm a danger to myself or others. If I

say to you, Gaby, tomorrow, I am going to go kill my neighbor, Tom. You have to report that. Or you have to take steps to prevent that from happening.

Gaby Dunn:

Okay. Such as going to Tom and saying, go on vacation tomorrow.

Allison Raskin:

Yes. Well, that used to be the law, but now you don't actually have to go to Tom.

Gaby Dunn:

The law used to be you had go to Tom directly?

Allison Raskin:

Yes.

Gaby Dunn:

Not the police?

Allison Raskin:

And the police.

Gaby Dunn:

Oh my God. This is so messy.

Allison Raskin:

If I said to you, therapist, Gaby, yesterday I killed my neighbor, Tom. You can't tell anybody.

Gaby Dunn:

What? Am I a priest?

Allison Raskin:

You can't tell anybody? Unless Tom was a child, elder, or dependent.

Gaby Dunn:

Okay, so then if the detective comes to me and said, "Hey, did your client kill Tom? Do you know anything about this?"

Allison Raskin:

I would say, "I can't reveal to you who my clients are."

Gaby Dunn:

My mouth is open.

Allison Raskin:

I would need my client's permission for me to even respond to the subpoena. I would need a court order to even reveal my notes to you.

Gaby Dunn:

Wow.

Allison Raskin:

Then a judge would have to give a court order.

Gaby Dunn:

Okay. I'm sure this is a controversial topic.

Allison Raskin:

It's not, because otherwise, no one would tell their therapist anything.

Gaby Dunn:

Fine. I barely want to tell my therapist when I lie to someone. I'm so scared of getting her disapproval. But then, you know what's funny? I told her something I thought she was going to disapprove of and she was actually really great. So, it's all in my head. She's a good therapist. It's just all in my head. But yeah, so what if you just say, "Ugh, I wish I could kill my neighbor, Tom?"
Allison Raskin:

Then I would do an assessment for dangerousness to see if you had a plan, all of this stuff.
Gaby Dunn:

That's with suicide too, is they go ...
Allison Raskin:

It's a similar assessment.
Gaby Dunn:

My therapist does that. Well, I'll be like, I want to die. And my therapist will be like, do you have a plan to die? I'll be like, "No, Kristen, I'm just saying that I wish I could."
Allison Raskin:

I would do an assessment for like homicidality with you.
Gaby Dunn:

What's the assessment?
Allison Raskin:

Okay. Let's see if I can remember. It's like plan, means.
Gaby Dunn:

Do a fake one. Do a fake one with me.
Allison Raskin:

No, okay. This isn't the topic.
Gaby Dunn:

No, I want to do a fake one with me.
Allison Raskin:

No, because now I'm embarrassed because I don't remember all the things. I knew it for the midterm, but I don't remember it right now.
Gaby Dunn:

Well, okay. Act out. Allison, you're my therapist. Oh, I wish I could kill my boss, Nancy.
Allison Raskin:

Have you killed before?
Gaby Dunn:

No, just ants.
Allison Raskin:

Okay, we're not doing this.
Gaby Dunn:

Do it.
Allison Raskin:

I don't remember, and then I feel silly because I don't remember it. I'm embarrassed.
Gaby Dunn:

Okay. Just ask me if I have the means.

Allison Raskin:

Do you have the means?

Gaby Dunn:

I'm going to kill her with a stick.

Allison Raskin:

Okay. Well, I'm I have to take steps. I'm bringing in you a support system.

Gaby Dunn:

I'm going to get her to eat a blowfish.

Allison Raskin:

We're increasing your sessions. I'm having you have a consult for medication.

Gaby Dunn:

I'm going to bring in a blowfish and I'm going to make her eat it. This is chaos.

Allison Raskin:

I'm going to the police.

Gaby Dunn:

Allison is so mad at me right now. She's so mad at me right now. You can't prove that Nancy didn't eat that blowfish over her own freewill. Subpoena me.

Allison Raskin:

All right. We're moving on. Anyway, with the beliefs versus behaviors, basically this thing is like, you're allowed to believe whatever you want, but you have to behave within the ethics code. I can disapprove of people having gay relationships. I could never say that in my therapy with you, if that makes sense.

Gaby Dunn:

Yeah. You can just go look, I think you have an alternative lifestyle. They used to say that.

Allison Raskin:

I know that you can even say that, but so there's been all these things, these issues where like people have been fired or kicked out of programs because they refuse to say that they are okay with these things, and then they saw ... But anyway, but the bigger discussion is like, what defines you as a person, do you think? Your beliefs or your behaviors?

Gaby Dunn:

Our behaviors, because and it's also the thing of like, you know that person who's like, I don't want to make a wedding cake for gay people, and it's like, okay, you can disagree with gay relationships, but you also have to make this cake because you're a baker and a ... You know what I mean? It's this weird, or just say, I'm sorry, we're full up on appointments for cakes. Does that make sense? Just make a fucking cake.

Allison Raskin:

But in terms of yourself, what do you think defines you?

Gaby Dunn:

Your behaviors? Because you can believe ... I mean, you definitely have to unpack beliefs and you definitely have to make your beliefs like better, but it's your behaviors, and sometimes your behaviors have to inform your beliefs or catch up to your beliefs. Maybe I have stereotypical ideas of unhoused people, but then I know that those beliefs are flawed, and so I have to unpack like 20 years of what I've heard in the media and from family and all this stuff about unhoused people,

but as long as my behaviors are kind and helpful and volunteering and whatever, that we'll start to unpack my beliefs and change my beliefs.

Allison Raskin:

Yeah.

Gaby Dunn:

As long as your behaviors are good, you don't really have to share your beliefs with anyone. You can just privately be working on undoing them.

Allison Raskin:

What if you knew someone for 20 years, everything they did was like perfectly wonderful and kosher and lovely, and then you found out that they secretly harbored horrible beliefs about other people, would you still feel like you knew them?

Gaby Dunn:

What horrible beliefs?

Allison Raskin:

That they were racist and homophobic.

Gaby Dunn:

But it depends on what they've been doing with those beliefs.

Allison Raskin:

Nothing, like their actions have been that you would never know that from their actions, but in their brain, that's what they truly believed and thought, and they thought that everybody was going to hell and that they were better than everyone else. Would you think that you still knew them?

Gaby Dunn:

Okay, but it's hard because you can say that that isn't informing their behaviors, but it could unconsciously be biasing their behaviors. Let's say they're a boss and they have racist beliefs.

Allison Raskin:

But I'm giving you a hypothetical. In my hypothetical, it has not influenced their behaviors.

Gaby Dunn:

At all?

Allison Raskin:

At all.

Gaby Dunn:

And we know that?

Allison Raskin:

And we know that.

Gaby Dunn:

Then I think it's fine.

Allison Raskin:

Do you still feel like you know that person?

Gaby Dunn:

No. I think they've had like a secret, but honestly, this is the thing we just talked about, OCD, right? This is the thing where friends of mine who have compulsive intrusive thoughts, their thoughts are not good, but it's not necessarily who they are or what they actually believe.

Allison Raskin:

But that's different. Those are intrusive thoughts versus beliefs.

Gaby Dunn:

Yeah.

Allison Raskin:

I don't know. It's interesting. I don't think it's all one thing or the other. I think we're a combination of both.

Gaby Dunn:

I think it just matters what you do. I remember a long time ago, I was talking to a friend of mine, and with a noted former guest, Josh Gondelman, and we were talking to this friend and he was like, I'm a bad person because I have all these intrusive thoughts and terrible beliefs. We were like, well, how do you behave? We know you as a good person. He was like, yeah, I try extra hard to be a good person. I go out of my way to be a good person. Then we were kind of saying to him, I think that makes you an even better person than the average person, because the average person isn't working so hard. The average person is just like doing this and it's easy for them.

Gaby Dunn:

But because you are doing what's right, even though it's not natural to you, that makes us think that you're maybe even a better person because you're doing so much work.

Allison Raskin:

Oh yeah. I mean, it's interesting, because it's like, my behaviors are like, I don't do vengeful things, I don't do malicious things, I don't intentionally hurt people, but a lot of the times I want to, and I fantasize about it. I sometimes do it. But what does that mean, that I still want to do those things?

Gaby Dunn:

What does it mean that I want to, and then I do? Small mischief, a guy cheated on my friend's sister and I went to his Instagram and reported all of his photos. Is that bad? That's revenge. That to me was a real strangers on the train, because he doesn't know me. I was like, oh, I don't care. So, I went through and reported every single photo and then like, he'll have to deal with that. That was me being like, that's justice. Is that bad that, that's my impulse?

Allison Raskin:

I don't know. Melisa, what do you think? Come on in.

Melisa D. Monts:

Honestly, I agree with everything Gaby said.

Gaby Dunn:

If someone cheated on your friend's sister, you would go through and try to get his Instagram deleted, because I did.

Melisa D. Monts:

I've done things like that.

Gaby Dunn:

Small mischief.

Melisa D. Monts:

Yeah. It's not really hurting anybody.

Gaby Dunn:

It's annoying.

Melisa D. Monts:

No one needs social media, so it's not hurting anybody.

Allison Raskin:

Oh man.

Gaby Dunn:

But What do you think about the bigger conversation?

Melisa D. Monts:

I agree with everything. Everything that Gaby was saying, i was like, yep. I have nothing to add. Yep, that's it.

Gaby Dunn:

But it's hard because then people go like, what are your beliefs? Am I being biased against Christians? Here's the thing. I'll tell you a thing. George Bush was running for president. My mom had a minivan. I was in maybe fifth grade and we live in Florida, and she said, "Gabrielle, get in the car. And I said, "Okay." She said, "We're going to drive around our neighborhood, and anytime you see a Bush-Cheney sign, you're going to jump out, grab it and put it in the car." I was like, "Okay." We ran around the whole neighborhood and stole all the Bush-Cheney signs, and then put them in a closet and then left them there. Then it was my mom venting her frustration with politics and with Republicans. Now, is that ...

Melisa D. Monts:

See, with that, because that's like against the law, and so I think that there could have been some repercussions to that.

Gaby Dunn:

But were we right?

Melisa D. Monts:

With the Instagram thing, that's not going to hurt anybody.

Gaby Dunn:

But is stealing their lawn signs hurting them?

Melisa D. Monts:

It may not hurt them, but like if you got caught, that could have done something to hurt you.

Gaby Dunn:

She made me an accomplice, I'm a child.

Melisa D. Monts:

Yes, and you're a child. That's ...

Gaby Dunn:

Well, maybe it's because I get off scot-free because I'm a child.

Melisa D. Monts:

But it's still against the law.

Gaby Dunn:

I know. Okay, it's against the law, but we're trying to make sure that the wrong people aren't being promoted, and isn't that doing the right thing?

Allison Raskin:

We've really gotten away from the topic here. Now we're just talking about vigilante justice.

Gaby Dunn:

No, but your beliefs can influence your behaviors. That assumes that all three of us agree on what the right beliefs are.

Allison Raskin:

Right. No, I guess I just mean, in terms of what makes a person, do you know? It's interesting. I think maybe what I'm doing a lot of is like, how I handled my abandonment versus my thoughts around my abandonment.

Gaby Dunn:

Well, how you handle it is what's important. I have bad thoughts all the time. I'm petty as shit. But like, do you know what I mean? There's something there.

Allison Raskin:

They're not congruent. That's interesting. It's like, so what's the real me, whose behaviors were mature around it or my thoughts that were not?

Gaby Dunn:

The behaviors, the behaviors.

Allison Raskin:

Yeah.

Gaby Dunn:

Melisa, thoughts.

Melisa D. Monts:

I think it's behaviors, 100%. Yeah. I don't think you can control your thoughts, but you can control on how you act on your thoughts, for them most part.

Gaby Dunn:

If they're very bad thoughts, you can try to unpack them if they're really uncomfortable to you, if they're really like making it hard for you, you can go, okay, maybe I need to read some books or unpack how I'm feeling or ...

Allison Raskin:

No, it's not like anything wild or anything that I think that 98% of people wouldn't have thought. Do you know what I mean? In a similar situation, but it is just interesting to think about, do you know what I mean?

Gaby Dunn:

I think it's your behavior, but also, if you wanted to do bad behavior, you're allowed. Do some bad behavior.

Allison Raskin:

I think a thing that I've been trying to do recently is tell my ... Not even in relationship to this, but just life in general, is being like, I don't always have to be right. I don't always have to like behave well. I don't always have to be excellent and right back.

Gaby Dunn:

No, I'm not a role model.

Allison Raskin:

I don't always have to like be perfect and ... Not even perfect, but just like, I don't always have to be the most moral person on the planet.

Gaby Dunn:

No, not at all report. Report everyone's Instagram, just do things that are minor inconveniences to other people to balance the scales.

Allison Raskin:

Not even that. I don't even know in what sense I mean. Just like releasing myself of that pressure of always holding myself to the highest standard of behavior.

Gaby Dunn:

Where you're like, oh, even privately to my friends, I shouldn't talk shit, like that?

Allison Raskin:

No, I do that. I guess it's more just like, I feel like I should always respond to people right away, but being like, I don't need to. I don't need to do that. If I don't want to text my friend back right away, a friend who almost never texts me back right away, I don't have to.

Gaby Dunn:

I feel like Melisa is really good at, I don't have to and I don't want to.

Melisa D. Monts:

Yeah, I agree. I'll get to it when I can get to it, and if I don't get to it, then that wasn't important in this moment for me.

Allison Raskin:

If I'm too tired to call my parents today, that's fine.

Melisa D. Monts:

Yeah. I ignore my parents' calls some days and then I'll call them back whenever I have time, because I might be mentally exhausted, I might be physically exhausted. I might not be able to just like deal with, even if it's a pleasant conversation, it might not be something that I want to deal with in that moment. I just need some me time.

Allison Raskin:

Yeah.

Gaby Dunn:

Do you keep a list of grudges in your mind?

Melisa D. Monts:

Who, me?

Gaby Dunn:

Anybody.

Allison Raskin:

I think we know you do.

Gaby Dunn:

There are people that I got one eye on. I act nice in front of them, my behavior is lovely, but one eye, they should know that I got one eye on them. You know what I mean?

Allison Raskin:

I find it too exhausting to hold grudges.

Gaby Dunn:

I need them to know that I know what they did.

Melisa D. Monts:

Why are you being nice to their face?

Gaby Dunn:

No, I'm being ... They know. They know that I know, but they can't really prove anything.

Allison Raskin:

Okay.

Melisa D. Monts:

Okay.

Gaby Dunn:

This girl hurt Drew, and Drew was like, it's fine, I forgive her like whatever. I was like, no. I unfollowed her, and I was like, I want her to know that I know, that even though Drew forgives her, I know what she did. Then Mal was like, "So, you just unfollowed her? How was that revenge or whatever." Then Drew was like, "Oh no, it bothers her. She's upset about it." I was like, good. When I see her out and about, I'll be perfectly delightful, but I want her to know, that even though Drew forgives her, I know what she did.

Melisa D. Monts:

But why are you like wasting energy being nice to her in public?

Gaby Dunn:

Because I think it'll drive her nuts.

Melisa D. Monts:

Okay. That makes sense.

Gaby Dunn:

It's not wasting energy. This is a hobby for me. I'm having a great time.

Melisa D. Monts:

You being nice just throws her off. I get it.

Gaby Dunn:

Absolutely, and I want to do that for the rest of her goddam life. This podcast is a mix of like good advice and horrible, horrible, toxic advice. What do we rate this episode?

Melisa D. Monts:

I'll give it 43 out of 20 mature non-babies.

Allison Raskin:

I'll give it 37 out of 31 little babies.

Gaby Dunn:

I'll give it 56 out of 46. That's the number of grudges I'm holding.

Allison Raskin:

Oh my God.

Melisa D. Monts:

Is it the percentage of that?

Gaby Dunn:

No, no, no. I think there's about 46 names on the list. I'm like Taylor Swift and Blank Space.

Allison Raskin:

Are we on the list?

Gaby Dunn:

You'll never know.

Melisa D. Monts:

We're not. I can see through your soul.

Gaby Dunn:

You'll never know.

Allison Raskin:

Oh my God. Okay.

Gaby Dunn:

Thank you so much for listening. Please come back on Friday, we'll be joined by Bree Essrig asking some tough questions about sex work and creativity. Just between us, this is a Forever Dog production.

Allison Raskin:

Hosted by me, Allison Raskin.

Gaby Dunn:

And me, Gaby Dunn.

Allison Raskin:

Produced by Melisa D. Monts.

Gaby Dunn:

Executive produced by Brett Boham, Joe Cilio and Alex Ramsey.

Allison Raskin:

Brendan Burns composes our killer theme music.

Gaby Dunn:

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Allison Raskin:

Please.

Speaker 1:

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