

Speaker 1:

Forever Dog.

Speaker 2:

[Singing 00:00:03].

Allison:

Hello. I'm Allison Raskin. I'm a writer, director, and nighttime snacker, baby.

Gaby:

Hi. I'm Gaby Dunn. I'm a writer, bi-con, bisexual icon, wink, and rabble rouser.

Allison:

Oh, what have you rabble lately? What have you roused?

Gaby:

I just got out of therapy and I was talking about my burning of bridges and getting a grip on needing to say my opinion about everything. And she was kind of like, "Well, is it instances where your opinion's been asked for?" And I was like, "Absolutely not."

Allison:

Have you been doling out a lot of opinions lately?

Gaby:

No. I'm off Twitter, so no more opinions.

Allison:

Oh, got it.

Gaby:

If you want my opinions, you've got to pay for my opinions. My opinions are here on this podcast and pay me to write an essay of my opinions, pay me to make a video or a book about my opinions. Otherwise, no more opinions for free.

Allison:

Does [Mal 00:01:16] have to pay you for you opinion?

Gaby:

No, no, no. That, I give freely. Mal also gives their opinion, quite freely.

Allison:

Oh, really?

Gaby:

Yeah. Yeah, yeah, yeah. Just a quick gender update, not really an update, but I don't think there's an endpoint, but I did put she/they on my profile for pronouns.

Allison:

Oh.

Gaby:

That's just a little message of, "Hey, whatever you guys want to do is fine. Both completely fine," just a little sort of acknowledgement of, "Hi."

Allison:

How did it feel to do that?

Gaby:

Well, I did it before I had said anything on this podcast. And then a few people messaged me to be like, "Hey, I noticed that you have she/they on your profile. What does that mean?" And then I would sweat and I would not answer the message and I would be like, "Shut up. You shut the fuck up. Stop it," but I was testing myself, which I think people do little tests sometimes. I have a friend who just ... AMAB person who just posted a picture wearing makeup and was sweating, was like, "I don't know. This picture, it's a joke. Is it a joke? I don't know." And I was like, "Just be like ... You look hot. Who cares?"

Allison:

Yeah. It's easy to say that to somebody else, right?

Gaby:

Exactly. Yeah. So I was imagining that I would make this whole speech of, "And this is what it is," and whatever. Then a lot of people have been very ... I think seeing other people has been really helpful. I think people, like Indya Moore and Rhea Butcher and even sort of when Gigi Goode came out on Drag Race, there's been people that have been great examples. There's this actor, Quintessa, who was on Trinkets, who's a fem-presenting person who uses they/them. [Kola Skola 00:03:16] uses they/them. So I was like, "Oh, wow. There's a lot of people that are being more visible," and I've noticed that.

Gaby:

I think that a lot of people are going to come out of quarantine with different genders and sexualities than they went into quarantine with because I think people, being able to spend time alone and think about it and being able to dress how you want or change or whatever has made people ... I think we're going to come out of quarantine with a lot of people dressing how they want, experimenting with makeup in a different way, figuring out more stuff about what their actual gender is without having to go into an office and present a certain way. It's very interesting.

Gaby:

And I'm reading this book called *Detransition, Baby* by Torrey Peters, which I think made the bestseller list. And it's really good. It's a novel and I would recommend it. Drew and I were reading it and we were both like ... It felt so inside baseball of queerness that we both had the reaction of, "Is this allowed? People are going to see this. They can't know."

Allison:

"You weren't invited to the meetings."

Gaby:

Yeah. It was kind of like, "You can't know. You can't know. Oh, my god. People are going to know. This isn't a book now." It was good and stressful.

Allison:

What is the premise of the book?

Gaby:

This trans woman was in a serious relationship with this other trans woman. And the second trans woman detransitioned and went back to presenting male, and then started a relationship with a cis woman, and then got that cis woman pregnant. And the two women, when they were dating, had always talked about having a baby. And so the ex is so jealous and furious that this person was able to get this cis woman pregnant. And that's all this trans woman wants, is to have a baby. And it got stolen from her, basically, by this person going back to presenting male. And so, right now,

I'm at the point in the book where the person who detransitioned is like, "What if we all raised the baby together?" And so I think that's the premise.

Allison:

Wow.

Gaby:

Yeah.

Allison:

Now, that's a sitcom I'd love to watch.

Gaby:

Yeah. I think it's about womanhood and what it means and motherhood and what it means, but it's just so ... Yeah, it's really good. So I would recommend that if people want to pick it up.

Allison:

What pronouns would you like me to use on this show, moving forward or week-to-week?

Gaby:

Oh, whatever. Whatever's fine. Cheyenne, my sister, used they in a comment. I've not had a conversation with her, but she used they in a comment about me on the JBU Podcast Instagram and I was like ...

Allison:

Yeah, I saw that.

Gaby:

So I think she's not paying attention. And then sometimes she'll be like, "No, I've been listening."

Allison:

She always pays attention.

Gaby:

I guess, but I never have any ... It was funny because Mal, I was like ... My parents are great and my mom was very understanding about stuff, but she bought a T-shirt that was something about my daughter to do with me. And I was like, "Uh," and I was like, "I don't want to say anything because it's not not true, but it's like, I don't know," and I felt a little weird. And then Mal was like, "Why don't you have Cheyenne talk to her?" And I was like, "Why? Because you chickened out and you made your little sister talk to your parents?" Mal didn't come out as trans to their parents. Mal made Stephie tell their parents.

Allison:

Oh, really?

Gaby:

Yeah. So Mal was like, "Why don't you get Cheyenne to do it?" And I was like, "You can't just ..."

Allison:

Why not? You can do whatever you want.

Gaby:

That's not a thing. The little sisters of the world are not ... But they said it as if, "Yeah, just get Chey to do it." I was like, "It's all good." I think that women of that age are very feminist-y in a way that is very gendered. Did that make sense?

Allison:

Mm-hmm (affirmative).

Gaby:

Even with the pussy hats at the Women's March and stuff, I feel like, I admire. I think you've laid some groundwork. You did a lot of work. And a prior guest, [Daryl Bullock 00:07:38], who talked about LGBTQ music, was saying that the women's music and feminist and women's rights movement was dovetailed with queer women and lesbian music and that kind of stuff. So it's always been pretty tied up with each other. And I don't want to begrudge history. I think context in history is really important. So I don't like to just come barreling in, being like, "And now, it's this way." You know?

Allison:

Yeah, but I also think that ... My mom and I talk all the time about ... not that things have changed, but awareness has changed, and how it wasn't that people in the past had bad intentions, necessarily. It was that there was just a lot less awareness. And it's not like people shouldn't have been aware. It just wasn't as easily accessible.

Gaby:

Yeah. Where would they read it? Yeah.

Allison:

Right. Exactly.

Gaby:

Where would they see it? Where would they read it?

Allison:

Exactly.

Gaby:

Yeah. We get sometimes people writing into the show asking us about feminism and about if we feel it excludes certain people, if we feel it excludes black women a lot of the time. And we've never really been able to land on an answer for that, but I know we get asked it a lot in emails and stuff.

Allison:

I mean, to me, I use the basic bones of feminism.

Gaby:

Exactly.

Allison:

So it's just that everyone's equal and that the idea that men are superior is false.

Gaby:

You know what's interesting is that, obviously, you've known me this whole time, I had this mug that said, "Male tears," and I used to be very-

Allison:

Anti-men?

Gaby:

Yeah. And I've come back around to being like, "It's really not that simple." It's a very big oversimplification of what women and men are. And I think I have gone from level one of Mario to level four of Mario and now I'm closer to saving Princess Peach.

Allison:

Definitely. Anyway, I totally got that. This is Just Between Us, a variety show filled with heartfelt advice ...

Gaby:

Ridiculous games.

Allison:

... and brutal honesty.

Gaby:

Can you lightly, before we start, embarrass our producer, Melisa, and say what you got her for her birthday?

Allison:

I had told Melisa a long time ago that I would set her up with someone, but I have failed, miserably.

Gaby:

Sure.

Allison:

And as we all know, I'm a huge proponent of dating apps. I think it's a great way to meet people. I think it's a great way to dip your toe in in a less scary way. So I got her a six-month subscription of Hinge Premium.

Gaby:

And what was her reaction?

Allison:

She didn't really write back for awhile.

Gaby:

Well, we can bring it up with her again at the end, but I do think that that's such a fun, funny gift. And also, I just talked to a friend. You think the pandemic, whatever. I just talked to a friend of mine from college, my friend, Charlie, and he met his girlfriend on Bumble during the pandemic.

Allison:

Totally. I was talking to someone who said people got engaged over the pandemic and they met over the pandemic.

Gaby:

Wow.

Allison:

There are no rules. Do whatever works.

Gaby:

Yeah. He said they met up outside three times and then got tested. And I was like, "That-"

Allison:

That's perfect.

Gaby:

Yeah. I was like, "Holy moly." We'll bring it back to that, about Melisa, at the end. So stay tuned for Melisa's response.

Allison:

We've got a great episode for you guys today and also a great one coming up for you on Friday. We didn't even say, the biggest news of all, that this episode is our 100th episode.

Gaby:

Yeah, [inaudible 00:11:19].

Allison:

[inaudible 00:11:20]. So because of that, later, we're going to be discussing the best advice we've given or received in all our time as the cohosts of JBU. And when we return from break, we're going to answer a listener's very long and in-depth, but interesting question. Stick around.

Allison:

We're back.

Gaby:

Hit it. International question, international question, international question. Anonymous.

Allison:

So the TLDR of a rather lengthy email, but I think we'll get into it because it's fascinating, is, "How do you compassionately break up with someone who is still in love with you?"

Gaby:

Oh, no.

Allison:

"Dear Gaby and Allison, hello. I've been listening to you both since high school and your old couch and sketch and, 'This is What You Want,' videos have meant a lot to me. I have been rewatching all the JBU videos recently and it's weird, but it feels like coming home. Thank you for that, for everything you both do. Last June, my fiance broke off our engagement quite suddenly and then, boy oh boy, I feel like I have been careening from one bad decision to another. For starters, I downloaded Tinder way too soon after the breakup. However, after a few stops and starts, I began talking to one person. Let's call her Peppa Pig, if I may be so bold."

Gaby:

Okay, this person's British.

Allison:

No, Peppa Pig is across borders. Everyone knows Peppa Pig.

Gaby:

But Peppa, herself, is British. So I'm going to assume this person is British.

Allison:

Oh, maybe. Sure. Okay. "Peppa is passionate, intelligence, social justice minded, and most importantly can carry one hell of a bit. Peppa and I talked on a daily basis for months, until we decided to meet up. Two dates fly by and I was starting to fall for Peppa, not a sentence I ever expected to type. Unfortunately, due to COVID circumstances, Peppa had to return to her family in a different timezone. We agreed to keep texting with no definite labels or promises. I could write a few paragraphs, not to mention spend a good many hours of therapy dissecting the next bit, but I'll keep it short." It's not that short. Okay.

Allison:

"I became insecure about what I had with Peppa and redownloaded Tinder. From my stint on Tinder, I began talking to another person. Let's call her Moira. Moira came on quite strong, saying,

'I love you,' on the second date, wanting to be in a relationship, despite me saying I wasn't looking for a relationship, and became distraught when I didn't reciprocate her affection."

Gaby:

Oh, no.

Allison:

"Once again, who the fuck knows what I was thinking, but I eventually decided to enter into a relationship with Moira and I texted Peppa asking to be friends. Peppa graciously accepted and said that she would be more than happy to be friends. Though Moira had initially said that I could be friends with Peppa, she became jealous of our texting conversations. To be fair, there was reason to be jealous because I realized that I was having trouble, myself, transitioning my feelings for Peppa from romantic to platonic. Eventually, I came clean to Moira that, while I loved her, I still had lingering feelings for Peppa. Moira gave me an ultimatum, me versus her type of deal, and I cut off contact with Peppa."

Gaby:

This is an incredible novel.

Allison:

I know. I want to see this on screen with these names.

Gaby:

100%.

Allison:

"However, nearing the two-month mark with Moira, I realized two things. One, we are not on the same page."

Gaby:

Oh, you think?

Allison:

"Moira was talking to me about spending forever together. And after such a serious breakup near months ago, I wasn't ready to be in a forever relationship. Two, the relationship was lacking in some key features for me. I wasn't about to talk to Moira about the things that I was passionate about, re: social justice and politics. Though we are aligned, politically, she wasn't interested in talking about it. And we didn't/couldn't banter."

Gaby:

Oh, that's so important.

Allison:

That's tough. That's really tough. Okay. "Three, in retrospect, there were some unhealthy behaviors, such as her getting mad at me for finding someone on TV attractive and her getting mad at me for asking if she was moving to Toronto for me."

Gaby:

Oh, no.

Allison:

"Breaking up with Moira was the hardest thing I had ever done, including the broken engagement." That's very interesting. "There was panic, begging for me to take her back, admitting that she had moved to Toronto because of us, anger, telling me that it would take her years to get over us, et cetera. I felt and still feel gut wrenchingly horrible for having done that to her. I also feel a ton of

regret surrounding me cutting ties with Peppa. And I know that I want her back in my life in whatever capacity that might be, most likely friendship. How do you compassionately break up with someone who is still in love with you? This is my first time breaking up with someone. Always been the dumpee. He-he. Any advice on apologizing to Peppa? No worries if you can't get to this one on the podcast. Even typing into the void has been helpful. Thank you, thank you, thank you for all of your work and sending love to you both."

Gaby:

Wow. This email is my favorite TV show of 2021. Oh, boy.

Allison:

Also, I have a lot of questions. So Moira said, "I love you," on the second date, but they didn't live in the same city-

Gaby:

Yeah.

Allison:

... if she moved. So what did that entail? Was she traveling to Toronto for these dates?

Gaby:

Okay. Here's the thing. It is a bit of a manipulative trap when someone says, "I love you," on the second date because you're forced to reciprocate or lose them. And if you are just getting started, you don't want to lose them, but if you-

Allison:

I would if somebody said that to me on a second date because I would be like, "You just don't know me. So I don't think that your idea of love is realistic." And I don't want to be with somebody who doesn't understand what love is.

Gaby:

Yeah.

Allison:

That can't tell the difference between love and infatuation.

Gaby:

Okay, but think about ... this person just came off a broken engagement.

Allison:

What is that like? Sounds terrible.

Gaby:

I know, but you're very ... Okay, but I'm saying you're very healthy. You would not allow this to happen to you. And I think you, at an earlier time, maybe wouldn't have been this way.

Allison:

Yeah.

Gaby:

I've heard of friends who have gotten divorced or who have broken up longterm relationships and the next person they date, they're saying, "I love you," really quickly because they're so used to saying, "I love you."

Allison:

So that's my big fear I have, is that I don't know how to date because I just know how to live with someone now. I don't know what it's going to be like to just see someone a couple times a week and not have our lives be fully integrated with each other.

Gaby:

Yeah. I remember hearing about some friend of mine, I can't remember who, probably for the best, who was like, "My partner and I used to always say, 'I love you,' while we were having sex. And then I didn't know how to have sex with people without saying, 'I love you.'"

Allison:

Yeah.

Gaby:

And so that is rough. I think it would be easy to transfer those ... That's why I can understand where this person came from because it's easy to transfer over those feelings and just go, "Well, let me pick up where I am, personally, and just let's pick up where I was with this other person and just slot you in."

Allison:

But I will say that I know that you are feeling a lot of the guilt on this, but you tried to establish boundaries with this person that they crashed through. You said you didn't want a serious relationship and then they didn't respect that. I'm having a real reckoning because, obviously, my thesis on this show used to be you should break up. I was very much like, "If it's not working for you, you don't owe them anything. Get out of there." You know what I mean?

Gaby:

Yeah.

Allison:

But then having been the recipient of a rash and abrupt and shocking breakup, my thoughts have really changed, but again, context matters so much. Jake and I were engaged to be married.

Gaby:

That's what I'm saying. I don't think-

Allison:

We had a wedding date. We lived together.

Gaby:

Yeah.

Allison:

There's going to be different levels of what is respectful to provide your partner with during a breakup, based on what kind of relationship it is. So if you have been dating for three months, I think it's very valid to sit someone down and be like, "Hey, I'm really sorry, but this isn't working out for me. I just don't see us having a longterm future. I wish you all the best," and then that be it, whereas I think that when you are in a much more committed relationship, like we've talked about, it has to feel like a mutual decision unless there's abuse.

Allison:

So I think it's important to feel like your partner is being included in that decision because you're making a huge, huge, huge life decision for this other person. And for them to not have any say in it or even feel like they were a part of the decision making process even at all is so traumatic. And again, unless that person was abusive to you, they don't deserve to be treated that way.

Gaby:

Yeah. I like that this person knows that they downloaded Tinder really quickly. I am curious about feeling insecure and so re-downloading Tinder. I think, perhaps, you feel abandoned or lonely and you want to have multiple irons in the fire to have control over, "Well, if Peppa goes away, then at least I have this," which is understandable, but I think that's you being in a fight-or-flight mode.

That is not going to serve you.

Allison:

Well, there's a difference between wanting to be in a relationship and needing to be in a relationship.

Gaby:

Yes, correct. Adrenaline, anxiety.

Allison:

Yeah, like, I can't handle not having someone serving that role in my life. I can't handle not getting that level of attention from someone all day versus I can be alone, but I would prefer my lifestyle to be with a partner. And that's a tricky gray area, but it seems like this person is pretty self-aware enough to know which one they are.

Gaby:

Yeah. Look, you can't control ... You're saying, what's the best way to break up with someone who's still in love with you? I think a conversation, but you can't control what the other person ... Moira begging and panicking, that's on her. That's her reaction. You can't control her reaction. You can't control what she does. You have to remain firm in what you want. There's nothing you can do to be like, "How can I do this in the way that this person's reaction is what I want or isn't just distressing to me?"

Allison:

The word that you need here is compassion. So how do I break up with someone who still loves me? You break up with them, compassionately.

Gaby:

What does that look like?

Allison:

I think that's validating that this is difficult, that you know that you are hurting them, that you know that maybe they didn't see this coming, that you wish this weren't the case and that you understand if they're mad at you, you understand if they're disappointed in you and you're really sorry, but ultimately this is what is best for me. And at the end of the day, you deserve somebody who's all in. And unfortunately, that's just not where I'm at right now.

Gaby:

Is this something that you've ... You've learned this from your own experience, that that's what you would want someone to say?

Allison:

I guess so. I guess I'm sick of being blindsided. So I want there to be multiple conversations, if I'm being honest. I want there to be, "I'm feeling this way," but again, this is about how serious the relationship is. So if I've gone out with someone three times, I don't need multiple conversations.

Gaby:

Oh, believe me. And I've had people want that.

Allison:

When I broke up with Doyle, I came home from a trip in New York and I said, "I've really been struggling and I've been thinking that maybe this isn't right and I don't know what to do." And I kind of almost broke up with him and then we had a conversation, and then we didn't, and then we tried. And then, a month later, maybe we both acknowledged it wasn't working and we moved on. So I really think that there is something to be said about there being multiple conversations.

Gaby:

Or at least bringing up, when you first have doubts, bringing that up.

Allison:

Exactly, so that the person knows what's going on with you and saying, "Look, I know this sucks to hear and I don't know my answer right now, but I just want you to know where I'm at. And I think we need to maybe be checking in more about this relationship and about if it's serving both of us," because it's really the abruptness that I think can be really, really traumatizing because then you also have this whole thing of, "Were they faking the whole time?"

Gaby:

Yeah, how long?

Allison:

"Was any of it real? So last night, when we had a great time together, did they have a great time or they were faking?" You know what I mean? And so clueing your partner in sooner when those doubts are happening, I think, is the most compassionate way to go.

Gaby:

You're giving a chance to be like, "Okay. So is this something we could work through or not?"

Allison:

Right. And just letting them brace themselves. You're letting them brace themselves for impact.

Gaby:

Well, you know what's funny? When I was breaking up with Eli, for the week before, I was kind of saying things and then he was like, "What are you doing? Are you buttering me up to break up with me?" And I was like, "Uh," and because he's so blunt, he was like, "What are you doing? You're buttering me up?" And I was like, "Uh, I don't know," and then an hour later, because he had said that, I was like, "Okay," and I just told him the truth. But I don't know if he liked that I was dropping hints for a week.

Allison:

But hints are different than sitting your partner down and saying-

Gaby:

I know.

Allison:

... "I'm having these significant doubts and I feel like it is only fair for me to share them with you. What do you think about that?"

Gaby:

Well, that is how I broke up with him because my therapist had told me to do that, but at the end of the day, after that one conversation, he was saying things that I was like, "Okay, what your responses are is not ... This isn't going to work."

Allison:

But again, that feels more like a conversation than someone sitting you down and saying, "I'm done. I'm not working on this. See you never."

Gaby:

I wonder if giving him some hints that I was on the way out was helpful, maybe, for that week ahead of time.

Allison:

I think that that's the 25-year-old version of how to deal with it and we're looking at the 30, 45, 50-year-old version of how to deal with it.

Gaby:

Yeah. I did that to [Gondelman 00:25:58], too, I'm remembering. He was like, "So when we go see my parents for Passover," and I was like, "Well, I don't think I'll be there." And he was like, "What?" And I was like, "I don't think we should plan on me being there in three weeks." And he was like, "Why?" And I was like, "Oh, because I don't think we'll be together."

Allison:

No, it's tough. It's really tough because, also, how icky is it to feel like you're keeping something from your partner?

Gaby:

Yeah.

Allison:

So in a way, it's honestly a little bit easier for you to just tell them the truth the whole time.

Gaby:

Yeah, I know. What should they do to reach out to Peppa? Peppa seems very reasonable.

Allison:

Very reasonable. I think I would just reach out and say, "Hey, I know it's been a long time. Moira and I parted ways and I know it was really shitty of me to not be able to talk to you, but if you are open to us being friends again, I would love that."

Gaby:

Yeah, be like, "I realize now that the ultimatum was a red flag and I'm sorry and I will be an attentive and good friend to you."

Allison:

I think it's taking ownership of the negative role that you played-

Gaby:

Absolutely.

Allison:

... and then also not having any expectations, not making it seem like you're expecting them to forgive you or making it seem like you're expecting them to just let you back into their life, but putting it out there, like, "That's what I would like and I would love that, but I understand if that ship has sailed and that's not something you're interested in."

Gaby:

Yeah. And this doesn't apply, obviously, if the relationship was abusive. You can just dip.

Allison:

Right. So that's a disclaimer.

Gaby:

All of this.

Allison:

Yeah. Once a partner has crossed that boundary into abuse, whether it is emotional or psychological or spiritual-

Gaby:

Or physical violence. Yeah.

Allison:

... or physical, yeah, then no rules apply. You're good to go. You're good to just leave.

Gaby:

Yeah.

Allison:

Hopefully, that was helpful. I'm rooting for you and Peppa, but I'm also just rooting for you to heal. I think it's been a turbulent time in your life and so I'm hoping for some calm for you coming up.

Gaby:

And take some time to yourself. Do not re-download Tinder right now.

Allison:

If you want to submit your international question, send it to [JustBetweenUsPod@gmail.com](mailto:JustBetweenUsPod@gmail.com). That's [JustBetweenUsP-O-D@gmail.com](mailto:JustBetweenUsP-O-D@gmail.com). Stick around after the break. We're going to be discussing the best advice we've ever heard or made up.

Gaby:

Or made up.

Allison:

Welcome back to Just Between Us. It's time for topics.

Gaby:

XXXXXXXX, baby.

Allison:

So as we mentioned, this is numero 100. This is our 100th episode of the podcast.

Gaby:

100th episode. We did it, we did it. Now we can go into syndication.

Allison:

Yeah.

Gaby:

[crosstalk 00:29:02]. That's a joke for no one.

Allison:

That's a joke for '90s sitcom writers.

Gaby:

TV people.

Allison:

Okay.

Gaby:

Yeah.

Allison:

In honor of this wonderful episode, we've been giving advice now for years.

Gaby:

Oh, wow.

Allison:

I think, long before we knew anything.

Gaby:

I don't think we know anything know.

Allison:

I think we do. We have some wisdom with time.

Gaby:

We've learned and we've grown, in public.

Allison:

So I wanted to go over, what advice do you pull from in your life? What things drive you? What do you think of that gives you strength? What has really helped you? I made a list. Did you?

Gaby:

No, but I went back and watched some of our old YouTube videos. First of all, I went back ... So I've watched the sketches for funsies, but I went back and watched some of the couch shows.

We're hilarious.

Allison:

Oh, really? What happened?

Gaby:

You mean, now we're not hilarious? Oh, wow.

Allison:

No, we're very funny.

Gaby:

Yeah, because we were playing caricatures. So it was easier to be funny.

Allison:

No, I think we're funny now, but I also think that when you're playing a caricature, it's really easy because you have all these jokes, because you're playing such a heightened version.

Gaby:

Yeah. So those episodes, we were giving advice, which I think was pretty good. I will say, is this advice that we've given or what advice have you written down?

Allison:

Very little that I've given. Mostly, I mean, I've given it because I've heard it, but not things-

Gaby:

Oh, okay.

Allison:

There's maybe only one that I've created.

Gaby:

One thing I learned from you was the importance of pleasantries, the importance of saying, "Hi, how are you?" or putting a smiley face in an email or signing off with thank you, even though the other person didn't really do anything. I think that one thing that has changed a lot is my ability to

be like, "I don't really understand why this needs to happen, but I understand that other people like it. So I will proceed in that manner." And so that was something that you taught me.

Gaby:

And then I think, also, an advice that you have given me is boundaries, too. There was a period in our friendship where you were very helpful in terms of a relative of mine that I needed to cut out of my life, where I felt I couldn't. And you were very pragmatically like, "No, you absolutely can. You absolutely don't have to see this person anymore." So those are two things that I thought of just now in terms of things that I think have changed my life.

Allison:

Oh, wow. Well, the last point kind of brings up my new mantra or guiding light, is really thinking about what is and isn't serving you. I think sometimes it's good or bad and that can be nebulous, but is this relationship serving me? Are these behaviors serving me? And then I think, a lot of times with relationships, especially, you can say, "Is the current relationship serving me, regardless of what happened in the past?"

Gaby:

Right.

Allison:

And then another one that is somewhat new is, because I started teaching, someone messaged me on Instagram and was basically like ... I posted that it was going to be my first night teaching or whatever and someone was like, "What you've got to do is pull from all of the teachers that were good teachers. What were they doing that you liked?" And so that's really a new thing I'm trying to think about a lot, is modeling behavior. So if I'm going to do something new, what have I experienced in that realm? Not even new, but what interactions have I had that have gone well and how can I mirror them?

Allison:

And then one instance, in particular, where I was in this part of this web series and it had a horrible director, just a toxic, awful director, and I learned a lot there about what not to do. So I think that, for me, the advice is really observe the people around you and pull what is working and then make sure you avoid what you don't like in your own behaviors.

Gaby:

Yeah. It's hard for me to do that, too, because there are some times where I'll be like, "That person really rubs me the wrong way and I don't know why," and then I'll be like, "Oh, it's because this is how you're acting."

Allison:

So that's projection, right?

Gaby:

100%. I've learned a lot about vulnerability and that you don't always have to look right and you don't always have to be the person who is the one who knows the most. And I never used to say, "I don't know." I used to feel like I had to present an argument rather than just say, "I'm sorry." I had to present exhibit A, exhibit B, "Here's my defense." And so the amount to which I just say, "I don't know," or, "I'm sorry," now is totally different because, like you said, it wasn't serving me.

Allison:

And I think, when we're younger, it's scarier to not know, where I think, as you get older, you've realized how little anyone knows and everyone's still fine.

Gaby:

I don't know-

Allison:

I don't know anything.

Gaby:

... anything.

Allison:

And that's okay.

Gaby:

I don't know anything. I don't know shit. My therapist today was like ... it was something about, "Do you know how you feel?" And I was like, "Almost never." I think I was so sure of so many things and I'm more open. I feel more open to, "I don't know. What's this going to be? What's that going to be? I don't know."

Allison:

Totally.

Gaby:

I would love advice about career jealousy because I think I still struggle a lot. I really am trying. That's the thing I've worked on so much. I really, really, really try. And still, last week, I had a full meltdown where someone else's achievement made me be like, "I'm a loser. I'm a failure. I've never done anything in my life. I should die." And it's because someone else made a movie? Someone made a movie, so you should die? Why is that still a ... You think you've become so enlightened and then something happens and you're like, "I'm just the same as I always was, baby."

Allison:

But did that meltdown maybe last less time than it would've in the past?

Gaby:

Probably.

Allison:

And a week out, you're able to see it with a bit more clarity?

Gaby:

Yeah.

Allison:

So the whole thing is it's not that you're never going to feel certain ways anymore. I think it's like your recovery time is faster, the amount that it affects you is faster, but you'll still have flareups with everything. I mean, I still really struggle with career jealousy.

Gaby:

It's horrible.

Allison:

Yeah. It's tough, but I really liked when our global career guy was saying on the podcast about how we have this scarcity mentality where there's only a certain amount of things that can go around, but that's not true. There can be so many movies and so many projects.

Gaby:

I know.

Allison:

So that's been a big shift. That's been helpful for me.

Gaby:

I know.

Allison:

It's like, just because they have this doesn't mean I can't have blank.

Gaby:

Our friend that I reached out to because I was like, "Hey, I ..." I like having friends who are also petty so I can be like, "Hi ..." Shout out to [Britney Nichols 00:36:24], who's so petty, and also Kirsten King, who will indulge in pettiness with me, and Josh [Gondelman 00:36:29], huge pettiness. It was sort of this thing of everyone is on their own timeline. You don't even want this thing. Why are you acting like you want this when you don't even want this? You're just upset that someone else did a thing that isn't even ... It's not even what you want. Gain perspective.

Gaby:

Kirsten said, "Imagine you, five years ago, how excited they would be for you now," but even if that's not true because things change so much, think about how much you've learned and how different things are than you thought and that maybe, in five years, things will be even more different. And in five years, things will be even more different. You can't even predict what's going to happen. We didn't even know that YouTube was going to be a thing and then YouTube existed. You don't know. Maybe, in five years, I'll make a movie that's projected into everyone's eyeballs.

Who knows?

Allison:

Oh, I hope not.

Gaby:

You're like, "I don't actually want to buy a ticket to that."

Allison:

Yeah. I mean, I think that I'm letting go of longterm plans and trying to-

Gaby:

That's the thing, yes.

Allison:

... think a lot more in short-term plans because I can't predict longterm. And then I think the biggest lesson that I learned from my broken engagement, and this is something I've heard, but now I truly believe in, love is a skill. It's not just a feeling.

Gaby:

Yes.

Allison:

What matters is compatibility, 40%, and then 60% is a commitment to making it work. And it's not some magical thing where you just have to find your person and then everything will be fine and easy and then whatever. And if it's not your exact match, then you'll break up so that you can find your true person. I don't believe in that and I really believe that it's about finding someone who you enjoy, who you are friends with, who you are attracted to, and then making it work. And then I was talking to [Shiba 00:38:32], who's been on the podcast, and she was saying, "I view it that it's not that you meet your soul mate, you become soul mates through the work that you do together."

Gaby:

Yeah. Mm-hmm (affirmative).

Allison:

And I think that's so beautiful and that's something that I'm really trying to carry with me, moving forward. And I think that's why so many people have a hard time picking a partner. And people want a partner, but then they find out ... It's making the decision that this person is who I'm in with and so let's fucking figure it out.

Gaby:

Yes, yes. Speaking of romantic figuring it out, Melisa, what's up with Hinge?

Melisa:

I couldn't tell you exactly what's up with Hinge because I haven't downloaded it yet, but I'm going to. I told you guys before, I have been working a lot, 18-hour days. And I've recently promoted someone that works with me and they're working full-time now, so that takes a lot of time. So now, I need to figure out me that's not working all the time. And so I need to take some time to figure that out and then I'll move to the next step, but I'm very thankful that Allison got that for me.

Allison:

You weren't mad?

Melisa:

No. I wasn't mad.

Gaby:

No, I think it's a very thoughtful gift.

Allison:

Well, it's a little pushy. So I was worried about that, but also-

Melisa:

No, no, no.

Allison:

... but I was like, at the end of the day, you could choose not to do it. You could use the money for whatever you want.

Melisa:

I could just take the money.

Allison:

Yeah, exactly.

Melisa:

No. I think that would be a shitty thing to do because I understand the intention behind the gift, especially since we had made that deal a long time ago. And so I really thought it was a thoughtful gift and I appreciate it.

Allison:

Oh, thank you. I'm so glad you like it. And when you meet your future spouse, I could brag about that at your wedding.

Melisa:

Mm-hmm (affirmative). 100%.

Gaby:

Allison gets to make a speech.

Melisa:

Yes.

Gaby:

That's how I felt. I went back in my emails and I found that Britney Nichols is who originally introduced me and Mal. So I was like, "You get to do a tight five at the wedding."

Melisa:

That's the best.

Gaby:

"Start writing your set now."

Melisa:

Nice.

Allison:

I introduced one of our good friends with someone that Jake knew and they're still together. And so part of me is like, maybe the whole reason for my relationship was so I could introduce these two people.

Gaby:

I like thinking of it like that. My ex, I think about the reason I dated my ex was so that they could give me Beans, my dog. And whatever pain that went through, it was okay because I ended up with Beans and that's what was supposed to happen.

Allison:

I mentioned earlier that I came up with one of the advices, which isn't a word, but again, I was talking to Shiba for a video for the Emotional Support Lady Patreon. And we were talking about post-traumatic growth, which is this concept that going through trauma can actually cause you to really grow and to even reach a higher level of clarity and functionality and change in really positive ways, but the problem there is that sometimes people are like, "Well, isn't it great that this trauma happened to you?"

Gaby:

Oof, yeah, yeah, yeah.

Allison:

And I don't agree with that at all and I don't think that it's like, "Oh, I needed this horrible thing to happen in order for me to become this." And so there's a lot of terms about what was the meaning of something. And so, for me, I think you have to make the meaning of the situation versus finding the meaning because finding the meaning implies it was always there and it was meant for you to find, but I think you're like, "Okay, I'm in this shitty situation. How do I make meaning out of this?"

Gaby:

For you, I think it's the mental health community you're building, which is not something that's happening to you. That's an active choice.

Allison:

That's what I mean. You make the meaning of what happened to you versus it's some inevitable thing and that's why this terrible thing had to happen.

Gaby:

Yes.

Allison:

I hate that reasoning.

Gaby:

I do, too.

Melisa:

I do, too.

Allison:

Melissa, what is your favorite advice?

Gaby:

Oh.

Melisa:

That I've ever given or-

Allison:

Or received.

Melisa:

... that I've received?

Allison:

Either.

Gaby:

What do you live by?

Melisa:

Well, they both go hand in hand. They're going to be a little ... I'll just say it.

Speaker 2:

Yeah, let's hear it.

Melisa:

The best came from my grandmother. RIP. She said that, "Dick comes dime a dozen."

Gaby:

Nice.

Melisa:

Meaning that-

Gaby:

I love the sentiment.

Melisa:

Yeah. There's plenty of fish in the sea, essentially.

Gaby:

Exactly.

Allison:

Yeah.

Melisa:

And then the best advice I've ever given is, "Is the dick worth death?"

Allison:

Because of COVID?

Gaby:

What does that mean?

Melisa:

Because of COVID.

Gaby:

First of all, audience, we want to stress that we mean the metaphorical term of dick.

Melisa:

The answer is no.

Gaby:

Speaking of no, can I say that one of my best advices is, "No is a complete sentence?"

Allison:

Oh, yeah. You love that one.

Gaby:

No is a complete sentence.

Allison:

That's your favorite and your other favorite is, "No decision is a decision."

Gaby:

Yes.

Allison:

You love that one.

Gaby:

No is a complete sentence and no decision is a decision.

Melisa:

That one ...

Gaby:

Sorry.

Allison:

Do you like it?

Melisa:

I hate it.

Gaby:

Sorry.

Allison:

Oh, you hate it?

Gaby:

Waiting too long to make a decision is a decision.

Melisa:

No, it's not.

Gaby:

Yes, it is.

Melisa:

Make a decision-

Gaby:

Well, obviously, but the point-

Melisa:

... for you.

Gaby:

... there is that you're supposed ... Yes, the point is is that is supposed to motivate you to make a decision.

Melisa:

That's making my skin crawl.

Gaby:

Well, it's the school of hard knocks over here, Melisa.

Melisa:

No. I'm like, "Make a decision."

Gaby:

Of course.

Allison:

I think you're misinterpreting it. The advice is that you have to make a decision because, otherwise, you're going to get stuck with the decision of a non-decision.

Gaby:

Correct.

Allison:

So [crosstalk 00:44:24]-

Gaby:

By not deciding, you are deciding.

Allison:

And therefore, making an actual decision.

Gaby:

And therefore, make a fucking choice. Yes.

Melisa:

Okay.

Allison:

I do want to mention one other thing that I think about all the time, which is my therapist would always encourage me to walk through the world with grace.

Gaby:

Oh, right. You've said that.

Allison:

And I love that because, to me, that's not, oh, that I look graceful or anything. To me, it's I show compassion, I'm kind, I'm not petty, I'm not ... That I walk through the world like my best self. And I love that one.

Gaby:

Yeah. That's cool for you. I love to be petty. If you would like any sort of pettiness, shit talking, gossip, please bring it my way.

Allison:

Duh, gossip.

Gaby:

Yeah. Well, Geminis do love to gossip.

Allison:

What do we rate this incredible 100th episode?

Gaby:

Oh, my god. 100 out of 100, baby.

Melisa:

Yeah. 100 stars.

Allison:

Okay, I like it.

Gaby:

I feel that we've really come into what this show is, who this show is, and I love that.

Allison:

I love that for us.

Gaby:

I love that for us.

Melisa:

I'm blessed to be a part of it.

Gaby:

Oh, Melisa, we are blessed to have you.

Allison:

100%.

Gaby:

Oh, my god. Okay.

Melisa:

You brought it back to the 100. I like it.

Allison:

I didn't even mean to. Thank you all so much for listening to this episode. Make sure you come back on Friday because we're going to be joined by Merlin Tuttle to talk all about bats and why they're awesome. Just Between Us is a Forever Dog production, hosted by me, Allison Raskin.

Gaby:

And me, Gaby Dunn.

Allison:

Produced by Melisa D. Months.

Gaby:

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

Allison:

Brendan Burns composed our killer theme music.

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Allison:

Woo.

Gaby:

Great work.

Speaker 1:

Forever.

Speaker 2:

[Singing 00:46:47].

Speaker 1:

Dog.