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Call me love, you bought me a ring, I fall asleep, the sound of your breathing I'd bite, I'd flake, this is my house, this is my life now, this is my spouse Glory be, glory to you, glory to me, this is the sound of your breathing

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Not to start off on a negative foot

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Aww

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But we had the worst, like rudest flight attendant. No, she was just mean mommy. Well, it was stressful. She was stressful. Do you think she was stressed? Or was she making everybody stressed? It was both. It was the omnibus of stress. Yes, she got onto that plane to go to work and she was ready to be in a really bad mood. Like Alaska Airlines flight from Boston to Seattle. It was, right? And she was just mean to us from the jump. Do you want to tell the story? I can't remember. All I remember is I was just really scared to ask for anything or do anything. I remember feeling completely terrified. Yeah, well, fuck. Now I can't think of any specific examples. Now we're just dragging her name through the mud for no reason. Okay I will say her name I bet it was Glenda. We were asking for some help like putting the one of our suitcases in the overhead compartment and remember she just like said to no one she was like well this one is way too big to be on a plane. This shouldn't be on yeah that's right this shouldn't be on the plane. I was like close it. I know and then she closed it a second later I was like um but that wasn't mean it was just like do you have any sandwiches? She was like, no. Oh yeah, that's right. I was asking, I was, because we were, it's just, it's like a five, five or six hour flight, right? Yeah. Is it longer? Is it shorter than that? No, it's like five and a half hours. Yeah. Um, but like, I feel like for those long flights, like you should offer some kind of food, like substantial food, you know, not any more sweet, but at least have the option. And so I was like, do you have a sandwich or anything? And she's like, no, we don't have any sandwiches. We have only what's on the list. But I was like, on, okay, for the record, okay, the menu on this flight, it had only snack packs listed, but there was a picture of a fruit and cheese plate.

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How are you gonna do that?

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Yes, and the fruit and cheese plate was not available. That's right, and then you pointed at the fruit and cheese. And I said, oh, is the fruit and cheese like you know? No, it's not listed.

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I was like, oh my god, mom!

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I was like, why do you have pictures of it? And then on the flight on the way back, I went to the bathroom and I don't know how this happened in like the fucking 30 seconds I was in the bathroom, but at some point when I was in the bathroom, I got up and I was like, fuck, because like the drink cart was like about a row in and I was like, god damn it. And I was like, oh well, she'll see me standing here and like back out so I can get out. Oh, no, no, no. She did not let me do that. I was behind her for like 15 rows. And like everybody, and I didn't know what to do, so I just followed her because people were like starting to come out of the aisles and try to get behind me. So I had to like stick kind of close to her. God, and she had me over a barrel and she knew it. I was trapped. And you turned around and I just kept making

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eye contact with you.

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I was like, fuck.

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I was like, I'm so sorry, honey.

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But we did have a, it was a great flight attendant on our way home. Oh my God. We thought that she had to have recognized us from another flight because like, not just recognize us in general, but like recognize us from a previous flight because she was so fucking nice to us. And she acted so excited to see us when she saw us get on the plane, her whole face lit up. She's like, welcome aboard!

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Oh my god, welcome aboard!

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I was like, sick, this is awesome!

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It was like the opposite vibe. Yeah. Except, and you know what, I guess that lady was like, look, you take the risk, you get up to go to the bathroom, you may get stuck, I'm not gonna turn around for you.

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100%.

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And I mean. If she squinted out every time that happened. Oh, but remember, I was like, if you're like, can I order you a drink if you don't make it? And I was like, yes, I would like a Coke Zero and all three of those snacks. It was like, sun chips, almonds, and Biscoff. And I was like, I would like all three. And then you asked for all three, and she was like, no. She was like, there's not gonna be enough for everybody. I was like, what is this attitude of scarcity? I always ask for all the snacks. It reminds me, okay, so when I was going through my 1940s movies pick that I really love, there was that movie where it was like about this woman who was like going to be a flight attendant. She was like, you know, oh, we have the three mics. Yeah, three mics. I love that movie. She was like going to school to be a flight attendant and they had to like board, you know, while they studied to learn all this stuff. Yeah. And then, oh yeah, they were like staying in, you know, in dorms or something, right? Yeah, but the whole, like,

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Oh, yeah, and they had to take-

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They were like, what's the matter, sweetheart? You forgot the steak dinner? And they were like, well now we have to turn around.

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That's right!

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They turn the plane around to land to get their lunches. Could you imagine? I feel like if there was like life-saving medication back at the airport, they'd be like, sorry. I guess you're

gonna die, sweetie. Yeah, you're, that is, I'm so glad you brought that up. They're like, oh, we forgot the whipped cream for the split. Time to go back to Heathrow. Speaking of that, we started watching Hijack, the show with Idris Elba that just started on Apple TV today. It is so good. I forget that now we're in the era. I think they're trying to stop us from ruining our lives because they're like giving us a drip IV of these episodes. We don't get them all at once. I am so glad they're not just dropping whole seasons now. I think it's really smart. I think it's great longevity for the series. I think it's really smart and I think it's also really good for our brains. I don't think... it's not good to like stay up until five in the morning binge watching things and not getting enough sleep. Because it was Orange is the New Black well not only was it the first sort of streaming show that Netflix created, right? But also they released everything all at once. Yeah, I remember being like, holy shit. This is a wave of the future. Totally. Even though I didn't binge watch it because that was when I was in my black hole during my dissertation writing, you know. So you and Orange is the New Black kind of popped off around the same time. That's true. Yep. Okay. Me and them. Do you want to...oh, welcome to the manic episode this is a special episode I'm Wyatt I'm horror we never do this I really think season three is when we should start introducing yeah and explain like I got diagnosed with bipolar disorder when I was 12 years old. I sang the song Same Love with Macklemore. And I graduated from school. So this is a special episode because we have my sister on.

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My sister's here.

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Your sister-in-law.

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Yeah.

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And y'all are going to love this conversation. We had so much fun. I was laughing out loud while I was editing it. And it's an interesting sort of perspective from a sibling of somebody who is bipolar, and that's me. And so she just has all the insight into all the crazy shit that I did when I was younger, so... You have a little bit of a window into that.

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It's a wonderful episode.

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Yeah, it is.

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You guys are in for a fucking treat.

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Do you want to start with our lies that we tell about our Patreon supporters? Patreon.com slash manicepisodes? Are you sick of mosquitoes and other biting bugs ruining your outside time. This was inspired by your little outing today, wasn't it?

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Mm-hmm.

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Have you heard of this new product that Julia C. made? Julia C.? What did she, what did they make?

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You need a second skin, a full-body skin suit. It's the skin treated with insect repellent to look like your skin, but it's not.

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Okay, low-key, I would do it. I would wear it. And that's brilliant, Julia C. What do I order one?

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Why don't you just put insect repellent on? Well, then you don't have to have it on your actual skin.

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Exactly, and I hate the way it feels. That's what you should have led with.

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That's what I meant.

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I did this, you didn't though.

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I did.

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Did you know one of the largest objects ever shot with a slingshot was a car? What? Yeah, you heard that right. A full-sized car. This impressive feat took place in September 2017 in California. Well, Shell was inspired to beat that feat, so they're going to attempt to launch a full-size, whole-ass school bus from a slingshot. And because they really care about children, they're going to make this a fun experience for a bunch of real children who will be on board. So that's it! Honey, that sounds really, really dangerous. Shell, I don't think it's a good idea. Don't tell her that. Let her do it.

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Let her cook. Congratulations to Elise Kay, who just took over as the mayor of Vicks Vixenburg, which is a tiny town in the middle of Columbus, Ohio.

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Is it town within a town?

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Yes.

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Vicks Vixenburg. It's a town inside of a town gone. It is rumored that their first order of business is to give everybody miniature capybaras as a mental health campaign. That's... sorry go ahead please. You can't be depressed if you're looking at a tiny capybara. That is actually probably borne out by medical science research journals. I wouldn't be sad anymore. Wouldn't it be so cute? How small are we talking? Like compare it to... I'm holding my hands like a cup. Like a gerbil? They don't know how big your hands are. Well, I mean, a hand. Any hand. I want like a guinea pig. Isn't a guinea pig just a mini copy of a hand?

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Yeah, that's true. I want a guinea pig.

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Me too. We can do it.

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Farmhouse.

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In the late 19th century, a Danish scientist and inventor named H.P. Kaiser developed an innovative lamp known as the Luxo lamp. Ooh, this lamp would go on to become an iconic symbol of functionality and design inspiring the creation of, can you think of a famous lamp? Pixar.

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Oh my God.

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The famous, you just, you do this thing where you take a word and you put F in front of P. The Pixar Animation Studios lamp mascot. Feeling a little threatened and honestly a little jealous of the Luxo lamp, Barbara, you know Barbara, made the Fluxo lamp, which is fueled by flux energy supplied by a plutonium powered nuclear reactor.

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The flux.

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What do you think? I think that sounds incredible. I'm on board. It crops up where you least expect it. I'm ready. I'm also back to the future sponsor the pod It's such a thing as possible They're an entity. Yeah company back to the future.com net Well, we have a good little good good episode this time I do and we already talked you know what y'all I have to come clean We have to we have to be honest. I have to spill I was gonna I was gonna act like nothing had happened. We took a big break between our first two lies and our last two lies. Can you tell in our voices? And a lot has happened since then. We tried to just smooth over it. We tried to lie. We can't lie to you. No. I got COVID. So we had to pump the brakes on this whole fucking deal. We had to separate. Yeah, we separated. We quarantined within the home and Mary did not get COVID. And it was really difficult. And it was, honestly, we stopped recording the first part of this episode because we got into a little conflict. I'm just gonna say it. And then I got sick and we really had to come back together. And we couldn't record this while I was sick, obviously, because Mary and I were isolating from each other. And so we couldn't sit right

next to each other and record the pod. And it was really hard, actually. Those of y'all who have done this before, who've had like a partner get COVID that you live with and have had to stay quarantined from within the same house, it really, really sucks. Yes. It was very unpleasant. So if you've, and it was really like emotionally difficult, like it was a big bummer. Honestly. And I realize how important physical touch is. I felt so, it was so enormously difficult.

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I couldn't stop crying.

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That was awful.

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Like we were okay for the first couple of days because we both had so much work to do. So we were like kind of working independently, but it was like the first night where I was like, oh my God, we can't sleep in the same bed.

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Yeah.

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And I was just like, it was so, it was so sad.

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Yeah.

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So sad.

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And whoever gave me COVID, you know what?

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I hope you're feeling better.

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Oh honey, that was a good turn. I'm not feeling, yeah, I'm not feeling angry toward, I'm not, I'm not doing anger anger is like so 20 2000 and late. Yeah angers gauche. Yeah, it is. It's really tacky You know what anger is like that song anger is like that song. It's like she's a cold hard bitch But she's you know, you know, she's a crazy bitch, but she fucks so good. I'm on top of we were talking about this It's a terrible. It's just a thing and that was who was a buck cherry. Yeah, so Mary and I were talking I was like, you know what we as a culture of never really discussed is the fact that there was a band that had like a top 40 hit Called the band was called the cherry poppin daddies like gross. No, I cannot believe that I cannot believe but it happens. It's a riot. It was a really good song. I like a bottle of beer Can't support this no can't support it. That's a terrible game. We really hope that y'all enjoy this episode with joy and joy We're also really sorry that this took so long We really hope that y'all enjoy this episode with Joy. And Joy, we're also really sorry that this took so long. She's been asking about it, like, are y'all ever gonna release that? Which I'm actually really excited about it. Like, I think that people are very much going to enjoy this. And like, Joy just turns on when she's got an audience, you know, like, and she's just so smart and so competent and capable and knowledgeable about so many different things. And yeah, I think it'll give a little bit of an insider glimpse into my interesting life. And honey, what do you have to say? Oh, I'm just like, it was one of my favorite, like, I guess it

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wasn't like a total interview, it was just more of a hang. Just more of a hang, yeah. I really appreciate, I think you both have really interesting views and lenses on politics. And I really like hear you both talk about that, like just going out in college sports and everything y'all get into. And it's like, I just love it. I love being around it. I think I love the way, I think Joy is so smart and she's always like the person that I go to and I'm like, I know, Joy will know what to do. Absolutely, yeah, exactly, that's how I feel too.

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She's such a like grounding kind of force in my life too.

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She's a good compass.

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She's a good compass.

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Yeah. Okay, so enjoy our compass.

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Everybody.

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I'm thinking about that Sarah Silverman bit.

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Oh, no.

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I can't say it.

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No.

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Okay. Just watch Sarah Silverman's most recent stand up, y'all. It's the very last thing she says. It involves the term moral compass. Mary wishes I hadn't said that.

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Love y'all so much.

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Enjoy.

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Bye. I always knew this day would come it's here it's finally here it's here it's not it's a little bit queer it's not at all queer but today it's a family affair because my wonderful sister joy my god joins us on the podcast today thank you so much for coming and doing this, Joy. Thank you, Joy. Thanks for inviting me. I'm excited. This happened because Joy had the wonderful idea that like I'm still not letting go of,

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of the two of us having like a spin-off podcast called the Depressive Episodes, where we just talk about like

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our various very strange overlapping interests. And so this is like a little mini depressive episode.

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the record, state that the Depressive Episodes was my idea. Yes, it

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was. As a name. I'm very proud of it. And as a concept. Yes, and as a concept. And so originally that was going to be me and Joy, but Mary got jealous. Yes, yes. I'm just kidding. But what about me?

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Yeah, and so we decided, we were like, you know what,

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we need to do what we've always wanted to do.

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Yes. Give Joy the spotlight.

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And when the people hear our conversation and realize how incredible it is, they're going to clamor for more Joy. And y'all will see that Joy is the essence of her namesake. It's honestly perfect. Like, I also think this is just like a great, like entrance into a world of spin-offs.

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Yeah, I think so too.

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Yes.

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Well, and Joy and I, what would you say Joy, are our overlapping interests? We can also give a quick rundown of just the history of our relationship. Yeah. So I first met Wyatt on- It was on sistersmeetup.com.

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Actually, it was- Sibling adventure.

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What's the farmers one? Only farmers or something? Only farmers. I don't know. Oh wait, that's something else? Yeah.

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Yeah, don't Google any of those.

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Please don't. No, so Wyatt and I obviously have known each other since Wyatt was born. I guess the sort of short version rundown of our relationship is that we're about two and a half years apart in age and I'm older maybe obviously I think maybe we mentioned that and we had a complicated sibling relationship there was a lot there were a lot of things that Wyatt would do that didn't make sense to me yeah there was a lot of bickering to the point where our parents sent us to siblings therapy. I don't know if you remember that. I remember it very well. How old were you? I couldn't have been more than like eight or nine. I feel like there's no way that only happened once. No, it was more than one time. But that was, you know, just to prove my bona fides for this particular podcast, that therapist told mom and dad that I was a thought spinner, which basically was rumination.

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I was ruminating as an elementary schooler.

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That actually, you are welcome here among, that means you're not cis-brained, but you're welcome here. I love cis-brained.

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You're welcome among the neurodivergent.

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I am slightly neurodivergent, but not debilitatingly so. And so we had this sort of tumultuous and combative almost relationship as kids that once we got to our teenage years, it really felt like it kind of came to a head. And I think we'll probably get into this a little bit later. Those were also the years where the bipolar disorder

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sort of started to spin up for Wyatt.

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Yeah, yeah.

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But once I went off to college, I feel like that distance was really good for our relationship. Yes. And we got much closer. And then by the time we were, you know, quote unquote real adults. Yeah. Everything was, I mean, we had a much closer relationship. So we had all these shared experiences, even though we fought a lot.

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Yeah, and you can, like, please feel free to spill the tea. No holds barred here, unless you see a single tear start rolling down my face. And then stop. All right, I feel like, looking back on it, isn't it so funny, it's like, I can't remember, other than the fact that I constantly stole your clothes. Which makes zero sense now. I remember this one time stealing and wearing this shirt that was like this like really tight like snake skin. Do you know the top I'm talking about? I do know the top you're talking about. Any of my high school friends watching this probably remember that top. But like why? I have no idea but I think it's because honestly like because it was hers. I honestly you had a lot of especially going into high school because that's where I feel like this really ramped up You had a lot of like social capital in high school And I was so terrified of high school and I wanted everybody to like me I didn't know how to navigate that and then I think I was but like there was no reason to keep There's no reason to steal it, you know, like there's no there was no reason necessarily to do that I mean, I feel like well, I mean if you really had wanted to borrow it

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You could have asked at which point I would have absolutely said no

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No, I couldn't

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When I sold Kathy's Kathy's clothes because I asked her first, but she's like no you just stretch it out I'd be like fuck off Then I'd wear it and then she'd go through a clothes like did you wear this? It's stretched out. I can tell You're like what yeah, yes, I didn't know you still got these clothes yeah the two years we lived together then y'all made it I mean you're still

siblings yeah you haven't gotten sibling divorce yet oh is that an option I just don't remember though what any of the like I don't remember what the conflict was about isn't it funny like yeah looking back on being younger like when you fight with your in my memory, we didn't really have anything to fight about. We had such different interests, and I don't know. I just don't remember what any of the conflict was about. I just can't put a finger on it. Whatever it was, we just definitely didn't get along to the extent that my parents were like, it was a big issue. They saw it as being a big issue and it needed to be fixed.

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Yeah, I think they saw it as being a big issue. Looking back on it and having kids myself now, I feel like it was maybe an overreaction. I think it was partly, I mean, first of all, like, you know, I don't know, our parents did not know how to parent.

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No, not at all.

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At all. No. And they were like, this is not like all rainbows and butterflies. Like, why don't these two love each other?

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Like, it doesn't make any sense.

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Yeah.

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And it's like, there's something, I feel like there's something wrong with me. Right. Or something wrong with us. Right. And actually, I've been reflecting on that a lot lately. It's like, you know, because I know that nobody really knows what they're doing. And the older I get, the more I'm like, oh my God, our parents were just people who were not that far from my age, who were really not good at parenting because their parents fucked them up in different ways. It's just so weird to realize, I don't know, because when you're young, you just think everybody has everything completely under control. And nobody has everything under control at all. Right. Do you think about that as a parent? Like, do you ever think about the things that mom and dad, because I would say, I've talked about this a lot on the pod, but I feel like it was just a very, like, first of all, I feel like my parents were never on the same page about anything.

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No.

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Like, there was, they were not a united front. No. And my dad was just the most, like, laissez-faire parent you could possibly, but had a combination of laissez-faire, like no rules, no accountability, no structure, but then-

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No boundaries.

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No boundaries, but then incredibly high expectations.

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Yes, right, yeah. I mean, I remember telling somebody at some point, I was like, this, like, high school graduation, I, okay, they misspelled my middle name on my high school diploma. My middle name is Nicole, and they spelled it N-I-C-H-O-L-E, not how I spell my name, Nicole.

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No offense to any of the Nicoles out there.

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I'm sorry if your name is Nichole. I apologize for your parents' choice. But I never bothered to have that fixed because who cares? It was my high school diploma. As I've told people, it's like high school graduation didn't mean anything to me. Because it wasn't a question of like, what are you going to do after high school? It was like, where are you going to go to college? And then what graduate degree are you gonna get? It wasn't even like a, the end game was a terminal degree.

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Yes, it had to be a terminal degree.

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It had to be a terminal degree.

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Not just a master's degree, it was like a JD, MD, or a PhD. That was it. Yeah, and so the expectations were incredibly high and we predicted ourselves. So I mean, I think, you know. To varying degrees of success. To varying degrees of success. You did an excellent job at that. Rex also really stepped up at the end and did an excellent job of that. Like, Rex, I feel like, did, you know, something sort of similar to what you did. Like, Rex, I think, kind of skated by, like, not doing particularly great in middle school, and the way he tells it, but then, once high school, like, once he sort of realized, like, oh shit, if I don't start taking this seriously, I'm not gonna be able to, you know, I'm not gonna achieve all these things I want to. He started parenting himself too. You have to make some kind of a space to be productive amidst all of this chaos. I think that's what I really perceived our home to be. In fact, that combination of things like the lack of structure, the huge expectations, and the mental illness, which runs in my family and we're still, I don't know exactly what was going on with dad, but something. Something, yeah. I'm really surprised that as many of us were, that we were as successful as we were. That I was, certainly. But, yeah.

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Yeah, because it sounds like it was laissez-faire. The expectations were high. But I also, from what it sounds like, there was also like, hey, the financials are there. They'll figure it out. Like, they're smart.

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We have money, let's go. Like, it's gonna be fine. Actually, I mean, that's, I think, like, one of the things I think about a lot with my job and with, like, educational access and, you know, wanting to, like, defend higher education, public education, excuse me, and, like, the right, everyone to have the right to, you know, access high quality higher education, public education, all that, is that, like, I, in all those circumstances, with all of those circumstances going on, it wasn't an option for me to fail. Like, I tried to fail so many times, and yet like. Do you remember that time you skipped class like 47 times?

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Yeah.

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And so you had to write a 47-page paper, something like Texan Tribunal, shout out Texan Tribunal. Yes, a very fair, I mean, democracy in action. Yeah, and it was like a student panel that like decided your fate.



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Yeah, and they were like.

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And they were like, write a 47-page paper,

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I was like, that's not even a punishment. Yeah, it was about my life.

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But they told me to write it about migraines because that's what I said the issue was, which it wasn't. And it had to be handwritten and I have very vivid memories of like writing a research paper but I learned a lot. I mean I learned a lot about migraines during that time.

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So actually when my daughter was like I don't know 18 months old, very little. I went to these parenting classes, which sounds very court-ordered, it was not. It was a Jewish community center, it was like for early childhood stuff, kids up to the age of four. And it being my first kid, it was like, I want to learn, you know, kind of, I don't want to mess this up. And I remember that instructor, like the one thing that really stuck with me more than anything else that that instructor said, and I think about it a lot, especially in terms of our upbringing, is she said, you know, those in big cities, which is not out here in Western Mass, when you have those intersections between big highways and freeways, there's those flyover overpasses, right? Really high up, you're hundreds of feet in the air. I don't know. Actually, I don't know if it's hundreds of feet in the air. I'm not great at the scale, but you're very high up, right? And the only thing keeping you from flying off of that flyover, other than your own skills driver, is like a three foot tall concrete barrier. It's not a very high wall. And I remember she said, basically that's what parenting is. Like kids need boundaries, but they don't necessarily need you to like build them like this huge structure around to feel safe. A three foot concrete barrier is enough to make them feel safe. Like you just really have to do kind of bare minimum. It doesn't have to be like a whole thing. Like do what you can, but there needs to be

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at least a little bit of structure.

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Yes, yeah.

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And that analogy really stuck with me because I realized I was like, oh no, yeah, we were definitely driving over the flyover with nothing. Oh, just nothing. No barricades at all. Yeah, no, nothing. It was Rainbow Road. Rainbow Road, it was Rainbow Road. Yeah, and it was bright and shiny and flashing and the music was great and we got everything we ever wanted and there were stars and you could become fucking invincible and like, yeah, all of those things. That's a really great way to put it. the like there yeah you're right there wasn't mine was pothole city oh that's

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what I'm saying about about access to stuff and not being like allowed to fail

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is like when I'm saying there were high expectations and no structure it was kind of okay that there's no structure because if I did fuck up or get in trouble it just like that little while went and got you in the car. And I never even knew. You never died. I mean, I remember like, it wasn't just with, you know, stuff related to school. It was like everything. I just like, I remember going to Chili's with a couple of my friends and like I drove this car that I never should have driven at age 16, which was a 1997 Chevy Suburban death machine. I did end up like smashing into two cars with later. But anyway, and I wasn't a great driver. And I backed my car into this van while I was parking and fucked up their bumper. And so I just left my dad's name and number and put it under their windshield wiper and I forgot to say anything to him. And it wasn't until months later that I was like, you know, did anybody ever? And he was like, oh yeah, yeah, they called me and I ended up giving him \$800 to replace the bumper. And he just never said anything to me about it. So it was not even a conversation. So it was like that to that extent of like no consequences, no accountability. And I still, like we've talked about this on the podcast before, I still really struggle with that. But I also realize, I feel like I have seen how much advantage you have as a person of means in life. You can't even compare it. If you think about having to pay \$800 to get somebody's car fixed, that could derail somebody financially for a year. Yeah, or a lot longer. Yeah, or like when you were talking about having your car, the check engine light would come on. You know what I mean? Where you'd be like, there's just no way to deal with that. Every little advantage, you don't have to deal with any of those little minor inconveniences. It's not going to, it's not something that's going to completely get you off track. I felt like there were just teams of people being like, how can we help you succeed? Every step of the way. And you never needed that because you were so self-motivated. I was very internally motivated and I don't know where that fear of failure came from. You think that was the primary thing? Because that's what Rex has too, I think. Oh yeah, absolutely. Like, and, and, and I think because my identity was so wrapped up in being like, quote unquote,

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the smart one, right?

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Yeah.

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Like that was who I was. I was the smart one. Like anybody in school would tell you. Oh yeah. Like I, I reconnected with a high school friend recently and he was like, yeah, you know, I, I asked somebody who I knew had gone to St. James with you, like, hey, like, you know, Joy Hermanson, like, you know, what's she like? And he was like, Oh yeah, she's really smart. Like that was the first thing. That was who I was in a nutshell. Um, and so I didn't, not knowing who I was outside of that identity, you know, I became like absolute necessity for me to be able to maintain that or prove that. I was number one in our class for three years straight. And like a huge school. Yeah. There were 814 kids in our freshman class. I was out sick the day that class rankings came out, and I remember I got 150 phone calls. I got all these phone calls from all these friends

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who were like, and leaving messages, like, oh my god, I can't believe it.

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I was like, that, somebody's blowing smoke up my ass, like there's no way. But that's like a huge deal, like massive. She held that spot for, and there were a lot of incredibly bright kids. I ended up graduating number three in the class, I'm still salty about it. But I made a 15-20 on my SAT. 800 on the verbal, bitches! Look at me now! But that's the kind of thing that preceded you, like the expectations were so so high and I didn't have like, you know, I think things have even come a long way since then and like being able to be like, oh we can recognize like other kinds of being smart. It doesn't always look this way. I definitely I think had the like I maybe because I felt like I couldn't compete scholastically I was like I'm just gonna do this like class clown thing. I felt like that was like my thing was just being a like a rodeo clown for everybody. Maybe it's like that's like a middle child thing too but yeah.

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Yeah.

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And then, so you did the thing. I mean, I had never, there was never a part of me that ever

questioned what my path was going to be. Like my dad was a lawyer, so I was going to be a lawyer. Like clearly, this is what happens.

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Were you talked into it?

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Like was it something you really were? Yeah, I don't know if I was talked, Oh, no. It was something I didn't really work. Yeah, I don't know if I was taught. I don't remember a time when I didn't think I'm going to law school. Remember that dad would always say to dad, we all at one point got on one page, we were like, we want to be a writer or a lawyer. Do you remember that? It'd be like a writer and a lawyer, a lawyer and a writer. I just remember that pair of nouns coming up. Or maybe that was something that I said. I don't remember. But definitely lawyer was on my list too there for a while until it was I mean it was the only thing I ever planned to do and so you know I Went to went to college. I majored in political science and communications. I grabbed, you know, I Graduated with honors. I applied early decision to law school and Then I got to law school Where it turns out everybody was like the smartest kid in their class. And not only that, now your grades are based on competing with them. Because everybody is graded on a curve. And it fucked me up a really big time. I mean, law school is designed to fuck you up. It is designed to break your brain. It's designed to make you think differently about everything. It is designed to make you perceive the world

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in a completely different way.

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Right. Yeah, I had a professor, I remember, who told me that, I mean, he wasn't a lawyer, obviously, he was an English professor, but he was like, going to law school is just, you have to learn to read all over again.

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Yeah, and write, I mean, absolutely.

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It's a different way of communicating and seeing the world.

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Absolutely.

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And so that was, law school was a real mindfuck,

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you know, in a lot of ways. And I did fine, you know, I kind of like ended up in, you know, the sort of middle of the class, which is fine. But, you know, one of the things about never having critically examined what it is that you think that you should be doing as your career, and just having gone on this path, by the time you get out and you're, you know, what, 24 years old, and you've got a JD and a law license, and you're like, well, this is what I'm supposed to do. I started practicing, was a litigator, did defense work, did the same kind of work that our dad did. It was like, oh, I really hate this.

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Yeah, I was gonna say, I just never really got the vibe that you liked it, and I never got the vibe that you liked law school. I just never. No, I really, I didn't. I mean, the people were very nice in law school, if any of the people who I went to law school with. Shout out Phyllis. Yeah, hey, Phyllis, what's up? I love the people that I went to law school with. I met some great people and it was not, the environment wasn't competitive, right? You hear all these sort of horror stories about like, oh, people like ripping pages out of books in a law library so that other people can't find them or whatever, like that stuff didn't happen. But it was, yeah, it wasn't, I also was in Houston and I didn't love living in Houston. I feel like Houston's rough. Houston is, yeah.

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It was also a kind of weird time

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because I started law school in the fall of 2004 and then Katrina happened, my second year of law school. And in Houston, I mean, that was like the whole thing. So it was a weird time to be in Houston. It was a kind of a challenging, stressful time to be in Houston. Anyway, law school was fucking me up and I was like, I just want to get the fuck out of here. So I graduated from law school early. You can take a minimum of two and a half years to complete law school. And I did that because I was just like, I was ready to be done. And yeah, litigation, first of all, wasn't what I wanted to do. When I was in law school what I really wanted to do was estate planning, the wills and trusts and all kinds of stuff like that. I love that I took like advanced estate planning courses because I mean I think that part of it was this sense that that's a specialty where I felt like you are really helping people, right? You're helping people put their mind at ease that whatever happens after they pass is going to be honored and nobody comes to you like pissed off to see you. Especially when I was doing defense work, I was like, somebody got sued and that's why they're in my office. Nobody's

ever happy to see you. And it's stressful and for a lot of those people, you know, they've never been involved in litigation before. They've never been sued and they don't know what's going on and it's scary and when it's your day-to-day you're like this is rote, like this is routine, but for somebody else it's not. So you're having to manage people's emotions and fears and also fight with people for a living and I didn't enjoy that. One thing I like, I loved about learning about, one thing I loved learning Oh yeah, we have the NA wine girl and we're gonna blitz. Is like hearing that you used to be super conservative and then like...

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I don't know if I would say super conservative.

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Not super conservative. You were conservative. Or more conservative. More conservative. Yeah, more conservative. Yeah. I fancy myself more conservative. I heard you like... Where were you on January 6th? I was gonna say something like that. What were you gonna say, Jess? I heard you burned a cross. Oh my god! And yet you're wearing a maggot hat. Please take that out of the post.

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No. I actually didn't vote in 2000, which would have been the first presidential election I was eligible to vote in. It was the fall of my freshman year of college and I just wasn't paying attention to anything.

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I think it was...

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I mean John Kerry was like a really bad...

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He was not a great candidate, right?

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Like, I mean, he wasn't like... But he was handsome.

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Really?

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No, I don't...

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He was charming.

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Ew, no.

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Not neither.

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And also, Teresa Hines.

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I was like 15, I was like, I don't know.

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Well, Edwards was handsome.

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Yeah.

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Oh yeah, well, and he was like, you know,

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mm, with a style.

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Great.

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Never forget.

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I mean, that wasn't a thing that factored into it for me. But I do, I mean, I think I kind of bought into a little bit more the, I mean, some of the stuff about like, at the time, I guess I should say this was like pre Sarah Palin yeah yeah you know and this wasn't a time where they were leaning hard into the culture warship oh yeah right no I like because I think you I don't know if you remember this or not but when I was in college I wrote a paper for my civil rights and liberties class about why the Defense of Marriage Act was unconstitutional really I still have it on a CD-ROM. Oh my god. I would read that. I would want to read that. It's probably very shitty. I haven't pulled it out. You have a fucking CD-ROM drive anyway. But in any event. I never heard you express any... No, it was really more about economic stuff. And then, you know, life happens and you have more life experiences and at that point, you know, as time went on, I sort of, it became clearer and clearer that like, this, you know, this is bullshit in terms of an economic philosophy. And so I mean, I wouldn't say that it was like an extended long, deep years on, I didn't join the fucking college Republicans or something. No, yeah. But you know, Wyatt did yell at me one time in a fight and be like,

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you're a heartless conservative.

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Yeah, I didn't really. I think it was in a TGI on Fridays, maybe? Which just makes the story better. Well, I mean, I think it's not like I had a super coherent political philosophy.

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No, I certainly didn't.

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Yeah, I just didn't. I think a lot of it was, I mean, we've talked about this before. I feel like most people I think just sort of unthinkingly sort of adopt their parents political philosophy. But dad wasn't a conservative. Yeah, no, but I mean I think like the environment that we were in, like the people that you're around, like obviously there's a strong incentive to like protect your own economic interests and also yeah I feel like the George W Bush era was not marked by like, unless I'm forgetting something, I just don't, I know he was like a born-again Christian all that I just don't remember him like you said really leaning into like I don't remember really hearing much about same-sex marriage I'm hearing much about even like God, maybe I'm forgetting things But I feel like obviously just a big objectionable thing was the Iraq war But I'm like, I feel like after 9-11 like mother Teresa would have invaded Afghanistan If Al Gore had been elected in 2000, now we're getting into the conversation I can't wait to have.



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Thank you for this, honey.

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If Al Gore was elected in 2000, do you think 9-11 happens and we don't invade Afghanistan and Iraq? Maybe not Iraq, because I think that was it. Yeah, Iraq was definitely another animal, like a whole other animal, a different beast. But yeah, how could you possibly have, as president in that moment ignored this very deep hurt and anger that everybody was feeling where it was like, I want to, we got to go after the bad guy. I mean, that's the American ethos, right? We've got to go after the bad guys. We've got to identify a villain.

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We've got to identify a bad guy and we have to kill him.

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I mean, even think about, Hillary Clinton was a Secretary of State. I feel like pretty hawkish. I feel like she would have. Yeah, I mean, I think in the past, like, the, you know, the line, the bipartisan, like, stuff has been a lot closer to the center than it is now.

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Yeah, yeah.

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There's these, like, animations that are so good about, like, how polarized US politics have gotten. I mean, it really kind of started in the Newt Gingrich era, in the mid-90s, when Newt Gingrich was Speaker of the House, but it is, it, it, yeah, it, it has gotten worse and worse and worse. I think. Yeah, Newt Gingrich. It's Newt Gingrich. Oh my gosh. Anyway, but they definitely Clinton's impeachment. Like, well, I mean, I don't remember. Yeah. But I, I listen, I, I love a good sex scandal, but like, but when the deposition is like, I depends on what your governor's is, is, is, yeah. It's not compelling. But I, you know, I think, I mean, you know, fucking Bill Clinton was the one who signed the Defense of Marriage Act.

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Yes, yeah.

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Bill Clinton signed the crime bill. The welfare reform shit, the crime bill. Like there was plenty of stuff that Bill Clinton signed into law

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that is extraordinarily problematic. And he wasn't elected for being like a big time progressive liberal.

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No, not at all.

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And at that time, I like, I don't even think if Bill Clinton is not, you know, like a governor from a southern state, I don't even know if he gets elected. Like, it was that he was, you know, he was pretty, he was fairly, by our standards, conservative. But anyway, I just feel like what has happened, like, honestly though, I really thought that, in terms of culture war stuff, I thought the same-sex marriage before you fixed it, I thought the same- I can't change. I thought that was, like, the peak. I thought that was, like, it was all gonna be smooth sailing. Yeah. This feels maybe it's just because I'm older I don't know what it is but like this moment we're in feels scarier to me. Yes. Than the anti same-sex marriage days. Yes. Yeah I agree. Because it's definitely. Actively hostile. Yeah it's more insidious. It's more insidious. It's less I mean you know the same-sex marriage stuff was shitty obviously and and I'm on the record for a long time.

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Yes.

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Yes.

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Yes.

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Oh yes.

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Um, but I, but I, I think that it was there. If you could, I mean, how do I say this? I could maybe forgive somebody for thinking that there was a religious reason why they would oppose it.

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Right.

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I'm like, I mean, it's a shitty religious reason.

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Yeah.

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There's a shitty argument, but there is an argument. And we've been like indoctrinated and brainwashed. But now it just feels like it's not rooted in something that's faith-based. Now it's just like other people, like it's something that deviates from what I see as like existing in this binary black and white world. It's scary to me. My position of power is threatened because if everybody gets a piece of the pie, then my piece of the pie is going to get smaller. And so it's rooted in a fear and anger that makes it scarier. And because that animus for all of this sort of culture war shit is much scarier because it's coming from a

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place where people don't think or act rationally.

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Yeah, you're right.

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That's such a good point that there's not the same, I mean, even, that's what made the same-sex marriage argument actually, I think, difficult to contend with is because there was that sort of faith-based element. And it's hard to argue, no, marriage is completely separate from religion. Because there is a heavy, you know, right. So that argument, I felt like I could at least engage with that. And there's the religious element of the abortion argument. I feel like there's for some People anyway that argument they they feel like they can make it from a position of religious faith But I think you're right that it like with this what's what's going on right now. It feels like it's just pure Pathos it's yeah, like it's the ick factor Yes, and this weird whatever this weird shit has happened with like protecting children and well specific kinds of children.

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Right, yeah. Yes, exactly.

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Protecting some straight white ones. Yes. But I just never, I don't know, I just didn't think that it was going to reach a crescendo like this and I just wonder what's going to, I just wonder. It's like, wow, who could have thought back in 2008 that, because I think everything, all of this is all unfurled after Obama's election. Trump wouldn't have happened without Obama.

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Well, yeah, and I, Wyatt and I have had this conversation elsewhere where I've like, we've talked about, I mean, when you look back at Mitt Romney, the candidate and his presidential run, like, I mean, we were like, binders full of women was the most offensive thing that anybody had ever said. And now binders full of women is fucking quaint.

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Yeah.

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Right. Like, yeah, comparatively, because also he would have backed off of that and been like I met you know right those of women's Resume or women's resumes and binders, right? It's like it was a shitty way to phrase what he was talking about he was like yes There were many women who we are considering for what right? It wasn't like he wasn't really talking about like fucking putting women in binders But and he was a governor from Massachusetts, and he comes from this like political family created Romney care Yeah, I mean, you know really like yeah, and but but why I had this conversation where and I said like, okay, I think that a President Mitt Romney means we don't have a President Trump Would I have been willing to trade a second Obama term? To avoid Donald Trump as president. Yeah, I think my answer Might be yeah. Yeah, I really feel like the Trump ism thing has ushered in this, like, fascist, anti-democratic shit that wouldn't have happened if Mitt Romney had won. I think it would have happened with any Obama term.

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Really?

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Yeah. I don't think that, like, Mitch McConnell, you know, fucking winning at his, you know, stated end goal to make Obama a one term president and Mitt Romney defeating, you know, the black guy, which was really what it was all about, like white power. You don't think that would have sort of tempered? No, I think it would have just, it would have been just another stepping stone. Like I don't, I think that it was, I think that we were headed here. I guess it

depends on what you think of like Trump ushered in a new era or if Trump just awoke something that was like already latent in the American consciousness But and I think it's both like I think it's right like I think in some ways It was like he was like a snake charmer and once he's done once he started everybody kind of felt emboldened to talk But I think it also created something like you said, I think it's the the anti Democratic strain I think it except I think Trump accelerated something that might have been already brewing. Because remember when John McCain was running against Obama and there's that woman who was like, I just don't trust him because he's a Muslim.

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He took the microphone away and said, no ma'am, he's a good family man. Yeah. Which I mean, you can't be a good family man if you're a Muslim. I have this conversation with somebody the other day where I said, you know, that John McCain gave that concession speech after huh? Yeah, I Truly believe that is one of the best political speeches I have seen in my lifetime. Yeah, it was really good really good Yeah, I really got a real masterclass on and and you know yet then we here we still are right like I I think some of it is to Mary to your point that For a long time we managed to sort of force all the racists to hide under rocks and in shadows, and we sort of went, racism doesn't exist, right? Because the KKK isn't out lynching people anymore. When in reality, all it did was, under those rocks, it changed and morphed into something else that's more insidious and somehow more, I don't wanna say sophisticated, it's not a more sophisticated thing, but it's more nuanced. So where people have gone slipperier, slimier, people are really looking at ways, they've studied the ways in which, like okay, well if these things don't pass some sort of litmus test at the Supreme Court level because they're on their face blatantly and overtly racist, right? How do we do some things that are racist but they just don't say black? Yeah, right. And the culture war thing is one way to do that, right?

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Absolutely. And what I, you know, I keep thinking a few things. Like that streamer that we watched who said, like, this is all backlash too against conservatives. Of course you lost the culture war. You told everybody for decades that art was gay and that movies were gay, but expressing yourself emotionally and creatively is gay, so all the gay kids went to art school, and they control all of the artistic institutions now. For example, the vitriol, the way that people on the right fucking hate Dylan Mulvaney is so bizarre to me.

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Yeah, the Bud Light thing.

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When it was not even like, I thought it was like they were releasing nationwide like a pride... I thought like, rainbow cans or something.

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No, it was like one fucking can they made.

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They sent it to her as a promo item and she made like one Instagram story about it. I was like, y'all have lost the plot. But that's the thing, they can't get anything done legislatively. Everything they do is like by, is also, I feel like that's something that has to change. Like, the fact that all of this shit keeps just being decided by the Supreme Court feels really dangerous to me. Like, right? Like, it feels like we're not getting anything done legislatively. Yeah, yeah. The Supreme Court stuff, I mean, is a whole other can of worms that I don't know if I want to open up, but like it is the thing that I think has most negatively impacted my optimism for the future. Yeah. The people who were appointed are so fucking young. Yeah. And they're so fucking partisan.

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Yes.

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Yeah.

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These were not like...

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Even more so, I feel like John... Roberts actually ruled, right, at *Bergefell v. Hodges*. Yeah. Well, John Roberts, as it turns out, is a fairly rational moderate person, right? was not the same kind of political appointee. Yeah. The, you know, Brett Kavanaugh's and uh, Maybe Coney Barrett's. Maybe Coney Barrett's were, I mean, I think those are the ones that are really scary because they're young and they're like, quite frankly, Oh my god, he got three, didn't he? He got three. That's fucking... This bitch talks to me all the time, like, oh my god, she always thinks I'm talking to her. If you had told me, like, in 2016, like, that nightmare night that Trump ended up winning and been like, and by the way, also bad news, he's going to get three Supreme Court appointees

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next year.

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I'm still pissed off at Ruth Bader Ginsburg.

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Oh my God. It's also, it is fucking insane too that Merrick Garland didn't even get a fucking vote. But that's the thing, like, Republicans are willing to do that and Democrats aren't willing to do yeah like like the Democrats are playing by a set of rules that no longer exist yeah yeah did we not learn that with like or look at the even with all the dysfunction in the Republican Party like the fact that they're still as dangerous as they are now because dysfunctional they are with like the split that's going on right now it's fucking like the speaker vote remember that day yes I loved that I was like how many is it gonna get me we were recording a podcast I was like it was going on that day and I just kept checking I was like, please I think I have to I'm addicted to this 14th vote, 14th ballot. I was like listening to all of the votes going through. Yeah, the names read the names Like what was most like wild about that whole thing was the way that Like Kevin McCarthy gave up fucking everything. Yes stupid fucking position Yeah, he gave away all his power. Yeah all his leverage one member of the house can call to like have him remove yes yes come on it really is just it's bananas it really is I don't I am a an a yeah I wasn't really paying attention to the dead ceiling thing but it sounds like that was kind of a victory on Brandon's part. On Joe Biden's part. Have you heard that nickname, Dark Brandon? No. You know the Let's Go Brandon thing? Some people call him that. Dark Brandon is like, hardcore Joe Biden mode. Oh, okay.

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Dark Brandon is like, definitely one of my favorite memes on the internet. It's like Batman? It's like, better.

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Nothing's better than Batman, sweetie.

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But yeah, so I think...

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Except that we have to start paying our student loans back.

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I'm happy to help the country in any way I can. With all your privilege.

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Yeah, I think the debt ceiling stuff is exhausting, frankly. It's one of those things where like the fucking reason we're even here is Trump cut taxes for really wealthy people And now it's like oh shit. We can't pay our bills Yeah, yeah, it's not because of something that like It's not because of some like excessive spending by Democrats. Yeah, yeah I know everything that every package of the Democrats of the past has included included ways to pay for it. Yes. You know, they're very sensitive to, like, quite frankly, if you look at the Democratic Party now, it's a whole lot closer to what the moderate Republican Party looked like 30, 40 years ago, right? Sorry. But the, but the, like, it's all right. It's all right. Leave it in. Mary's cough is so endearing.

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Okay. It's better. Definitely coronavirus.

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I did the COVID test last night cause I was worried.

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I saw, I saw one on the table and I was like, vintage.

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I'm COVID negative.

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But yeah, sorry for getting off on that little tangent.

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No, it's fine. But, but no, I think, I think, I think the debt ceiling, I don't necessarily know that it was a win for dark brand Because here's the problem he just like cannot fucking get the traction on any of the shit. He's managed to do that infrastructure bill is seriously Impressive it is danger. It's really amazing economists and people who are sort of in that like green energy space when it passed They were like this is fucking like it's a big deal a big fucking deal. It's a huge accomplishment. It's a huge accomplishment. And he doesn't nobody fucking talks about it What he's not you know, he's been able to do has been incredible. I think I mean I agree, you know really for somebody who's been like weekend at Bernie's for like the I mean and who knows what the who knows what the future will hold but but I be Brandon I may be Joe Biden. I'm so ready though for the Trump to Santa's showdown I think it's gonna be incredible I think the Republicans I don't even know if



Trump is eligible to to run I mean I mean I listen there's no people more no I do yeah fun they're gonna literally combust on stage and then Chris Christie is gonna come in and like yes fucking insult both of them that's glorious that was one of the topics I was most excited to talk about today because do you remember that clip I'm talking about when it was during the primaries and Marco Rubio kept like repeating himself? Yeah, saying those same lines over and over again. He was like, he was stuck and he's like, see this is what Washington does to people. I love, I just love him. But yeah, I just think like, even if Trump, don't you think that when it comes down to it, people are going to be like, Trump is only eligible to serve for four years. It doesn't matter that. Wait, what he meant is we're going to get elected. He could essentially serve two terms.

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Oh yeah. No, yeah, you can't. You can't serve more than two. Right.

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Yeah. Even if consecutive. So Trump would only be able to be in max for four more years. And they have to do this whole thing again. Right. Somebody else. Right. I would think that would be a big advantage for DeSantis. But I also don't really know all the ins and outs. I just know that it's going to be electric. And also it just makes me so nauseous.

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I know.

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Y'all don't like it as much as I do. You know what it is?

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Like, I remember...

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You like watching car wrecks.

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Like, you do. You actively will be like, I'm going to watch my car wreck show.

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Demo question derby!

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You're right, you're right, you're right. I think that, I think that, I remember, like, the Trump years were so exhausting, and we went through this collective trauma as a nation because it was every morning I'd wake up and I'd check my phone to see like what did this guy tweet on a toilet at 3 a.m. and suddenly like foreign policy that we have to stand by. And what he says is actually a directive and he doesn't seem to like yeah comprehend that. Like when the Muslim ban thing didn't that remember he didn't communicate it properly to the state? He didn't tell anybody he was doing it, he just fucking tweeted it. He was like, we're just going to block people from these countries. Well, that's, there's a book that I read about, fuck, I can't remember, it was Michael Lewis who wrote it, I think it was called The Fifth Something Shit, I can't remember. The Fifth Something Shit? Okay. It was this Michael Lewis book where he said he was talking about how unbelievably dysfunctional the Trump administration was, that a big part of it was that they never expected to actually be in that position so they had nothing in place to transition.

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Fifth extinction.

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Sure, the fifth element.

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The fifth element.

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And yeah, that like blue opera singer.

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Yeah, yeah.

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With the tentacles. But then it was like, of course it's not working because Trump, none of the people that Trump is appointing believe in the government. Like they don't like the government. They don't like bureaucracy. They don't like any of these cabinets. They don't like any of these positions, they don't want any of this stuff to function. They don't believe in any of this. Like, of course, they're just gutting it. And so now it's like, so by the time it got handed over to Biden, I think he was in a huge disadvantage too, because it was left in such fucking disarray. All of the career bureaucrats who knew how to run any of these agencies

had left during the Trump years because they were like, actively being stymied and had their, you know, their sort of, you know, proverbial hands cut off, right? It was like, you couldn't do anything. You couldn't get anything done in these agencies. He's, you know, none of his appointees could get confirmed. And everybody was a fucking like, interim or whatever the fuck, like, you know, acting Secretary of State, acting Secretary of State. That's fucking, that was terrifying. That was one of the things that was like terrifying to me, was that he could just put in all of these acting people because you had to have somebody in that position. I mean, I remember, so, you know, my, one of my, my favorite political figures is old Governor Goodhair, Rick Perry. Rick Perry, oops. Oops, yes. And oops is, oops is relevant here because what happened was Rick Perry got asked during its presidential debate in 2012 He said you have you've come out and said that you would cut three of the cabinet positions

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Oh, yeah

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name what those cabinet positions are and he said I One of them was the Department of Energy one was maybe like has to be education I'm not or education or something. I think and the third is Oops it is uh oops okay please clap oops was oh actually take that back he didn't say the Department of Energy because the Department of Energy was oops it was like that was what ended up being appointed to run and was the agency he couldn't fucking remember in a debate oh my god like I've the irony is just a just again, dripping off of all of it. Yeah, it was, it's like no one,

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Department of Oops.

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Honestly, it's people who don't believe, they don't believe, they don't believe in the government. They think that the government should be as small as humanly possible to the point that it can't function. And that they don't like democracy. That's I think, as you said earlier, that's been the biggest realization I've come to is like, they really don't, they don't like that whole premise.

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Like they don't like that idea. Trump obviously doesn't like it either. He's like fucking Simba, man.

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Yeah.

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So what do y'all think?

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What do you think is going to happen in 20, 24? Or do you not want to think about it or something?

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I just, God, I don't know.

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I, I'm going to stay positive. Everybody has been, it's like, they did some poll about like people's, how people felt when thinking about a rematch between Trump and Biden. And like, remember it was like 73% of people were like nauseated or depressed yeah yeah I'm like that's the thing is like I don't want to I like I appreciate that you guys like to talk about I think because it's going to be inevitable yeah a year or so that I'm like I just don't yeah I want to hold on to these moments yeah precious precious moment but you know it's so funny is like as much as he talks about as much as he talks about like how Republicans talk about the deep state I'm like thank God there's a deep state yeah I think there must be and I'm fine with it yeah if there's really like some underground structure is like actually ensuring that everything keeps operating smoothly and that's like all we've got yeah like that and like institutions and tradition and like always these things that we do that aren't actually enshrined in law but they're like really really important. Norms. Norms that Trump like flouted. I don't know who I'm more, I don't know who I'm more scared of because I don't know, I heard somebody like really earnestly and honestly be like Ron DeSantis is not racist, he's not homophobic, he's not, oh god.

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Anyway.

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Ron DeSantis is Donald Trump in a more palatable package. Yeah. And that's what's probably scariest about him, but he's like, I don't think he's like the brightest crayon in the box. And I don't know that like the Florida shit that he's pulled translates nationally. Yeah. Um, I, I do think that if Trump is the candidate, he loses. I think so too.

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So, I mean, as stressful as the, well, I was going to say as stressful as the election would be in that whole you know campaign season. I think I would be more stressed with DeSantis. Oh yeah absolutely because I think that he could really do like real damage because he fucking knows what he's doing. Yeah. And that's the thing like Trump like didn't have a plan. Yeah. He just was like. Isn't Pence running too? Yeah Pence is running. What a fucking idiot. I mean. Honestly I wish that the country would just give us what we all deserve which would be Trump versus Marianne Williamson.

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A beautiful crystal.

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Okay I want to ask some mental health questions. Yeah, okay. Let's stop talking about politics because Mary is like done. What we said was, what Joy and I talked about initially with the depressive episodes is that it would be Depressing shit, so we win.

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You beat me.

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That's why you were like, maybe not on this one. College Mary. College football, sports. But no, bring us back, bring us home. Okay, well I'm curious about Joy, like I'm curious about your perspective, you know, witnessing like, you know, manic episodes, depressive episodes, and like witnessing Wyatt's brain and those sort of choices, and like what, I'm curious about what stability looked like for you on the inside and what it looked like from the outside. And then the same thing, what did chaos feel like for you and what did it appear to you as well? And I'm curious about that. That's a great question. Especially because you're experiencing Manic Episode now. You've been in it for a couple weeks and it's been. I would be really curious to know Joy's perspective. That was one of the reasons that I thought it would be really good to have Joy on. So Joy, the floor is yours. So that I could talk about you. Yeah. Tell me everything. Tell me what you like best about me. I'll just reread my toast from the wedding. That was actually really sweet. I have it on my phone still. So I think the first sort of inklings that something was going on or that something was... I don't know how best to say this because I don't like I want yeah don't be I'm not gonna hurt my feelings well no I but I want to be sensitive to like like like something was you know we don't want to say wrong or yeah right yeah I wasn't it wasn't that yeah I wasn't but I mean it is wrong though like I think bipolar disorder is like an aberrant like I think it's a disorder yeah something is something is off we had a vet who told us that he's like we'd have when a dog would come in there's a description that we talk about is ADR just ain't doing right. I really like that. The first sign

that I was ADR. Really that stuff started in, I was in high school you may have still been in middle school like late middle school when

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it was like we all because we lived in fantasy land. Yep. We each had our own private phone lines in our rooms that's normal

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And unfettered, unrestricted internet access, 24 hours a day.

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Call me.

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Call me.

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But it was, yeah, so Wyatt had their own phone, as did I, as did, you know, I guess the boys probably didn't yet. the like all night phone calls to people that had been met and communicated with on the internet. And there would be these like hundreds of dollars of phone bills, which again, dad just, and there weren't consequences. Dad didn't like take the phone out of your room or do something rational like that. He just was like, Oh honey, you know, damn it. And only then, only when it was like really egregious, but they were really egregious. Because there were all these long distance calls, at the point in time in which we were calling people, you know, paying for long distance phone calls. And yeah, it was like, that's weird. Beyond the, beyond the like cost aspect of it, there was a toll being taken on you because you were staying up literally all night to have these conversations. But because everybody else was asleep, I had by that point in time, my room used to be right next door to yours. And by that point in time I had moved to that room like at the front of the house. So who were you bothering? Like who even would have heard you? Literally your own little like kind of hidey hole back there. And then when there was the particular gentleman invited to come visit who dad fucking picked up from the airport, which is unhinged.

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Like that is, and I was like 12, like 13 years old.

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Very young, and this guy was over 18.

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Yep.

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It was fucked up.

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And also he had a, I won't say his name because like he may be like a real person who has a life now, but like. A very disturbing last name.

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A very disturbing last name. It was scary. And I was like, why? All of it was so unnerving to me, right? That like, here we were like, picking this dude up from the airport, and like, I mean, it was-

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Oh, this sounds like the exact shit I did. And it's only looking back on it, that I'm like, I really did feel like, this huge sense of shame for like, I just did something really, really wrong. Like, I just, I'm really bad. Like, I'm a really, I'm weird. I feel that, but then I'm like, I should have never been allowed to do any of that. Yeah, like all these things.

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And I remember, like, Mom, and even my Mom

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left the two of us in her house alone for like hours at a time. Stop it! I didn't even know that. Yes! And he was like staying at, and I remember I had a- He was staying at like a fucking Motel 6 or Super 8 or some shit. Yeah, and I remember I had a guitar, I had a G&L Legacy guitar that I listed online and sold and used that cash to ride my bike down to that motel on it was that one that Sea Ranch place on like airline and to give him money so he could stay there longer. Like I was doing just like I mean just like really a dangerous thing. Yeah yeah yeah. With no supervision and like I mean it's a wonder that nothing nothing awful happened to me. It really is. Like it's and it's just like looking back on it like I'm like I had no there was just no reason that should have ever happened right There's no reason that I right you were given you were given like all of the tools To do whatever the fuck you wanted like you were you like honest to God it was almost like you were put in a position It's like I'd to be like here all of these temptations right like can you survive? You know it's like yeah, it was like a fucked-up reality show or something. Like, you know, so there was a, there, all of that

stuff was going on and it was like, it was scary. It wasn't anything I wanted to talk about with any of my friends. Yeah. I felt like, I don't know, like a weird relation, right? And it's like, how do you explain this to anybody? Um, but you know, that was all the mania stuff or like why it took my, um, you know, kind of on the same, in the same vein of the like borrowing my tight snake skin top, took my ID because I had turned 18 and like,

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according to the state of Texas, I have several tattoos and piercings.

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Oh yeah.

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1:12:36

Yep, yep.

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Wyatt must have gotten, you must have gotten your eyebrow pierced like four times. Oh yeah, when I was like 16.

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Yeah, using my ID, right? Like my old expired ID.

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I remember taking at least Rex's TV and pawning it. I remember there was a time when I was pawning stuff a lot too.

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I didn't even know about that.

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Yeah. And I feel too, like, I mean, Dad protected me from a lot of doing that weird stuff. I mean, like, I remember one time too, I remember something with the, it was the, I think it was the phone bill situation. I remember he came to Ray. It was when I was a freshman at Ray. And he came to school and, like, got me out of my class and he was like what the fuck is going on Because I had been taking the phone bills and hiding them so he wouldn't see them So he had like a past-due phone bill So which probably only pissed him off because like it negatively impacted him. Yeah, but it was just I felt I just remember feeling Completely out of control at all times like that's how I remember feeling like I was in a car Going too fast, and



there was no one controlling it. And I remember like, and then my dad got me that fucking car and I remember like going out and like, I can't believe I lived through these times. Like it would be like my friends and it would be like, they would have bags full of booze and we would just drive, drive so fast, like driving around like in the middle of the night when we had no business doing that. And I was just like ripping cigarettes and like, you know, like, like, oh, there's somebody, somebody found cocaine for the first time. Let's do coke together. Like all this kind of stuff. It's a thousand wonders that something far, far worse didn't happen. I can't believe it didn't happen because there's a zero supervision. And I don't know what the impetus for all of that was, except I remember one of the worst, one of the feelings of, and looking back on this too, I'm like, this wasn't my fault. But when dad, our dad had this sort of like little mental health episode and lost this huge case and his firm paid for him to go to this like rehab facility in Arizona for a couple of, for a month and we went for this like family week that that was such a weird time. That was so super fun. We could do a whole fucking episode about family week. Oh my god. I mean the shit that we had to hear, the shit that you and I had to hear. Yes. Yeah, they were off playing, but we had to go to all the family group meetings. And I remember my dad was asked to draw a picture of my relationship with him. And I still remember, I can like see it in my brain, but I went outside and ripped it into pieces and threw it away afterwards. But we were on opposite sides of a conveyor belt, and he was sending me a whole bunch of money and love, and nothing was coming back to him. And I was like, looking back on it now, I'm like, I was a child!

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That wasn't my fault!

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Like, I didn't create that dynamic. Like, I had nobody, nobody like recognized that what was happening to you was abnormal. In my book, right, there was something that needed attention and treatment. But then finally when I went to a doctor, like I know I've told you this before, but it was, I mean, she was, she ended up being not the best doctor, Dr. O. Ended up not being the greatest doctor, but I do remember like sitting down and talking to her for like 30 minutes. And I remember the psychiatrist, like the first one I went to, and I was like, oh, 12 or, I don't know how old I was. And I remember- You had to have been more like 15 or 16. Yeah, a little bit older. And I remember she, that's, I guess you're right for her. And I remember she was like, this is, you just have one of the clearest like cases of bipolar disorder I've ever seen. Like in my career, it's just it's so clear. And but looking back on it, like I it's I don't know it's it's I just don't I don't know I don't really didn't really feel like that was ever super taken seriously like and I feel like it really should have and it's only like I said it's a thousand wonders that I was you know like I had the support obviously to do well, but I feel like I didn't really start doing really well until I had enough control of it and like had my life together and wasn't going through a major episode to like seek out treatment for it on my own and like actually have the wherewithal to follow through with it. But yeah, anyway,

sorry, I derailed you, but you know what it was. No! Dammit, Turnip. Fucking hell, Turnip. Do better.

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Oh, Turnip, it's okay.

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Sorry, Joy just had to really get real with Turnip. That's alright. Turnip loves me. But yeah, that was a time and then, I mean, I guess we lived so far away from each other for a long time that it wasn't until that particularly awful episode when I was in graduate school, but like that time. But I don't know, I don't want to put words in your mouth as part of your experience. Yeah, so I just remember the sort of the beginnings of realizing something was off in high school as being, yeah, it felt very chaotic and it felt very unsettled. And I didn't know what was going on. It just seemed like really like beyond my comprehension and beyond anything that I had any control over, right? So, but I think there was definitely a lot of, there was a lot of sort of like, accommodation happening, or like, sort of like disruptions that were related to the bipolar disorder, when, you know, that sort of the whole family would get wrapped up in this, in this stuff. That was challenging. And then, you know, you're right, once I was out of the house and I was in college and then things started happening or changing, I think, Wyatt's always been brilliant. There wasn't any doubt that Wyatt had what it would take to succeed in college if they could just like, you know, get this shit under control. And so, you know, I feel like I remember, I kind of remember the beginnings of college being sort of like a time when we really kind of started reconnecting. I had been out of the house for, you know, by that point in time, you know, I was my junior year of college and UT was right up the and we just, we saw each other a lot more frequently. So the grad school episode that Wyatt is referencing was probably like, I guess, the worst depressive thing I ever saw. So Wyatt had a partner whose name I will not mention, but you know who you are. And I hope this brings up lots of traumatic memories for you. I hope you have a UTI right now. And several STIs. The incurable kind. Anyway, so, so I was kind of, I was in a bad headspace and you know, I had been, I guess at that point in time, that would have been, was that oh eight? Yeah, right, that was right before all the stuff with dad getting shot a lot. But I was kind of in a bad head space. I wasn't loving what I was doing. I had been working for dad for the last year, which was a whole other thing, where it was very clear that dad had a hard time separating me as his daughter from me as his employee. There was a time that he told me when I walked in his office one day, he said, you know, every time you come in here, I just see that little girl who asked me, daddy, how many more papers every day? And I was like, I can't work here. Like this is not typical. And I just, you know, nobody was teaching me anything. I felt like I was like just thrown into the wolves and it was scary because your law license is potentially at risk if you screw something up and that's your whole livelihood, right? So it was before I started working at the next firm that I worked for in Corpus, and I had a little bit of time, and Dad paid for me to go up there to go hang out and see Wyatt, and it was around your spring break, if I recall correctly.

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And this was your first year in graduate school? 2007 was my first year.

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So yeah, this was 08. So, I guess maybe the end of your first year. So I flew up, flew into Seattle,

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we spent one night at the W, we watched Sister Act.

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Loved it.

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It was so much fun.

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Yeah, you could like order up DVDs, we were like, Sister Act, yeah. Yeah, it was one really fun night in Seattle and we drove up to Bellingham. And I remember, I came into the apartment and it was like, do you have a vacuum cleaner? No, didn't have a vacuum cleaner. What's this like weird saying in the bathtub and why I was like, I just keep pouring bleach on it and nothing happens. It's like you got to get a sponge and something other than bleach. So you have to actually scrub it. Um, but it was, it just, and it felt, there was all this stuff in there. And I was, I remember looking through the closet and being like that,

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not first of all,

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none of these things are your size and second of all, none of these things look at your style. Like what is going on? And I was like, Oh, well, you know, this stuff all belongs to she who shall not be named and different X yeah this is those cats stuff yeah yeah oh we're gonna get to the oh yeah that's yeah this is all oh I was wishing the UTI on the other one oh I mean all of them if you've ever dated Wyatt I like I like Jennifer and I really like course Al Powell has a special place in my heart

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I love this!

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I should bring my siblings out and talk about all my exes

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I love that! but the rest of them can fuck directly off so anyway so um so I you know I I So I came up and we must have gone to the Target like 85 times. I don't know how many times. A proportional number of times that we also went to Red Robin. Can we get this sponsored by Red Robin? Yeah, Red Robin. Sponsor the pod.

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Sponsor the pod, please.

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No free ads.

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Just send me free Red Robin.

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Yeah, we deserve it.

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That's all I want.

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And so I kind of went through this exercise with Wyatt. I ended up staying like three extra days or something. I extended my flight, I was like, so we went through everything and it was like, we're gonna take all of her stuff out, we put it in boxes, we're gonna call her, and she's gonna come get her shit. She can't do this to you, right? So Wyatt called her and I could hear the sort of, like, Wyatt just is not confrontational, that's not their strong suit and I could hear that it wasn't gonna go anywhere so I took the phone and it was like I went like fucking DEF CON 5 I was so mad I had never before or since spoken to another human being this way but I was so angry and I was like you can't fucking like you fucked you know you fucked Wyatt over and you can't do this shit and then use their apartment as like a fucking personal

storage unit and I don't give a shit if it's inconvenient for you and I don't give a shit if you don't have any place with this, like, you gotta give a shit. So she wouldn't come get it, she was like, oh my mom and I are staying at a fucking hotel or whatever and I was like, I don't care, tell me which hotel you're staying at, we're gonna load this shit up in Wyatt's cart and we're just gonna dump it, which is what we did. We brought out a fucking bell cart, we put all these boxes on the bell cart. We're like, bye.

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That's true.

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I was like, you need a clean break.

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It got the problem. It solved the problem.

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It solved that problem.

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Yeah.

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The problem was it left a void.

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Yeah.

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That was then filled by someone worse, which I didn't think was possible. I really hope both of these people listen to the podcast. I want them to know how much I dislike them. And at first it was, at first it seemed like, oh, she had, she cared about your well-being, but it was like, I hadn't met her. And what I was kind of relying on what you had said, right? Like your, all of your representation. So like, so yeah, so that trip up was March 08. And I was very shortly thereafter that we started dating this other person. Person is loose, loosely determined. And then in June, early June of 08, so we're talking like three months, less than three months later was our dad got shot, which I was directly managing as the eldest daughter still living in the same city, all of my, all of that stuff, which is a whole other podcast

episode. And I remember, you know, trying to find Wyatt first to be like, where, you know, where are they? And y'all were in Vegas, which was weird. And I remember thinking like, how, if I come out and directly say like, what's going on, it's gonna freak Wyatt out to the point that can't even get on a plane. I really was like I don't know exactly how to manage that this but this particular partner came down with Wyatt at first which I was I was okay with and I didn't know what was going on. I was okay with because I was like you know get Wyatt on the plane we'll get Wyatt down here. Yeah. And I remember we were in the ICU, Phyllis was there. Shout out again to Phyllis. Name's come up twice on the podcast today.

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She's probably not listening.

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But I remember, you know, Wyatt came in with this partner and I remember Phyllis saw the partner and turned to me and said, what is that? Oh no. You know, you know.

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It was great.

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There were like straight up like prison tattoos it was like bike in a handwriting it was so fucked up like it was all so weird yeah like just not not the most like maybe like not I'm not an appearance together I can't wait for somebody to come talk to me right very standoffish put together not not even not very put together it's like tattoos are fine but this was like a cross punk train hopping oh yeah it was an aesthetic it was an aesthetic that

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was very different from my own aesthetic and my own you know well my own life or like who I was around I don't mean that sound like elitist well no but I mean I

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think or like the path that you were on yeah right should have been on and and Wyatt worse was emaciated so

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It was really scary. I remember, you know.

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Because you had just seen them three months before.

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Right, and everything had been fine at that point in time.

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It was amazing how bad, I mean, this is the abusive relationship that I always talk about on the podcast. And like that night, that whole experience in Vegas was like one of the worst. It was just, I just cannot explain how horrific everything about that whole experience was. It was like, I was just so, and the kicker is that the reason that I met that person is I was home for some reason and I got a message from this person. They were like, hey, I know that you and I don't really know each other, but I just think you should know that your girlfriend and I have been talking to each other romantically for the past six months and I didn't know that y'all were still together. But I just got back from hanging out with her in Bellingham like at y'all's apartment and like I'd be happy to you know Show you evidence of this but like and it was that person So I just kept talking to them and that so that already we're not dealing with like the best sort of relationship hygiene Right and so I was just like at my lowest point and then like once you left It was like I was just so unmoored up there like I had no support I had like a few friends like you know a few people like Ingrid and Zach But like I shut them out like I really did like I was it was I just completely shut them out So like you said there was like a void yeah and unfortunately it was just like the perfect storm of like I think a really severe manic episode and You know like that night that dad got shot, and we got that phone, and we got that call from y'all. I remember like, it was, I was like, we had gotten this horrific, awful argument, and they said all these awful things to me, and I remember I was like, in the bathroom, like trying to get a plane ticket to, like smoking cigarettes and ashing in the toilet, trying to get a flight to.

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As we do.

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Yeah, but like, this partner was like, I will go with you, but I wanna go, I wanna fly back to California first to get my Xanax prescription and then we can, so that was a requirement, was flying first to California and then to Texas, which we then did, Jesus. Anyway, so, so, so I, if I recall correctly, was like, goodbye, you can fuck off now, and then had Wyatt stay at my house with me and my ex-husband. After the relationship ended though, right? I mean, it was after I drove back. Was it? I don't remember.

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Because you stayed there for a while after dad got shot.

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1:29:51

Oh, yeah.

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You stayed in Texas? In Corpus. Because what I recall most about that time period was, I remember I was like, none of your clothes, like your clothes are hanging off of you. So I took you to the Dillard's to buy jeans, which we had to buy in a size zero. I have never, I was like, I remember doing the laundry and taking them out and being like, these are not like adult size jeans.

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Yeah, and it was someone who, it was also like, I literally was in a relationship with someone who was like, I want you to be skinny. I think it's most attractive when women are really skinny and we control everything I ate.

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I remember that because you were saying that she'd be like, oh, you can only have an apple.

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Yes. It was the worst. We were queer walking around all the time because they were like, you need to get, you know, I really want you. And also we were doing Coke constantly all the time with these teenagers that would come over. It was just so – everything about it was just, look, I can barely look back on that period of time in my life, like it makes me physically ill. Like I just, I remember that feeling of being like, of feeling really, really, really trapped. And I was like, even if I get out of this, like what do I have to look forward to? I just, I literally couldn't see, I couldn't see a future, like I just, I couldn't see it. It was like, and I think that's what we've talked about like I think it was just like a really intense mixed Episode and it was with someone who was had been diagnosed with borderline personality disorder at this person So like it was just the perfect was the perfect storm. It was like all of those elements together and Yeah, it's just that was that was horrific But yeah, I wouldn't have I don't know how I would have gotten out of I don't know how I would have recovered from that if I had not had like obviously your support because it's not like my parents didn't have what it took. Dad was literally in the hospital. Because that was like the beginning of the end like he was just never normal again after that. Nothing ever got back to normal after that. I can't I mean I can't blame him. I think it was just like really awful intense PTSD and you know that exacerbated already existing depression or something. But yeah. So I remember, you know,



then you went back to Bellingham. And that was the point in time at which we sent our brother up to like help you pack your stuff and leave. Yeah. Because you had finished your master's degree by that point in time. You were just like fucking around. Yeah. Because when I was in Vegas, I had like, it was shortly after you left. I just one day just went down to the registrar's office and just dropped all my classes and you know completely dropped out of the program and I didn't say goodbye to anybody and And then yeah, and I remember I came back and everybody was like they'd seen a ghost They're like, holy shit. We can't but I can't believe you came back like this is nobody ever comes back like once you Drop out, but yeah, I finished it and that's when my brother came up and helped us leave and that was when the relationship Had gotten to it's like absolute most horrifically, awfully abusive. And then like the same cycle repeated itself when I came back from that. Right. Right. Um, yeah. And so it was like, you know, coming back to Texas and like, you know, figuring out what you're going to do next. And, um, it was, yeah, I, it was, that was, that was definitely, um, I mean, for me the sort of mental image that I have of you being that it was, it was really about I mean and I you know not to make this about a body thing

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But like you looked so

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Physically different. Yeah, but it was so jarring Yeah, and scary and I went it was very clear that something very wrong was going. Yeah Yeah, don't drop that kind of weight in that period of time. Yeah, unless something fucked up is going but isn't that just such I think it's so interesting that like relationships play such a key part of mental illness. Oh yeah. You know like if you like, thank God like we have such you know stability because I know the impulses that I've had when I'm starting to feel manic and I'm like I'm so glad that you're my tether. I'm so glad that I have you here. Absolutely. I can't imagine being in a relationship that was manic in itself. Oh yeah, and if you have somebody who's not only indulging all of your worst impulses, but giving you new bad impulses. Yeah. It was horrific. And yeah, you're right. You create a little ecosystem with people around you. And I think I realized too, I was like, oh I have to have somebody nearby. Like I can't do this thing where I, you know, move thousands of miles away without anybody around. Cause I just, I need support. Like I need somebody to be there. When you were in those situations, were you still taking your like regular prescribed meds? No, no, not at all. No, I didn't, I didn't start on the cocktail of drugs that I'm on until that second stint in grad school. And that's when I got on the same combination with a few tweaks here and there, but that was when I started actually seriously, consistently taking medication. And I think it shows I haven't had a major episode since then, not a major one. And I would say what I'm going through right now is I can just imagine if I were in that same situation, I can't say I wouldn't behave that same way. Actually, I guess I wouldn't, but there's definitely a lot of the feeling is the same. It's like this, and I've kind of forgotten what it feels like, but it's like this unsettled, I'm gonna crawl out of my skin, I can't focus, I can't sit still, I have all this energy, I can't sleep. I can't sleep for more than a

few hours at a time, I'm not hungry, all those things, but if you take that mixed with this depressive episode where you just don't give a shit what happens to you you know because who cares and like nothing matters anyway and you're just like I'm just gonna burn burn hard like you know what you know this experience right? Absolutely yeah a hundred percent I mean I think that's what that's the that's a danger zone it's like it's like when you have all of the energy of mania and then all of the like suicidal ideation of depression yeah like you're like this is the worst thing that should happen. And because the other thing that you mentioned is like that, the impulse control. And like being, like wanting to just like, that when you have that thought, you're like, I have felt, I have had this thought for 100 years. And it's very important that I do this very important thing that I know, I just thought of it, but I really think that it's the answer.

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Yeah, right.

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Yeah. And in fact, it's so insidious too, because I think with bipolar disorder, it's like you have to be vigilant because tracking your moods and paying attention to your triggers. I've noticed too, I often will know if I'm going into a little bout of mania because the same kind of thoughts or the same little habits will come into play. Like I'll be like, I'm buying a whole bunch of stupid shit that I don't need, or I'm, you know, like I'll start talking a lot about getting tattoos, like these sorts of things. Like I'm always like, if I start thinking a lot about tattoos, I'm like, oh, it's coming, you know? But like, the, you know, I was talking about, I had my, one of my appointments in advance of getting top surgery today, and he was like, okay, I have to talk to you a little bit about your diagnoses and about your experience with mental illness. And I was like, well, this is the part I'm most nervous about. And he was like, don't be, because he's preparing this letter for me for the surgeon, right? And was like, I've never seen that be a problem with insurance companies, but let's sort of talk about it. And even in that situation, I heard myself being really defensive, where I was like, I mean, I don't have any major episodes. I have it totally under control I'm not like other bipolar people Well, I'm not doing this because I'm I'm you know It's not because I'm like manic or because I'm like making bad decisions or like anything like this But like so it is that you know You don't have like illness anxiety to the point where you don't trust any of your own instincts and desires or impulses but you also don't want to like Stop paying attention to it and then realize something bad is happening. Because also bipolar disorder is progressive. It doesn't get better as you go through life. It really doesn't. And so, you know, and I think we've both too, like seeing people in our family, like we have our aunt, and Mary has an uncle that like, you know, I think serves the same sort of function in our lives where it's like, I don't want it to ever get that bad. Right. You know? Yeah, exactly. Yeah. What do you think your siblings would say about their experiences with your bipolar disorder? Um, I think there was always like it's exactly how I felt about my bipolar disorder where I was like, I'm just in theater I'm just gay and I'm in theater and I have a lot of feelings and like that's all it is and I just know

And I just know that when I'm feeling really extreme about something that it's just hormonal or it's because I am so sensitive and I just feel like there wasn't really a, it wasn't really talked about because I got my diagnosis when I was 15 but we didn't do really anything about it because I was like, I don't want to be on meds.

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Yeah, I feel kind of like I have.

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So we just didn't really talk about it. And then I attempted suicide when I was like 17. And then I was like, oh, maybe we should do something about this now. You know?

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Maybe we should talk about this.

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Yeah, maybe we should talk about medication again. But I think I didn't, I also was like, I don't want to make a big deal about this.

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So I just, I don't want to take up too much space, everybody.

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Yeah.

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You know?

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It just seemed, because our resources were so limited that I was just like, I just don't want to, I don't, I don't know. I'll figure it out. I'll figure this out. I'll write a song, you know?

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1:39:42

I mean, it sounds like you did too. Like it sounds like you did kind of the same thing that like joy did in a way, which is like, you're like, I'm going to have to, I'm just going to do this myself. Like a lot of ways, right?

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1:39:51

I'm going to have to figure it out. But then it's like it gets to a point where it's just absolutely untenable. And you're just like, I, I literally don't know what I'm doing wrong. Yeah. Cause I, I feel like I'm doing everything I'm supposed to and my brain is like telling me to kill myself.

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1:40:06

Yeah, exactly. And I don't know what to believe. Yeah, I guess like that's the thing I keep, because Mary and I have been talking so much about wanting to sort of like get back to talking a lot about mental health in this podcast, but I think if I had to describe it, like if I had to come up with one word to describe the feeling of being, of the experience generally of being bipolar, I think I would just say it's fucking exhausting. Like, and I feel like I get so, I'm so tired of dealing with it, and like, it's like when we were talking the other day, and I was in bed, and I was like, can you just come up here, and I was crying, and I was like, I'm so tired of feeling like this. Like, I'm really tired of feeling this way, and I know that like, you know, since this is happening, I know this means I have to like go back to my psychiatrist, which I did, and like adjust the meds, and it takes months for the meds to feel normal. And then I kind of start to have that feeling where it's like, I have to take meds for the rest of my life, otherwise, those thoughts will start to creep in where I'm like, 20% of people with this disease don't survive it. This disease has a 20% mortality rate. That's a serious thing. I don't know, I'm tired of it. I think that's how I feel. But I also have to remind myself, I have the best resources that just about anybody could possibly ask for. I have health insurance and I have access to a psychiatrist and meds and therapy and it's just, I know that we're, and support. I feel like having a partner who has bipolar disorder and a sister who's always been so supportive and also lives nearby now is huge but yeah it takes a village. Yeah yeah you know it's funny that you mention it being exhausting because I remember years ago when Silver Linings Playbook came out which I know is like has there's other oh I thought it was great I don't know I don't know I feel like a great depiction but I do remember I remember I texted or called you after I saw that movie I don't know if you remember this or not. I do yeah. That I called I was like I just saw this movie I think you need to see it because when I left the theater, I felt the way that I feel when I would be around you and you'd be having a manic episode. I felt that same just like draining exhaustion. Like that was, for me, I remember, I probably don't remember a lot of the details about that movie, but I vividly remember being like,

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holy shit, that captured exactly what it feels like to be around somebody with bipolar disorder.

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Yeah, I cried the entire time. Did you? I was like, this is it. This is it. I've never seen it. I've

never seen it before. Oh, you felt like that was accurate? Yeah. It was for me. Yeah, I thought so too. No, I thought it was incredibly accurate. I thought it was like a really accurate, like sympathetic portrayal. Yeah. Should we move on to our segment? Yes. We're doing one. Do you have time for this? Of course. I've got all the time in the world. Listen, I tempered expectations before I came here to record this podcast because I'm usually in bed by now. I'm so glad that you stayed up to do this. It's currently 10 p.m. as we're recording this. I think this has been a primo conversation.

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I was like, I know that I'm gonna need this. I brought Diet Cokes, you know, got my little bit of caffeine going. I knew that I needed to stay up late. I'm meeting Wyatt and Mary where they are.

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In Armenia! That's actually very wise.

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So our segment is, this is Joy's idea once again. I think it's a fabulous idea. I'll see what- Do you want to introduce and explain it? I feel like I would like to hear y'all introduce myself. Okay, you go ahead. Welcome to our segment, Ask a Straight. I forgot what it was called.

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I came up with two questions.

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It's called Ask a Straight.

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We're going to ask a straight person, Joy, a few questions. I have two questions.

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I have two.

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Okay, go ahead. First of all, how dare you? Second of all, when did you know you were straight? I love that question. When did you know you were straight? That's a great question You're our portal into this world of heterosexuality Yeah, so my one of my favorite movies when I was a kid was Ferris Bueller's Day Off Which I probably shouldn't have been

watching Age like four once again, I say Absolutely, there were no rules free-range Worse than free-range But I had like a massive crush on Matthew Broderick. Like, I mean, who fucking didn't fall in love with Ferris Bueller, right? Like, so I like, that was really like, ooh. Him and Fred Savage on the Wonder Years. Like, it really did it for me. But also, I loved the movie La Bamba, which, you know, who didn't? And I specifically loved Ritchie Valens. And I feel like I need to be very clear here that none of these crushes were on the actor.

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It was the character.

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Really?

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1:44:57

Oh, for sure.

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1:44:58

Oh, that's interesting. It wasn't Lou Diamond Phillips. I'm not gonna shiv out Lou Diamond Phillips, but the way I wanted to be Donna and La Bamba was intense. And so it was very, I think, yeah, even from a young, it was like, yeah, I definitely had these celebrity crushes

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1:45:16

And you know I had a little boyfriend when I was in preschool. Oh, I mean it was not that cute How are you ever how are you ever sure if you haven't met the right girl yet? It's true. It's true sometimes. I'm gonna be I like I feel like I feel like I'm gonna say that's wrong You know whatever the like whatever that like spectrum of my scale. Yes. Yeah, thank you the Kinsey scale that I I'm really close to like like where I think every like hardcore conservative Republican thinks they are like yeah really straight like I just I've never really had like any kind of that actually really tracks like sexual sort of yeah feelings about anybody of the same I will say every now and then like no it's not it's not some high it's like a really masculine lesbian We've actually talked about this yeah, like we've talked about like We think well, I don't know. I don't know either We've talked about like when when there will be a woman like a queer woman That straight women are sort of attracted to is it more of like a super femme woman that everybody has like a crush on or? Is it more of like a masculine person? I think I like I can appreciate the beauty of a woman who is beautiful but there's no like ooh attraction yeah and like I wonder what that must be so crazy I think I wonder this is what like you know like really homophobic straight people feel is like there's just no way you have to be lying about you can't actually mean it like you discovered that through celebrities oh yeah that was also how I like Alicia Silverstone and Clueless was one of my gateways into realizing I was gay but also how about the craft how many times oh the craft that's true but

there wasn't anybody in particular I liked in the craft I guess it was just like the of gayness. It's just a gay thing. I can appreciate what an attractive man looks like. I can see it. I can look at it and be like, oh yeah, I see why people perceive this person to be that way, but it's just like nothing. It registers as zero. I don't mean to be crass, Did you see what I wrote? Yeah I did. You have really good eyes. Well I have really good glasses thanks to the eye doctor who told me it's going to happen five months from now or five years from now but you're going to need readers and I was like no I won't. I'm going to put that in the show though. Oh this is a picture. Yeah you got you got you can you can only see this shit if you subscribe to the Patreon so donate or whatever it is. Like and subscribe. Sound off in the comments. Smash that like button. Click the notification bell so you never miss when I post a new video. But I don't, like from a sexual perspective, like that, I mean, I don't know. What's your craziest fantasy? The genitalia piece is important to me. Yeah, yeah, that's a fair thing to say. Absolutely, that's a fair thing to say. Well, you took one of my questions, so I'm going to take that. Well, actually, my question is slightly different. My first question is, what are your favorite and least favorite parts of being straight? It's an exact proposition.

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Favorite and least favorite, I like that.

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Favorite and least favorite parts of being straight. Yeah. My favorite is probably the privilege. That's that's nice. Just like seeing your your kind of love like reflected everywhere. It must be amazing. Except for right now. Is it like the ultimatum all the time for you? Like the queer ultimatum? All the time? That's incredible. Like the bachelor is just like so straight. I'm like, yeah, I can relate to all these people

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1:49:16

My least favorite part of being straight

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1:49:18

Hmm the people It's true like the other you need the other straights right like some of the other streets are really problematic

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I mean I feel about being white

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It's not about being a white woman you weren't like especially like after 2016 you walk into a room that's like primarily white women. I look around, I'm like 53% of y'all. Like, what the

fuck is wrong with y'all? So, you know, the straights have similar issues, you know, generally. So I think, you know, I feel like I, you know, have an obligation to apologize on behalf of the straight community.

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1:49:53

Thank you.

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You know, it's important.

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Thank you so much.

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I love how you're just like earnestly saying that.

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Hashtag not all straights

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Actually my question was if you had to be gay who would you be gay with oh if I had to be gay yeah I said a girl crush and she put a girl crush all in caps. Oh girl crush

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I had to be I had to be gay Who would I be gay with and you can ask us if we had to be straight?

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Who would we be straight with that's okay? We couldn't we can answer it right honey No, you can't. No, you can't.

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1:50:24

Why are you asking a straight person to do this?

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1:50:26

Oh, that's true. This is rude. This is really rude.



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This is a microaggression.

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1:50:32

When straight people come into this house, you can't be like this. If I had to be gay... Well, it's funny that our best friends are a straight couple.

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I know.

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1:50:40

If I had to be gay, who would I be gay with?

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I don't know. It would have to be...

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1:50:44

Yeah, I feel like it would have to be like one of these lesbians that's like, that like, I might mistake them for a man. That makes sense. Like a kind of feminine man. Yeah. But I can't think of one off the top of my head who I'm like, yeah, this person is like particular. Maybe like a, well, maybe not. Maybe like a

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1:51:04

Megan Rapinoe. Oh, well that's a good choice. That's a great choice. That's a very high-quality pick. I feel like that's a pick that the gay community will respect. I feel like she'd be willing to put on a strap-on. Mary actually just performed the anthem at the Seattle, at the OL Reign game, and Megan Rapinoe got hurt in the first few minutes.

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I know. I feel like it was my fault.

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1:51:38

Because you were so good.

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1:51:39

She was trying to meet me. But I was in the suite. Megan, I'm not there anymore. I wasn't there.

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1:51:46

I left the field after I sang.

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1:51:48

Megan, wake up.

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1:51:49

Megan, wake up.

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1:51:50

Girl, get up.

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1:51:52

Well, it's like, honestly, the feeling,

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1:51:54

because when I dated guys, I was just like, well, I'm doing the thing that I'm supposed to do. And so I was just like, when I would talk to my like you know straight friends that were girls I would be like I would be like well we all secretly hate this like no one really actually like no cuz I never asked them cuz I just thought assumed I was like everybody like nobody actually really likes kissing guys having sex with that like no one no one really does it's just like punishment yeah yeah it's something you have to do I remember like the first time I kissed a girl just being like, Oh! Oh! Oh! Is this what everybody's thinking? This is awesome! If I had to pick somebody, I don't know why I would pick this guy. I really don't know. But I just really like Mark Ruffalo.

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1:52:42

Oh, that's a good one.

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1:52:43

He's very likable. He just seems like he'd be a really nice guy.

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1:52:47

Yeah, he'd be a good person. Yeah, I think if I had to I think I've always thought Zac Efron  
He's cute he's very

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1:52:56

Really like that guy from to really yeah, I was gonna say like he's definitely got like a very  
sort of like polished Yeah, like like a little bit feminine kind of yeah Yeah, right the way I like  
that the highbrow. Yeah, you know yeah, it's kind of like I had my hugest question is JTT. Oh,  
yeah Well, I mean Jonathan Taylor Thomas had to have been like a gateway. Oh for absolutely  
It's everywhere like where you're like, absolutely, there are just some like gay. There are  
some straight men I feel like that just become like lesbian icons like actually Eminem was  
that way for a long time I think that's really yeah, I know it was like it's like it do I want to be  
him? Do I there's something about him you didn't experience this no anything about no um  
you know the bad boy mm-hmm oh I know who he is for having me I had a really fun time  
I'm sorry we didn't talk more about college football yeah oh my god well next time we got to  
we got to relive a little bit of it hey I can't actually believe it's happening though that they  
just released Texas SEC schedule that is fucking with my head. Yeah.

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1:54:05

Texas A&M and Texas UT is coming back.

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It's coming back, baby. Oh, man. We've played 108 times, just saying, and I can't wait to, I just  
can't wait. I'm so excited.

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1:54:17

Mary's eyes are glaring.

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1:54:18

Mary's like, and I'm checked out. I'm singing a song in my head. It's about sharks. It's like  
Texas Fi, and it's goodbye to A&M. Texas Fight, Texas Fight, and we'll pull over one more win.  
Texas Fight, Texas Fight, for Texas that we love and...

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1:54:41

Give them hell, give them hell, oh you suck!

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1:54:44

And it's a party with all the rest.

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1:54:47

Yay!

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1:54:48

I really I enjoyed I think that's how you should end every episode of the Midpossessive episode. Because you know when people will be listening they'll be like I'm really depressed listening

27

1:55:04

to this.

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1:55:05

But it'll be good for you.

11

1:55:08

Yeah.

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1:55:09

Those Aggies and Sooners are gonna fucking hate it. God don't this is a family podcast. It's 10 23pm. And OU still sucks!

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1:55:17

Do you know where your kids are?

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1:55:18

Hopefully not in OU.

26

1:55:21

Hopefully not in Norman.

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1:55:23

Okay, love y'all.

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1:55:24

Bye.

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1:55:25

It's time for one of my favorite segments. That's right, folks. It's time for... The Absolution Hour.

10

1:55:36

Ow. Ow. Ow.

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1:55:38

I think that y'all will pretty quickly understand this segment if you haven't heard it already. Do you want to start? No, please start. Okay, this is my, my, I was just telling Mary, like, the shit that I've talked about on Absolution Hour, stuff I legitimately have not, some of it's stuff I've never told anyone ever, and this is one of them. We save them too.

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I have no, I have no idea what these are. I've never heard these before.

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1:55:58

So when I was in like sixth or seventh grade, I had, like, you know when you go rollerblading and you have those wrist guards? Like you get those wrist guards and you had like a curved piece of plastic right here in case you fell and hurt your wrist? And I was on the volleyball team and I didn't want to play. And so I wore one of them and I took that plastic thing out and I said that it was like a wrist brace and I hurt my wrist. Yes! That is 100% something I would do. Does that seem like...

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1:56:32

Does it really seem like that?

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1:56:33

Yes!

24

1:56:34

Did you do it for a day?

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1:56:35

I don't know.

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1:56:36

I think it was longer than that. I just really wanted to be injured or have some... I wanted glasses or a cast or crutches. To me, that was... Because if you had an injury, that was really cool. I really wanted to have like a cool injury.

22

1:56:52

Yes.

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1:56:53

But I didn't, I didn't have anything cool. Well, honey, tell me, am I?

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1:56:56

You're absolved.

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Okay, your turn.

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Okay, mine is a more recent thing. Um, I hate to admit this. I don't want to be this person, especially not having a sense of smell, but it's just my boots were really tight, and I am that person. I took my shoes and my socks off on the plane coming home, and I'm really sorry, everyone.

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I am nasty for doing that.

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Well, I don't think, but I didn't, nobody smelled it.

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I don't know that.

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I don't think.

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I don't know that.

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I'm telling you, I don't think I can smell your feet. I was like, have I ever smelled, have I ever said that your feet smell?

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No, but you're like in the minority of people that I know in my life who have said my feet are really stinky.

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Okay, you know what? Everybody out there who has said that my wife has stinky feet, guess what? You are not absolved.

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Oh.

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But you are, honey, you're absolved.

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Oh, okay, thank you, thank you, thank you. Okay, my second one is, I went, when I was in sixth grade, we went on this class trip also if I've said any of these before I'm so sorry I probably still feel bad about them We went on a class trip at my school to Big Bend We went camping at Big Bend a big National Park in West, Texas And we went to this like gift shop, and I bought this like fake Civil War like currency And I went home and like tried to make it look all dirty and told my parents that I found real Civil War money and like they like absolutely of course knew I was lying and like didn't call me out on it. I was like too old, it's like I was a two-year-old. I was in middle school. Honestly my lies got to like their worst when I was in middle school. I was a horrible, I was horrible. Yeah same. Anyway and I think I might have bought arrowheads too and said that I found arrowheads like I was just out of control of lying you got I mean you need attention I get it and we've already talked about this early in the pod. I have a mental illness

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So if you judge me actually

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Sorry, you might need to go to some sensitivity training or listen to this podcast more and learn more. It's like I deserve to do anything I want and have no repercussions because I'm mentally ill. Exactly! And it says that you can hurt other people and it's fine. Well, honey, tell me, do you think that I deserve to be absolved? You're absolved. You're a heavenly angel. What do you have next? Oh, okay. Um, okay. So this is kind of a long story. Um, we're in and we're not going anywhere. Okay. Uh, I was on a short radio tour is like you basically, when you are on a label, or even if you're not on a label, and you have a single that you were promoting at the time it was hang out with you. And it was Tim and Nadia and I, and Tim is my best friend, Nadia is my other best friend. And Nadia was my like tour manager at the time and assistant and Tim was my guitarist. And they're still like, we're all very tight. Okay, so we had, we had been touring for years,

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but we were on this short little tour for just like,

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about a month or so. Just for the single, yeah.

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And we were flying in and out of a lot of places, and we were taking a lot of Ubers, because we'd fly in and then just like, take an Uber to the station or whatever. And we just kind of got tired of doing small talk with Ubers. I feel like that's terrible to say, but it was just... You're in them all the time. And so we would try to ask them questions, but sometimes it would just keep being... And I just didn't want to talk about my job stuff anymore.

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And it would come right back, it would always come back to that. So we decided we were going to land in Philly, and we were like, okay, we have to start talking about something else. Tim and Nadia have both have theater backgrounds. And I used to do theater too, so we were like, let's make up a different thing. So we made up this thing where we all worked for Starbucks. And we were in R&D, we were in research and development, and we were all secret shoppers. And so that's what we would talk about. You'd go to the Starbucks and report about your experiences, which is not like an outlandish lie.

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It's not like you all said you were training to do zero gravity brain surgery on the moon or something like that. That's true. That's true. But it was just so far from the truth. And we



landed and Phil and I were like, okay, we're going to do it. And we looked ahead and we're like, oh, this is going to be about a half hour to 45 minute

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ride. It's going to be a long trip. Let's do this. Let's really, let's really see if we can develop these characters. We have the nicest Uber driver I think I've ever had in my entire life. And we couldn't, it was like we started and we couldn't stop because we were just, we had to keep it up. Once you get the ball rolling. He was so nice and we Fuck you all felt bad all felt so bad really we just lied to this guy for and I can't come clean Right like what are you gonna say so I'm weirder. Yes exactly So I just feel really really bad about that and I just want you to know Patrick in Philadelphia Who is an uber driver you were so awesome, and I'm really sorry we did that. Yeah, they're okay. You know what honey? This is a tougher one, but I've consulted with the angels and we all agree You Nadia and Tim are all absolved So this is actually in a very similar vein this is Related I don't remember when this might have been third or fourth grade But we had a show-and-tell and my dad was like obsessed with ancient Egypt and had this cabinet full of these like little figurines that were like reproductions of like famous ancient Egyptian artifacts like you know like a reproduction of like the The top half of King Tut's tomb, you know stuff like this and I swear I don't remember which one or like how anybody responded or anything But I have a really vivid memory of taking one of them to show and tell and saying it was real. Like, I know I did. And like, everyone was saying it was so similar. It's so embarrassing that I think I've actually like blocked it out, but I was just like so full of shit. We were so similar growing up. I just, I like, and I was like, I will... Anything for attention. It's like Kelly Capoor. Like, I will get attention by any means necessary. Yes, and it's never enough. No. Like, all eyes have to be on me. I'm so glad that I grew out of it. Like how do you grow out of it though? I don't know. I don't know. I think it's just because you get caught a few times and it's really embarrassing, and you just like develop more things to talk about, and you see other people lie and you're like, oh that's actually a really obvious, like unacceptable thing to do. Like, you know. And I guess you have like a if our kids lie? I mean when our kids lie they're going to lie aren't they? God damn it. Also honey, you're absolved. Thank you honey. Now let me absolve you one final time. Okay I have one last one. This one is just like, I don't know. What do you got? I haven't talked about this before. Okay so when I turned 25 I

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Yes.

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I was so, I just had been a doormat. Yes, you've got to stand up for yourself. I had a really hard time like being assertive or like, yeah, or like setting boundaries. So I decided I was going to, every, every year I do this, I try to focus on one thing I'm really going to focus on.

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That's good.

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So that year was the year of being assertive. 25, the year of being assertive.

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Yeah.

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And I decided I was going to kind of start in small ways where like if I ordered something at a restaurant and I didn't like it I wasn't gonna like force myself to eat food I didn't like I would either just like tell them the deal and be like I don't know can I have something in it instead or like you know just like I would do it really nicely of course but like it was like a like not just taking it yeah yeah right yeah like yeah or just like maybe just being like oh didn't have a lot of money so I was just like, I was just trying to do what I could do. Trying to get by, man. And my girlfriend and I at the time, we went to Ivers, that was like our spot. Love anything that begins with a trip to Ivers. The happy hour. It was a happy hour one right on the pier. Love the one on the pier. They do the one on the pier and they have like this incredible happy hour like legendary seagull spot and they have like \$5 appetizers they're out of out of control we went there for like \$5 cocktails oh my god that was our spot but one time it was like right after right after same love days like same love it just happened and I was like I'm gonna get an actual salmon. Like I'm going to get a piece of like nice salmon. And I cut into it and I was like, this salmon is raw. And I, and I, I flagged the waiter down and I thought I was being so like, I thought I was being so assertive. I was like, this is extremely undercooked. Um, and I'm just really uncomfortable. And I was like, I can have them. And I was like, and there are bones in here.

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Oh! You poor thing!

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I sent it back, and because, but now I know, like, I didn't, now I know, like, you're not supposed to go thermonuclear when you cook fish. It's supposed to be a little bit raw. Yeah, but like, you would probably- It didn't need to be, like, it didn't need to be white.

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Honey, I'm sorry, I'm, I'm with you on this. Of course, you are...

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ABSOLVED!

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But you shouldn't have to be absolved, because that's like, that's totally understandable. You can get really sick from eating raw meat! You should be a village-vid-villageant! A village idiot! And that brings us to the end of Absolution Hour. We did pretty good, we're all forgiven. We're all forgiven! We get to decide. We are forgiven, and we are all in Christ's love light. Okay Yes, okay, what is that? Oh shit, I've been playing the settlers of Catan. Oh

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Yeah, tell us what that is

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Okay, well settlers of Catan is a board game, but you haven't been playing the board game

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No

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I've been playing it on the phone because we played our friends Jake and Aisha about a year ago and I lost. I think I lost anyway. And you're a Taurus. I don't like to lose so I've been trying to practice. And we're about to go on a family vacation which there will be Catan. There will be Catan. And I want to win. I don't want to lose. I want to have a really good strategy. So I've been practicing but then I got addicted. I think I started playing so ad nauseum literally. Y'all fuck there's this song I forget what it is and I don't want to play it because I got it out of my head and now I can't remember what it is. Don't think about it. But it was this song that is Edwin Diaz who's a closer for the Mets it was was his I don't know if he still plays for the Mets I think it was it's his like walk up music and I don't know what it's called but there's this very fucking catchy trumpet line in it and trumpet riff is what we call it and I woke up the other night like 3 in the morning to go to the bathroom and it was stuck in my head and it was stuck in my head for like every time I would be aware that I was alive it was just repeating in my brain and I couldn't sleep like no matter what I did like I was like trying everything it was the craziest shit I've ever experienced. It was miserable. I really do, I don't know if it's, I think we've talked about this before, but it's like, I don't know that that's something

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that everybody else experiences, but it's like.

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Where you feel like you're gonna throw up. Yes, it happens like all the time. Like I feel like I have to work really hard at not having things get stuck in my head. It's hard, yes. And start to feel sick. Thank you for seeing me on that, honey. So, anyway, Tellers of Catan, I'm killing it. I'm now on to Seafarers, and I am, now all I wanna do is play Harbor Master, and I'm just all about Catan right now. My first obsession is your performance at the Sounders game and your new song. Like, y'all, like, it was the most, it was definitely one of those moments where I was like how the fuck did my life end up here where like I went from like being an English professor to like performing on the field at fucking it's not question anymore Lumen Lumen long time I think like with like thousands of people watching and cheering like it wasn't so fucking cool and like just what Mary was able to pull together if y'all haven't seen it It's on her Instagram. There's a little like highlight reel of it But it's Mary's new song the tempest that she produced herself that she got these fucking rad Dancers and like organized this whole performance like arranged this whole thing and it was just unreal like it was so Unbelievably fucking cool, and I was just so honored to be part of it. Thanks, honey It's a really it's also like a new direction for you musically like and it feels like it's just being able to see you perform it like you know not just in that environment but also just you at a piano and see how people responded to it was just fucking rad. I'm really stoked about this next song. I'm going to be releasing it as a single but I'm not quite ready for it yet but I just want people to know that it's coming. Yeah, it's coming.

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It's coming.

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Whenever it does.

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It's coming soon at some point near you.

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The Tempest. I'm so glad. That's so sweet.

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That's one of your obsessions.

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But it was like a fucking blast playing with you.

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My first one?

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Wow. No, it's your first. Next obsession. My next obsession is a hang that happened about two days after that, which was a music hang with a bunch of my friends from Seattle and around town, Squim, and yeah, just like some really like good friends. And some new friends too, like came over and it's just, it was one of those situations where there was a guitar and like we passed around a guitar. Really talented people and a guitar. Just like sharing songs and talking about songwriting and talking about songs we It was really soul-giving. It was really nourishing, because I feel like I have felt a little... I've had a hard time with songwriting the last couple months, last year or so, because I just feel so critical. I realize that every time I sit down to write something, I get just super anxious, or I don't feel like anything's good enough and that like inner critic is really hard to turn off. And then I realized like, well, if I'm only making time to write songs like once every two months, then every time I sit down, the stakes are really fucking high. Cause I'm like, well, this has to be it. This has to be the song. But like, if I made time to write every week, the stakes would be lower. I feel like I would have more freedom. So we even talked about like starting like a songwriting group. Yeah, that like the idea of just focusing on my craft is really exciting to me. And like, I think just being around people who just give a shit. Yeah, Vic and like, are just incredible artists in their own right. Charles Wicklander was there. Charles is one of my like, like, just one of my favorite people in the world. Heather Thomas is there. Of course, Heather Thomas has a new single. Yes.

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I'm like just Braden and Thorne.

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If I die, go download it, go stream it.

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It was just like really, really good people

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and it was just exactly what I needed.

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It was a wonderful time. I mean, I was asleep because I'm at that stage of my life. But just knowing like you just woke up and were just like so fulfilled. You were nourished and I think you were undernourished as a songwriter and fuck, I mean it was almost as magical as our hang with Mackenzie Torres.

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Yeah.

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Yeah.

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Which is also...

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Yeah. What a gift. I feel like I'm having these really important, pivotal moments. I feel like God is just like, and I want you to have this experience, and this will inform

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this part.

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And I just feel like, ah, this is exactly what I need.

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You're like, this is where, yeah.

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And I get to take my time with the album. I'm just not going to stress out about it. I'm just going to like, whenever I can work on it, and just, I want it to be meaningful and thoughtful and I don't want to just slap something together because there's just there's no reason to do that.

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Fuck yeah.

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I'm feeling really good about that.

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I'm going to let you know.

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Um, my second obsession is, well, okay, my second obsession, I'm just going to do my last two is really quick. It's killer. Mike's new album. Oh, yeah.

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Really good.

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So you also go listen to that. It's so good. And my last obsession is King by Jonathan Eich, I think is how you pronounce it? E-I-G? It's this really good biography of Martin Luther King that I just read. Like a really, really good... Like, it doesn't... You know, a lot of biographies of King are like real, you know, what do they call it? Like a hagiography? Hagiography? Like writing about him as if he is a perfect infallible kind of creature, which of course is not true But also there's all this really new interesting like archival material reflected in it and I learned a lot of stuff about him that I didn't know and And they're just down to the details like there was biographical information about the guy who adjusted his microphone At the I have a dream speech like it was like so detailed, but really fascinating. I learned like how many suits Martin Luther King had, and like how tall he was. But anyway, one of the things I learned in that book that was so fascinating is that southern states, like namely Alabama, would have a system where because their public universities were not integrated, they had scholarships that they would use to send black students to northern colleges as a way to avoid getting in trouble for like not allowing black people to go to college That's isn't that fucking insane so instead of like integrating their own schools They would pay like exorbitant amounts of money instead just just to avoid getting out of trouble not because they gave a shit Anyway, I my my fucking I almost fell out when I read that I've never heard of it before and now I want to read More about it, but yeah, I'm very curious I think it might have you I don't I don't think King benefited from it because I think King went to Morehouse I think which was a black college and then I think I know he went to Boston University for grad school so anyway I don't think he benefited from that but anyway what a fucking nuts nutball thing I love it when you were there I loved it and I learned a lot about Coretta Scott King and I learned a lot about like I Learned that Malcolm X had he not been assassinated was planning on attending the March on Washington Wow, I think it was a March on Washington or maybe Selma Maybe it must have been Selma but like he was planning on doing that and that like he and King had really like he was having a real change of heart

because Malcolm had been kind of alienated from the Nation of Islam and his relationship with Elijah Muhammad who's like sort of the head of the Nation of Islam and was like kind of like moderating his politics a little bit and like then got assassinated but like otherwise would have been like collaborating with King in that effort like that would have been huge. Anyway, so yeah it was really good. What other obsessions do you have? We started a new reality TV show and I'm like, I'm in experiencing that feeling where I'm like I really love doing this right now, but I also really just want to watch a Vanderpump Rules. I'm drunk in love right now Like Vanderpump Rules and shout out Cheryl Who asked me if I'd watched it because you know, everybody was all abuzz about it and the season 10 finale I think it's season 10 anyway, and Cheryl was like have you been watching it? I was like, no, is it any good? And she was like, it is the finest reality television available. I think it's the best reality TV show out there. And sure enough, y'all, we started watching it, and it is fucking electric.

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And that's just season one, season one. And I'm like, I don't know what makes it so good. I can't figure it out yet. I can't either.

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But I just love it so much. I'm so happy that it's on. I'm so glad we started watching it because honestly I was starting to feel really depressed yeah we don't have a show it's really hard we need something it's a big deal are you ready for poems yeah I'm so excited all right ready yeah you want to read your poem first okay yeah go for it

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this is a poem by a Bernadette Meyer called the way to keep going in Antarctica.

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Ooh.

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Be strong, Bernadette. Nobody will ever know I came here for a reason. Perhaps there is a life here of not being afraid of your own heart beating. Do not be afraid of your own heart beating. Look at very small things with your eyes and stay warm. Nothing outside can cure you but everything's outside There is great shame for the world and knowing you may have gone this far Perhaps this is why you love the presence of other people so much Perhaps this is why you wait so impatiently you have nothing more to teach Until there is no more panic at the knowledge of your own real existence And then only special childish laughter to be shown, and no more lies, no more not to find you no more coming back and more returning, southern journey, small things and not my own debris, something to fight against, and we are all very fluent about ourselves, our own ideas of food, a wild sauce. There's not much



point in its being over, but we do not speak them. I had written, The man who sewed his soles back on his feet, and then I panicked most at the sound of what the wind could do to me. If I crawled back to the house, two feet give no position. If the branches cracked over my head, and they're threatening me if I covered my face with beer and sweated till you returned. If I suffered what else could I do? Oh my god! Oh wow there's so much like rupture and pain and that it's so like visceral. I just love it. Oh it's so beautiful. You know who posted that was the poetry professor at KU. Really? Yeah. Oh my god, that was absolutely magnificent and rock talk. Yeah. Okay, please, please. Okay, this is a poem by Jennifer Nelson and it's called Condition for Retention. Okay. Today, the sun feels like such a gift, the The idea we only roll around it means all gifts are self to self ear to the wrist Blood must grunt all day or relax when no one listens Mmm, I keep beating the ground to distribute what is saved from the thunder

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Shit

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Really like I really like it too. I love that idea of like the ear to your wrist. I love that. Like it's like the when the tree falls, right? Totally. Oh I like the idea of blood grunting and then resting and like your blood is working hard to you know

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like yeah. Let you watch Vanderpump Rules.

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Okay, bye!

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We got a guide! Love y'all! Love y'all! Bye! Bye!

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Bye!