

## GDL Marissa Gold

Welcome Welcome back This is The Day Live I'm Kyle Trueblood along with Dre Renee and we have a fabulous guest Miss Marisa Thank you Thanks so much for having me It's great to be here Thank you Happy to have you Thank you Uh Life 2.0 which is so beautiful I saw like a couple of clips You did I did I'm not sure I've even seen all of the clips yet A little bit Amazing That's great Good I'm glad it Well thank you so much for having me This is really fun to be here Tell us all about life 2.0 ok great Where shall I start Um OK So first of all I have to thank um my producers Andy and Natasha for giving me um the shout out shout out But you really giving me the space and the opportunity to work on the show It's something that we've been discussing for uh like a couple of years now and it's kind of at this point come full circle Ok It started as a dating show and that's because I am single Um So I'm 45 I turned 45 this year What Yeah I'm 45 I have two Children Their one just turned 17 on Saturday blows my mind and oh thank you Honestly And my other one turns 14 in two weeks So two girls two teenage girls who by the way are also well my older one also dating So that's really fun and a whole like whole show in and of itself to be dating at the same time as your child and having a teenager who's dating and all these things Um And knowing that like she's seen the I can't say shit can I say shit the stuff that I see out there that she know I seen it Um But so anyway so a couple of years ago this started I talked to Andy who is the producer and I said you know I am having like these ridiculous dating experiences because I'm divorced Um I've been and you here I was and I'm here in L A and I was married for 17 years So I met my ex when I was 20 Yeah So I never dated as an adult period and even if I had it would have been like pre swiping era So all of this stuff combined I was like like a kid thrown into a candy store but in a really bad way like like sour like like really bad candy You ever eat too much and get sick Yeah totally So all that stuff Well I like candy corn I mean too much Yeah You get a stomach ache Yeah So anyways um so it started off as a dating show because I was like I have to tell um I have got to tell these stories These stories are like crazy what I'm experiencing and I have a lot of friends who are also divorced or um single potentially never married And um oh ok Sorry Huh Slide into this shot Oh better that one like that There we go Sorry They live now now we're live we're live Ok Yeah So ok And I will not move It's really hard because I when I'm in a swivel chair I like to swivel So I you know it's like the A DH D in me Yeah it's like I need like if I'm not

gonna swivel I need like a fidget toy or something Yeah Ok I didn't bring the fidget I didn't bring my box of toys in my other life I'm a I work with kids and do teen and mental health coaching Yeah And I work with fidget toys and I have a box of fidget toys I should have brought some anyways Um so anyway so um separated three years ago in the process of the divorce now but went right into like full throttle into dating like three days after I told him that I wanted to it had been like a long time But I was gonna say Yeah it wasn't an overnight like it had been a long time coming But but like unlike him where he it took him like a year to like go out and like date I was like three days in I was like this is fine and I've never done this before This is fun Um and you get like a lot of attention especially as a woman and especially in this city it's not all good attention but you do get a lot of attention So that's where it started This is where the show started three years ago I you know went to Andy and I said I have this idea for a show all about being in your forties in L A dating and what a shit show It is Sorry I'm I'm ok I'll stop Sorry Crap shoot Can I say that Am I allowed to say that Crap Crap shoot Right Can I say crap shoot Come on All kids are in school right now We're live but they shouldn't be watching This is like they shouldn't be watching Yeah Um to be fair So and if they're like you tubing us like after hours like their parents should have parental controls on So it's their fault like it's not on us it's not on us Um so anyways over the last three years my life has really changed a lot And um in the course of the last three years I went from having two kids who were very dependent on me to having two very independent teenage Children who they've actually always been pretty independent to be fair But they are now like completely I mean I I wouldn't they're too young and it's illegal but I feel like I could throw them out into the world now and they would actually be ok like they're that strong to you as well I thank you I appreciate that I think it is somewhat to me I think I'm a big believer in nature and nurture So I think you know some of it comes from genetics and but yes like my ex and I we um we parent we parented well and we continue to co parent well and I'm thankful for that and really appreciative of that and but so that has been a very big change because when you have Children that are dependent on you you don't really have a life that is your own right And that changes kind of overnight right And overnight you realize that you're gonna have more and more and more time and a lot of people women especially and I hate to gender stereotype but it is true and it is research focused and based that it happens to more women than not that they give up or delay or postpone however you know a career um to raise Children and

sometimes they find something while they're having while they're in the process of raising Children that works for them and sometimes they don't and I can't tell you how many friends I've had who have kind of aged out of the parenting the hardcore parenting and have really gone through like this I don't want to call it a midlife crisis because that's not what it is but it's more like a reckoning of you know where where is my life headed Like I'm in my thirties and forties and fifties and life is certainly not over In fact it's like far from over and yet I don't need to be doing the driving and the carpooling and the cooking and the helping with homework and all the time Like you just have more time and it doesn't mean that I'm not parenting Obviously my kids are around on the weekend but also being divorced I have even more time So here's the dirty little secret of divorce that no one talks about you Parent part time Right And on the one hand that can be really hard and sad because you're not with your kids part of the time But on the other hand you're thrown into not being with your kids at all part of the time and during that not being with them then you get you literally are on your own It's not like even it's not even like when you it's like a different feeling like I almost can't describe it It's like a visceral reaction where you don't have to be mentally responsible for your kids because your partner is on the job And so and you have yeah So that happened three years ago and I had never even like you know there were times when um you know my kids were at school and I had time to myself or there were other you know I had time before that but it wasn't until I was divorced where I was like whoa this is different This feels different This looks different I have to figure out what I'm gonna do with this part of my life and I had already been building a business and so that has kind of continued to take off And that's the other thing that I was talking about in parenting and um teen and between mental health coaching and I love doing that It's so fun It fills time and space But um well let's take a look at your clip Ok before we get more into it Ok Sounds good Sounds good When I was a kid growing up in Southern California I had my life mapped out I knew what I wanted to do where I wanted to go and how I was going to get there But what no one tells you is how mysteriously and differently life can actually turn out So now I'm in my mid 40 s first I have two kids that are almost out of the house and I'm on my second career Maybe you are trying to figure out the best new book to read a great jazz club to go hang out with friends Maybe you're looking for financial advice So am I Well I'll give you a little secret Los Angeles is one of the best cities to reinvent yourself From the beach to downtown in the mountains and everything in between

parenting advice You can come to me dating advice I'm doing a lot of that in this city So join me I'm Marissa as we traverse this incredible city and intentionally rediscover and create life to point up God That's so so cool I think it sounds so new and so it's like beginning It's a beginning Yeah Yeah it really has been So that was that's kind of where I was going was that I really rediscovered in the last three years that I'm on the second part of my life And that while I'm still a mom and a friend and a daughter and all those things that women like to say we are Um this part of my life is really about me and really about rediscovering who I am And in part that is a journey that I feel like so many women and some men as well But really a lot of women you know are going on in the second part of their life And that is because so many women do tend to have families or be in relationships early on that Don't always plan or play out the way we think they're going to And um and even if they do play out I have a I have many friends who are you know still happily married but their kids are older and they're trying to figure out what is this next phase of their life look like And you know it's like I I was saying you know your favorite book I mean I grew up I was a really avid reader didn't read it all when my kids were little got back into reading 10 years ago discovered about yourself Yeah I mean I've discovered that I love going to listen to live music you know I mean I did that I here's the thing I have rediscovered a lot of things that I knew earlier on but now I have the time to commit to myself and to explore those passions even more fully for me And I think that this is also about helping people figure out what are those passions that they didn't have They didn't care and you know they can discover um going forward and I'm I'm really passionate about talking to people and discovering new things and trying out you know II I know there's a lot of hate for LA I love this city I think it's an amazing city and and I think there are so many amazing places to explore great restaurants Um you know in a day you can be in the mountains you can be at the beach you can be in the desert you know Yes we have traffic But you know what So does every other major city in the United States about it Like like I've been to Atlanta Miami Chicago Seattle Like New York unit Boston Every city has really bad traffic like get over it people Right Right Right Yeah Like yeah like every city has traffic every city has homeless It's a whole like like yes L A is a city but L A is also an incredible dense thick Like the culture here is incredible You know we have a couple clips of inter people Ok I want to get some like ok Yeah Yeah Ok great My name is Marissa I am the host of a show called Life Two point Oh and it's really all about how women in their thirties forties

and fifties are often reinventing and recreating themselves because sometimes what we think we're going to do and how we're gonna be when we're Children isn't really what ends up happening the rest of our lives Right Like whether it comes to like our partners or Children or careers or where we live And so what do you think about that concept And I'm curious where you're at in your lives and maybe if you have re envisioned or recreated yourselves already you're both still really young Iii I mean they're young they're they're young So they're probably only on career number one Ok So yes Um well I it's kind of complicated but I I love complication My life is very complicated too So lay it lay it on me because that's like I think one of the like challenges for a lot of men and women in marriages or two people in a marriage that you forget that you have to put your partner first sometimes and really pay attention to the partnership So uh and I you know I have my girlfriends and I really feel that's important to have I I really highly recommend it for my husband to keep his friends But you know we're definitely dependent on each other But at the same time we have our group of friends that we always make sure you know you have to go out to dinner with them you have to plan you know trips and stuff but it is really important to have your own identity in a marriage for sure OK ladies thank you so much This was really fun and I cannot wait to go salsa dancing and I love that you are like constantly reinventing yourself See this was mean it was OK Right But I feel like it's so true like especially now in society right You have to keep on reinventing seeing opportunities meeting people making connections making connections Don't you think making connections is like the most important thing after COVID And yeah I love this connection I like this Thank you so much Thank you I'm so glad you came over gracias Yeah Yeah Yeah You've got to invent some kind of a process for yourself especially at this point in life Yeah Well and I think all human beings I think the reality is that we are constantly evolving That's true from both a actual brain development standpoint which is what I study Like our brain is actually constantly evolving and growing Um So from that perspective like it's actually happening Um but you know biologically speaking but socially and emotionally mentally that also needs to be happening in order for us to feel challenged and to be happy and productive in our lives And I think so often we do become stagnant in our lives and you know yes I feel comfortable totally we get too comfortable And you know people say all the time I don't like change I don't like change but the reality is change is really good Um It is uncomfortable it is really hard but it's when good things happen and and

you learn so much about yourself Absolutely And that's what this like the last few years for me like I've learned so much about myself you know like I've learned that I can like go out and live by myself and I I live by myself now you know like I'm dating and I'm raising two girls about these dates I want to hear some of these like juicy dating stories in our meeting Saving these for my show Give us like a little um well like how about the six hour date where I wasn't offered any food or a drink That was you know I swear to God I was actually even at I was that I can't I can't say where I was because it will identify the person who I was with But I was let's just say I was taken to like an outdoor type of restaurant It was it was very shortly post COVID So like I will say that like I will say like the restaurant had probably recently opened they weren't doing full service like at the tables it was like you had to go up and order at the bar area and we were sitting it was an outdoor restaurant I'm gonna give it away This is so I don't want out the guys that have taken beverage or So he did finally like he got me like we got lattes So that was good So I had a lot but it was like he had picked me up at like I don't even remember now I'd have to look at my notes I keep a a little oh my God I brought it it's in my bag I do I do I I have er I'm not I do I have a black it's called You're Gonna Die you're gonna die It's uh no it's not those are my workbooks But if you dig deeper in the black bag I'm there's a journal in there It's a little and it says oh my God what did I say No II I It's so funny You'll see I'm going to show you Yeah Um and I didn't even mean to bring it I had because this is can you in on this You see what it is called So this is where I keep all of my notes on this is amazing Like this is like in the back it's like every guy I even have talked to extensively online whether they get a date or not So if I talk to them more like you know like when you start talking you go back and and you also know like let's be real like you talk to more than one person at a time right So like I take notes so that I don't mess up and um right and then and then and I have a coding system So like if I want to go on a date with them if they like said something that's like a red flag whatever And then if they get a date they move to a different part of the book And then if anything happens on the date and they're to get like one and done they don't move on in my book If anything happens in my book then or on the date then they get prime placement in the book they get transferred to the front and there's like a front section of the oh there's a system Yeah Yeah What you want Can you tell us Sure I'm happy to like free advertising for them Um so I started um I started only So here's what here this is interesting in the three years that I've been doing this when I started there was no AOL

Uh dating Not AOL Sorry not AOL What is it Facebook Facebook Facebook Facebook dating I'm like not AOL That was like 20 years ago No Um Facebook So Facebook has like a whole dating section now But that's that Facebook has a dating section Yeah They have like a love section where you I swear and you can like you can like secret crushes or people that you're connected to I swear Yeah I swear So yeah See you listening every day But this is new in the last so I first started dating three years ago This was not one of the sites So when I when I went back so I went on hiatus during COVID because I have kids and I wanted to be safe and I for myself and for them And so I dated in the beginning when we first separated for about 6 to 8 months or so And then I stopped like fully stopped for about a year and a half and then I didn't even yeah And this is actually really funny too because when I went back on I reconnected almost immediately with two of the guys that I had originally been talking to but we had never gone on dates and then we ended up Yeah So um so it's just funny you see the same people on these sites So anyway so you see the same Yes you do Yeah So Facebook dating I went on immediately and started there However what was that look for Oh my God I see this I see the same people when I was dating the same Yeah it's many times All right Um So Facebook dating and then I also did bumble because I like it with bumble You know it's like somewhat women controlled Although I also will say that I think men please don't take this the wrong way But I think I think that bumble also is completely emasculating to men and I think that it has created like an era of laziness Yeah because it's like the thing about bumble is you know you have the woman makes the first move which I like that because I like being in control whether or not I want to talk to someone Let's not let that lead the whole thing Well and I think what has happened is now on the other sites like men are just used to not having to make the first move or they're just lazy general laziness No offense but it's true If you were here we'd be happy to go ahead It's so true though I hate men in general Like thinking of like some red fla Yeah they just kind of sit they sit back and wait and it's so funny like you totally know too when they're talking to like 10 different people women it's like well literally like they'll be talking to you and then they disappear for like 3 to 4 days and they always disappear on like Thursday or Friday because you because you know they're like going on a couple of dates and then they don't work out and they come back Sunday or Monday Hey how are you How was your weekend I'm like you asshole when I pick up the text as if you did if they did disappear in the first place Ok There's a really there's a really easy excuse for that There's

a really easy it's called a text saying I'm going out of town for three days I'll talk to you when I'm back Right Is why is it so difficult Right A lot of moms are not raising their little boys right And I always look at pattern changes pattern changes are so important because like you're texting me pretty regularly Seven minutes eight minutes span 10 minutes and then all of a sudden it's like two days Right And babe I was so busy Yeah Really Really You could be like I'm gonna be busy I'll talk to you Yeah No Uh your red flags that you see on Um like I I'm out where where you No definitely No No not no way And it just trying to see where he can go I know he's like no no not yet We're gonna save that II I think I could just talk about them I get very um I like to write I get very creative in my writing Um I I can't I can't say I can't say here I definitely cannot read what's in there I can substitute some words Um your biggest red flags you've seen where you're like OK I'm not this is not going anywhere else I'm done Uh like in person person Yeah Um I well so I'm really attracted to like to really intelligent and successful driven men right Like they don't necessarily have to be like super wealthy men Reads like when I say that men read that as like and that's not like obviously I want someone from this Financial secure but that's not right Totally And that's OK and like that it should be that way right However um so for me like a a really big red flag but this is also based on my past I lived my ex is a serial entrepreneur and that works for some people and he's been successful It's not it's just that the lifestyle that that breeds the unknowing and the financial ups and downs and yeah and then not yeah that has been very stressful So for me a really big red flag is when the man that I am sitting across the table from is telling me about you know when he's in his like forties and fifties that he still is trying to figure out what he's going to do And I've been on a lot of dates like that where they've had multiple jobs and they're still not doing this and listen if you've been really successful or you know you sold a company great And then now you're trying to figure out what you want to do more power to you But when you've done like a number of like things where you're living in an apartment in a one bedroom apartment and you're you know then to me in your forties but to me that's a red flag you know even if they come off because there I've been on a lot of dates Quite a few actually were zero You were zero for 35 So is that how is this possible Yeah Yeah I remember I went on 17 dates in like two weeks Yeah No I did three in one day I did I did three on one day three in one day three in one day breakfast after noon and dinner brunch And he's a guy Uh he was like oh I'm going on three dates today I'm like three today He was



like yeah I was like well just tell yourself that the first two aren't gonna work Then the first one you just cancel the second two or you or you still go depending on I mean it depends it depends where they go Like it depends how you know it's like I'm like all right I can't Yeah Yeah Listen here here's something that I will say I will say about Dane in LA I do think it's a numbers game because I think it's like there's a lot of quantity the quality Exactly I mean there's definitely quality out there but it's for sure You gotta have to Gods and one of my red flags if a man has just moved here I feel like they have to get acclimated to all the hot women because they're like 00 totally And you're like all right just five years Well also you know what else I can't stand Yes Five Yeah 3 to 5 Totally Well the the other thing is like when they're like I'm new to L A You want to be my tour guide No I don't want to be your tour guide Oh yes All the time All the time Oh my God It's like you know what I not only do I not want to be your tour guide I want you to come up with a really awesome date and because that shows like forethought and and again men are like oh you just want me to pay for a free meal No Yeah I totally that's the thing Take me to a really awesome park with a scenic view and a bottle of wine and cheese and crackers And I am happy really happy That's way better than you saying to me pick the most expensive restaurant in the city and I'll take you there I have had guys say that or you pick you just yeah And I feel like at that point they're just basically saying like I I don't want a deal I don't you're not worth the time Just another date for me It's like it has to be like not even that much And I'm like yes totally No no When a guy calls me the next day like not just text me but like picks up the phone and it's like I had a really nice time with you yesterday What Right Like no one does Somebody gets a phone call They're like hello Did I leave something in your car Because it's your way of blowing me off I know like if it's over wait you're not ghosting me I know you're like what is happening and they leave a voicemail and you're like oh my God oh my God don't pick it up I go to the voice notes the voice notes are a nice one You do not do not because my inflection really varies Like if you read my text then you go to the voice note completely different That's actually really smart Kyle I really do because I will tell you something like I think you are on to something that people really don't realize have no or in total denial about which is our intonation Our voice inflection is so important and and and by the way let me just say that this is not just for dating people This is like in life this is like communication with your spouse with your kids you're peer to peer your bosses like stop just texting like everything is lost in translation So yeah so

it's like you know you can have that initial conversation station and then you know via text may be fine But then like the voice text I think are really great And I will say like when I get a voice text it comes across so much better I think than just a text Would it really Because you hear the you hear the warmth in someone's or the funny or you also get to know the person right Like you get a little bit of the personality in the voice and I say that all the time with voice notes I'm like I'm leaving you this voice note so you can hear what I'm trying to say like you hear the emotion and I think like that's one of the things also especially post pandemic but even pre pandemic right Like human beings like we need connection like that clip where you know it's really true Like we actually again like this is research based like we search out human connection and when we don't get it we actually have a chemical reaction that is um makes us not feel good and have mental health challenges All the things that we are dealing with you know that we are seeing in spades right now unfortunately with all different kinds of people and all different age groups And so you know this is like highlighted in the dating world and people think about this stuff people aren't like learning about this Everyone's just kind of running around on autopilot not really knowing you know what's going on with them Yeah but currently what's happening now do we have any dates coming up Are we like texting anybody And I don't know if I should be honest or not but I don't know how honest I should Are you You have to be dating I am I am dating I am currently dating Um Yeah I am currently swiping I'm like kind of burnt out I'm a little burnt out right now to be perfect I'm a little burnt out right now I'm gonna be honest like I'm feeling a little burned out So I'm not So you asked the question earlier what sites am I on And what I was trying to say is that I was on AOL not on AOL I'm on Facebook dating and Bumble but I'm also now I'm on um now I'm on a bunch of them I'm also on like Luxi Dan Hi I'm I'm on hinge I'm on hinge Luxi Coffee Meets Bagel Um still around Yeah And let me tell you like some of these I mean I don't want to get anyone in trouble but some of these dating sites are horrible Like horrible horrible Like no you're a lot of guys are not a fan of because the woman has to speak first Uh it just throws the whole thing off you think Ok But about masculine and feminine it's like you want Ok But you are in the rare exception A rare exception Seriously Yeah Um so wait what's ok So I'm curious what are your favorite sites Hinge I met my ex on hi But and that's the site I went on like 17 dates I was also on for a bit I have not been accepted on you know what I know the owner of we'll figure it out I I put an application to them like years ago Honest though

you're not really missing anything Everybody is like in the industry and you get a lot of let up and March because I a movie and you're like yeah I got a holiday party going on here I got that I not going to meet anyone until March What are you talking about a lot of time Like I have a my ex is on So that we have a really works because I think why it works you can message someone that you like without even matching with them You can and it goes into a separate box like he doesn't have to bother you you know like not discovered that feature you may have to show you can do it You can you like OK so like if you see you're just swiping and you see someone you like you can hit the like and then it gives you the option to write them a little message and then it will just go into the people that like you box But like you're going through your like you box and like oh they said something in accordance to my profile they kind of get me and you have never matched with them yet and then you can match I think that's why that's interesting That's actually I like that that's a really good feature because it it also allows people to reach out to people They actually feel like there it would be a connection based on something that they see because that's the other thing on these sites I do feel like a lot of times people are literally just like swipe swipe swipe like they're literally not even looking It's like they look at the first picture and that is it I even had a guy I had a guy tell me you should put a different picture up as first as your first picture there No He what he specifically said was your last picture is your best picture You should switch the two because it's better and people aren't going to get to the last day he was there I swear the things that people say I'm telling you is that in the book that's in the book it's in the book Oh my God The the oh come on you know like people have audacity in this town That's something that you know I mean I will say so here's something else that's fun is that you know when I do like weekend trips or whatever I'll turn on I like the bumble with Geo Loki That's it's fun It's like entertaining Right So let's let's be honest like some of this is entertainment So anyway so I was so when I so I was in Miami a few like a month ago that it was really interesting It was really but like it what's really interesting about it was I just got a call from a friend in Miami Yeah Yeah Oh yes It's amazing It's going on right now I know that did not happen there right now I know I oh it's because you all over the world Yeah Yeah Yeah Um I mean I would like to be there for the art but that I like that too Yeah Um I have to be careful because I have two teen girls So they watched all of the stuff that I do and I will say that they um you know when they knew when I was talking about doing a you know a dating show they were like well how like what are

you going to talk about And that was also part of the reason and a little bit why this morphed into a more more holistic show about what it's like to really be a woman in your thirties forties and fifties Right And so it yes like I'm dating and I'm swiping and doing all of that Um there are still a lot of one and done dates you know Um there there have been a couple that guys that I have really liked and gone on more than you know I have a question Yeah I can't believe you And you can't you can't believe and what the restaurant tours Oh choice like And then oh wait So what so um I was dating this guy Well actually we had we had gone on one date He's it was so interesting He is not someone I would have swiped on and and but we kept connecting I guess like I swiped on him on one site He showed up on a different site right Because they like they all right he had swiped on me on both And so I was like you know what I'm just like there must be something there I'm gonna just give it a shot Let's see Yeah totally Exactly I'm a big believer in karma a big believer in tuition big believer in energy All that stuff Right So we met um in Westwood we went out for drinks He is a very busy he's in like the crypto world as like so many people are now It's like a whole other conversation Yeah Whole other conversation I love it when they think that they're like making all this money on crypto and this Yeah man you want to talk about what's happened lately in the crypto world I do it like Mac Exactly Exactly That's exactly what happened So we go to like we go to like a really fun like trendy place in Westwood and at his suggestion but we like met late for drinks Fine Totally fine He was working I was like busy with work also We had a great first date It was fun So the second one comes and he's I live in the Valley He lives in Westwood So he says you know I'm happy to drive to Valley I'm like ok I don't I'm over here all the time I could care less But he's like I don't really know the restaurants that well So why don't you pick where we're going to go and wherever you want to go is fine And I was like ok great Yeah So I I thought to myself let's just play a little game Oh here we go So I was like oh ok So I just I was like let's cut to the chase like it's not like not a game to be mean but more like I want to know like I don't want to go on five dates if like this is not gonna go right So like let me just see like what your like appetite for like a restaurant is right So I gave him three choices a low end a middle end and a high And now let me just say I will say this in fairness In fairness the low end was a trendy low in Ok so it wasn't like mcdonald's Ok Ok But it was still the cheapest of the group Ok that's the one he chose Do we think that he did a little investigation And I'm not really sure what we're thinking Kyle what do you think I would

love a woman A woman gives me three choices One I know she's playing a game So I'm like ok just choose the middle to high because obviously all you have to do is go on Google and it'll give you like a of like how expensive all these all these are right And you're like oh yeah if you gave me three high ones I'm like ok now she's not playing anything Let let's just choose one whatever Like I'll just show a way like ok listen but in fairness it wasn't like one was like you know 100 and 50 per person and one was 50 per person and one was 10 per person They were all gonna be under I mean come on It's the Valley Like even like even a really nice restaurant Like even my fav my favorite restaurant in the valley is um petit and it happens to be on the pricier side It's French It's um Ludo's restaurant I love it It's so good Um it's like you know reliable really great food But yeah it's expensive So like was that on my list Yeah it was but so was like a mid price sushi and like lower level trendy taco place Ok He chose tacos but like everyone in this town is flipping obsessed with tacos Shell That might be question for me because I love I do But like at the same time like if I'm gonna take you on a date I don't think I'm gonna hang out you know maybe like the 20th date Sure get tacos But like the first five you got a a restaurant I had a good question for you though This has to do with the holistic values and your daughters and your show Do you feel like do you still have a connection to like oh the right one will find me or with all this online dating We're all searching and feel like we have the master of the universe kind of control So we're like looking for it thinking we can make it happen for the record I don't think I have control Let's just start there No OK I wish I had control But do you have like a sense of like belief uh that it will find you in a way It's a great question Sit back and just become the woman I want to be Yeah OK So that's that's actually an interesting two part question Right Um I think I will find the right person for the person I am today and that person will be better than the person I picked the first time if that makes sense Um Not that he's not a good person He is he's just not the right person for me and I'm not the right person for him And we had irreconcilable differences and people change and that was look we were together for 23 years It's a long time So yeah yeah So I and we raised two really great kids and he's an amazing dad And I always said to him if you were half of the husband and partner that you are um as a dad we would have been we would have made it you know he just his prior look he was an entrepreneur he is an entrepreneur his priority to be like yeah his priorities he was laser focused on work and his kids came second or no his kids came first But you know like it was like all and the marriage was not the priority Yeah

Yeah And and so for me now yes I'm going to find the person that is right for me Do I think that that person is going to come to me or am I going to have to actively be a part of that process I think it's the latter I think I'm going to have to actively be a part of that process Um I would love to say that I'm going to meet someone organically That's obviously I think the way we all want to meet someone right I mean I think all things being equal If you have any single person sitting up here they're gonna say I don't want to be swiping I'd much rather be meeting someone but I also you know I'll go to the bar with friends or you know or whatever and like people don't talk to I was gonna say it's like people are very scary and it's like they want to find you on Instagram Be like yeah Yeah Yeah I totally I went up to a guy in a bar and I started talking to him and we hit it off and we've become really good friends I mean like he happens to be and he's married so like wasn't you know but we've become good friends you know and and and he has said also he's like no one ever Like he's like I eat dinner at that bar all the time solo and like you're the first person ever to come out like people don't talk to other people Yeah They're scared I think it's changing again I think the dating came about 11 years ago There's always evolution and that's true that survive in this world are the ones that adapt So because things are constantly changing So I think like online dating is on its way out Really So what do you think is gonna happen Like I'm gonna go back to I know what I've been single the longest I've ever been in my life right now for 3.5 years and dating I've been dating while you're single man about the town Yeah Yeah I mean clearly but I I did realize that like if I go out with my friends and I meet someone that is a much more secure connection 100% what made you realize that I'm curious statistics Like just like looking back and being like oh wow like that actually was more I was more comfortable We necessarily didn't have much in common but because we met organic we started off on the right foot Uh maybe it wasn't the right fit but we still started off on the right foot There's something about that organic connection I think you know I think there's something about hiding behind the screen that lends itself to a really false um like identity putting yourself out there in a very false way And people don't know how to even like ask questions Like the whole way that people communicate now has really changed It's also hard to ask questions I'm just typing to someone I've never met and I'm going off your profile on the questions I can ask on a photo that you think is them and they show up and you're like wow that was from that all the time That's like the biggest red I think that I was gonna know that you like now you're bald I showed I showed

up to uh drinks in Santa Monica That would be hilarious I showed up to drinks in Santa Monica with a guy that very muscular tall athletic build Um in the pictures I was like ok what's the problem The pictures he got there and he was like at least 10 if not 15 years older than the pictures And II I call him out I call him I mean I was like wow you look really different and he was like oh those pictures were from when I was in college and playing college sports Lacrosse He was like those are from my lacrosse days Right Right I'm in my forties He was in his forties We went to school 20 plus years ago Like let it go Yeah Well that's it It's the glory Yeah Yeah That that's me And listen here's the thing here's the thing this is what literally like kills me up kills me About this entire thing He wasn't a bad looking guy It's just that he had set different expectations and it is all about the expectations especially behind the screen If you set certain expectations and you show up and those expectations regardless of how little or small they are are not that that me I am done I am I will say for men at women with the filters I'm not gonna like I have a couple of girlfriends I'm like you can't do that And I will tell you guys always know like every guy has said to me like thank God you don't put filters like it's so nice that you put filters because it's like you have to be a moron to not realize that it's like and now we're getting good at just telling Oh that's a filter Yeah Yeah And we're like well then that makes us scared because we're like what are you hiding What else are you hiding it Like just yourself from the get go because that's the thing It's like if you are yourself from the get go and someone actually wants to meet you they're gonna then in person be like you only can go up from there You know it's like a picture and like a few responses to some ridiculous questions you're only going to go up from there in person you know if you are setting accurate expectations And so people who are like trying to present some version of themselves and it's like just be your authentic self dude and and just go from there and it's your person that's like there is someone out there for everyone Right I mean I've seen some couples sometimes I'm like ok and they are over there Make it out skipping around town I will find something else Totally true Oh yeah It just one just one We have the have the red flag sitting here You have some like let's say questionable experiences whether it was a red flag or not OK Why don't you I had one guy tell me that his mom was living with him Oh no no and no no Right See here's the question So some people would say and I asked him about it I asked him about it Go go go No no no but no But but listen I'm on your team Dr I am because I I am kind of like listen the more I got to know this guy He was not a one and done We went on a few dates but

it like you know he doesn't have a very healthy family situation his you know not very close with extended family which is why like mom is living with him You know it's like so yes that's the red flag right It's like so how big is your house Your mom in the next room Um I never made it to his home however he did tell me well he lived like in a um like a condo situation situation with mom Yeah Right Right Yeah Right It's like I'm not coming like I remember actually even saying to him So like what happens if I want to come over Right Right Like I don't really want to meet your mom like the first time I no I mean or you stay over in the morning and you're trying to like not ok so there's so there's that Um so have my kids all the time 100% Now some people would say that that is not a red flag and it depends on the situation There are absolutely situations but there also it can be it can be 100% of the time It can be because it can mean that there's a very bad drama filled relationship going on that you'd be stepping into if you are involved right now Again there are always extenuating circumstances like a spouse is or and like the ex is in capacity There's that or you know a spouse maybe has passed or is incapacitated or is in some type of recovery right Like they are always there are extenuating circumstances but you know you have to kind of find out what's happening So that's a big one A red flag also like on the dating profile If they say that they're sober don't worry Yeah Yeah because I'm sorry like I don't talk to it But also like to me that speaks to an addictive behavior and potential problems in the future and I have kids and so I'm looking out for it's not listen if I'm just free kids there's a different set of bags that I might be willing to take on But at this stage in my life it's not just about me And so yeah Uh yeah you've been so cool This has been so fun Watch Life 2.0 yes Lot more Yeah Hi Hey everybody So yeah join me We're gonna be discovering everything that L A has to offer and I hope that you'll come on the journey with me It's gonna be really great life 2.0 yours and mine I hope you have fun We have a ball I have and uh you know I hope you Right I hope you have a good day out And uh let's see what I'll see you guys We're swaying