

Regular Guy Friday *Rewind* ep. 120: Why Responding vs. Reacting is the Ultimate Ascension Lesson & How to Lean into The Power of Possibility

Hey friends So Macy's as you may or may not know is a place I used to work at a store I still shop at and have been incredible supporters of our show for all of the above reasons Be sure to visit Macy's dot com backlash Heal Squad and explore my favorite finds Thanks to my newborn little Athena I added the most adorable baby clothes including some super practical baby gear stuff that I have in my home and is on my personal wish list and I invite you to take a peek But whether it's for your baby your own fashion or home Macy's has got you covered head over to Macy's dot com forward slash heels for all your shopping needs Happy shopping friends Hey everyone It's Kelsey and this is RGF Rewind Yes this is new but Kevin's in Greece I'm here holding down the floor You know we still want to bring you guys fun laughs Take away mind you for those of you who are coming thinking this is Heal Squad the Monday through Thursday show It's not this is the Friday show This is where Kevin and I have some laughs We kick we kick up our feet We you know we giggle it's not your normal Maria Times guest healing episode So if that's what you've come for do not listen to this show unless you all just you know a little more fun We we we're the regular people So anyways we're here we're doing our Jeff rewind because Kevin's gone and we still want to give you guys some good stuff So I picked a really fun one for you all today I really giggled Natasha and I listened to it together and we were giggling because mind you Kevin I feel like I don't know how he comes up with half the stuff he comes up with But like somehow we end up talking about F boys on this episode but then he still sprinkles in so much good takeaway we talk about so we talk about F boys Natasha What else do we talk about Meditation That's right Some yoga being less reactive being less reactive living in possibility living in possibility some fun things about athletes and also fun picking up people's energy Yes that's right when you are intimate with somebody and so much more So listen take those notes and stick around because Natasha and I have a really fun um bonus wrap up at the end of the episode that I want you all to listen to because we also ask you for your input on a few things that we really need So thank you all We love you Remember it's your day and Happy Friday Happy Friday Yay OK Bye Bees Queens on the throne We would pop champagne and to to the queen

Regular guys and girls You're hearing that song you know what that means
Do you know what that means We fool them again We've had it for another
week Made it to your day because Friday is for quick test Come on You got
this Yeah It's for the people It's your day Everybody and and and watching
Kelsey dance just never gets old into this song I you know I thought it was
just me being just exhausted and delirious partly is But I just realized Kelsey
the way you just get so lost in the song It's it never gets old it never gets old
It's such a good like the way you get so deep into it into it this trance Like it's
kind of I'm kind of mimicking her dance moves in it She gets really into it
It's great I you know what I I don't know why I don't know why demetri is
not taking me serious when I text him for updates on her But I'm gonna
when I get him in person he must think I'm joking for sure Yeah because I
wanna know like she I she must embrace the queen life You know it you
wouldn't just write about that right If you were she for sure Like she has the
whole I don't know if she has it now but for a minute one side of her hair was
long the other side was a bob Like she's a trend setting queen like Queen
Alicia You gotta get on to Yeah Hashtag Crisps Um We'll go over some
lessons from the playbook Yes It was exciting with what was trending last
week So it seemed to really the Hill squad really responded So we'll have
some right You've got some new things trending We got some new trends
going on and an update or maybe not an update on couch guy which we'll
save for later Find out soon Very exciting You know uh a big day for me here
because I'm moving out of the basement today and I will have one official
night in a in a in my own bed and then again I have to leave Well but you're
leaving to a cooler place So I heard I heard you guys are getting lots of drugs
in the red light district Yeah I keep saying and dan drugs that he want to be
out of my mind Maria was like you've done mushrooms I was like no I
haven't And she's like and she was like I could see you Like I'm like I would
tell you I haven't done mushrooms She's like it took me to be 50 probably to
to even try um to Vape So I'm like really far Out of it But in my in paper on
paper though I'd like to think Yes I'm all about the drugs and and I'm totally
cool You got have you got a trip on Dreams there That's legal in Amsterdam
Yeah But ok I keep hearing about shrooms that they're great but that you
should be in a it's better control also It's more like a nature thing Like you'd
like a lot like you go into nature and like then you can like be one with
yourself on shrooms and yeah I think I feel like you need a shroom buddy
shroom advocate I agree Or a guide Yeah because that's why they those
shamans and those people when they on the Iowa they have somebody that

takes you through anyway Well for me I'm just I'm excited to be with Maria I'm not the reason I'm not super excited about the trip guys is because I'm banged up and I'm tired and there's gonna be a lot of schlepping You know what I mean And I and you guys were asking why I have a brace on my elbow I slept and fell I slipped and fell down the basement stairs and I just and I have a bad elbow as it is and I just smashed it and I just lie there and and and I think it was Costa just Kevin Are you OK And I I just looked up and said that felt awesome That's what we used to do in the Carney business we used to get banged up and cut and so much that that's what we adapted as we would always say Oh that sounds awesome It kind of takes the pain away a little bit But anyway migrating away from the basement I'm rushing like a maniac here to get every I still have a long list of stuff that's gonna come down to the wire Saturday to get all this done Um But uh it's funny it's like I never get to enjoy any of this work I just move on to the next group next uh next game next game Looking forward to brighter days ahead Although this has been no this has been great I'm getting a sense of victory now as we're turning the corner um we had mother's uh my mom's birthday this Tuesday So I I wanted to do the sneak in on Monday Yes So that was uh that was an interesting day Um Let's hear what what did Queen Kath say Queen Kay was her usual hilarious self We uh yeah we went out and we went to we went to lunch and uh on the way there II I just had a feeling that I wanted to call a friend of mine I remember mentioning a couple weeks ago I had a friend who's child tried to kill herself Yeah And so on the way to mothers I said you know I've got this is the time I can you know I've got some space I've got some strength to take this call And um my friend was like I'm at the hospital I'm like oh no And she said no everything's ok But she snuck out of the house and was super high and she totaled my car and we've been at the hospital all night And I said uh ok well clearly this is the universe talking right I mean I made of the old days I made the call and I'm actually up there So I said let me do my lunch with my mom Go try she's like she'll just go home and sleep Now I know her I'm like great Will you go to sleep too And I said then I'll come over after um I have lunch with my mom So mom and I had lunch and she showed me like pictures of every single human being she's ever come in contact with And this is blah blah And that's my favorite thing to do I want to do that I tell you you've got to we have to switch places I think my mom would love you as a child I love her But no but I play along and I'm like that's amazing mom That's great You know I'm not I am doing my I'm doing my time but I tell you she's developed this new thing two

decades in to this whole Hollywood Journey and every waitress that came to the table she was like you know who he is No way Oh my gosh You know Oh my God I'm like mom What are you doing I'm like mom What are you doing Like you're acting is and then I'm and then I'm starting to think like is she going senile Like this is just weird But everyone like she's like Kev why don't you go back to background acting Yeah Right You like jobs job open It was just embarrassing you know But um anyway though she's so proud of you I I mean maybe it's newfound pride I don't again I don't know where it's coming from but I think it's it's it was embarrassing but I love it Comedy Must Rules So I was like this is really funny but then someone came to the table and was like oh I don't mean to bother you but and then you know knew me and then a parent and then told me about a mutual friend who's um mom like a close friend of mine whose mom just who's uh dad just died But now the mom just had a massive stroke So I said oh boy So I'm like well I'll be able to call her on the way home but it was good that I heard that and I'll get into that later So but you know after I I went to my uh II I after I had lunch with my mom I went over to see my friend and the poor thing is like the eye sunken in just exhausted You could just see completely depleted And uh you know I just I I said I I have to call Ida because Ida as I've introduced her to Ida Ida as my you know my sense slash guru slash therapist so many things And I because I just said I you know this it it's scary because you know you're dealing with mental illness you're dealing with suicidal thoughts I mean I I believe in Ben don't break who knows whatever I would say could break the kid you know and and my instinct when I I did I know the child and who's now you know in a teen or late even a young adult 98 19 or 18 18 I um you know I I I just went to that kind of codependent instinct of like poor baby because I just felt bad you know Um but her I mean like the bedroom you guys look I've never seen a room so messy in my in my life and then the basement where she kind of was like all sprawled out Same thing just a shit show Um But I called Ida and I said I know I'm just over and over my head here like I I can hold safe space and I can you know like but I don't I don't want to go too far here or I I and she said no I'm so glad you called And um I did just immediate say right no books out guys And she just went to work and said you know this she needs this this facilities that treat specifically mental illness and addiction you know with the marijuana apparently because she's smoking a lot of it all the time And um she's like you'll need both of those and she said you need her away from Boston like away from proximity and and almost like in a way a safe place to be But yet

a little bit show of the downside because right now she's just doing whatever she wants I'll drop out of school I'll transfer school I'll crack up your car I'll you know and Ida was like listen she hit a pole next time What if she killed somebody And my friend was like you know you've got to for your sake for the other siblings sake and for her you've got to now have to you know tighten this up and put her in a place where it's just not she just can't do whatever she wants There's gonna be consequences things which I got my friend you know was listening Um but then I went I was like ok so that we kind of came up with a plan there and then I then I said ok well at least I can do stuff for my friend And it was interesting because the stuff that was afflicting her is the same stuff that we all deal with I mean I I as I was talking to her it was like I need to run this errand or I need to fix this and this is broken and that needs to be done And you know I even even she's on a board um for her college you know she donates a good sum of money every year And when you're on the board they make you work of all these financial decisions and and she's like you know I just don't enjoy that She's like I just wanna like just throw alumni parties and be with my friends And I just said all right and we talked about resonance and dissident you know what is it that um you know what is it that's giving you resonance and what is giving you dissonance You know and I'm like I'm like does that is this something you enjoy And um she's like no And uh you know I said I I this is what I had gotten from though You you know when you in every one of these I don't know things you have to do I I said start asking yourself you know what is my exchange in this situation Like what's the exchange And if it's just a personal high and this is this is from IDA that's not enough And if it's a personal hide that feeds a Messiah Complex um you end up being nailed to a cross Wow Which makes a lot of sense And I've I've been there when I've got I think I've fallen into the Messiah Complex only to be like wait what I helped all of you and now we're gonna get Yes So it was very interesting and and I am Um and then I the other thing that I had pulled from my old notes from IDA was that you know when she started explaining to me why she couldn't be on the board anymore she didn't want to do all the duties I I just was like why you're paying them and you're explaining what you can do or can't do and you're paying them they they're not paying you And um this is a great quote from Ida Um explaining is a way of looking for approval and and I think too often we all do that and I say it's explaining but I also say it's negotiating you know I always talk about that Winston Churchill um story where he propositioned a married woman uh for sex He was like I wanna

hire you for the evening and have sex with you And she said are you I'm a married woman How dare you I'm you know and he said ok I'll give you 1000 for the night She's like sir do you not understand I am married I want nothing to do with this I'm not ok 1500 And she said I I am not going to be with you because I'm married and I you know I'm uh I'm I'm a dignitary's wife and I have a you know um a reputation and I can't even believe he would ask us He said ok 2000 And she said what are you gonna what is it gonna take to uh to make you understand that I'm not negotiating with you And he said madam you have absolutely been negotiating with me And so every time that you are in these situations where you're explaining yourself you're negotiating go ahead No I was going to say it when you said that I was like holy shit because last night I had this whole conversation with my mom because uh Cole Sack can remember who we had on the show she posted um over explaining is a trauma response She posted this whole thing about it And I was like oh my God yes So whenever like negotiating over explaining all of this that is a trauma response So Kelsey I'm guilty of it too And remember that our last fight we had I remember it was because I didn't want to explain or negotiate And so then I went to the other extreme and of course I'm sorry about that but I've only known how to negotiate it and explain And by the way people this is how people prey on you This is how manipulators and narcissists have their way with us They get you talking they get once they have you talking and they know that that's your weakness you're negotiating And literally last night I was with a friend and my friend and and and we had a meeting and um there was no parking anywhere and my friend was like I'll give you an extra 20 and the person with the barking attendant just had the pause and said no I can't But there was the pause My friend said I'll give you an extra 30 And I'm like saying to myself negotiating he's negotiating you know and but that you know and that's like a a true straight on the nose business negotiation But in life how many times are we explaining ourselves And then they got you guys and I think it's especially difficult because unfortunately with with the younger generation they're used to having everything explained I mean I've talked about this before for better or worse I grew up in the hey put your hat on You're gonna catch cold And I would say and if I ever said why Which I wouldn't I'd probably get a back hander in your generation It's why And then it's well because you'll get a cold and if you get a cold you won't be able to you want to go to soccer on Wednesday But if you have a cold you won't be able to play OK I'll put my jacket on So it's it's weird because the culture does demand explaining But I

think you have to um you can explain but then you can't change your stance and I think you have to limit your explanation because what happens is the other side If they're clever they stay silent And what is that You keep talking That's right And you and you bury yourself yourself you do it without them even doing it right So and then they use the and by the way and if they're really good manipulators and Narcis they they're taking all of your words and your data to use against you later Mhm Yeah So for any of you that are that have to be in situations where you're gonna have to say hey this is the the line I'm drawing and that's it You may even want to write it out say it and be done with it and that's it and and walk away from them or whatever it's gonna say hang up the phone after you're done Um But yeah and and and you know it was great because we did have she had a breakthrough and she's like you're right I said so if you only enjoy planning alumni parties don't plan alumni parties all you gotta do Yeah that's it And then I you know me I was like they I was like I because I know the people she's talking to I'm like do you need me to talk to him She's like no no no no I got it I got she's like she knew the Mad Italian would get involved and that probably wasn't a good thing Um you know the other thing is she she lives across the street from a church and she's like yeah I know But the Catholic church Kevin I just the old priest and I just I don't really connect and I said no honey it's not about that The one great thing about a a Catholic church And I I don't know I don't know about other faiths but it used to be an unwritten law that the Catholic church would remain open 24 hours So sometimes even if the front door is locked the side door is open and it's a really cool thing At least it was like that growing up I'm like just go over there and sit and if you want to be alone and get your thoughts and and I was talking about pausing and awareness and awareness can come from the pauses whether you're in nature or and she was like oh my God you're right Like I'll start taking advantage of that But uh you know and then it's hard because the other Children are now uh one has graduated and home and after my friend got settled you know I said you'll put your pajamas on just get in bed like you're good now you know what I mean Like just just unplug and um I mean no sooner does she go and do that And I went down to to do some stuff in the basement to do you know I said I would help her with some stuff I come up and like it literally looked like a bomb went off in the kitchen I I've I have never seen a transformation go from this clean kitchen to a disaster area I and I just you know it got it just it really got me thinking and as I talked to my other friend later on the way home who had the parent die of a stroke which is a whole other story

You know we just talked about where this generation our generation has really fallen short of not teaching chores and accountability And um you know so I kind of wanna it's just a message to parents if you have little ones I know it's a pain to like have to push them to do those things because you wanna you don't wanna have to be doing it because you wanna what precious time you have with your kids I understand you want to enjoy them but I don't think we're doing them any services by not teaching them how to take care of themselves clean up after themselves Um you know the the second car she has for them was I went in it just it guys it reeked of garbage And this is for me who's been sleeping in a cement basement around nothing but construction and da I'm as tough as they come and I'm like it and she's like yeah I just paid 200 to detail it and I'm like you know no accountability And so I think that if you have young ones get them going if you have older ones I think Susan is gonna do this You say hey OK I understand high school I understand college but now you're living here Um and it's different now you're an adult who's living in my house You're not no longer my responsibility It's just kind of a bonus ball Um And if you're lucky enough where you get to live there and not pay rent and you can still have food and which most of the kids get and which I think is wonderful and I think take advantage of it if you are young but you gotta give back and do your part now as an adult And I will say for all of my shortcomings and there have been many the one thing I did right was when I did move back because my dad was like he had had it He was like I was you know telling my friend about this too He was just like you know what you guys like you drank you partied you just did whatever you wanted It's over you're gonna be here guess what Here are the new rules and he meant it he was just and and he would come in our room but not mine because I was uh I obeyed but he'd go in the other rooms It just like he'd go in with a trash bag and just whatever was there he wanted out It was it was rough but I appreciate it where he was coming from Um and I will say if you if you are a young person and you are at home you know that um it's kind of and I just even friends my age too I nothing is uh nothing's free in this world Nothing even I know guys who like oh I was I was just gonna marry a rich girl I'm like ok good luck to you If you don't think that you're gonna be working for that rich girl in some way shape or form you know not free unless you're an ultimate narcissist then I mean you know whatever you're off the grid But if you're gonna be at home there you know you gotta do your part and help mom and not help They're older they did everything for you You know I mean even if they didn't you do

your part and by the way if you do it well you be at the place where they don't want you to leave but my parents never wanted me to leave They're like Oh no we're gonna lose Kevin because I was so good at all that stuff and but I also loved it too So I don't know I just feel like uh for everyone out there especially now with the pandemic you gotta do your part I used to we had the guy filthy in the Carney business Little um little mobster and he his big line was you can scam all you want but you gotta work That was his big thing Now what he meant by that was actually was he was like you have to have a real job with a W-2 form So the government doesn't suspect you're selling drugs or running numbers or whatever So because you know these guys would have like really nice cars and really nice clothes and be all flashy but yet they had no job So like the police So you have to you know you gotta have if you have the job like uh you know a job that gets you a steady check every week then you know they pretty much you can avoid the heat And so he would always say you can scam all you want but you gotta work but we used to take it we used to take it and use that all the time You can live at home scam you know what I mean But you gotta do the work which is you know you got to clean up but that it's just true of anything in life You can have all your fun you want but you still have to do the work I don't see how you you you get out of this and the other way and anyway so I'm hoping that uh um good things will better things will come over there And like I said the uh you know just kind of got me thinking about uh the state of the state so to speak so you know for the moms and dads out there Um yeah Yeah I mean I think you're right Kev it's just especially with this with the pandemic It's so easy to I mean even I do it right It's like I haven't lived at home since I was 18 but it's like whenever you go back it's so easy to fall into old habits because I lived one way for 18 years and I mean like my mom would smack me outside the freaking face if I left the kitchen like that But that's how I grew up If she didn't then I would be comfortable and do what I used to do when I was younger you know So it's like I think we have to be aware It's like yes the parents need to be aware but shout out to all you you now new adults going back home like we have to be aware of like oh good ok I'm in my parents' home now Yeah you're kind of a guess now it's always gonna be if you have a good parent of course they're gonna say it's always home But the truth of the matter is that they did their job and when you your generation and the generation below you is so about so militantly about doing the right thing So guess what Let's do the right thing the right thing Right Yeah Yeah that's the right thing to do And um yeah and I think uh anyway it was was

ended up I I think we were able to stabilize things and universe kind of lined up in that way And then when I was driving home I was talking to my friend whose mom had a stroke And um I said you know as I know her mom and I said you know she's now that the father is gone I said she has no purpose So you gotta create purpose for her I don't care what it is It can be real purpose Maybe she can I don't know watch the grandkids or she can watch you know watch the dogs or maybe I mean I remember at the house here I remember telling Lisa when she was first diagnosed we had a bunch of um silverware from a restaurant that closed It was actually real silver and we still have it pockets of it And I said why I said Lisa why don't we um clean these and I'll buy some wood cases and we'll make cases and we can give them away his presence And she and I said well but I because it was purpose I said it will really help me because I can I was lying Of course I was like it really help me because I have a lot of gifts I have to get and this would be ok Ok And she did it and it occupied her mind It was occupational therapy And you know so um but the reason I bring it up is that is my friend said to me she's like oh my God we've been looking for the answer This is the answer And she's like all because you went to that one restaurant at that certain time to bump into that one person who never goes there And she's like God the universe And I don't know That's why I kind of wanted to just share that story It's just all kind of um connected on my by Monday in between construction The uni is wild the UN There are no coincidences though No cool winky dink So let's take a break Um We'll come back We definitely have some more shout outs guys Keep sending us your warm sentiments and we love it And then we must get into what's trending what's up with coach guy Oh and I wanna tell you about a um I've been watching the show made on Netflix and uh very great Yes and painful For me personally And um but there were revelations that I'd like to share too um in that show whether you've seen it or not without giving away spoilers Ok guys we'll be right back Ok Hill Squad you've heard me say it but I have my biggest discovery yet I'm obsessed with my sleep number Mattress If you're like me you hate mattress shopping You go lay on a million beds end up dizzy and hungry and just pick something because you're desperate I've always gone home unhappy but not anymore Hi friends Summer is in full swing Hope you're enjoying it But we're already heading to towards fall Not to worry Macy's and I have your fall fashion and home needs covered Starting to add all my fall favorites to my curated Macy's list So go check it out at Macy's dot com forward slash heals More exciting news from Macy's They just launched

their all new brand on 34th Now I have another cute brand to choose from When I go there on 34th was designed by and for incredible women like you each piece is made to fit your body match your style and adapt to whatever your day brings mix and match effortlessly with everything in your closet Practical convenient and stylish with so many fabulous choices to browse through I have them on my page Macy's dot com forward slash heald I'm wearing they're a denim romper right now It's perfect here In the summer because it's cold inside with all the ac but it's light and fresh enough to wear in the heat outside Oh And if someone you know is a new mom like me I've added the most adorable baby items They're so cute I can't help myself You'll also find everything you need to make This fall Your best head over to Macy's dot com Forward slash heels cut and start getting ready for the fall season Remember Macy's dot com forward slash heels guys kid you not one of the staples of my family's diet is wonderful pistachios I have wonderful pistachio bags in my backpack every time I fly in my kitchen cabinets in my office and even in my glove compartment of my car So when my agent reached out saying wonderful pistachios wanted to support the heel squad I was all in wonderful pistachios are both delicious and nutritious Trust me Wonderful pistachios is a true nutritional powerhouse A good source of protein with zero guilt Each one ounce serving has 6 g of protein Got to get our protein at over 10% of your daily value There are so many delicious flavors of wonderful pistachios too Roasted and salted are my dad's favorite lightly salted Kev's favorite No salt which Kev actually mixes into his yogurt sweet chili salt and pepper and my favorite seasoned salt whether you're working at your desk watching TV hitting the gym going for a run or you're just looking for a nutritious boost with delicious satisfaction Wonderful pistachios are there to elevate your energy and keep you going strong So why settle for the ordinary when you can experience the extraordinary and treat yourself to wonderful pistachios and unlock a world of labor and goodness visit wonderful pistachios dot com to learn more My first language was actually Greek and now thanks to Rosetta Stone I'm improving my Greek while Kevin's actually using Rosetta to learn the language now that we've become Greek citizens So whether you want to learn a language for business or travel living abroad which is happening more and more now or you just want to improve your neuroplasticity like we've learned here on the show Rosetta Stone is the way Rosetta Stone is an immersive learning experience So say goodbye to tedious memorization and mindless drills with Rosetta You're going to learn how to speak like a native speaker You'll match audio

from native speakers participate in meaningful dialogues and practice other practical language skills Say hello to fast tracked fluency I can't wait to hear it Kevin for three decades Rosetta Stone has been the expert in learning language and now they're more accessible than ever The program works seamlessly on your desktop or through their user friendly app Plus you can download lessons for offline use making learning possible any time anywhere I like doing it on the plane and in the car here's the best part with Rosetta Stone's lifetime membership You'll never have to worry about renewal fees Head over to Rosetta Stone dot com forward slash Heal squad and claim your 40% off and enjoy unlimited access to 25 language courses for the rest of your life Don't procrastinate on your language learning goals Friends There's no better time than right now to get started Rosetta Stone dot com forward slash Heal squad Yes Yes everyone we're back Um Shout out shout out to uh jeez I don't have some of the names in front of me but you know Juliet Kilo had some wonderful a wonderful mess warm message for us and there were several others that came in uh Kelsey and uh I I apologize you guys because I am Um Yeah my day is just stacked It's just one thing after another and it's really hard when you're not at a desk all day when you're like up on the ladders and running around and doing all that stuff It's tough So um but a lot of you hit us up at better together with Maria and on the Patreon and even on the D MS saying so many wonderful things Um It is hard for for Kelsey and I'm sure Puja too and myself because we're tired from our full time pursuits But uh you know when we hear how much it helps you guys on the weekends and things like that Um Yes my grinch like heart grows grinch like heart grows Shout out to Anne Jamie Anna Alisa Just a few you guys are our patreon People are always are like OG commenters and I usually wake up to comments because it drops so early in the morning So I look at it and it's just so happy like just so happy to see all the positivity and it really does I mean make our days our weeks they're so much better So we love you guys all very very much bunny ears I can't give you my bunny ear because Winnie's on my arm Vicenza Um yeah I was watching the show made and uh you know it's about a young girl who you know um it's in an abusive relationship with a daughter and and in her quest to get out of it she's not educated She's not she doesn't have a formal education I mean as far as like a secondary education she doesn't have a skill set and she basically just has to start from the bottom and she takes a job as a as a like a maid And um you see the way she has to what she has to endure and how she has to reinvent herself And I'm not even done with the series but I think what's

really cool is it's based on a true story and you can tell because it's so painful that I I could tell it was real And I think for um it is hard to watch But um it might be inspiring for a lot of people that um going back to the art of the comeback or people who feel like they've been decimated in life It's um it might be inspiring to watch I I will tell you it was hard for me because it reminded me of you know when I was you know um the last time I was in a basement except that basement wasn't finished And and that literally didn't uh the only window it had was broken And uh yeah I was bankrupt and I didn't and I was estranged from my family and then Maria was two and then my life was being threatened and on one coast and on the other coast my name was being ruined and I was going from uh construction to bartending to Carney work and seven days a week And that was my plan for a year to pay off all our debts and get Maria up to L A And um but I it it was hard it it made it so because I experienced it was hard to watch made because I've I could feel her pain and I and um it came to one point where her kind of antagonist so to speak has a moment of empathy slash rational thinking with her And um I realized I didn't get any of that You know the people that were around me just they would not take their foot off my neck They just they just kept coming harder and harder and harder And I got really mad and I got really angry and uh and I promise I'm going somewhere with this It's not just about me and that you might this might help you And it's so interesting because I was out with my mom and she was talking to me about you know the life of someone that actually did all this damage to me half of the damage And I had just graduated to a point where I can listen and stay neutral and even wish that person the best now And you know recently I think they even had a birthday And normally on that day I go I would curse them you know and this was the first year where I was like you know wherever they are I hope they're having a happy birthday Not not that I would reconcile And I don't recommend that either You know I'm not you know obviously unless the person really has gone through a conversion Um So I was at this good place and then I see maid and it hit me all over again about the lack of empathy and the viciousness and the cruelty and the lack of comeuppances And I really got angry again It was like it ripped open the wound And then I remembered what Ida had taught me years ago the universe when you're going through transformation guys the universe will send you these tests to see if you're ready And when I remembered that I could wait Oh no And I wanna be ready I wanna transform I don't wanna stay where I was you know my anger it only it got me It served me long enough but it's not serving me

anymore It's just it was destroying me And so when I I realized like oh no the universe is is messing with me It's poking me now to see if I'm ready And I'm like no I'm gonna go back to that place of gratitude and empathy for that person and you know wishing them well and getting back on course So um anyway that's the impact that that show had on me I'd be interested to see for other people The acting's really great It's actually um Annie mcdowell's daughter who stars in it and like I said based on true story I would love to I'm gonna do some research on the back story because um I think it's really cool and I think for anyone you know especially a female um who's got the chips stacked against you is dealing with an abusive partner um problems with in-laws and Children problems with finances problems with oh you know mental mental illness and mental illness around you and your own family and your own dysfunctional families I mean um it's all there and uh I think it's a really cool series So I just giving you a laying all that on you I heard I've heard a lot of people love it I have to say Kevin I've been bingeing you which I don't necessarily know if I'd recommend to people because this is the guy Pen Badley plays this like stalker freaking like psycho where it's like the most weird show Like I said I'm a very like I need to like feel good when I'm watching TV And this is like the opposite of it But it's one of those shows that like you want to keep watching because you're like what the f like what Because they make him like kind of an ok person and then he's awful kind of OK like charming and then horrible So it's very interesting and it's just made me afraid of a question for you It's so funny bringing this up again The universe just messing with me right now Does he look like a younger version of me Kind of I mean he's has dark hair and he's like kind of tall and lean like you But I wouldn't say I mean maybe a little bit but like no because someone an old girlfriend reached out and was like that I said you look like I can see you I mean I could see that a little bit I mean I haven't seen the show or whatever Well I saw the preview and I kind of knew and I could tell right away what it was and I felt like you know you wouldn't like it Kev I see too many of these people in real life I don't want to go through it No it's actually scary And like watching it as a female I'm like cool I was already afraid of like going on random dates with men and I'm even more afraid It's also kind of it's like Dexter you know how Dexter you're like well he's a serial killer but he's like a good serial killer Like what does that even mean And how it kind of mess I mean that's just like this show And I agree I love this stuff Like I love True Crime like Law and Order SVU is one of my favorite shows and but is it based on a true story No thank God You see then then I'd be into

it I love it when it's true crime but it's not good enough true crime It's very strange Johnny again with the right they say our culture American culture today is the most narcissistic of all of them And I feel like it But then again we're so programmed about quote doing your generation about doing the right thing You know we were the assholes and the ones without ethics and you guys are the in the right with the ethics and you care quote unquote But I think that um there's such high levels of narcissism attached to that you know in for certain people And so you get that well they're coming from this place where they care and all that but it's really all about them and they're completely narcissistic and that's kind of what it is That's so funny because it's like the way they paint him at least in the first season is like he keeps saying I'm doing all these things for her Right Like they're painting him almost as like a good guy who is doing all the right ethically right things And then he's doing all these horrible things It's just so interesting So I don't know maybe I'll give it a yeah I'm curious your thoughts But when I saw the I saw I was like I don't think this guy he looks like me I think skinny guy So skinny now Uh come on No we love Penn badly But no I mean I guess like tall and brunette No I wonder what I wonder if it's more because of no like serial Maybe that's what I have to find out Maybe that's what she's saying I don't think so I don't think so No you don't have many similar traits then So unless you're a stalker and we don't know it But you know you guys you know what you can't do you guys don't interfere in bad people's business And I think that's it's a problem I've had you know when you know someone's bad and then you get in trying to help them or do anything with you or educate them or teach them or just no just get away you know And um it's funny because when I was talking to that one friend the one whose mom had a stroke and um we were talking about the toxic people in our lives that we we used to be friends with that we don't talk to anymore And uh there's one that I still kind of do and my friend was like wait but how come you can talk to him but not all the others She said good by the way because I don't talk to any of them I said well he is filed under Yes Fepo All right you're gonna for entertainment purposes only Hilarious So there's certain people in your life like if you're just gonna get a kick out of them and like you just know that's it and you can just leave it at that and they make you laugh or whatever or just whatever kind of thing they have going on Amuses you fine But just know it's filed under I like that for entertainment purposes only and that's it Then it's like ok Oh she's like wait I wanna file him under I'm like well let's go be my guest File him on fish She's like oh my God

you're right He is He's hilarious I I he's like such a train wreck It's so like yeah There you go It doesn't mean he's gonna come and live in your house or you're gonna be like intimately involved in his business But if it's entertaining oh my God that's hilarious That's why we say it Ok let's take one more quick break you guys and then we're gonna come back and we're gonna talk about what's trending and an update or maybe not an update on couch guy Stay tuned I'm sure you've heard about probiotics We recently partnered with just thrive Tina Anderson is the mastermind behind this extraordinary product Why do we need a probiotic The world we're living is so disruptive to our gut health from antibiotics that we take from roundup that's sprayed out over our food supply to stress We see symptoms like gas and bloating diarrhea constipation skin rashes autoimmune issues and allergies mood disorder So anxiety depression all of those types of issues are stemming from our imbalance in our gut And the thing about just probiotic is you don't have to refrigerate it to be a probiotic It needs to be alive in your intestines not alive in the refrigerator And most of those probiotics in the refrigerator actually don't make it to the intestines alive which is the goal if we couple the just probiotic and the just calm what do we get You know the probiotic alone is helping with the leakiness of the gut and helping all other types of things in our with our overall health But we know now we have the just calm that's helping with our mood Guys just thrive as a game changer If you're ready to take control of constipation bloat and stress and live your healthiest life yet you can get 20% off your 1st 90 day bottle of just calm and just thrive probiotic today Just visit just thrive health dot com and use the promo code heal squad You won't regret it Hey guys I want to introduce you to a really neat new supporter of better Together skillshare Skillshare is an online learning community that offers membership with meaning skillshare Helps you get inspired learn new skills and take your creative projects to the next level With the support of fellow creatives I can't wait to try Mika Bags use branding to grow your channel and see how much it helps us with our youtube growth for better together Now while browsing the many things to learn on skillshare I even came across a flower arranging class called OK Making with Kayley Young Super cute I might have to give that one a go too You can pick your skillshare classes from one of three categories from the best of a skillshare original or staff pick super easy skillshare is incredibly affordable especially when comparing it to pricey in person classes and workshops An annual subscription is less than \$10 a month explore your creativity at skillshare dot com backslash better and get a free trial of

premium membership That's skillshare dot com backslash better Ok Waiting with bated breath Yes I'm very excited Tell me about couch guy and just to update you if you didn't hear last week's RGFJ let us know what was trending on tiktok It was couch guy who was sitting on a couch with two or three other collegiate His girlfriend showed up at his college to surprise him He had a lack of reaction at best Maybe even was a little nervous and then the internet moved to cancel him And like we had said rightfully so because you know that's what you do today That's entertaining And um and yes and so eventually he was it was mixed We left it off where he wasn't canceled Maybe he was him and his girlfriend were claiming he just was preoccupied and caught off guard I think this is very important very pressing very entertaining And anyway please at long last what is up with couch guy Ok Well I hate to disappoint after that whole introduction He kind of just fell off the face of the earth There's not really much going on just like every other show on tiktok are unbelievable They're they're huge And then the next day there's something new I feel like a letdown right now but there's just no update That's how fast you're in and you're out like so fast people lose they're like we don't care anymore Ok I have a question So like for couch guy and for the the guy that drove to Logan Paul's fight and met Logan Paul and asked him for a job and Logan didn't hire him And then he went on tiktok and he cried his eyes out and had 14 million followers Is there a do they sustain those followers Those followers stay with them That's you know like this couch guy like this couch guy and girlfriend have a following now Um No not I mean maybe they got a little bit But yeah but I wouldn't say they're like a little a little DD I say and then if they because I'm curious when they do get the following like a year later are people actually still following them like on tiktok I mean I know people don't necessarily unfollow so like you follow and like the one you can go like looking on people's page and the one video did incredibly well But then every other video has like a couple 100 views or like like people don't really care like they'll be like known as oh like I don't know it comes up but I don't think that people are really going the girl the girlfriend of couch guy when she went on a podcast Like we talked about last week she said she she was they were taking a break from social media So I doubt they're they're not trying to feed into this Whereas if you did get famous from one video you'd probably try to like feed into it and sustain like this one girl Sienna May she had one random video blow up and now she is like she's in that Netflix show about the hype House So like and she sustained her followers But then what was so what did CNA may do to blow

up She's like all about body positivity So she had like just eaten and so you know when you just eat you're like more full So she just like was dancing in like a crop top with like we love her Yeah Yeah She was on like Ashley Graham's but hers was less of like a one incident It was more of like one video like that blew up and then she continued like so like it's up to the person I guess not wanting to be popular How dare he I have been the precious gift of popularity and you just walk away please I've been waiting all week for this update What is going on on the rest of tiktok OK Yeah OK So there's this thing called Bones Day Have you heard about it I'll just wait for you Um So there's this Pug named Noodle and his owner has a tiktok account and every day he'll do like Noodle will be sitting like on the ground whatever and it's like he'll forecast what the day is gonna be whether it's gonna be a quote unquote Bones Day or quote unquote non Bones Day So if noodle the pug stands up that means it's a Bones Day and that means it's like you're ready take the day on like you're going to be productive and you're gonna like like go forth and all that And then if noodle doesn't stand up it's a No Bones Day meaning it's more lazy you can stay in bed like you don't have to be as it's more health care like you This is and he got so popular He was on the Today Show I think yesterday of course he was so why do we pay money for Netflix and these other services we have this for free with tiktok Courtney and Travis got engaged on a No Bones Day which was huge Everyone was like wow very ballsy of them and Travis Barker are engaged no Bones Day so that everyone was like whoa they're so edgy I listen I will say this with love and light Uh This is better than us killing each other and burning the country down So yes Bones Day not Bones Day There are there are songs written about it now Noodle the pug is literally uniting America No no his name is Noodle And today if you guys are curious is a Not Bones Day So a No Bones Day So we have all the excuses just to chill and to not do it self care because most of us you know don't usually take advantage of that anyway Right So yeah so he just tells us what the half the country that's not working needs to hear It's a day now The other half that is working can not work Yes I love it when you you're gonna start doing bones or no bones days I love it So Ok Who is that What is that Is That's a big thing Bending tiktok tips completely taken over like every video it was kind of like trends are so funny because a couple of months ago um the sorority when it was like during Rush Week um the Rush tiktok was trending and it was like you were weird if that wasn't on your for you page So that's kind of like that's kind of like and I totally see that people are like wait I'm sorry you don't know what

this is How do you not know what this is Yeah it's insane It is The pug is really cute and his owner is great Yeah they are great By the way it sounds amazing I I'm in I'm all in now and like he's maintaining it sounds like oh yeah Oh yeah for sure Well outstanding work Yeoman performance As always I am looking forward to more and more of what's trending Um Yeah I can see what I'm missing out on now I gotta slow it down and start getting into this stuff This absolutely you do Well Queens we scam Oh yeah Right What are our thoughts Like what do we come on now We're we're we're closing in What are we thinking kids I mean what's Halloween looking like It's tough for I don't know I'm like so I can't do anything so I'm just going I'm going home so I'm very excited to see all the little trick or treaters I'm gonna pass out candy with my mom I got to see Yeah Yeah I got to see a little uh my stummy dock on the Monday So I'm like oh I get to go pass out candy for the first time I say something that needs judgment detox So I I admit that right now I always found it funny that in L A the biggest holi holidays quote were Halloween and and Oscars and Valentine's were kind of like the big big big big days and the Thanksgiving and the Christmases the just all were like yeah And I always felt like the days of giving and gratitude in LA I like just buried and the days of like look at me Hello I'm in my costume We're going out for and then in L A for Valentine's Day every restaurant increases its bill by like 500% Right And then it's just never been I I like Halloween but I'm not I never been a huge like in college It was massive and I was like ok cool But I I think it's like I'm excited to go see all these little kids Like when it's a grown adult I don't know I stopped you guys I'm obsessed with Of course you are No but by the way I will say this No I've graduated past that sentence and now I'm at the point like hey again if they're not gonna be out trying to destroy someone on social media or kill somebody I'm all for it Anything that's gonna just be fun and be a but all I ever asked for is is is or would like to see is the gratitude Yeah that we go we live in a world that you can be an adult and wear a costume and be goofy and you know like things can't be that bad in your life if you're able to go and do that you know I actually think it's cool I'm I'm happy to see people have fun and do make believe Um you know so it's huge in in L A So I'm excited Oh ginormous You can have so much fun and and and and you're going full tilt We call that full package you're buying into the full premium package Friday Saturday and Sunday night right Yeah Well all we already have the plan So that's good Now I need I know how many costumes I need two costumes Friday Saturday Sunday I'm going to do like an easy one I'm not gonna go crazy Still a third costume

but an easy one Yeah Like I think I'm gonna wear like a jersey and like some shorts and be a football player or something Something super simple Got it Got it Ok Yeah we do We know what Friday and Saturday are going to be What are we thinking Are we thinking Mouse Mouse That is um no I actually have no idea what I'm gonna do when you had your two costumes I mean like Cher because you guys were telling me Cher that could be a good idea Would be good to have long hair long hair My dream was to be Cher but I have blonde hair so it's not going to work I'll do it for you but you're still a queen Thank you Oh she is one of the original Who's so you still don't even know what you're going to be No which is so like me I usually have it so in advance I know let's go We hired you for this reason to help us be popular Come on Oh my God I know I know I'm like slacking but you are slacking It's going to be a fun weekend So I'm excited I'll know by next RGF Well it'll be over by next RGF Can I just tell you why I just was such a attention star rebel miss him through that one year I was a guy in a refrigerator box and my friend had um like a a blue collar jumpsuit and a dolly And he just would roll me through the party as a guy in a refrigerator box and the box is so big it just ruined coming through Come on I got a guy in a refrigerator Oh my God What is it What what what are you you're a refrigerated delivery man To my friend I'd be like um yeah and I'm delivering a guy in a refrigerator box and like you'd have the I'd have the peoples and like the yeah you'd be like hello I'm going in the refrigerator box Like why Like this was fun to do that I could have been having real fun Like no that sounds more fun I think that sounds more fun to me I can't remember any of my costumes Well then then there were the days where I didn't want um you probably heard me say this before You can't kill a ghost And so after like you know my um my decimation I just was like I'm gonna become a ghost and you can't kill a ghost You can't hurt a ghost And I will be like the guardian to Maria and I will get her career where it needs to be and I'll make sure what happened to me will not happen to her which I succeeded at So then when I had to go to Halloween parties I would cover every you know no one would know who I was there was one night I had a I wore the soccer that one of those soccer ball heads and and just a suit underneath it and that was it And I know I wouldn't take it off and I had a long straw that I could just drink through Oh my God Yeah And the whole night and one guy came out you're really creepy It's kind of yeah because all night I would take it off just waving to people and I like that Oh yeah I'm like no one's gonna see me Sorry That's smart Kev Do you want to give them a quick before we wrap out a quick

little update Because you guys are trapped You guys are So um we will be traveling the next few weeks and um so uh if you don't hear RGF it's not because we're abandoning ship It's because uh you know we we have things that um it may be hard to do it We I I'm try I'm gonna try to do something with Maria to see if we can get Maria to do some regular guy Friday stuff with us when we're on the road Um And uh but if not please uh no it's because uh we just can't do it um due to logistics and uh but we will be back for season two Oh so how are we doing this I did that just came into my brain So I like that back to season two And by the way we'll just have so many more updates when we do But pooja will tell us all about our Halloween in L A We'll find out what's trending We'll get an update on on noodle the pug Um You know I don't know why you see this is where I'm such a boomer You guys like I can't let Couch guy go but I got to let him go because I don't think we're ever going to hear from couch guy again Probably not I don't think so Oh speaking of influencers did the guy the male influencer who allegedly killed his girlfriend Did they find his body Who Gabby What's her name 00 they found her body Yeah but I thought they found his tomb They found remains near where his I I don't don't know past that but yes it was like yesterday or two days ago They found remains actually Yeah it says FBI confirms remain found Are those of Gabby Gabby Pitino's boyfriend Oh so you're right He found his remains So they found his he just took himself out Yeah Yeah it was God That was a horrible story right So scary on that note Sorry everybody All right everyone it's fall So hopefully you're having your apple cider You're doing apple picking all the good What's that Queen pumpkin spice lattes pumpkin spice lattes You know for me you guys I'm just gonna be honest With you I like seeing the Halloween thing because I know it's taking us into the holiday season But for me let's get this business out of the way Let's move into hot cocoa cookie butter Let's move into Thanksgiving and Christmas and New Year's That's my jam Um I love the Fall Foods pumpkin squash They're all my apple cider doughnuts are really So you knew about those two I never had them east coast So that like we did all like the scams all the fall apple picking pumpkin picking all that stuff That was my childhood Well whatever you do this weekend just try to remember why we're here at least why we think we're here We're regular people that's to help one another Learn from my mistakes and have a few laughs Pilot under for entertainment purposes Only like Halloween France name and purpose is o right We file that under We can we can ok Can we can try the the out you think she's got it Why don't we try it

together Well we know I listen I know Kelsey does it the best I I had one good one and then I still can't get the vernacular down pronunciation So can I just hear you do it All right I'll give it my best shot You can't make fun of me if it's not good you're in safe space Love and life I'm getting ready Here we go All right Bye now A little bit of a mix right I would say Kelsey that's about a seven I heard a little bit of an II I heard a little bit I heard a lot of like you were gonna give her a five I was gonna say like uh 5.5 with love and life Like there was a lot of effort and I really appreciated it but it was like you know you got a batch versus that Yeah Yeah There we go Wait wait wait one second I stepped on her So I'm sorry try again Kelsey is like I mean Kelsey you are just you're just you're like a romantic So take us out the right way next week hopefully hopefully Oh and the song's ending Look at that Bye Yes that was going to some other songs Yes Bye Queens That was good Pooch Thank you Thank you Kelsey You have to teach me before an XRGF So Natasha what do you think of that Show your first time hearing it That was uh very amusing Did you learn about the F boy Something Uh something Have you I can't speak something you haven't heard of before I did Um I have heard about it before Oh ok Cool Good to know But that's the way you guys frame it I will say that there's a lot of takeaways Are there boys in South Africa There are F boys everywhere Wow Good to know It's not just LA I think they exist Ok Ok Yeah That makes me feel a little better I think Well have you not met them outside of L A I've I've only really lived in L A like the grand of my or the majority of my dating life I've only lived here and when I was in Seattle I had a long term boyfriend so I've only really experienced it here It might be worse Yeah Yeah Yeah Yeah More prominent more prominent But you said you also did get some good take away from this episode Take away from this episode Um I'm gonna I might bounce around but I know it like early on in the episode we're speaking about meditation You guys are speaking about that Oh Yeah we were yoga Have you tried that I haven't but you said that you were going to record the heal event and then you were going to use it every day I wanted to know if you have done that No I did record the hell event I did split up the audio I have used it but I haven't done it every day And honestly this is probably a good reminder for me It's one of those things that I would use if I needed um like a little cat nap or something And I think it's 30 minutes and you just close your eyes and listen to it and it's really beautiful and you really do get like very energized Um but I need to learn to fit into my day again It's hard it's hard for me to stop in the middle of the day and just do that It's so good to go

back and like listen to these episodes again remind us and they bring things to the foreground Truly I love listening to episodes that we've that we've done in the past Yeah I do too I feel like you always pick something up um new you know the second or third time you listen to and being less reactive and being able to respond then and not react another Great Yes I've been like working on that a lot and I feel like I have gotten a lot better with that where I some people shut down some people react I'm the more reactive camp And so I just like have this like just immediate visceral reaction and usually just spew something if someone gets you know ruffles my feathers or triggers me Um And it's never what I actually want to say because it's it's a reaction So that has been something consciously this year that I've been like very much trying to do and I think I've gotten a lot better at it is I know that we did a little a couple of months ago Um Sarah Baldwin discussed this So you guys want to go back and listen to that episode That was a very very good one talking all about our nervous system and how we can help heal our nervous system Um So I love that and also living in possibility was another big take away for me I thought that was awesome for you Now like what does that look like How like how do you integrate that into your days Is it something you just like consciously have to catch yourself and then you like think about it So for me I am a person that I have it ringing through my head 24 7 All my life is I will find a way like no matter what I will find a way So um I always have this Someone drew it to my attention and um I turned around to them and I said uh I can't do this And they were like what I was like yeah I can't do this They were like they said it to me again and then I looked at them and I was like yeah I can't do this yet And he was like oh that's the kind of response I expect from you He goes I was very shocked to hear you just say I can't do this I love this I will always there's always a way Have you ever heard Kevin always says there's always a work around I haven't heard him say that And so he always says there's always a work around and I always say I'll figure it out I'm always like I'll figure it out I'll be fine I'll figure it out I I fully believe that Yeah So it it's not necessarily having to be this like oh my God positive But it's like just that constant like no you can do it You got this it will be fine I'll find a way I'll find a way There's always a way there is always a way that you do that with Really I say to him that's oh sorry guys He has a six year old He's awesome And he teaches me so much and um I try to teach him a little bit Um but he he he'll say to me mommy I can't do this I'm like no no just take a breath and figure it out And then he's like oh I found it I figured it out That's awesome Yeah that's a great skill These are the

things that I think that can make a success or a success out of somebody in life to like live a beautiful life whatever it is to persevere to have determination and to know there's always a way a way because once you have that and then you can find you have a passion you can be determined you can focus you can push through and you will always find a way Well said well said so that was that then I didn't know there was that much this much takeaway in this episode OK Well now we're going to get a little bit more light Ok Oh yeah that's right I said I wanted to date an athlete Um I told the doctor when we were listening back and I was like hey write that down because that did not work out well for me I did I didn't date him We had like a thing for a second a professional football player did not go well They're just like I think to invest in themselves in their own lives and their craft which is fine But I want like a partner But do you think that it's all athletes or just some athletes are narcissists the same Yes Correct I think that I think I've pivoted I don't know if I mentioned this on the show before I'm really into tennis players right now Like I think that like exactly but I think it's a more chill I don't like they're not a football player Like tennis players don't get as much like of that hype than like than like the football players or the basketball players I'm like the tennis player is like a good in between Right Like it's a good mellow but still an athlete and I just like athletes because like I'm a very active I grew up an athlete Like I like the mentality of athletes I like the kind of they're very much like can do very like just always always like hard working I like that Um they have the mindset like we just spoke about Exactly And that's how I am That's how I grew up And so I think that's why I've always been attracted to that Um the body is a plus I'm just kidding Um but yeah I'm like a tennis player So maybe that's my new thing It is my new thing Nothing's happened to get with it but I'll keep you all posted But everyone else is off the roster No other athlete even if they're super kind openhearted Beautiful Yeah Ok Then then they come back in I think just me pursuing I'm like no I'm good And you also mentioned you mentioned that you were going to go off to the game the troops all good to go What happened That did not happen I don't remember I think that this we filmed this um last year right before Christmas time from what I remember was it for Halloween Oh that's right So the game that was supposed to take place was beginning of December And I just think that like too many people at that time of the year is bonkers especially in the entertainment industry because it's like everything's going on everything's going on You're trying to like wrap stuff up before you get your couple of weeks for Christmas and

yeah I just did not happen So I repeated that game Sad Day Yeah I want to go another one You want to go Yeah I've never been to a game in the US ever I've never been to a sports game in the UK Oh we'll have to go And I used to go a lot in South Africa You know big sports different kinds of sports but big sports Were you guys big soccer over there Big soccer big rugby and cricket So fun So much fun I feel like those like I don't love the testosterone of like a football game It's just like so do like male dominant and just like and I'm like ew but I feel like soccer games I like when I lived in London I loved going to soccer games Or Seattle got Sounders Yeah Yeah Yeah And it was so fun to go to those games I just think it's so fun to go to it It's a good time and I'm like I'm getting to understand the sports a little bit better you know I want to go to a hockey game I know it's over now but like I'm trying to be into hockey Yeah That's my that's my other new hobby Trying to be into hockey Oh so yeah let's go back to talking about the F boy because we were like trying to figure out like in this day of social media Like how do you not find out that the person is an F boy And then we mentioned this awesome Facebook group Am I dating the same guy Right So there was all over the country So there's this Facebook group you guys that literally I don't know when it started It's more it's like kind of recent but people and I don't know how you join or become a part of it you have to apply to join and I did it and it takes you about two weeks before they accept you It's so funny And so it's basically like women in their posting like hey I went on a date with this guy or hey I'm dating this guy Like I want to make sure we're not dating the same guy and this is all kind of came about because I think tiktok and with the rise of tiktok came the rise of like we can out everybody and anybody So women were like hey if you if this is your fiance in Cabo he's been with this girl you know for the last week or whatever I've seen them And so people have been like outed or there was that whole thing in New York kind of thing I forget Oh you remember that It was some guy on hinge that like all these girls found out they were all dating the same guy And so anyways I love this Yeah I feel like it very much helps helps the ladies Um when it comes to voice it certainly does And a lot of entertainment going through that Yeah So Natasha will start bringing us some good ones From the Facebook group And then um yeah and we're also talking about like being in I mentioned to you when we're sitting and listening to this is that uh we had him on the show as Stefano and how he spoke about like when you pick up the person's energy when you're physically intimate with somebody and then you carry that energy around So it's very you need to be careful about who you hook

up with You really do It's kind of funny Like I think when you're younger and we all go through I always say it's like we all have to go through a whole phase and maybe not everyone does But like I know I did and you don't you're very unaware when you're younger and you're like oh I just yeah hooked up with this person or went out and did this and blah blah blah And like now I look back at those times and I'm like oh my gosh you know you definitely are picking up that like you're swapping whatever it is swapping energy and it's like you hold on to that and you don't know Kevin always talks about this too It's like if it's a dark person like that can really mess with you Like he's had people who have worked for him who were dating and it was like one was like darker and brought the other one like down a lot Yeah it's just it's something you have to be aware of It Can't just be as casual as we all make it out to be and don't get me wrong I also think that that's another issue which I think I kind of talked about in that episode like shaming especially women for wanting to have casual you know sex But there is an element of like you have to be aware of the energy that you do So a friend of mine told me that um a female I don't remember where she got this information from But after being physically intimate with somebody three times you are connected So if you want to just keep it as like a you know a thing where it's just casual two times and you're done something happens chemically and emotionally to a woman When for some reason I don't know she looked at the study and she read all the facts out to me and it sounded like it was plausible So but I'm open to being proven wrong Um That that's like you become connected on a spiritually and emotional level off being with somebody three times That's wild I also know Mark Groves talked to um Kevin and I on our Valentine's Day special about how there's a chemical when you hook up with somebody that um remains in the female's body for like a week that you get like a high from an orgasm and it remains in like yeah your body for that long for men it goes away after 24 hours So females it's like you you can't honestly discern if you actually like the person you think you do more than you might because you have that high from the orgasm from and then the chemicals It it was so crazy But he was like it's literally scientifically proven that it stays in a woman's body like that high stays longer than like for a guy which is crazy Yeah So guys are like so good with being like ok bye and the women the next day or whatever the next couple of days are like wait what And I've experienced that or and then after like a couple of weeks I'm like ew why do you care that much about that guy But like yeah it happens It's so interesting Completely happens And then um

my last note was because last week we spoke a lot about the baby batch Yeah And what are we doing for Kevin And well what are you doing Right Kevin And how are we going to celebrate that I know and in this episode that he spoke about he wants to go in a Well I mean I'm here for that The banda is coming I'm ready So here's the thing I'm trying to be I'm trying not to drink till next week and not like I drink a lot but like I like my June shines and I like my you know tequila sodas But my friends and I are all like we're doing something next Saturday So we were like should we just like not drink till then And so I was like dang but I gotta get this baby batch in so that I could be sober up until the baby batch And then Kevin and I could both go on a bender because then I have something on Saturday too I'm kind of thinking that that Friday they come back from Greece next week sometime and maybe next Friday after we get off we go celeb like have some sort of like we do like a dinner and then go out or something I think that like mark your calendar and I'm going to tell Elaine too because she'll come and like we should definitely we should actually do something even if it's like a light baby batch I think it would make him feel really special and really happy and like then they leave again So yeah I think next Friday guys if you have any other ideas that like I'm not trying to go make T shirts tomorrow you know like it's just not gonna happen Maybe I'll get like a crown Yeah Ok Yeah Yeah Yeah Yeah Yeah Ok Crown and sash guys Any other ideas Maybe like a necklace with a massive massive pacifier on it That would be funny Where do you get these things A party store I think so Yeah No we're definitely doing that Yeah that will be fun So I think so Next Friday mark your calendar I'm getting a spray tan Thursday so I'll look beautiful I have my hair done So really it's actually my baby batch I don't know if anyone knew that No that will be fun because we Yeah we should definitely do that for him Wow Mother say about me The baby batch is about me thinking everything's about me I'm thinking it's actually not a baby batch anymore Look and see the new Oh you trying to sip and see the new movie Oh yeah but it starts to be about Kevin We can't take it away from him sip and see the new Kelsey Oh my gosh you guys my phone is going off Um Yeah Wow Well yeah that was the take away and see the new Me baby batch Lots of good stuff though Lots of good stuff I appreciate you all for listening sticking around I hope you listen to this bonus because I actually felt like this was pretty good pretty fun Natasha Welcome to the team We're so grateful for you Um Natasha is just gonna help us continue to charge and I'm so incredibly grateful So thank you I don't think Natasha has slept more than three hours in the last week

and a half So like send her your love and I'm like don't know how you do it
Moms are truly superheroes if I got the like amount of sleep you do which is
nothing I would be I mean even I was from this last week and I was not Well
and I look at you and I like look at my mom raising us and I'm like God how
you guys do it You just how hard I think it is because like I think about what
about this often It's tied to one's purpose So if there is enough I feel enough
incentive for you to get something done within that day you'll get it done
You'll find a way no matter what you'll get it done And if it means that you
have to sacrifice something else the purpose is what drives that If you don't
have the purpose you're like oh I can do it tomorrow totally No you're right
You're right because I remember even when I first started with this show and
we were when Kevin and I were in Connecticut we literally would go days
on end But it's that it's exactly that It's like it was still is But like my child
And so I was like ok it doesn't matter Yeah Well I'm grateful for you for
loving it as much as we all do because it takes a special person to So thanks
girl Josh has been really inundated with the fun the first couple of weeks It's
amazing Um But grateful for you all Happy Friday Remember it's your day
and nobody else is and I don't even know We don't We say bye I guess on the
bonus But shoot us some Instagram comments shoot us some Patreon
comments some Apple podcast reviews and Olympic you like the episode
share it Kevin got not great Apple podcast review from someone who
thought that this was the normal show And as I continue to tell people and
try and give a disclaimer that this is the Friday show But if you all can if you
haven't left an Apple podcast review and you could go give some love Um
that would be amazing And yeah that's all we got Have a great weekend
everybody And do you want to say perfect