

## Regular Guy Friday ep. 122: How Childhood Traumas Rule Adulthood Reactions

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 backslash 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 Yeah Ok Look at those Hit you and ok It now you Yeah you know Kelsey if I were gonna be a rock star with my limited ability to sing you this is the perfect song Yeah because there's no vocals yet and even when they are they're um they're so um synthesized Now This is Mr Glitter in the 19 seventies The jumpsuit then this would not be me Great salad you know from RGF salad is here That's fun So how easy Yeah Yeah he doesn't even sing at all You do that Hey hey hey easy right You guys uh well Gary does his thing and I'm very anxious to let this video play out because we'll be cutting 20 years later to the more aspirational Gary glitter Who's the middle aged Gary glitter more like me He's got the dad bod The salad is like a flock of seagull salad Went from the seventies to the eighties south even though it's in the nineties I think which is even more admirable the really bad tan but we'll get there We're still in the seventies Yeah No Gary's moving Nice Anyway you guys we're gonna get to the Gary Hey you guys it's regular guy Friday Yes we fooled him again Made it through another week myself and my host Kelsey Alexandra Meyer Kelsey would you please give our Heel squad audience The the Now Friday disclaimer I will do that Kev Um so for you listeners many of you know this is regular guy Friday This is not Heel Squad Monday through Thursday We have Maria we have some lovely guests We have some really you know high level um healing going on This is the Friday show where we are just big We're regular people We talk about regular things We have some laughs It's not as um high vibing I would say So if you have come for the um the high vibe for the for the for the intense healing that's gonna be found Monday through Thursday So just please press stop stop right now Go to the library check out the other shows really don't need to give us a one star and hate on

us But if you want to have some fun stick around and just hang out with the radio because it's Friday and it's your day That's what we say You're on a regular guy Friday Friday is the day of the people Saturday is for the the what do we say Saturday Saturday is for the kids Sunday is for the old lady for the old man Monday through Thursday is for everyone else Now look at Gary this is Gary a little older You guys this is on youtube It's Gary Glitter rock and roll part What's the part one and part two But this isn't even still wait this is still from 72 Daddy Do do me do me a kindness Natasha all the way in the booth from South Africa South Africa is a daddy Let's go Uh let's let's let's go to uh the part two and maybe even type in I don't know 1996 See what comes up that one to me is a little more aspirational as we join So Kelsey um just on the lighter note before we get into our um Friday curriculum Interesting mom and dad went to see the great 82 year old Ringo star And they said he was phenomenal My mother sent me a picture and said can you believe this man is 82 looked great They said he sounded great Still moved so well And I was like go off Ringo Well his you know his voice wasn't he had a unique voice but he didn't really have to project It was more talky you know his talk Do you know the the thing about Ringo was of even though he was the I know they there's so many butt end of the jokes about being Ringo I I was telling you Steve Jobs by the uh Seth Rogan played playing what what whatever his name is I'm sorry I was you know yells up the stage I wasn't Ringo you know so he definitely gets a lot of he gets a lot of you know criticism because people say he wasn't that talented of a drummer which he was No he's mediocre at best You know he didn't they just said he did not when you think of um Lennon and mcartney who are just brilliant I mean you they would be probably like later in life the show will be look they should be looked upon as like Mozart and and um you know those people the classical composer I think I think years and years from now they brilliant songwriters and then George Harrison was also brilliant but here was the irony of uh the irony of Ringo was that of all of them when they broke up He was the first one to have hits Really That's interesting He type in uh Gary Glitter last performance rock and roll And then you'll find it I will say though Kevin it made me think how we always talk about You got to keep moving and and that why Ringo you know and um his all star band and he surrounds himself with the right people And I but you know it's so funny So we're so God we're so critical in society of people And yeah so you know I see it in Hollywood all the time Like I I mean Gilligan's Island is so long ago but I'll give you an example when I first came

out here how many decades ago Um you know like they writers would make fun of Bob Denver's Gilligan William Shatner's lived long enough now to get this respect He's an icon He's a legend but 40 years ago oh worst actor and nice cornball Oh They yeah Adam West is Batman You see the 1966 Batman watch it again watch it closely watch Gilligan closely really as an actor This is what I used to like say to these like snobs like f you because you couldn't do this on your best day But also the iconic role of Gilligan the iconic role of uh Batman Adam West the iconic role of um captain Kirk William Shatner And then you even think to Ringo Starr when you really look at it you can't imagine anyone else doing it doing it that well being so compelling You can't um other people would have done it But you know and I just think like as a society yeah we would take that swing at Ringo but yellow submarine octopus's garden Um he just had such a irreverence to him and such uniqueness to him his persona but his voice and you know chemistry like but society you all know better This is regular guy Fred TV talk or movie talk or you know music talk But yeah we just we just do that and it's just like you know you really look at some of these people like no they're incredibly talented incredibly gifted and perfect talent perfect place perfect time But could you again I'm really dating myself I'd have to come up to whatever shows you grew up watching that Maybe people look back on and think we're good I mean yeah I guess yeah it was yeah like your childhood I mean I guess your childhood would be more in the Disney Um We were very big Disney but I grew up like and Cody I was a little bit older than that I was more like um I got the end of Zach and Cody but I was Liz mcguire That's so Raven even Stevens and all those people went on to huge things Poor thing But you know when you another thing so as we continue regular guy Friday TV talk edition it someone said something interesting to me They were doing work with uh with Pacino and he's a great guy He's like but he's like he's been acting too long What I said what do you mean by that And the conclusion was because uh he'd been acting so long He's become so many different characters He kind of doesn't know who he is but a lot of actors they just take on so much And by the way so we're bringing Vicenza into set Ok Little Oh well I did I did I tried we tried to find her Yeah we tried to find her Maria says peace love RGF Thank you Thank you Why are you shaking Winnie Oh she's excited I guess Um But you know with and those other people I mean you really see sometimes when you really watch an actor carefully and some of the choices they make you know whether it's playing with their glasses in the scene or scratching their nose or just I mean I've

seen certain actors even I'll tell you Paul Giamatti when he played John Adams in the series John Adams When he was John Adams at 90 he must have done research on Adams that Adams was a big cigar smoker big tobacco smoker So there's something that called the cigar lisp that a lot of cigar smokers get at the end they just their tongue kind of goes out like this Their jaw protrudes a little bit and I don't and there's a couple of older actors that I start to see it in movies Yeah they're like bottom jaw comes out That would be called Mala in Dentist Street But it's that it's a cigar list Red Auerbach from the Celtics always smoked his car but he had one But my point is well you have this big giant log in your mouth right But but Jim I is such a good actor that when he's now 90 for this John Adams mini series which by the way is brilliant If you love history it was really great Um He had the cigar lisp It's like so some of our your actors I don't know how they stay sane because they're pulling So you know so how do they you know So anyway well that wraps teeth I get what you're saying about Yeah Yeah that's what and I can't wear you know and then childhood stardom all the dopamine going to his brain as a kid with his brain forming That's what we're like remember how angry just to keep it on TV Talk for five more seconds how angry people we're getting with Jeremy Strong who plays Kendall in succession because they were just like it was like he was you know kind of taking on that character so much that it was like he couldn't separate him from the character and I am just like well yeah look how great he does the character you know you really do need a um a show runner who's like who's a shepherd And a lot of times the showrunners are they're writers right So they're not necessarily managers or leaders But to me I would be like ok how do we you know this is his strength right So how do we protect him and you know mask his weaknesses But I digress Marty digressing Uh Let's bring do we finally have Gary Glitter Exciting All right Let's uh before we wrap out of um our um RGF TV and music TV music and movie talk Let's go to Gary Glitter 25 years later This is my well I'm excited That's my Gary Glitter Yeah Hello And you often find this on youtube Oh wow Wow But even but even the dancing see I can handle this Kelsey left right The jukebox I love him That tan is aggressive right And what about the salad That's great Great Oh I like the one little piece right in front of the well the flock singer used to have something similar back in in the early eighties So it's rock and roll That's the song Yeah we're gonna link both of them for y'all So you can if you're curious I said I want to link both of them in the description for them So curious you know the thing is about making a link

You don't want to Well Natasha I I feel like Gary glitter wasn't the as the kids would say he wasn't really the rage in South Africa Was he ok All good or just you've heard of him Oh interesting Yeah I don't know Actually see I want to just kill enough time to go into his his strut at the end Now I don't even know how this came on to my feed probably because you know I see this see else I can handle that Right Shake the head Yeah See and the henchman all have the leather pants as well And see the outfit He's because he's a little thicker now with the dad bod but it's covered up nicely right there Right Yeah I've been practicing Yeah you got that So I'm wondering if that is a wig Oh the hair might be a wig I need it Probably because I love you know glam rockers always come up on my feed because I they fascinate me But yes Yeah he was known as a glam rocker back in the day Oh see the strut I can do that Look at the henchman strutting with him Oh this is a vibe for sure Ok Well unfortunately just months after this in the nineties he died No Gary But there's a nice way to put it Gary was if you're a fan of Gary's and a defender of Gary's You would say he was internet Curious Uh-oh I'm nervous What or you know Buster a child porn Oh Gary Gary went away for a few decades We will not be linking this Gary went by for a few decades But then Gary got out Hm You know shake bald nice gray beard newly sun life Wow Professing his innocence of course And then three months later he was busted again Oh my God So he's he's still in jail today Gary is still in jail Wow Yeah I wonder if he's making any music in jail I don't I don't know I just here's the thing when I go and pitch myself like and when I go present my act and I say like just think of a new age Gary glitter People don't love that I don't think that Yeah I don't yeah I don't think that's what you use I digress I digress Uh daddy we were daddy brought in a great guest that's gonna for a show on what was it Regressive hypnotherapy What was it So Cool Yeah she's a regressive hypnotherapist She she was amazing Um the episode was great Maria hosted it and um and you work with her too So she's a very dear friend of mine Ok And um I I'm she gifted me a session so in that session she speaks about how um she spoke about it in the episode which is airing I think it's like two weeks from now So yeah So you guys it's coming Um she speaks about that There's nine different areas in your life that you need to work on So and then she lists out the nine and um she says write them down and then she says next to it write down where you think you're at in your life One being your life is awful and 10 being it's amazing I don't need to work on anything And then do we all have the same nine So it's the same nine And I and I might not remember them all but it's and we'll go over

it on the show So you know I don't wanna give too much away But then you so she took you on ride and you saw yourself So she took me on this So she asked me the nine and then she asked me um how much do you want to change these things And how much do you believe you want to change these things So I selected my thing that I wanted to work on And um and then she said remember the first memory that you had that was part of this and this is over Zoom It's not even in person And the strange memory came to my mind and I told her and she said yes completely like absolutely And I shared it on the show today So I'll share it Now when I was four years old my brother passed away and um he was seven and um and I mentioned like that something to do with him and she said oh I can completely see you need to decode from him Hi friends Summer is in full swing Hope you're enjoying it But we're already heading 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 heal squad 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 heals 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 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 you are so enmeshed in his spiritual like in his ethereal being um that it's unhealthy And so I did and while I was doing this it felt like I was pulling out like these vines and veins of like this connected root that had grown inside of me And then I thought I was done and she was like no no just there's a little bit more on your left hip and there's a little bit more by this part of your body You need to go in and redo it And then after the show I was sharing with Maria that there's so many strange things that have happened in my life not shouldn't say call them strange because they're beautiful miracles and they're wonderful And uh and there's no such thing as a coincidence So I had an absolute closure in my life one day And the three

days later I met with Kevin and he told me that he wanted me to come in and order the show which was like that was amazing And I had the session with Molly on the Thursday and on the Saturday morning Kevin called me Mm That's crazy Wow And what wasn't it with those weeds And there was something else you weren't being seen for your talent or Yeah So this is the this is the other thing So part of what I had come up during my session is like I'd said to her I said this is such a strange thing I've never really verbalized it like this before I said I feel like I don't get seen for what the value I give I don't get rewarded for the value I give either Right And we figured out that I was had these two parts of me when I was a child when my brother passed away that were complete opposites The one wanted to disappear and the other one wanted to over serve So we brought these two things together in harmony There was like so she took me on this like journey inside my mind and what I had pictured and the way she was taking me on it with these two small Children or two small beings that like when they tried to come close to each other it was like a magnetic force that repelled And we worked together that by the end they were hugging Yeah it was very beautiful Wow And so she like because I've worked with regressive like one person once she sounds more like she's kind of like psychic too No a little bit So she went but you'll hear in the episode when she realized that this is what she wanted to do And the woman said to her there is a whole that it's one thing to just be a regressive hypnotherapist But you have to kind of be in touch with the other That's how she described it And um so yeah so that's how so that she had to prove to this woman who who wanted to teach her that she did have this connection to the other She also grew up was grew up deaf or became deaf right She was born with 93% hearing loss And which is amazing I like this because I I always think about this because the very first time I met Maria and the person that was interviewing her asked her a question and she said living in possibility was her answer I can't remember what the question was That was Maria's answer was to live a life in possibility And um that's how I feel that Molly is And when she described it today it was that her father did not want to believe that there was a reality where Molly should be left in a home and being deaf and dumb And he lived in an alternative reality that she was going to speak and be a perfectly normally functioning human being He eventually found a therapist or not a therapist It was a person who would teach her how to hear without hearing and to speak perfectly You'll never think if you were in a room with her talking to her you'd never think that she was deaf I think that's so beautiful



when you have like a parent like that I remember I don't know if you listened to the show either of you when we had Tom Dey on and he had started that car wash because his brother was autistic and it was the same thing It was like his dad his brother was severely autistic and he was like I never ever want him to live knowing or thinking he's different legs No arms and the parents are like no no you're gonna figure it out like literally like how imagine this Natasha they would leave this kid on the floor and go get dressed no legs like no 11 arm We're not always gonna be here for you Can you imagine the strength of a to do that It sounds so cool but it's not actually the great it is No it's the greatest gift you know to be able to give a child And I think the blessing of for me being an older parent is I I'll be more like that now whereas 20 years ago and I'm empathetic for the all the parents that have made all these beautiful mini monsters that terrorizing this country um and themselves but it's not their fault But I also have empathy for the parents because it's like I know our generation was like oh I don't want you to go through that I don't want you to go through what I went through I don't want you to and and I would have been like that too I if I were when I was younger now I realize as much as it stinks You know I I remember my dad let me go through some tough times and I'll never forget One time he had a I got a fishing hook went right through my hand It went all the way through to my you know where your thumb and your fing point or finger connected that little web There it went all the way through and then I forget looking at him and he looked at me and you could see in his eyes briefly he was like oh my God like and I was like oh green light to cry you know green light to and he was like that's fine It's fine Just stay there and you know and you know he was a fireman So he had like background with paramedics and so he snipped off the thing just pulled it right out He's like OK you're good you know And I but I remember that split second in his eye of being like he wanted to go oh my God You know like and and but but he showed you how strong you were you know Yeah And so you know as much as I I when I would see like I got lead to Maria's mother later in life who was the doting and anything you need I just I didn't have that you know I had you know and I remember even like my parents did my mom a little bit let's not true Both of them in gymnastics Like when I would get her it took me like getting to a point I remember I got a concussion so badly that I had to call my mom My coach was like you got to call your mom because typically she'd be like you're good I was like puking everywhere and finally Mitch was like um hello you know whatever we had to she was like oh shit ok But because she would let

me fall so many times she'd be like yeah you're fine you're good You're fine And that like that taught me so much But the one thing that I would say for the three of us and I be a male I have a lot more advantages than you guys do and then age but I had I raged against it and the reason listen that's been good and bad But you know what I get fearful of is when and now more than ever when you do raise your Children like that I feel like they're now gonna be the pawns to all the other little monster narcissists that have been raised around them And so Kelsey and you too daddy like but Kelsey you know about being close for three years I just want to continue to figure out how to like uh you know how to make this your it is your superpower to a degree but also to a degree you you know you've been taken advantage of because of that because of that programming Same with me and I'm sure Natasha I know with Natasha same as you So we're you know it's good to make you tough and resilient and and not expect attention ever It's also bad because sometimes you know you deserve attention you deserve empathy you deserve and then all the other monsters out there are demanding it getting it expecting it taking it from you So I do get concerned with when you raise you raise a child that way then now they're gonna get croaked by all So anyway well now I want to hear what your thoughts on this But like that's why Kelsey like I want to continue to keep figuring it out I was like now how do we make this your full superpower You know what you can because you're a harder worker you're more resilient You can fly by all of them but they'll cut corners they'll cheat they'll do other things that will get them further ahead than you And then unfortunately I think because you're so unique you know the rest of the world likes and relates to what is in them So when you see the queen influencers who are like really we know off camera monster monster narcissist monsters who as I always like to say wouldn't urinate on you if you were on fire and yet are beloved But I think that it's all the other mini monsters who see in them like oh that's amazing I've also said that their lives are more aspirational because I mean again I'll go back to like a Snookie for example or one of the house you know But I think that they are beloved by people Go oh wow I can be ignorant Throw a drink in someone's face as a housewife and look at I'll get more famous I'll have and think of how easy that is Wait I can do that I can throw a drink in someone's face I can Whereas if you the other is harder if you go to someone else who's you know on the the long term the marathon of life the long term play the 30 year plan to success or or self actualization Wait that's a lot of work That's not cool It's so anyway so this we have to work on um I will always be working

with you on that and I think we're gonna figure it out But I also like it's kind of we all have to be mindful of that Now what were you gonna say So I was gonna say that I think the difference is is that we were brought up in a way that it was we had to be resilient and strong and not seen like that was the combination like I know with Dylan I make it He's I give him you know natural consequences I give him a chance to be strong to figure it out on his own But I also make him be seen I acknowledge the times when he has big feelings I acknowledge the times when he wants to you know show off about something or so that you have you're finding that balance in that way we have the balance No definitely not And I'll tell you like I do also see parents go to that extreme too where I'm like no Yeah your child doesn't have a vote He's four She's six No So your job is to make the choice for her and then educate her It's funny that was uh that business growth mentor thing You guys on Instagram good little leg nuggets But they were saying why our educational system is flawed and one of the flaws was like um you study your lessons and then you'd have a test when it's supposed to be the reverse You have the test and then you study what you no And then you get the lessons So it's like ok four year old you want to put your hand on the stove Ok Well now we learned didn't we Oh that's a great that's a really good way to think about it You have to let them be tested one time that I slit my entire finger open on a razor blade after my mom told me 17 times not to touch it And what happened and I found out and they were not there And the babysitter I gave the babysitter a heart attack and my mom said yeah And that's what happens when I tell you not to do something and you do it on a more positive I do think there's something about keeping your mind in a state of possibility And I think that any uh undertaking John Comerford is one of my writing partner that you know I've known for years So we used to write together on a Disney T Kids show 20 years ago but I'll never forget on my first film He said everyone you know minds need to be in a in a state of possibility And I'll never forget that In fact I have those signs up at after you know minds keep your mind in the state of possibility But I think that looking at life that way but even if you can if you can go micro you're planning a wedding Mind impossibility you're doing a renovation mind impossibility but anything you're doing But if your mind is in that state of possibility so you're going into it saying hey how can we do it Fortunately Steven June born on June 8th oh my God happy the latest yesterday and Kanye West birthday But I always when Marie and Stephen are alike and saying no to things I go up June 8th but it's proven it's scientifically proven

And you guys have heard me say this many times but it's go back to when you were a kid and you're like mom where there's no orange juice We bought orange juice yesterday It's in there No it's not And then parent marches over to the fridge opens the fridge and goes there But because the child was convinced there's no orange juice they actually couldn't see it So when and I would say to Steven and Maria how many times do I have to prove you I mean like like when I'd say honestly not tooting my own horn on this when I say it's in the hundreds of times they've been proven wildly wrong I go at what point do you just trust just trust like just let me and then see but but but but the big flaw is not about trusting me it's about not being in possibility and Maria is now more which I'm so proud of her and I think Steven's he's getting there he is getting there you know But but I do think for it's not to pick on them It's just giving you an example But I do think that that keeping that mind in a state of possibility So the these parents these great parents we mentioned was like no why can't you go to school and be why you know without everyone else I'll take it to something even more I keep saying this to Maria too I'm like Maria why do we have to wait for a Saturday to have a Saturday even with her birthday and even when we've had Christmases that we've been in the middle of brain tumors and like Maria only civilians think Christmas is December 25th It's whenever we want you want it to be January 6th we'll have Christmas January 6th Wednesday can be Saturday And I said this to I said Maria you know we really have to If not if not we're not gonna do this Now when are we going to take advantage of the time You know you have your own show I have proven it can be done anywhere It could be done with the lowest amount of technology I said so why do we have to live by you know whatever society is saying is reality You know it's perception that's reality And so that brings it back to this interview and what's what's her name So people can look look her up Her name is Molly Molly Yeah she's amazing And I actually want to work with her as a therapist music I'm working with her first You have enough people right No but here's the thing the other thing Molly said was and again I say it in regular guy speak She said it in a much more poetic way You can't be holy until you're healthy Hm Holy Holy meaning meaning you know I think to go deep with spiritual practices and meditations and things like that you need to be And so I said to you Maria I said but see I feel like you become that like it's the opposite That's what most people do But her theory is the other way and I'll tell you why I heard it because you heard me say this maybe both of you But Kelsey you heard me say this about Marie meditation I said Maria your meditation

right now is like a healthy Valium which is great It keeps you calm You're not putting anything synthetic in your body You know there's no uh aftereffects of taking some kind of antidepressant You take it you feel better and you do have some great breakthroughs as the like she sees all these great things in the future Awesome But I said there's still things issues at your core that you gotta work through because I said because at one point and you heard me say this to her I'm like man you can't spend six hours your day in a meditation You have to live you know and you know you know so so it's awesome and it's great But there's other things that are popping up when she's reacting in a certain way And I said you know I mean that's stuff with your child And now again I've got many more issues of my own So I'm not I'm no better I'm just older and I'm on I'm on the outside of her Um but I think that I really that really spoke to me So there's just things that you have to resolve and I think most of it's childhood traumas and understanding your childhood you know we we were talking about that too Kelsey even you know with you that's come up so many times where you you know when you get upset you freeze and you don't know what to do And so you just you just were taught from childhood to shut down to numb out Yeah you weren't allowed to cry right So you just and I see it in your eyes your eyes water up your body lip quivers your body tenses up like I'm gonna just hold this back and then I'm just going to become my escape I'm gonna become like a whole other human being and see this is why I want to do a self journey a journey just do mushrooms and like you know how they do the guided listen I think no no no no Listen I think any kind of subconscious or unconscious therapy is the way I do too But but it starts with that understanding the the Oprah no better do better And you may have to hear it from someone else like we're probably too close where you go Oh my God I get it now But there's so many issues with Maria Like I've seen things I remember I've known Maria since she was 19 and I could tell things that went on in her house that I witnessed I'm like Maria like that reaction in that moment and that incident that took place in your house that is such an indication of you know the the blind spots and the traumas you've endured and why you react the way you do and yet because we're so close it's just in here you know so you know with you Kelsey I think knowing that that you react that way it's either the you know where you you just want to cry and you should be able to just cry not just cry you should be able to cry but you just you become a whole just being candid with you The three times this has happened between us as friends you become a different person like you're just not even there It's like

oh my God like this is like yeah like this is that's not even a human being It's true queen I was gonna say can you pause and give me a peace I I like it's not even that It's just I'm so numb I like I numb out Yeah Yeah for sure But then but then that's the first state phase But I think with talk therapy your next thing was to to numb out But now with talk therapy it was like no I'm gonna I'm gonna I'm gonna defend this and draw the line and be and and and that's where it was like wait what like you you almost don't even feel like there's where's Kelsey But I think that if you keep exploring the childhood stuff and again it's not to go back it's not to live in the past it's not to uh it's not to persecute the people They all had their own traumas they did their best of them did their best And even and again I'm gonna bring it back to Molly Fink When you hear this interview she is just all about life is happening for you not to you She is all about the she even had the quote her quote about traumas is traumas is what God's like lessons to us or there was something So there were a couple of things the one thing she said and she was violently and sexually assaulted at a at a at a anyway it's such a mind screw the way it happened too along with her being deaf So again this is not somebody who enough had a charmed life that's saying these things But go ahead No she said that the um the universe nudges you until it roars the universe speaks softly to you And then when you don't listen it roars But she was saying that these traumas they're a they're actually good They're happening for us and that they trauma is the universe asking you to heal yourself Boom Drop that mic what regular guy Friday Come on Trauma is the universe asking you to heal yourself Yes Huh Yeah Yeah The raw one We had someone to talk with you here here's the tricky thing with yours though Emory is too if if your trauma is these even terrible words to say if it was a rape or a you know a shooting a stabbing seeing a murder you know I think it's I think it's easier to say ok I wow that's a trauma I experience a trauma but when it's kind of a slow long burn right If whether it's the one member of the family gets a free pass gets to do whatever they want and then you get all the rules and the right not your family I'm just thinking about the family and over and over again You're passed over you're oh you know they're just and but what's tricky is that you may not view that as something So like that's with Maria she doesn't view she doesn't understand how wrong these things are and she's only processing it now But that's why I'm like you can't sweep this stuff under the rug It a guy that Ken you know my sense is like Kevin you can you can say I'm not going to think of the past I'm not going to think of those incidents right And just be like I'm gonna just go I do but they come out as

tumors or they come in your stomach and that's why I'm a big proponent of come on Let's go back and at least acknowledge I mean the injustices Maria saw in the last 20 years in our business like like you have to you know like if you acknowledge it and process it but even if you just acknowledge it now that won't happen in the future because you're gonna see it coming you're gonna have an understanding you're gonna know how you're gonna respond better Um I do think that's a hard thing though and I'm glad that that's what I was gonna say Like every time I hear some of your stories I'm like I get where it's no it seems like it's no big deal but they break my heart and they really upset me Um No but I was going to say it's like we've talked about it before with many people on the show like the big t versus the little tea right And I look at a lot of the big tea being those huge Exactly Those little teas Like I know we all have them but I think they're they're hard and we also have heard so much Well I say they're hard to go back into that place and really even pinpoint them And also so many people are like don't dwell in the past and I'm like uh or don't re traumatize or don't I think so for me where I'm glad I have you because you can point them out and be like oh like you should talk about that or do that I don't know It's just like I don't even know the work to do around it Like I don't know Well I think first it's understanding it it's it's understanding that some of that stuff is just not right And that would program you in a way you know to have your stomach acted up you'd respond to you to freeze up or to whatever I think it's understanding that some of that stuff just wasn't right Those habits and then when you understand it's like you know what we're not doing that anymore right You know my whatever relationships I get into or friendships I build we're not doing that anymore You know I'm the captain now But yeah it's a big thing and I'm you know and and it's hard to get it get her under to But you know she's slowly starting to explore it Um But because the other thing too is I'm learning again I just try to give you guys the wisdom of me at this age But I uh my solution was to either run medicate or run away from it um or smite it again The guy anger like yeah get mad Um But I think my overall way of dealing with it was when these like triggers come up and these situations with other people that are clearly my childhood issues my thing would just be cut him off cut the people off cut the situation off Um put all that energy into becoming more successful just a a lot of different things And I said to me I said you know I'm thinking the lesson for the rest of my life and I said maybe you too just offering it is you know how do we coexist with some of this You know how do we coexist with Um how do we not deal with it in that

way You know there's other people who deal with these things in healthier ways Maybe the lesson is not always to cut it off cut the person off the relationship off the situation I don't know But so but I do think that it's understanding those things And so I would suggest for you if it talk the talk therapy part is really talk more about your childhood and the things that and get that understanding and get a third party going you know what that is and be honest That's and you are unfortunately a lot of people when they go to therapists they're not honest they're not they're not honest with themselves They they paint one side and then the therapist is advising them that Yeah And so um you know you you that's why there's very few therapists that are that amazing that can see through the lights The would be like with me like OK is that really what happened or she'll say well that could be that might have it That's why I like mine too Mine's um she's a therapist but she's a life coach more so And so she very much pushes back on me where she's like like love that point of view but also a baby and they like that I know I hate talking about it I don't know I don't know because I'm also just like it's over I don't know like even the thought of talking about I don't know I just I like I think that but then yeah but that's obviously you have the stomach and then we have these reactions And so then I feel silly like my childhood was great Like but it was and that's but that's the thing like we're here we're here to learn that's what we say right And learn from mistakes But we're here to learn and your Children no matter what you do they're gonna have issues as well But you're here to learn and grow you're young and um it was great and you're and that's the thing too I was Mary's brother Peter in his mind He was beat up by the father his whole life He was like I never saw my father laying one hand on him but that's his perception and but you know I said OK let's just say that's true Peter OK And I said but I like you know that's his perception and and I didn't even say that that's true because I would have triggered him I just said all right I said well would you consider yourself physically tough You know an answer It was like oh you know and I said um well let me answer that for you You are you're physically very tough the way you work And I said for someone who's like 100 and 7 £65 I said I would put you in a fist fight against anybody He's wired And I and I told him I said Kelsey even said that about you I was like really I said yeah I said Kelsey's so intuitive She was like oh he's ready to go He's a tornado He can turn it on right And I said has that helped you in life and in business I I'm gonna answer for you It has I said so not happening without dad True So don't feel bad about your childhood because you wouldn't be here You're you're doing



what so few people can do which is to be successful in Hollywood And you're growing every year you're like a good stock Every year your career has gotten better That's gonna continue I forgot You went back to me for a second and I was like wait Peter Peter is it in Hollywood No but moving over to you all of that made you you so it's all good Like it was a good childhood These were great lessons But now if we're gonna that got us to Egypt but if we're going to get to the promised land it's maybe understanding Ok maybe now I know better and I should know better because I had better a better life than my parents And you did So you should know better My dad always said that to me He was like you're better than me you're educated and you should be you grew up better You you grew up with an education I didn't So no excuse Like um I'm very grateful I mean I wish I were better I wish I didn't have you know the mental afflictions and torture that I have I wish I didn't make a lot of mistakes I made but I am very for any of the wrongs that happened I'm grateful to all of them I really am I'm so I'm so grateful because it gave me wisdom resilience strength It just so many good things And I also like I also just love the idea of having things to look forward to And sometimes if you didn't make the mistakes in your past and you you know I don't know Like Kels could you imagine We know a lot of people whose careers are over right They've either been canceled or or the it's passed them by Could you imagine if you didn't have anything to look forward to It would be a right So isn't it More fun Yeah So that comes I'm so glad that it all didn't go the way I wanted I'm so glad that you know I had blind spots I made mistakes Um because I like where I'm at now where you know there's there's something to look forward to there's something to build toward rather than you know and even if I had accomplished all the goals and let's say like financially was in this like insane state then I would be bored bored And I don't think you're happy when you're in that Like I'll tell you I I will say um I'll I'll say this and I was gonna talk about this today so much of happiness And I say health is tied two Um The work we do the joy that work gives us the purpose the purpose the productivity the value I have a you know I have a friend who you know Marie and I have known for decades who I've probably talked to a perfect score in his sats Yeah whatever the level of genius IQ is this He is He's a certified genius But like a lot of Jeanie says he can't chew gum and walk in a straight line Really I didn't know that about him Hope my friend Yeah just because like a lot he's like you know with Einstein his wife used to have to pin a note to him saying can you please take my husband for a haircut Today And that's why he always had

the same clothes he wore because his mind he didn't work that way He was focused all on his work So they had a simple yeah the human brain I'm convinced only has a capacity for so much so for someone who has like a lot in one area That's why you see Oh my God The ridiculous blind spot in another area I think that's why But my friend um you know I've had coaches life coaches and therapists tell me he's got he's probably bipolar I mean he's been the only reason not homeless because between Mary and I you know over the years you know a lot of the people that were there for me in those days when Mary and I were in the basement I have never forgotten And um as long as I have something I'll never let them starve But this times I've had to find him I find him in Portland find him in San Francisco I mean like we've had a I've had to get private investigators and he just goes into these really dark morbid places And like I said I've heard people say he's bipolar He may very well be However I always say sometimes life has to catch up to you and sometimes life has to catch up to your talent Sometimes life has to catch up to you to see you and you know he's now lived so he's been through so much that even though he was a creative genius his ideas were just way too out there Way too long way just too much you know even if you don't have ad d I don't know how the hell you can fall but yet life it now has caught up So what his ideas that were you know so far out 30 years ago now Oh like that is brilliant also because he's been humbled Um And again don't if your kids are geniuses and the young don't don't don't play into it don't tell them they're geniuses because he was told that So he had nowhere to go He knew it all He knew it all full scholarship to Sarah Lawrence College I mean they said yeah No I'll just go for a month and I'm out Yeah because he knew better than anybody So that's why you know they but now as time's gone on and his ideas now are like oh wow that's that's today would work That's amazing Um But now that he's there's one project I'm like it But and also with humility he's now allowing himself to be coached 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 thrive 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 thrive probiotic and the just calm what do we get We 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 it'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 So when I was home I can whenever I went to Boston or connect at that time I went I said no let's have a meeting He said what We gonna get food we'll get food but we're gonna meet and I said this is the project This is what I wanna do And here's the best way that I see doing it and I'll hire you to do it It's rather just give you money You can work I want you to do this and we'll partner on it And um when I tell you now it's been I don't know where it's probably took about six months to complete it Maybe seven We're in month three I've never known him to go this long to positive Wow And excited Did you see Succession last night And then the amazing critique of Succession And then you know a whole different thing And so going back to Maria's brother I I said you know Peter you're living the life like we all did OK So I'm good at you know security systems and computers and all that You're good at it So you just did it and you make money I'm like but what's it like He said it's hard Kevin and it's getting harder you know the ladder big heavy ladders and like you know when it's cold or it's hot or it's like there's no you know I work in the city but it's hard It's a grind So what do you love Because I you know I love the ocean and I go fishing with my friend and I go OK so why don't we figure this out Why don't we figure out my impossibility if you is it fishing Is it chartering Taking people off of fishing groups I'm like you know but my my point is so much of our mental health and I will say physical health is tied to not working Not first of all not working but then not working toward things that give us joy And I said to Maria you know remember I kept my if you listen to regular guy Friday I don't know episode 78 100 But remember I just put my foot down because I've been dealing with this extreme fatigue and thyroid issues and post COVID And I think the shot all of it is just and then working way too hard the last three years all the physical labor I did and then sleeping in a mold moldy basement I mean it was just a perfect moment for my body and one doctor after another saying you know um oh you're fine and take more

thyroid medicine and yeah you're just too stressed It just all none of it was making sense to me And then finally I just said you know what I did My Popeye that's all I can stand I can't stand no more And I'm like I'm gonna figure this out for myself So guess what if I need to have a caffeine or whatever I'm gonna do it to get through the situation without hating myself or my body But but I'm also going to take the data of what gives me joy what drains me and those things that drain me I'm gonna try to minimize and those things that give me joy I'm gonna try to do more of And I noticed you just the other morning and just I'd woken up um and fed the dogs do my stuff And Marie and I were talking and whatever subject we were talking about was was exciting to me and it was giving me adrenaline and giving me energy You know what Don't eat coffee don't eat diet coke So I'm just you know I just think yes this and there are times where I do get tired and I used to but by sticking with this it's making a difference I see it makes a difference in other people's lives But it's taking that time mind impossibility to say what does bring me joy and then ok how can I make it a way of life or you know a way that I can you know feed myself or my family Uh I know easier said than done and I know sometimes you have to hang in tough jobs for but but then outside of that what can you do to fill your cup And that's not medicating or partying and going crazy because that's actually gonna drain your cup Correct And I think that's one thing honestly you've really taught me that I never used to think about I was like ok like even when I was at you know old jobs I did I thought that the partying and the hanging with my friends and whatever outside of the torture chain because that's the middle class way and you know and then I'm on Lex and then I'm like I'm well unwell And so you know I think that's something I've really learned throughout the years and especially through you Kev like or if there are days where I'm not feeling as good at you're very good at being like OK who are you around What are we working on Like have you gone to the beach or whatever it is That's like brings me that like purpose and joy Are you dating or whatever You know Kelsey it's funny I even think of um with your future and we're working on some exciting things we'll talk about over the next few weeks with Kelsey But um you know saying to Maria you know we had a little bump in the road which we don't have to get into But I I said to Maria I said you know I said that's not Kelsey that is Kelsey's body I want to word this the right way Crying out for a change Not really understanding it No needing to change and grow and do something career wise you know what I mean Like there's more but but because of past or whatever right It was for

so many reasons of what you know childhood issues the old one the child Kelsey would just hang in then this Kelsey is like f you fuck up And what I'm saying is if you keep working on that you'll get to that next level Like hey coffee let's talk I've been thinking and what do you think And like you know which you got there But because it was me thank God Kelsey because I'm like no this I see what's going on here This is this is this is our kid because she doesn't know any other way But what she's saying is I there's more out there for me to do and I want to do it So you know it but that's an example of you know that that's what I'm saying Like with understanding you start going back to the childhood trauma thing and then tying it back to going for energy If you keep going in that direction you're gonna see like less and less and less less and less of the stomach And the I'm just saying and again regular guy theory not a doctor but I'm just saying if more of us can look at things that way and I have to do it too And I even said to me and go ok And I always try to preface things like I know you don't care I know she cares But I try I say that try for reverse psychology to get her to say I do care It never works She just laughs Yeah But I said with us having a child If you see me being cranky and you think me being like that is unhealthy around the child ask me what I'm working on for a script I say Kevin you need to go and write because that will bring me out That's my joy I will do Well you know what I will say this whether she did or she didn't I it's on me I've got to do it Yeah But I got to do it no matter what she said But I'm codependent So I'll tell you Right But I would like to hear from my partner because I would say that to her Um that's so true though And ok I'm always thinking I think in terms of astrology Right So you have your little you have your Aquarius or your Aquarius which all you want to do is do is write and create and all this stuff So my mom when she you know whatever when I was growing up we used to like like you give her her gym shoes or even when she was in college and she was stressing out her roommates would be like go to the gym because her thing was like her purpose and that was she loves to run she loves to exercise Exactly Her little fire signs And so she would when that was building she would just go move her body and she was a different person So it's like like you said everyone has to find their their thing And for your mom I would say um I think she should do more work in that area and that's what her degree is in is in that you know But even like I feel like your mom would do great at a gym where she's working with women who are coming in you know she's active and she's with them and to be great because she's so aspirational because she looks young and she's you

know her body is ridiculous you know like she's in such good shape I digress again And lastly I want to say this should we take a quick break before you Oh shoot we do need a break And then um I want yeah I want to come back and I want to tell you guys why sometimes when you're in toxic situations the healthy reaction is not the reaction is not the is not the the response to take or at least uh you don't have to you don't have to be down on yourself when you don't have the healthy reaction OK All that and more I guess on this regular guy Friday vote man in Kansas City man in Ohio man wrote this with Bob Dylan In fact they do it as a duet It's fun They're like laughing as they're doing it kind of improving his later stuff if you want to check it out It's incredible I've been on kind of like a little country kick recently Oh ok If you if you want to listen to his later stuff um famous producer I'm having a brain freeze He's a huge wrestling fan Twain's ex-husband He's yeah he he he got his hands on him at the end and was like no no no no no We're gonna reinvent this We're gonna do this you know And I think it's some of his best work Ok Melissa And a lot more than I needed it turned out some things turned out bad Oh boy Yeah the producer the internet is just telling me Mutt Mutt Lang Lang I don't know if it is you know what I might be screwing that up Steve the steamer will know phone in please Yeah I tracked in El Paso Oh my goodness I don't know why this also speaks to me These are all prisoners by the way watching them smoking Oh yeah please Especially back then That's cool Yeah and that's big barter Right Right Right Yeah Right Um it's funny I was talking to so I was talking about unhealthy when you're in toxic situations II I you know I play these games by the way it's gonna be fun to have a kid now because I can play all these um mind games with the because Maria is kind of over them But I'll you know I always do these things with you guys So I'm driving along and I said yeah Maria when I think of the situation because she was saying on one of her episodes she was talking about one particular place the toxicity involved It was just so unjust it was so cruel and it made no business sense That's the other thing too I I could see if it made business sense but it didn't it was just jealous jealousy and it was just personal Um you know I love obviously how things turned out but at the same time I uh I just feel bad for her because she took such a beating But I did say to her I said you know ma'am I said um you know have you thought about what the healthy response would have been in those situations And she's like yeah yeah I guess so I be like standing up for myself I said ok more uh I said well let's think of all the people that let's say were raised healthier with um you know more money more education healthier family systems

Yeah How would they have responded It's like well they would have quit rather than compromise their health And I said yeah And so then what would where would where would you be then Not where she's now you know where would you be Then It's like you just had this amazing trip in Greece the country opened itself up to your dad God continues to live the fairy tale Um So you know sometimes you kind of just have to go through it and sometimes the healthy response is not the response because anyone with the right mind I mean these some of these places were just psychotic some of them were like top to bottom psychotic and then other ones just had a couple of psychotic people there Um but you know entertainment journalism and gossip I mean that will all bring it out But it just again 11 of the places in particular was just completely psychotic and then that same place was calling the new job which wasn't even in competition with them torturing Maria from the job and texting her being like ha we're like it was unbelievable It made no sense But and so anyone healthy would have quit But um I said to me I said you know I I really want you to spend more time Yes Sometimes you could have stood your ground better but I think that it's more in doing the work So that stuff when it happens again it doesn't bother you as much You know you can Star Trek 1966 Specter of the Guts great episode The bullets the bullets are not real So these things these people are saying like it's not real and you don't hold on to it that way You just again now my my mentor Andrew Lee grew up very healthy you know uh with a healthy family system he had he was like yeah when I first you know got out into the world I had a guy that was horrible to me and he's like and I literally he would be on the phone screaming at me I'd put him on speaker and he's like and then I would just like I would just be naked and like laughing at him like posing in front Yeah he just he's like I was just mocking him Like but again so Maria never you know I tried I tried to show her the Miley Center at the Awards I like that's but because of all the traumas she wasn't able to do that but still the option was not was was not to quit And I'm so glad she didn't And I said I want you to look back at that be grateful you didn't quit But then also be proud of yourself that you you took their best shot and you're still standing and like not like when I say it there was a lady that threatened me God 20 something years ago over Maria and said you know you'll be back and doesn't her family own a pizza place like I don't know like an uncle or aunt does and well yeah that's what she's gonna be working And I said wow and that was nice The whole meeting and this this this lady was like at that time top 20 most powerful women in and he called her and she would always

make good on it because you know but I did the Hulk Hogan with that big finger Steve would know that when Hulk does the big finger So I was like she was just slapped me around the whole meeting and and I was kissing her butt like everyone did But then that was it And I just said um actually name of person Mary is gonna see you out of this business She laughed Yeah Kelsey So kind thank you And guess what All of them one by one by one they've just thought you know it's so then it goes back to my other theory in life like this This is terrible to say please My old fear used to be life's about hanging on the tree branch as long as you can while people are throwing rocks at you Oh my God Jesus But that's not how we see it anymore But but in a way you know it is the Sylvester little Rocky bebo not how hard you hit it so hard you can get hit and keep moving forward Um But yeah so I think that sometimes if you're in these tough situations don't get down on yourself for not doing the quote healthy thing You may have to hang that f in like a mask is like a dysfunctional person quote unquote would but he'll be fine You'll you'll be fine you know dig your escape tunnel anyway That was just something that I shared with her And she's like yeah you're right I said so all these amazing blessings And I said and I still think that you know maybe you might not have had the tumors but now maybe maybe not but maybe not now But I still think the things in your childhood they would come up or there would be a sense of of unfulfillment if you didn't live your dream And I said you know Mary you were so young you made it so young You don't I you don't you think that you could just quit this and walk away from it Or you could have quit back then and then ok and and and I said to her I was like you know you don't know that because you don't know how you're gonna field 60 65 Here's what I know 100% of the people that quit this business in their prime regret it 100% of the ones I met regretted it And why wouldn't you You got a great gift from God and a great blessing and you know many blessings and you have to honor it I said this to my niece too My niece is you know Brooke Brook she's an incredible fashion designer and I'm like honey and we took her to New York for the coffee in a crawler We had a nice little dinner Auntie Uncle Kevin and Aunt Maria Oh yeah they show us your oh it's beautiful And then you know we had to get into it with her And I just said you know sometimes when you're this gifted you don't have a choice You have to honor your gift Sorry And I'm like so mom and dad are on board we're on board Your boyfriend's on board Like what are we doing You need to honor this gift And um that's the same with Maria I so I you know with Maria like you know anyway now that we've gotten through it



and Maria is her own you know she's doing her show on her own and I think she's gonna be an amazing mother and I think that's gonna that's gonna fill the emptiness because at the end of the day Maria that's Maria's familial She's not a um a star narcissist you know where some of those other stars that that's their their Children are literally their fans you know I mean it like that's their that's it That's go back to May West study some of the old stars Like they just felt like hey Paris Hilton said in a documentary my they're my my friends are my fans Um but Maria is not like that Maria loves her you know the fans and she has a lot of friends who are also fans but at the same time I think Maria is very familiar and she's gonna come when she has a good girl I think she's gonna want I know how she's gonna be I think the baby is really gonna fulfill that side and it's going to be wonderful to watch And then for me well you know I I think for me it's funny Kelsey because I feel like I've been a dad to all you guys for so long that it's just obviously going to be deeper and different because it's a baby and all those things But at the same time I think it's gonna make me be more of a breadwinner Well that's what I said That's the thing and and I think it's gonna flip the rules a little bit and you have to think because I'm ready to go I told her I'm like I you know I mean like I I get it You've been doing this for so long but now you're gonna put me in the game before You know she never let me get in the game Not she didn't let me but she was like I need you I need you and that's fine But I'm like Maria I can do that and be a dad and I can do other schemes schemes scams No that's what I see to Kevin I'm excited for both of you and this next new chapters and for the little sn and who knows I don't I don't think by next week's regular guy Friday she'll be with us But I don't know I don't think So anyway so rounding out today's show Um I think it's it's a pride weekend this weekend in L A No it was last weekend I went last weekend Oh ok So I saw Melissa mccarthy Good at that But good friend um longtime family member Daria Was she there this year I know she did it last year No she's coming in this weekend Usually she comes in for that Oh yeah that was last weekend Yeah And I'm sure she probably was here But but yeah her and her fiance are coming in so we'll be hosting them I love that It's gonna be our thing Maybe our last L A weekend we go off and I think for the show too we we we might be doing it all depends Timewise We might be doing live not live but live to tape updates on the baby all week long We're in the Midwest when we're there on baby watch We might we may very well be um I know Natasha we are working out the details on that We'll keep you posted Kelsey Alexander Meyer You weekend I am going to New York Oh

my God Yeah we did for the Tony I'm really excited to work with the Tony Awards on the red carpet We picked the black dress That's cute I need some little shoes that I can be comfy in for a 15 hour day I love it though I'm excited I'm like that Kind of stuff Everyone's always like how long I think it's exciting I think it's so good This is what I'm saying Kelsey your super power that you got from your childhood the endurance the resilience the seeing this stuff as magic seeing this stuff as as a privilege not a right All of that stuff Now we we have to continue to use it We've used it up till now but now it's time to next level Like let's continue to use his superpower Let's mask where it's made you weak It's it's um that's gonna be I'm excited And if I see Sean Hayes I well when I see Sean Hayes because he's nominated I'm not going to freak out but I will be pretty excited Sea long time Love to have you on Marie and I did see um another same drop He's amazing I saw um Mindy Kaling um the other day or earlier this week at an event And I said hey girl I said I work for Maria and we love that Mindy Project episode is still one of our favorites and we would love to have you on the show She's like oh my gosh yes Say hi Yeah She was very sweet She's amazing She's you know she I think she bought M's book for everyone on her staff to read it Yeah Oh that's awesome She's so great Like she spoke and I was just like she's so smart but she's so funny Yeah she was lovely She took a lot of love So that's good So and we talked about we're going to upgrade the luggage Yeah Oh yes Oh my God You guys when I tell you I think it comes from Kev you've always talked about the middle class right where it's just like I just hold on to like literally everything everything And so I've always just been given and grateful But exactly Exactly And so but it was never right It doesn't it not only looks old as heck but it's like not the right size It was like people gave it to me because it was either a little too big or a little too small and I just made it work and now I have 72 of them and I'm like bye Bring it to Good Will and go get 21 carry on one You can fill them too with knickknacks and clothes you want to also get rid of and bring it to Goodwill and bring it into good Well yeah No I think first of all luggage says a lot about you If you can't afford now we're really going regular guy But if you can't afford the high high end stuff which I get toy's good Right It seems like it's in the middle in a way We have a way we because we did a deal with them years ago and you know for what we got in return It was like I just ripped it is super expensive and like no so II I to me and then you can go to there's really high end stuff But no I actually think I said rather than TJ Maxx I like Target because um because you can get you know different sizes and pieces So you may want to

know if you want one that you can do overnight but then you can have one and but I'm saying you can they could be matching it's all like black or one color you know they're unified and then you're fine you know you don't need and that's very affordable but it does make a difference I I will say it's like you see a lot of young professionals and I'll see oh my God all this mismatch old like crappy luggage and I'm like yeah what you what You know you know what what's that image you're putting out for You know which isn't a lot of money like when you say when you go to Target and I never thought about it until today when I was looking at it and I was like no it's also taken so much space because I have so many different sizes Bye So yeah I'm very excited So Natasha I know Saturday we're gonna do uh we we have to work a little bit because we're gonna shoot we have so much fun on Saturday Well um Uncle Kevin's gonna get some legos for her son It was a surprise But no no we uh we have Daria Sonia Deville and her fiance coming So we're gonna we're gonna do a little tape a little show Yeah because I wanna Natasha being a mom I think was the one who said to Maria like Mario you know the more you can tape you better because you want time with the baby and because Maria is not being listen being female more conscientious caring more about the work working harder All the things that you guys are that we're not you know for Maria to do the show It's a lot because it's prep and there's this and everything you know whereas like with the guys right we just walt in I mean I don't I really try to prepare but I also am way more chill It's funny because Maria said that to me the other day because you know it's nice to be a guy isn't it Yeah something I it was no it was it was sad because I really felt bad because she was right There was something about I forget who it was somebody that it was some it was a personnel issue I forget maybe it was business managers or whatever and we were both saying the same thing but it was ok for me to say it not for Maria Ray was the bitch and it was I was like ok yeah I was sad I hate that I don't get me started on how much money we have to spend on makeup and young I think makeup should be free I think tampons should be free and I think makeup should be free but that's for another show Thank you Well tampons that's yeah they should be free I think so Thank you But also makeup Thank you very much Well come on and by the way by the way by the way guys now wear makeup I mean wearing foundation I mean so many people now like wearing makeup I don't see why not I don't see Yeah I'm good with that All right so let's get that approved You guys let's push that through legislation That's fine That's that's ok You've been trying actually um anyway now anything else to add Yes I want to add

because it is going to be your last weekend in L A as a duo as oh you're right we're gonna be a trio Well possibly possibly Well in L A though because really last weekend was y'all's last but then we pushed it because like she's coming in early she's coming I'm like no she's not But now you guys are gonna have naive company So technically it was last weekend you were all alone You know what I mean Yeah Yeah that's true You're right Here's the thing I'll say you know it's been the house now cribs and all these things are popping up But also you know we guys we've had the furniture we've gotten is I was like you know we just never cared like it was all about work But that's what I keep trying to say to Maria You know because she's like God this house was So I think now we we we we're taking time to um dress the rooms better Cynthia and her husband shout out to Cynthia Right What's her She's got that hot pink pineapples Yeah And she does her thing is uh she really finds a way to do um renovations on apartments That's kind of the husband and her specialty But I forget what we got with her Marcy I think it was probably Marcy from e it was to do the studio and then we became friends with them and like they're they're they're amazing because she started off as a set designer Yeah that's it But um you know she's been helping us and and listen I'm still finally have gotten through to Maria Like there's great stuff at living spaces Come on Just let's go look And you know like we have kids we have dogs like it's not worth buying this super expensive stuff It's it doesn't hold its value It's better to get something more affordable and use it up for 567 years whatever and move on So anyway now we've done it and we have some great pieces But she was like today she was like I'm so oh my God thank God you did this house over and God we were like living so bad And I said Maria like we we did what we had to do We were working we were working seven days a week So now but now as me poop deck Pappy used to always say easy Now hard later hard now easy later pretty simple I'm like so we did all those things then and now we can now and it goes again Nice to have something to look forward to So we have the house feels better The studio is is the energy of the studio is much better since we've renovated it Oh good How Winnie good girl An in here She doesn't like all the Yeah I don't think she does either Yeah I don't think she does either Well anyway well Natasha why don't we uh let's go home as they say I don't know whatever you guys want to come up Max is fine Yeah we got to we did Maybe we did a last week I don't remember what it's so funny I don't know why I just had an ad D moment but there was something also that um Molly Fink said about falling out having bad falling out falling out with

relationships certain relationships She said something so interesting Like usually if it's a bad falling out at your last one I think it was something like right Wasn't it No she said because Maria said that she had a falling out with somebody and Maria responded in a very different way But no but but before Maria responded because I know Maria threw her a curve she said something so interesting about that Anyway Well you guys have to check the interview out I'm super super impressed you guys and uh listen as we listen to Ava Max as Winnie continues to be antsy with Papa Maybe she's hungry too Oh Yeah maybe like anyway still waiting for you to get a on the show But I know she wanted to know what didn't you say she was playing live somewhere No not that I know of I'll have to Google that because if that's the case we're all going long longevity wise you know great Gaga and pink and all them have you know they keep going They're an icon sta I wonder where where good old la end up I don't think like Gaga but well I'm saying will she be relevant in 10 years 15 by the way Shout out to Doja Cat for getting a national commercial as you know I'm a huge do more into Doja than big fans of both Don't get me stuck Doja Cat Nice national commercial She needed the money So that's why the kids love me So down with the kids I'm with the kids Try to remember why we're here If you can learn from mistakes Help each other and have a few laughs along the way That's right Kelsey will be back next week to report in on the Tony That's right I'm excited for to me too I'm excited too I love theater I grew up in like in theater so I'm excited I was listening to my tick tick boom last night to get really in the game You know it was such an underrated movie was the guy the creator of Rent the biopic on that Andrew Garfield I like I mean anything honestly I think he's in is like but didn't you love that whole theater I just thought that to me was right Right Yeah Oh I love it Yeah Well he was up he got nominated for that but it didn't get enough I think it was COVID wasn't it when so much was coming up But yeah if you haven't seen that you guys should watch It's phenomenal and uh and I didn't know so much about the history of that too guys We're almost at the six month mark for Christmas please I don't want to get us into an RGF bonus We already went long enough Ok Kelsey if you'd be so kind Ok bye bitches Thank you You go into this bitches You stop adulting guys Stay a queen Bye