

## Shit We Don't Talk About - Episode 62

Drew Linsalata

### Toxic Emotional Intelligence

**Mia Voss** 00:07

Hey, welcome to Episode 62 of Shit We Don't Talk About powered by helix interactive. My guest is your favorite and mine, Drew Linsalata and as usual, we're back on our bullshit. The topic is Toxic Emotional Maturity and Drew has some things to say and I'm here to as always. There's an accessibility transcript that can be found in the show notes at [www.shitwedonttalkaboutpodcast.com](http://www.shitwedonttalkaboutpodcast.com). All right, strap in it gets good

**Mia Voss** 00:42

Barbara de Drew.

**Drew Linsalata** 00:45

MDV. The one and only.

**Mia Voss** 00:51

I am. What are we talking about today. This is like a crapshoot of what's gonna get Mia fired the fuck up.

**Drew Linsalata** 00:54

That's pretty much what this is. So for those of you listening, I pretty much goaded Mia into recording me today knowing that like I'm gonna get a little riled up here. We're gonna get a good Mia rant that we haven't had in a while.

**Mia Voss** 01:07

It's definitely. We talked about it about two weeks ago and then we got on here like what are we talking about? And then I go, Okay, I'm in okay, I can get with that one. And I love it when you get fired up because then I just egg you on.

**Drew Linsalata** 01:19

[Laughs] Like hey Drew why don't you talk about this. Well, I can't really on my platform, but I'll just use Mia's. I'll come on Mia's podcast and we can talk about this shit.

**Mia Voss** 01:30

Anybody who knows me also knows that like do not call me to calm you down. Not only will I not calm you down, I'll drive you there and hold your person earrings.

**Drew Linsalata** 01:39

Yeah, no, no, if you're in a riled up state, this is not the human being you want to talk you off the ledge because it's not gonna work, she'll crawl up there with you.

**Mia Voss** 01:50

So this bitch, so toxic emotional maturity. Yeah, tell me what happened that has got you so fired up. And then we're gonna dive into.

**Drew Linsalata** 02:03

So I'm gonna give, she may listen, she may not I have to give full credit to a friend for sort of, in a conversation protracted conversation with this other friend who I won't name because I don't think she would want me to. This sort of came up, like, and I said, Oh, I think we may have coined something here and it's called Toxic Emotional Maturity. So those of you watching at home, there's first of all, there is no alcohol involved that I'm aware of? I don't know what's in front of me in this mason jar, you never know. But not yet. Not yet. Okay. But toxic emotional maturity is that thing where somebody and they're allowed to get there, I applaud this. They've done the work. They've done their own emotional, heavy lifting, they've become self-aware and healed and enlightened and all of those things that they'll want to claim which is fine. I'm not saying that they are not, let me be perfectly clear. But then they decide that they have now somehow evolved or been divinely granted the right to evaluate, interpret and judge your internal experiences, of your internal reactions and thoughts and emotions and motivations. Somehow their emotional maturity gives them the right to always judge and rate yours. Like she goes, I can see it coming...

**Mia Voss** 03:13

Did you see me mute, and start taking notes

**Drew Linsalata** 03:16

I can see you start to do the wind up.

**Mia Voss** 03:19

Right. And she's first of all, they've done their own heart healing, according to whom?

**Drew Linsalata** 03:25

Well according to them. And I think I'm okay with that right. Okay, like I'm not here to judge anybody's healing but...

**Mia Voss** 03:30

All right, thank you. I may step just slightly down on that. But I will say depending on what the outcome of this again, it's according to whom and what was their, was it just something convenient that they looked up that fit their narrative to say, I'm okay with being healed. So there's a whole other bag of wax.

**Drew Linsalata** 03:49

Which okay, we can agree on that but I think in a way it speaks to this issue because your definition of healing or self-aware or emotionally mature might not match mine because we live different experiences in the end but that's okay. I'm willing to root for your emotional maturity, congratulations if you feel [cross talk] right but the issue where it becomes toxic and I think we do see this to a certain extent we talk about toxic positivity a lot, you know holding up sort of almost a universal standard of and it gets tied into boundary setting, it gets tied into don't let people gaslight you, it gets tied into blah, blah. And this is when you start to see things like if you don't agree with me, I'm going to tell you that you are gaslighting me. If you don't agree with me, I'm going to tell you that you are just not healed and you haven't done the work. If we are in a conflict I'm going to throw my hands up and declare that I'm not doing your emotional work for you. Well, you know what, I'm happy that you've done your emotional work, I'm cheering for you as one human being from the other, but who the eff for you to decide what my emotional work is. And yeah, and so in a way and this is starting to spread more and more and more.

Where like this is the out in any conflict? This is the way that we describe why we disagree, this is how we frame our separations and our cracks in the armor and all of these things that keep us apart. I'm healed, and you're a heathen and you are not. Shouldn't say Heathen because that has religious connotations. But *[Mia: I know but now you're gonna get me fired]*. You're Neanderthal and you haven't done the heavy lifting. And I have so I don't have time for you. I'm too busy creating my reality.

**Mia Voss** 05:23

Yep, this concept of toxic emotional maturity is so age old because it does go back to and you know, that gets me fired up with my own background of growing up in a really fun boarding and Christian cult. I give it zero stars. I highly not recommend, but it's that same kind of thing. And that's where religion is so irritating because it just filters out, if this doesn't hit this criteria I don't have to deal with anything about you. Because you don't hit the mark. Right. And so I agree with that so much of people. Oh, in that deflecting thing that turnout. I mean, it's kind of like how and depending on how you vote, this might annoy you but it's like how Republicans are or you know, really rabid. Anybody rabid on either side can deflect and turn around. Like they've taken the phrase of snowflake now and used it right, like woke is a terrible thing. So that's just as literal flipping which is very much a narcissistic tendency, which, again, that gets flipped around to, you could be called the narcissist to being selfish. If they decided that you haven't done the emotional healing. By the way, a little spoiler alert, we have no solution for any of this.

**Drew Linsalata** 06:36

No, no, FYI, there's no pot of gold at the end of this rainbow at all, just a swirling quagmire of ulcerative colitis or whatever feeling you're gonna have in your gut when we're done. But yeah, and I think you're right, it all ties together. And in certain instances, it's weird because we will, when people call each other sheep or they use woke as a weapon or snowflake as a weapon or Trumpster as a weapon, it in a way we would look at that as a very base level of disagreement. Oh, that's hate. That's not no, but there's not that much difference between that and people who will claim this emotional or I don't know what you would call it. It's not spiritual. It's an emotional high ground. Well, I'm here. And if you can't come here, I might be alone in this bunker, me and my three healed friends and it might get really

lonely, but that's okay. I'm gonna die in this bunker alone, because you are not worthy of my effort anymore. Because you haven't put in the work like I have.

**Mia Voss** 07:28

It's also a way of getting out of doing any kind of emotional intelligence work, which I Oh, man, I wish emotional. And I think people have been doing the emotional intelligence work for a long time, but it just hasn't been called that where it's not so black and white. Right?

**Drew Linsalata** 07:44

Because we didn't have a forum where everybody could see every effing thing that pops in their head. 24/7 and we didn't have that, so.

**Mia Voss** 07:50

True. And you know, that's the tough thing, too, is just saying that I don't have to, yeah, I don't have to do the work. And it kind of it's kind of MLM ish, where you people just get so like, if you don't buy into this, you are missing out, and you're never gonna make any money. And this is the only way and you get what I'm saying which also goes into cult like things. I know you, you didn't ask for me to tangent this much. But I'm gonna. Because it shows up in so many different forms. But I think that is the toughest thing, especially if someone is trying to communicate clearly and saying, hey, you know, this is bugging me. And this is really tough for me, for somebody to shut you down, and deflect and say that you haven't done the work. I Oof.

**Drew Linsalata** 08:35

Yeah, I'm not gonna stick with...[crosstalk]

**Mia Voss** 08:40

What's he saying? Oh, and Moodstruck bring me my bag..

**Drew Linsalata** 08:44

Bring me the big knife. Chrissy, get me the big knife, I'm gonna cut my throat. I won't do what I tell you. That's a response. Don't get me started. I'm gonna start getting everyone. But I think in a way, some of that is like, Well, I'm not going to continue this conversation

with you. And I'm not going to work through this thing with you. Because you're not meeting my standards of self-awareness and emotional maturity. So sorry, but the thing that's strange about that is I think part of the definition of emotional maturity is being able to work through the fact that we all have different experiences. And we all have different reference frames, and we're going to have different reactions. Like if you can't handle that, and you want to wall yourself off and only claim that you can only align yourself with other people who have reached your level. That doesn't seem very emotionally mature at all.

**Mia Voss** 09:34

That's it. I don't think those words mean what you think they mean.

**Drew Linsalata** 09:39

That comes up again and again.

**Mia Voss** 09:42

It's literally the opposite. The toughest thing about doing any kind of emotional heavy lifting, any kind of emotional maturity is literally saying alright, this is you know, this is where I got to it, but I want to hear how it comes to you. Now let's get into some other earmarks of lack of emotional maturity, is also people who dole out terrible apologies. I'm sorry if you feel that way.

**Drew Linsalata** 10:09

Yes.

**Mia Voss** 10:10

All the things of like, I'm going to half apologize, but let you know, it's really your responsibility that you got hurt by my behavior.

**Drew Linsalata** 10:19

Yeah, yes, exactly. Which you sometimes see and the whole like, no, you're acting very emotionally, I take emotion out of everything. We see that a lot. And then that turns into well, I'm really sorry you feel that way. But you've been very emotional about this. And some people I've seen that sometimes it's like, well, I'm claiming emotional maturity,

because I think I've somehow taken emotion out as if that's even possible or desirable. You know, I'm completely unemotional about everything. And there's some...

**Mia Voss** 10:47

Give me some other examples of what's really fired you up about it, because I love what not to do's. Yeah, live by what not to do's.

**Drew Linsalata** 10:54

Yeah, you know what's hard, though what not to do is really easy, what to do is harder. And we've already acknowledged that we ain't got any what to do. We have none. We're just here throwing stones.

**Mia Voss** 11:04

That's what we should call this podcast.

**Drew Linsalata** 11:07

Just throwing stones. Drew and Mia throwing stones for half an hour. I think it all stemmed from like, the work that I do in my community in mental health and anxiety and anxiety disorders is when people are living in difficult, I'm gonna say difficult, I'll be kind here and say they're difficult relationships, sometimes they're abusive, they're manipulative relationships, those are real, that happens, it's very difficult for them to get better sometimes. And I see it all the time, people who are living with others that make them feel less than, they make them feel weak, incompetent, you know, incapable. And some of it sometimes is that wielding emotional maturity, and oh, I'm evolved and healed. And for somebody who's suffering from things like panic attacks, or depression or OCD, like to be told that you're not healed. And this is part of your problem, this is an emotional maturity problem, you have to do the emotional work, and the shadow work and the scar work like that's, you're wielding your journey as a weapon against somebody else that's on their own. That fires me up, that's not okay. And in the end, I see it as and across almost all populations, like I really need to validate my own work. So I will use it as a weapon against you. And as a measuring stick for you where you won't measure up. And that validates that I've done it.

**Mia Voss** 12:25

And anything that you do. And especially if you're someone who is feeling weak, and you're doing the healing work, it can really throw you for a loop. Again, especially if it's an untrusted relationship, or something where you're trying to let people know, hey, you know, this is how I feel, or this is the work that I'm doing this was my experience, nothing is worse than being told that your lived experience is not what you thought it was.

**Drew Linsalata** 12:49

Yes,

**Mia Voss** 12:50

That's still dangerous.

**Drew Linsalata** 12:52

Where I started this is that I'm going to say that I'm emotionally intelligent. So I will interpret and judge and evaluate your internal experience, your reactions, your thoughts, your emotions, I will interpret them for you and rate them and judge them.

**Mia Voss** 13:08

That's segue for, and we can segue for a bit into a recent rant of mine if you'd like. It's in an adjacent neighborhood. Yeah, neighborhood adjacent. It's people that I'm going you know, I've gone through quite a few changes in the last now 11 months. And so I'm pretty out loud and open about some of the things you know, I've moved a couple of times as I'm looking for the space to land that works out best. And it's really funny and interesting. When I say funny, I don't mean motherfucking Haha, at all. I mean, annoying. That's peculiar of people that think that healing and the work that you do to change your life is this linear thing. And they need you to explain to them what you're doing all the time. Well, what do you Oh, you're moving again. What are you doing now? And it's just, and that's where we got to the flowchart. We talked about the flowchart, is this your business? Am I sleeping with you? No. Let's go to No. Back to zero. Is it your business, and I love using it. And anytime I talk about these things, too, I did a really great rant and we'll put this in the podcast notes too of my Friday with the Frenchie, when I was all fired the fuckup but it's the way to, to think and this goes along with the emotional maturity as well as is if Are you okay, do you need my help?

Yeah, I might. Did I solicit your opinion? What else do you need if this is working for you and it's not hurting anyone else and I you know, that's of course a loose term, then it's really just let it be. Let it be. I mean, you can spend so much less time and it is a muscle you do have to work on it because we're just nosy motherfuckers. Like that dog that's looking out the window. What's going on over there, Mrs. Kravitz, what's going on in your world? Because a lot of times you don't want to fix your own stuff. So you're curious about what's going on in someone else's. That's my little bit of a rant and again, that's the thing that's so interesting is that people expect that you make these decisions or that change is going to be, like I said, really linear and smooth and easy for everybody to understand. And when you get a lot of that attitude, it can literally stop you from making really good decisions. Because you worry about what other people are worried about, the feedback, you worry about... and even me that the ultimate and the DILIGAF which is, as we all know, do I look like I give a fuck. You know, that's my acronym, you like that one?

**Drew Linsalata** 15:38

I was today years old when I learned DILIGAF.

**Mia Voss** 15:42

Look at that, Drew, learn something new. I'm a little low grade shock that that's a new one for you. Because it seems like...And when I say that, I don't mean that. I don't care about people. It's like, do I look like a give a fuck like you're offering me something that's taking emotional energy from you and quite frankly, wasting my time.

**Drew Linsalata** 15:59

Yeah. Yeah. And I think in a way, like there's that, we have to, maybe we do have a bit of a solution. Or maybe we're doing more than just ranting and throwing stones here. Because I think, you know, it just comes down to the idea that like everybody, some people aren't doing the work, and that's okay. But you have a right to not, you cannot associate with that person. It's okay, you can do that. But I think...[crosstalk]

**Mia Voss** 16:21

And sometimes talk about them a little bit off to the side is all good. I just work shit out. So that's just I talked about the obvious.

**Drew Linsalata** 16:27

And you're free to do that. We're all free to make the choices that we make. It just when it becomes a pattern, I think it becomes a thing, like this guy is just killing me now. And I can't be around him anymore. Okay, it's totally fine. I'm not saying that toxic people aren't real. I'm not saying everybody needs boundaries. We did a podcast on boundaries. Yes, all of that stuff is real. I think you just have to be really mindful of the fact that like, oh, all the work that I've done in myself, I can be really proud of that work. And I can be happy with where I wound up and I could want to share it with people. I think that's normal. We want to share what worked for us. But am I using this to evaluate someone else's internal experience? I'm going to evaluate your emotions, your thoughts before they even come out of your head and decide whether or not they can accept them or understand them or you're expressing them correctly, or? That is a little problematic.

**Mia Voss** 17:16

It's dangerous, that gets into the Rachel Hollis neighborhood too. You know, it's not a day that ends in y that I don't think about or bring up Rachel Hollis.

**Drew Linsalata** 17:25

One day she's gonna be like, What is with that Mia Voss, what is it she got against me?

**Mia Voss** 17:30

Everybody she is and anybody that I listened to you on the YouTubes they feel the same way. They're like someday soon I'll stop talking about her but she gives us so much information. Today is not that day, sir. And I don't see it coming anytime soon. Because there's just so many different ways that it it's dangerous to say that you know, this is the way to think and if you're not subscribing to this pattern, if you're not subscribing to this way then you haven't done the work and everybody's looking for those easy little sound bytes of information and you know, being messy about whatever your healing is, too. I'd rather I'll take that any day over that but and again, I do understand to this oh it is just so hurtful when you just think you're **Killicking** along and getting things done and somebody

just offers this opinion of you know, if you did this which I see it all the time of folks they'll say something about their health and they just get that litany of well if you try to you know apple cider vinegar rinses out they like...[laughs]

**Drew Linsalata** 18:39

The very first episode we ever had on Shit We Don't Talk About we did. We talked a little bit about that. Like, oh, you're depressed and having been in bed for three weeks. Have you tried gratitude? No, I'm sorry. I hadn't thought of that. Thank you Captain obvious.

**Mia Voss** 18:51

There's so many of our episodes that you did talk about that I mean, even we have the universe doesn't have your back which I still think is a super funny one. It cut serious but what we talked a lot about that, too is the seriousness of people that are trying to do the work and it's dangerous for them to be discouraged to say No, unless you do it this way. Unless you read this Tony Robbins book or if you do just Joe Dispenza which I do listen to him a little bit. I take it with a tiny grain of salt, but that's me deciding what works for me. I'm creating my own little fun poopoo platter, a sprinkle this, a smidge of this and when it comes to religion, spirituality, healing all that man I just think everybody needs to make their own damn recipe, that's my advice.

**Drew Linsalata** 19:40

And then you have to be tolerant of other people's recipes that might not match mine. But is it hurting me and you could decide it is and then disengage that's fine. I can tell you I can't be friends with anymore because this doesn't work for me. Okay, you're allowed to do that. But it doesn't mean that I have to necessarily stay in a relationship with you but use my healing or my enlightenment as a weapon against you. Weaponized, that's right weaponize it to validate my own thing.

**Mia Voss** 20:05

Why do you think people do that though? Because is it a threat. And I know for myself, I felt like what people were commenting on my journey, quite frankly as a discomfort level of what's going on in their own life. And I'm not saying because I think I'm all that and aside

bag of crispy chips. It's because sometimes it can really shake people up when you're doing something different.

**Drew Linsalata** 20:27

Different, different, different means I have, this is only my opinion, there's no I mean, I'm gonna get my Yes, my opinion I'm gonna give it. I think that different thing is really hard for humans in general, and for some people more than others. If you do it different than me, then that means you might be invalidating or maybe it makes me question the way I did it. It makes me think that I might be wrong about this, right. And then so, again, in the work that I do in the anxiety community, that's a thing I get chastised all day long for saying what I say, because people didn't do it this way. And they don't want to hear this. You and I've been told you need to go and heal. You're not a Healed person. Stop saying this stuff. You need to heal, heal, heal, heal, heal. So and I get it because like, Okay, well, I'm all for your healing, I'll root for you but it sure sounds like your healing is really fragile if it cannot possibly withstand an alternate point of view or someone else's different internal experience. So I think one of the things we could do is like, look at what people do. And we hear that sort of stuff all the time. Someone shows you who they are, they show you who they are, believe them. That's a good statement. Right? When they don't show you, but then it's when you start to extrapolate, or you decide what they're showing based on what you think they're thinking, or you're judging their own internalized stuff against your yardstick. How do you know what's in somebody's head? You don't, now we have a problem. Now it's a weapon. Yep.

**Mia Voss** 21:53

Yeah, it is. Four Agreements. I don't know if you've read that recently. Have you read it at all? Do you know the Four Agreements, [Drew: No] Ah, I always get three of them. So it's don't make assumptions always do your best. And that means your best, that's your best.

**Drew Linsalata** 22:07

Goa round with scissors, wait an hour before...[laughs] I'm sorry. No, sorry. I shouldn't have done that.

**Mia Voss** 22:22

No, I forgot, to be impeccable with your words. Don't take anything personally. Don't make assumptions and always do your best. And I fucking love those things. And they irritate me just as equally, just like your whole slowdown thing, which by the way, you've got a whole new thing, and I'm gonna plug Drew's his book of 7% slower, which I do things 7% slower and then chafe against it and, and mutter and swear under my breath. But I do think that, yeah, I lost my train of thought. But I do think yeah, having those four agreements of not taking things personally, don't make assumptions. And I think that's the thing too. I know for myself, that I've made progress. And it has been just so beautifully messy. But I think that's when, what you just said about listening to what people do or seeing what they do. We've talked about this a lot, too. I've been in mastermind groups and partnered up with people and then slowly realise that I'm saying the same thing of offering the same advice. And they have the same behaviors, or they're trying new things over the year without ever actually doing whatever it is they need to do, which is maybe, you know, spend less get a budget, you know, start podcasting, whatever it is, they're willing to, or not willing to do the work. They're not doing anything different. They just come up with new harebrained ideas.

**Drew Linsalata** 23:44

Yeah. And again, everybody well they take their own journey, which sounds so cliché, but they we do, and in a way, it's just like, Well wait to see somebody's journey or if they're willing to share with you then okay, that's nice of them and be honored and maybe you don't want to participate but wait to at least see what it is before you decide what it is based on I'm projecting my thoughts into your head and then make my decision that way. That I think is that's where we get into toxic emotional maturity. I know myself so well, that it means that I now know you better than you know you.

**Mia Voss** 24:14

Oh, God that annoys me every time you say it a different ways. Who said that.

**Drew Linsalata** 24:23

I did, just now.

**Mia Voss** 24:25

I like just that. But another piece of emotional maturity is going back to this is learning then when to just see that's not for me, of people that are doing that and extricate yourself from that. I was thinking about this with boundaries of something I had, had to set a boundary with someone who was saying some inappropriate things, right. And I just, you know me I have a potty mouth. It's not the day that ends and I haven't said that's what she said 18 million times. See my matching pillowcases as I just pointed to it. That's what she said. But I set the boundary and I was proud of myself because I've worked really, really hard and fast with it just said, Hey, this is not going to work. And then afterwards, I started to get a little bit like, I wonder. And then I just said, No, it's like, we're gonna go back to recipes, set it and forget it, like a crock pot. Set it and forget it and some people may, you know, come back, and you may have to remind them again, but I just thought that was such a great piece of advice I gave myself today. Nope. You said it now you got to forget it you fussing with it is up. You're making the face.

**Drew Linsalata** 25:37

I want to say that that was a Popeil product. Possibly the forming girls set it and forget it. A little Ron Popeil on someone.

**Mia Voss** 25:47

Yes. Well, I was thinking about here's another funny thing with recipes. There's this really funny thing that happened with Paula Patton. She was married to Alan Thicke. And that was a whole problematic thing. She's so adorable, and she posted this video of her making chicken and it was a recipe from her Jamaican grandmother. And people went nuts like on all sides of the spectrum of really just fair like what in the Wide World of Sports is wrong with you kind of thing? I mean, I really really just mad because she was making it a certain way there was like a specific step that she didn't do that a lot of people do with chicken and I mean really went off on her and her adorable little live and let live response to it. I just have to say I had to save it of like, that's how you handle it. She's kind of like, well then don't eat my chicken. Like I'm not mad at you. I'm sorry you're mad but then don't make this chicken and I just thought Ah, man, I just thought that was the cutest thing.

**Drew Linsalata** 26:51

Yeah. Or you know that she isn't sharing the chicken recipe because she needs you to make that chicken. She thought you might enjoy it. And so I think there's a parallel to be drawn there. If you found some recipe that has led you to a self-aware healed emotionally mature state and you want to share it. Well, thank you I appreciate that my friend like you might have share what might have worked for you just understand the limits of that sharing and understand that it has not given you some sort of superpower to interpret my own thoughts and feelings because you think you know me better than I know me.

**Mia Voss** 27:22

Don't get mad at me if I don't make that chicken.

**Drew Linsalata** 27:24

Right and I might not make the chicken and you gotta be okay with that. Or else maybe...

**Mia Voss** 27:28

And I can't get mad at you because I don't like your recipe. Yeah, we did not plan this little neatly tied up bow wrap up.

**Drew Linsalata** 27:36

Now I want Chicken. I'm starving.

**Mia Voss** 27:39

I gotta hang up called door dad.

**Drew Linsalata** 27:39

That's exactly right. Now we're gonna get some chicken. Anyway, thank you for indulging my little rant here.

**Mia Voss** 27:43

Yes, and I'm going to post this on the podcast too. But I saw this the other day like this little chart. I love these little handy dandy sound bites of what to believe but one says problematic belief is that you create all of your reality and the healthy belief is that we

co-create our reality with each other nature the unseen and our individual experience and that is shaped by our thoughts. I kind of dig that there's a whole little list of that but I think that goes in line with it of like what healthy beliefs are of not just being like, This is it?

**Drew Linsalata** 28:15

Right? This is it. This is the way Yeah, exactly.

**Mia Voss** 28:18

And if you don't get it, there's a problem with you.

**Drew Linsalata** 28:21

Let me point out the hypocrisy of this all coming from a guy who ends every podcast with this is the way. Because I got obsessed with the Mandalorian and I've been using it, so I will 100% own that little bit of hypocrisy because someone somewhere somebody right now is like, Oh, I got him.

**Mia Voss** 28:37

Right. So this from a guy who says this is the way. Yeah, which by the way, is one of the best. Almost as good as These Aren't The Droids You're Looking For. This is the way.

**Drew Linsalata** 28:48

This is the way man. Yeah, I got obsessed with it and it caught on, everybody likes it. So like, whatever.

**Mia Voss** 28:54

I dig that about you.

Yeah. All right. So that's toxic maturity.

Thanks, everybody.

**Mia Voss** 29:01

Okay, thanks. Bye. Thanks. Bye.

**Drew Linsalata** 28:57

Should I awkwardly end the recording so you can put it... Alright, sounds good. Thanks, everybody.

**Mia Voss** 29:06

Make sure to check out the show notes at [www.shitwedonttalkaboutpodcast.com](http://www.shitwedonttalkaboutpodcast.com) and also check out Drew's podcast at [www.theanxioustruth.com](http://www.theanxioustruth.com). If you liked this episode, please subscribe and leave a review. Especially if it's a good one. If you really liked the podcast and you want to show it, head on over to [www.shitwedonttalkaboutpodcast.com](http://www.shitwedonttalkaboutpodcast.com). Click on the patrons button and become a full time supporter of the podcast. And if you want your very own podcast, but you don't know where to start, go to [www.helix-interactive.com](http://www.helix-interactive.com) and get yourself some and tell them that Mia sent you. Thanks for tuning in. I'll see you next time.