

Episode: Porn Parody, Texas Dick Pic Laws, and an Interview with Dr. Vagdevi Meunier

Adam 0:08

Welcome to me and my gorgeous husband, a podcast about a sex therapist and the guy crazy enough to marry him. Today on the show we are going to dig into porn parody. Jump into an interview with my mentor, Dr. V. And finally, dive into dick pics and law because, of course..

Yeah, MaSean, we're actually doing it.

MaSean 0:32

Yeah, finally.

We've been led around like donkeys, with apples on sticks.

Adam 0:38

Oh my gosh. So welcome, everybody to me and my gorgeous husband. My name is Adam Maurer, a sex positive therapist. Straight friendly. And you know, I'm here to make the world a little bit more sexual, like, awesome. Sexually awesome. Myrriah can you check that out, please?

Myrriah Gossett is our producer, she's amazing. She is just a ball of sunshine on a rainy day. And Michelle, like what brings you here?

MaSean 1:09

I have no discernible talents or qualities. No real background. I have been in health care for 20 years, I've had a myriad of occupations and jobs, side jobs. I was an aerial arts instructor for a while, worked shoulder to shoulder with a few sex workers.

Adam 1:27

So MaSean, you've lived all over the United States. I was gonna say great United States, but not right now. Not at the time.

MaSean 1:35

I know, I wish I've lived other places but, I'm getting around.

Adam 1:38

Yeah, where would you want to live? You haven't been out of the country yet?

MaSean 1:40

No, it's true.

Adam 1:41

Where do you want to go? cause I've been out of country because I'm

MaSean 1:44

All over Europe, anywhere.

Adam 1:45

I'm like Nescafe, International.

MaSean 1:49

That's high quality.

Adam 1:50

Yeah.

MaSean 1:52

Canada even. I mean, a lot of places I'd like to go. And you know, I just haven't made it. I've been very busy for the last 400 years.

Adam 2:01

Yes, for those of you who can't see MaSean, he is very old and looks very young. I'm always expecting Chris Hansen to pop out of our apartment and be like, what are you doing here?

MaSean 2:13

I'm 22. But I look 12

Adam 2:15

Yes, it's very to catch a predator.

MaSean 2:19

My favorite look.

Adam 2:20

So MaSean we are a relationship that openly talks about the porn that we consume and enjoy.

MaSean 2:28

Yes, we do.

Adam 2:29

There's a lot of parody porn out there. And you know, we know what my favorite is because I won't stop talking about it with you. And that is betwinked.

MaSean 2:37

You do like that.. I can't figure out why.

Adam 2:40

I think partly because it's campy.

MaSean 2:42

It's certainly that.

Adam 2:44

You know, my girl will walk a mile for a twink.

MaSean 2:48

Yeah, it's not my favorite.

Adam 2:49

They have a drag queen playing the mother, slash mother in law.

MaSean 2:54

Yeah,

Adam 2:55

yeah

MaSean 2:55

it's got a lot of things.

Adam 2:56

They have Uncle Arthur pop in.

MaSean 2:58

Why wouldn't they.

Adam 2:59

They have everything.. and Mrs. Kravitz is a guy on roller skates.

MaSean 3:04

Yeah, that whole kitchen scene. Yeah, there's a lot going on there. I'm not a fan. I mean,

Adam 3:09

So what is your favorite porn parody?

MaSean 3:11

I don't know if I'm into parody, like when it comes to porn. I mean, there's a lot that are interesting.

Adam 3:16

Yeah?

MaSean 3:17

Especially since I like animation so much. When I hear that they have

Adam 3:20

You just told on yourself

MaSean 3:21

An American Dad porn parody, and

Adam 3:24

They do

MaSean 3:25

A Rick and Morty. They sound like they'd be interesting. And then you watch them and they're terrifying. There's things happening there.

Adam 3:32

So if you could make a parody of any show that was going to be made to a porn, what would you, what would you choose?

MaSean 3:40

It'd probably be something completely fantasy driven.

Adam 3:46

Is it gonna be oh my gosh, it's gonna be Peabody and Sherman.

MaSean 3:50

No, because that would involve someone dressed as a dog and I think I'm definitely not into that.

Adam 3:56

MaSean, please do not Fury shame on our show.

MaSean 3:59

I am, no shame.

Adam 4:00

Okay

MaSean 4:01

I'm not into Mr. Peabody.

Adam 4:03  
Not like that?

MaSean 4:04  
Nope, not that way.

Adam 4:05  
Oh my gosh. So you're basically saying none?

MaSean 4:08  
Yeah. No, when it comes to porn that is definitely... not kinda my thing.

Adam 4:11  
I wonder if there is, we've been watching Designing Women a lot on Hulu, I wonder if there is like a Designing Women porn parody.

MaSean 4:17  
I would be shocked if there is not. There has to be. I mean there's Golden Girls right?

Adam 4:21  
I mean, there's two for the golden girl.

I wonder who would play Suzanne in the porn parody? That's my dream job. So if this if this podcasting, yeah, if this podcast takes off. I'm going to ditch you and Myrriah, then I'm going to be a porn version of designing women as Suzanne so I'm going to be in drag doing that.

MaSean 4:40  
Oh, that is wonderful.

Adam 4:43  
Yeah. So you know where to forward my mail, if this makes it.

MaSean 4:46  
I thought you planned on just doing casting for porn.

Adam 4:48  
No, I mean I could.

MaSean 4:49  
No, no. Got to be the spotlight.

Adam 4:51

Yeah. Have you met me?

MaSean 4:53

Yeah, once.

Adam 4:54

It's been 10 years, you should know by now.

MaSean 4:56

There are some really interesting porn parodies out there that I would like to look at, but have not seen.

Adam 5:01

Are you worried like the FBI is gonna come scoop up your computer if you look at it?

MaSean 5:05

No, no. No, it's not that. It's not that big a deal but like, porn of the dead sounds really interesting.

Adam 5:09

Yeah? You are into horror.

MaSean 5:11

Yeah. I mean, I don't think zombie porn would work for me, but I sure would like to watch it while having a drink.

Adam 5:19

It's more like Mystery Science Theater 3000 meets porn.

MaSean 5:23

Definitely. There's a lot of comments we made. Yeah, there's an Edward. Edward penis hands. I don't know if you ever saw that one, from the late 90s.

Adam 5:29

I have not seen that one. And now I feel like I need to see that one.

MaSean 5:32

You should definitely check it out. It's disturbing. They're all a little too much.

Adam 5:37

The first time I ever saw porn. I was a kid. My dad had like a video and my brother had some friends over he was like few years older than me and they like busted it out and put it in the VCR. And there was an ice dildo involved.

MaSean 5:50

Oh..

Adam 5:50

I know. I was like, wow.

MaSean 5:54

That could cause some contractions in your intestines.

Adam 5:57

I would imagine. Yeah.

MaSean 5:59

Ice No, I'm good. Yeah, the first time I saw porn, I had found a VHS tape. Because this was a long time ago.

Adam 6:08

Yeah, it was the 1800s. It was like the first, it was a Nickelodeon..

MaSean 6:12

And I could only watch it whenever my parents would go to work or if I like, pretended to be sick and stayed home from school. And then I wait till they went to the grocery store or to the bank.

Adam 6:20

Yeah?

MaSean 6:21

And I'd get to watch it

Adam 6:21

You were on the ready?

MaSean 6:22

Yeah, yeah, yeah. I was like, I think they're leaving, I hear the keys

Adam 6:27

You also, this was like my favorite story from you growing up PS. So you were very much a fan of Jem and the Holograms, and the music of the show,

MaSean 6:37

Okay, now we all know that.. that's out.

Adam 6:38

And you used to record the music directly off the TV. And you would get frustrated when people would interrupt your recording.

MaSean 6:47

Yeah, because I didn't want their stupid voice in my pop songs.

Adam 6:51

Brilliant, brilliant Jem and Holograms.

MaSean 6:54

Yeah, the writers for that cartoon where, they were doing extra

Adam 6:57

They know what they were doing.

MaSean 6:57

It was good stuff.

Adam 7:02

Myrriah, how those dicks doin'?

MaSean 7:04

Super wrinkly and shit.

Adam 7:06

It's good. It's like early morning dick. It's a great dick. MaSean. I'm super excited today. One. It's our anniversary today.

MaSean 7:15

Oh yeah, it's true.

Adam 7:17

I know. MaSean, who's that woohoo over there?

MaSean 7:19

Oh, today we have our old professor.

Adam 7:23

Old?! Oh my goodness. She was my favorite professor



MaSean 7:27

Myrriah can you get that up please? I'll be dying in the corner. Psychologist extraordinary, Vagdevi Meunier.

Adam 7:35

Yeah, welcome to the show.

Dr. Vagdevi Meunier 7:38

Thank you.

Adam 7:38

I like majored in you in grad school.

Dr. Vagdevi Meunier 7:42

My goodness

Adam 7:42

I was like, doing the math. And I took you for I think six courses because I had you for two practicals.

Dr. Vagdevi Meunier 7:47

Wow

Adam 7:48

Yeah

Dr. Vagdevi Meunier 7:49

I loved having you as a student.

Adam 7:51

Oh, my God, and you're already getting into my questions, which one was like, "What did you remember about me?", cause I'm almost a narcissist.

Dr. Vagdevi Meunier 8:00

Well, aren't we all right? What do I do remember about you, Adam, is that you brought the sunshine into the room.

Adam 8:08

Yeeees

Dr. Vagdevi Meunier 8:08

Cause grad students can sometimes be very Draggy.

Adam 8:12

Yes.

Dr. Vagdevi Meunier 8:12

And kind of low key, they're exhausted. They're not sleeping much. They're working full time, going to grad school and you would walk in and you'd be like, Come on people.

Adam 8:20

Yeah

Dr. Vagdevi Meunier 8:21

We're here to learn.

Adam 8:21

I'm not paying all this money for nothing.

Dr. Vagdevi Meunier 8:23

Exactly

Adam 8:24

I was also older when I went back. I think that helped me. Because, I like knew what I wanted to do.

Dr. Vagdevi Meunier 8:29

That's true

Adam 8:29

Where the people were like, I guess this is what you do. I don't know. I'm 22. And I'm all like, bitch, I'm like, 32...

MaSean 8:35

You're an old student.

Adam 8:37

Yes

MaSean 8:37

...Adam Maurer...

Dr. Vagdevi Meunier 8:37

And you know, the difference is that 22 year olds are like, "show me, tell me, don't make me work too hard". And 32 year olds are like, "I read everything. And I have some thoughts."

Adam 8:49

Yeah, I had a system worked out with other people that I knew were good in the program. So we would take a course and they would take a different course that semester and we would swap notes. And everything. So then it was just easier because I believe you're smart and capable. I don't have to, like highlight this book for the first time.

Dr. Vagdevi Meunier 9:07

Exactly.

Adam 9:07

You know what you're doing.

Dr. Vagdevi Meunier 9:08

Exactly. As long as you didn't swap papers.

Adam 9:11

No. Oh, that's me. Sorry. MaSean. For those of you listening at home, I'm always on MaSean about making noise during recording.

MaSean 9:24

True.

Dr. Vagdevi Meunier 9:24

I like these clickers. Can I talk about clicker training? For grad students.

Adam 9:28

Yeah!

MaSean 9:28

Yeah!

Dr. Vagdevi Meunier 9:30

I am not kidding you.

Adam 9:31

Are you like dog training grad students now? I fucking love it.

Dr. Vagdevi Meunier 9:33

Clicker training. Okay? It's not the same thing.

Adam 9:37

What do they get as a treat when they perform well?

Dr. Vagdevi Meunier 9:39

I haven't figured that part out. I just think that's a good idea.

Adam 9:42

I think just getting a thumbs up from you, that would make my day.

Dr. Vagdevi Meunier 9:47

Aw, you're the best.

Adam 9:48

People were literally scared of you and our program. I think some of it was because they were very privileged people. And then they're just used to things being easy and their way and people catering to them. And you'd be like, yeah, no.

Dr. Vagdevi Meunier 10:02

I taught this sex therapy class, which I used to teach often. And on the last day of the class, we have a little party and I'm walking out the door and this dude comes up to me and says, 'I just want you to know, I thought you were going to be a ball buster. But you weren't. I like you.' And I'm like, oh, gee, thanks. I don't know how to take that, because, what?

MaSean 10:20

Approval granted.

Adam 10:22

Enjoy your C minus.

MaSean, you know, I was looking up today online a six year wedding anniversary traditional is candy.

MaSean 10:34

Oh, that sounds perfect.

Adam 10:36

Can you imagine though? Like we've been married six years. Can you imagine if one of us like, showed up and threw a pack of sweettarts at you, and were like, 'Happy anniversary.'

MaSean 10:43

I can imagine, it's all a dream about. The candy gift is the best gift.

Dr. Vagdevi Meunier 10:46

You know, I think you're misunderstanding.

Adam 10:49  
Yeah?

Dr. Vagdevi Meunier 10:49  
Because candy can be put to a lot of uses.

Adam 10:52  
Oh my god, I am getting my notepad out now. Hook it up.

Dr. Vagdevi Meunier 10:57  
'Cause there's ways to use candy that would make a six year anniversary faaaantastic.

MaSean 11:02  
Minds are racing

Dr. Vagdevi Meunier 11:03  
Warm, gooey caramely candy..

Adam 11:07  
Ooh, yeah

Dr. Vagdevi Meunier 11:08  
Right?

MaSean 11:09  
Diabetes. All I can think about is diabetes.

Adam 11:11  
The modern one is wood, which you actually hit this year because you gave me a frame for my picture of Rue McClanahan.

Dr. Vagdevi Meunier 11:24  
That's not the only wood he gave you..

MaSean 11:28  
We have that scheduled at 3pm.

Dr. Vagdevi Meunier 11:30  
Oh, okay

Adam 11:31

We make dick appointments. When you're at this age you can't fuck around, especially when you're having good gay sex. Because you want to fuck it up and like eat a burrito for lunch and then partner's like, I'm feeling it and you're like, me too.

MaSean 11:42

Yes, feeling something else.

Adam 11:45

Um, we have a game to play with you.

Dr. Vagdevi Meunier 11:48

Oh, okay. All right.

Adam 11:49

MaSean, are you ready to play the game?

MaSean 11:51

Sure.

Adam 11:52

Did you know it's gonna be pulling it out at this point?

MaSean 11:54

No, I had no idea.

Adam 11:55

Just whip it out, girl.

Dr. Vagdevi Meunier 11:56

Oh my god, these guys..

Adam 11:57

So this is a game that I've actually played in doing Sex trivia with folks.

Dr. Vagdevi Meunier 12:01

Okay, yeah, yeah, yeah. Cool.

Adam 12:02

So what we've done is I went on Amazon and I snagged a bunch of reviews, reviews of some sex toys and reviews of some household items.

Dr. Vagdevi Meunier 12:11

Got it

Adam 12:11

And MaSean's gonna read them to us and fun voices. And you have to guess

MaSean 12:15

I'll try

Adam 12:16

if it is a

Dr. Vagdevi Meunier 12:17

sex toy

Adam 12:18

or household item review.

Dr. Vagdevi Meunier 12:19

All right, you got it. If it's the blender or the grinder.

Adam 12:27

Or what straight people use, which I think is prayer? I don't what that is.

MaSean 12:30

Yeah, but I don't want to have to suck on a blender or grinder. They both sound terrifying. I don't know how I feel about that.

"Well made, but one size does not fit all."

Dr. Vagdevi Meunier 12:43

That's it? You're not going to read a lot?

MaSean 12:46

That's the review.

Dr. Vagdevi Meunier 12:47

That's the review?

Adam 12:48

Yeah, how many stars does it have? That might help.

MaSean 12:51

This has four stars, four to five stars.

Adam 12:53

Four out of five American stars.

Dr. Vagdevi Meunier 12:55

I'm going to say sex toy on that one.

MaSean 12:57

"Well made, but one size does not fit all". That is a sling.

Dr. Vagdevi Meunier 13:02

Ooh, oh

MaSean 13:02

Yeah. Oh, yeah. Sorry, let me clear that up.

Dr. Vagdevi Meunier 13:05

That's a sex toy. Come on, that can be a sex toy.

Adam 13:08

I mean it is medical play

Dr. Vagdevi Meunier 13:09

Well, you know. Mhmm.

MaSean 13:10

Yeah, yeah you know

Adam 13:11

I'm gonna give it to her

MaSean 13:12

Yeah, it's on the line

Adam 13:13

because, I'm scared not to.

MaSean 13:16

You should be.

Dr. Vagdevi Meunier 13:17

And I can find 1000 uses for everything in the kitchen. So you don't who you're playing this game with, all right.



Adam 13:23

Do you? Do you know the term pervertible? Have you heard that term before?

Dr. Vagdevi Meunier 13:26

No, I love that term.

Adam 13:27

So it's when you take everyday household object and you turn it into something for pleasure. And lots of people who are kinky, right, like, let's say, You're into impact play and you want a very specific sound. You might have to really work hard, like you might have to like, take a jump rope and cut it a certain way and you're like, Oh, cool. Now I can finally get that good snap I've been looking for

Dr. Vagdevi Meunier 13:45

Yeah, exactly. Right. Yeah, no, totally. And MacGyver it.

MaSean 13:52

Also terrifying.

Dr. Vagdevi Meunier 13:55

MaSean's over here,

MaSean 13:56

I'm scared of all these things

Dr. Vagdevi Meunier 13:57

curled up in a corner- terrified, scared.

Adam 13:59

It's much like our lovemaking

MaSean 14:03

accurate

Adam 14:04

I just said lovemaking.

MaSean 14:06

I know. Gross.

Adam 14:07

I feel like a Christian mom from like, the mid 90s.

Dr. Vagdevi Meunier 14:10  
Showing your age.

Adam 14:11  
Yes. I mean, I'm timeless. Thank you.

MaSean 14:15  
All right, you ready?

Adam 14:16  
You're asking me? I'm not the one answering the questions!

MaSean 14:19  
Oh, are you're ready?

Dr. Vagdevi Meunier 14:20  
Ready

MaSean 14:20  
Are you ready for this? Here we go.

"This is really big. It was really surprising. I had a similar one prior to this one. And it was the right size. But this one is too long and thick."

Dr. Vagdevi Meunier 14:39  
Oh my god, that totally sounds like a sex toy. They're all gonna sound like sex toys to me.

Adam 14:44  
Yeah, that's the point..

MaSean 14:48  
You're the worst

Dr. Vagdevi Meunier 14:50  
I'm just gonna say sex toy on all of them. I have good test taking strategies, you know?

MaSean 14:53  
This one is tricky too

Adam 14:56  
You do, you'll get half of them right!

Dr. Vagdevi Meunier 14:58

I'll get half right.

MaSean 14:59

It's a plunger. Which, honestly..

Adam 15:01

I like that a plunger is too thick for someone.

Dr. Vagdevi Meunier 15:03

Oh my god, a plunger is fantastic for masturbation. Did you know that?

Adam 15:06

I did not know that

Dr. Vagdevi Meunier 15:07

Mostly for women, men tend to get their dick stuck in it, but you know, it's fantastic for masturbation.

MaSean 15:14

Why am I so terrified of everything you're saying?

Adam 15:17

Oh you know MaSean, you gotta make do. You really have to look hard.

Dr. Vagdevi Meunier 15:22

If you're in Idaho, and you're in this little tiny town. And you go to the local A&P and you're looking for a sex toy.

Adam 15:30

A&P? When did you, did you not just go to Idaho, but you went to Idaho in like the 1970s?

Dr. Vagdevi Meunier 15:34

Yeah, I mean, you know, that's what I've been to Idaho, never. So you know, I mean, a plunger might look pretty good.

Adam 15:41

Yeah, I mean, if it's a corn cob or that.

MaSean 15:45

Put some saran wrap on it.

Dr. Vagdevi Meunier 15:46

Cucumbers, girls- cucumbers are better than corn cobs. They kind of leave strings inside.

MaSean 15:55

Uhhh

Adam 15:55

I did not know that we're going to be the filthy girls and I fucking love it. Oh, PS, we can cuss on this podcast..

Dr. Vagdevi Meunier 16:01

I love it

MaSean 16:02

All right, I'm gonna do another one

Dr. Vagdevi Meunier 16:05

Go for it

MaSean 16:05

I kinda want to.. sorry

Adam 16:06

Yeah

MaSean 16:08

Oh no, this one's good. Okay. Back to that..

"These seem to be quality products. The only thing I mainly noticed was that they are somewhat smaller in the diameter than my other pair. I have them hanging in my car now, so I don't have enough pairs for different tasks."

Adam 16:29

Wait, are we at a showing of Pygmalion?

Dr. Vagdevi Meunier 16:35

I love that voice.

Adam 16:36

That was spot on Eliza.

Dr. Vagdevi Meunier 16:37

Ben Wa Balls, that's my answer. Ben Wa balls, final answer.

MaSean 16:40

Oh, well that's a good guess

Adam 16:42  
It was a good guess

MaSean 16:43  
It was handcuffs.

Dr. Vagdevi Meunier 16:44  
Ah

Adam 16:45  
I do like that someone is just riding around with handcuffs, like they need an extra pair for..

Unknown Speaker 16:49  
But what is it about handcuffs that you need different sizes? Most handcuffs fit one size. One size fits all.

MaSean 16:56  
Yeah, you're right.

Adam 16:57  
Maybe, what's this guy like Renoir

Dr. Vagdevi Meunier 16:59  
Ben Wa balls on the other hand.. you need bigger sizes, smaller size- different uses.

MaSean 17:04  
Not a one size fits all product, thankfully. i

Adam 17:07  
Oh my gosh, MaSean you want to do one more?

MaSean 17:09  
one more

Adam 17:10  
Una mas

MaSean 17:11  
Let's see what we got

"I shot some on the wall"

That's it.

Dr. Vagdevi Meunier 17:20

You "..shot some on the wall.."? I'm gonna say kitchen, no that's not kitchen that's household.

Adam 17:29

Yeah

Dr. Vagdevi Meunier 17:29

That is just a household implement.

Adam 17:31

You are correct. They are sugar free gummy bears that gave, give people diarrhea.

Dr. Vagdevi Meunier 17:35

Oh my god. Have you read the reviews on sugar free gummy bears from Haribo? Oh, my goodness.

MaSean 17:41

Oh they mean because you got shit..

Dr. Vagdevi Meunier 17:41

when I'm in a depressed mood, I go read..

MaSean 17:44

I.. was very confused.

Dr. Vagdevi Meunier 17:48

They are the best antidepressants around, ok?

Adam 17:51

Shooting, shooting on the wall, MaSean, was shooting diarrhea.

MaSean 17:54

I was trying to figure out how this person shot gummy bears on the wall. I did not get it, at all.

Adam 17:59

Yeah

MaSean 17:59

I'm slow. Sorry.

Dr. Vagdevi Meunier 18:00  
Wait, they shot the diarrhea on the wall?

Adam 18:02  
Yeah. Right.

MaSean 18:02  
They like sprayed..

Dr. Vagdevi Meunier 18:05  
They couldn't make it to the..? Okay..

Adam 18:08  
There's a lot of people on there who are like "it's great if you want to lose 10 lbs."

Dr. Vagdevi Meunier 18:12  
Oh, it is the most hilarious reviews

Adam 18:14  
I don't recommend to anyone, but you know?

Dr. Vagdevi Meunier 18:16  
Yes. Thank you Haribo for making lots of lots of fun out of something

MaSean 18:20  
other people's intestinal distress is real comedy.

Adam 18:23  
Yeah

Dr. Vagdevi Meunier 18:23  
It is comedy.

Adam 18:24  
So,

Dr. Vagdevi Meunier 18:25  
Alright

Adam 18:25  
I think it's interesting that like you studied over in India

Dr. Vagdevi Meunier 18:30

I did

Adam 18:30  
came over to the States

Dr. Vagdevi Meunier 18:35  
Mhmm

Adam 18:35  
Can you talk a little about that process? Like what, what encouraged you to be like, you know what, you know what America needs?

MaSean 18:41  
This

Dr. Vagdevi Meunier 18:41  
Another black baby! Honestly, I studied in India. The whole time that I lived in India, I was not a good fit for Indian womanhood. Seriously, because I when I was four years old, this is true confession. And forgive me Mom and Dad, but

Adam 19:00  
I'm sure they're listening right now.

Dr. Vagdevi Meunier 19:02  
My dad, I don't know what he was thinking went to England when I was four and came back with a sailor suit for a boy. And it was my favorite outfit. They had to take it off me while I was sleeping so they could wash it. All right. And that was the beginning of my whole sort of gender neutral identity that I had. And I really was like, I'm not a girl. I'm not a boy. I don't know what the hell I am. But I'm all of it you know, and I would climb trees and ride bikes, and got me in a lot of trouble because I wasn't, especially after I hit puberty. That wasn't really all that accepted. I was also the girl who was writing plays, and I was a radio DJ, and I was doing TV and I was writing about sex. And people were like, how are you talking about sex? What's wrong with you? And so as I got to college, and I began to study psychology, I really became very interested in becoming a psychologist. And at that time, you couldn't really do that in India. You could go do research. You could get a masters degree, but they didn't have like a practitioner oriented degree. So I had to leave the country and go to either America or England. And this was like late 70s. So this was the beginning of the era of Dallas, and some of the other TV shows and those big hats, and those big guns, and I was like, Oh my god, that is where I gotta go.

Adam 20:31  
I love it

Dr. Vagdevi Meunier 20:32



So here's another part of the story. I applied to University of Texas at Austin three times and they denied me, they did not want me as a grad student. So I went elsewhere, finished my grad work, and then they wanted me when I was doing my psychology internship, so it was like full circle. I came back to UT Austin, did my internship there and then never left Austin.

Adam 20:54

I love it. I'm curious like what is your favorite thing about what you do?

Dr. Vagdevi Meunier 21:01

Oh, wow. Well, first of all, I feel like it's a huge privilege. I do almost nothing with couples therapy. It's a huge privilege to hear people's stories. When I am, you know, in my 70s, 80s, the things that will live with me is the courage, the resilience, the entertainment, the exhilarating adventures that people have shared with me in their lives. Right. And for me, there's never a boring moment.

Adam 21:35

Yeah, I find that I'm often crying and laughing in the mix, because when you're doing relationship work as a therapist, like you become part of their system.

Dr. Vagdevi Meunier 21:44

That's exactly right. I have couples who have seen me for over 20 years, not right, you know, not every single week but they come. They see me for a period of time they take off and they call me back and they're like.., I just had somebody let me know the other day that they were going to grandma, grandpa, and I knew them from the time that their kid was like, I don't know, 5/6/7, something like that.

Adam 22:06

Isn't it wild? And I know like, I've had people in session decide to like, have children because of our work. And I'm like, oh, man, there's extra people on this earth because of what I'm doing.

Dr. Vagdevi Meunier 22:18

Okay. There's multiple meanings to that. MaSean, are you terrified?

MaSean 22:22

Always. Every time both of you speak Yeah. So you've seen couples, you've seen couples from India and in India, like you've helped?

Dr. Vagdevi Meunier 22:32

I did actually, my very.. am so embarrassed to tell you this, but it's a true story. My very first couple, when I was in India, I did an externship at a government hospital. And that's pretty much where at that time, again we're talking early, late 70s, early 80s, that was where you could do psychology. So I worked with this guy. He had a huge office with a humongous wooden desk, and then on one side he had curtains. And behind the curtain was a little tiny office. So he would

sit at his big fat desk and listen to me doing sessions behind the curtain. That was how he supervised my work. And my very first couple was a couple where the guy was gay and was afraid to come out. And so he was going out and having anonymous sex. And he had given her an STD, that- these were the days before HIV, so we weren't really worried about that yet. But he had given her an STD and they'd shown up at the hospital, and they treated the STD but then they were like, you guys need to go for couples therapy. And so I got them. And I remember the only thing my supervisor said was, don't scold your clients. Like, Oh, is that what I was doing? So apparently, I was scolding him and telling him 'Stop that!'

MaSean 23:53

Stop giving her transmitted infections

Dr. Vagdevi Meunier 23:57

STDs

Adam 23:57

And coming on today, one of the things I'm wanting to talk about with you was this notion of like, What? What makes a healthy relationship? How do people get to be a long term relationship? Give us the answers.

MaSean 24:10

I'll be writing this down.

Dr. Vagdevi Meunier 24:11

Oh my God, that's like a two hour answer right there. So I think the most, there's two or three ingredients that make for a healthy relationship. The first is do you have fun together? If you enjoy hanging out with each other if you have fun together, and you know what? Fun can be anything from, we love Playing Cards Against Humanity. We love watching TV. So we're both gamers and we just hang out on the TV versus we go bungee jumping and rock climbing and fall off of helicopters. I don't know why anybody would do that. But some people do. And we think that's fun. And we do it together, or we do it separately, but then we come together and share the stories and it creates a lot of energy and fun between us. That's huge. That's the first. The second ingredient is what in the Gottman, you know, I'm a certified Gottman therapist.

Adam 25:06

For people who don't know, Gottman said, 'let there be therapy' and you're like, all right.

You're like Gottman number like 50.

Dr. Vagdevi Meunier 25:14

Yes, I'm pretty close to 50. I'm not 50, but I'm pretty close. I'm number 64.

Adam 25:19

Oh, so close.

Dr. Vagdevi Meunier 25:20  
I'm Gottman number 64.

Adam 25:21

Is it like Highlander? If you collect their heads, you get like their power? and move further up the list?

Dr. Vagdevi Meunier 25:26

Yeah. But you know, my claim to fame is that I'm a Gottman Master Trainer. And I'm one of I think 15 or 20 of those in the world. So..

Adam 25:35

And you trained me!

Dr. Vagdevi Meunier 25:36

and I trained you!

Adam 25:37

Wild

Dr. Vagdevi Meunier 25:38

and so I use a lot of Gottman therapy. You know, they did 40 years of research and they came up with this model. And I'm, I would love to talk about their model, but they've continued the research and one of the new things using high end technology and all kinds of fun stuff. One of the things they came up with, that I think really captures something very important in healthy relationships, they call it the carrying capacity. Another word for it is, can you stay calm when things are not going well? Right? Can you be patient? Can you hold your own and your partner's negative emotions without immediately jumping to react to it without having a terrified reaction? So then, if you can do that, then it turns out even 30 seconds of calm, actually, is it 30 seconds? Yeah, about 30 seconds of calm when your partner is upset with you, changes what happens in the conversation and in the relationship.

Adam 26:40

Yes, I've talked about this in session as the power of being chill. So like, my brother has two kids, and he's older than me. And once he had kids, he was like, oh, gosh, I'm so scared. I don't know what to do and he told me the story of what he does with them when they cannot emotionally regulate, right because like little brains are not to do that yet they have to learn that.

Dr. Vagdevi Meunier 26:58

Right

Adam 26:59

So they'd start crying. Or be upset, and he'd say, can you be chill? And that meant like, cool. Do you need me to stop what we're doing and me to help you get there? Or can you like muster what you need within you to calm back down and we keep moving forward?

Dr. Vagdevi Meunier 27:14

I love it

Adam 27:14

and they'd be like, 'I want to be chill, but I can't be chill'.. and he's like, Okay, I got you.

Dr. Vagdevi Meunier 27:19

Yeah! What great communication, right?

Adam 27:22

And then sometimes it is like, 'I could be chill, I got it. I can do it, it's gonna be hard. I could do it.' I'm like, that's brilliant. So the ability to tolerate the intolerable for a little bit, teaches you how to do that.

Dr. Vagdevi Meunier 27:32

Exactly, exactly. And it's just really a little bit because it turns out that dysregulation doesn't go up to 100 and stay there. Just automatically organically, when you get really ramped up, if you can just take some deep breaths, it comes back down on its own. So that's the second quality. I would say the third is trust. Right, being able

Adam 27:53

Come on Prince!

Dr. Vagdevi Meunier 27:54

to trust this person, being able, and trust is based on- I talked about this as the- Is that the four pillars? The three pillars of trust. Right, the first pillar of trust is, Does my partner have my back? You know, do they have my back when even when I'm not there? Do they throw me under the under the bus behind my back? Right? If I call them and say I'm having a bad day, can you like come home early? Do they say, yeah, I'm going to make do everything I can to come home early. That's the first one. The second is fairness. You know, just the relationship field fair. Fair doesn't necessarily mean equal. It means Do I have the deal that I thought I signed up for? And is my partner.. like I was talking to somebody about a couple that wants to have a DOM sub relationship, right? And they're both adults, they're both voluntarily consenting to be in this Dom sub relationship. And so in a DOM sub relationship, there's not going to be equality, but that's not what they're signing up for. What we have to do is help them learn what does a good Dom do and what does a good sub do? Right? How do you really build a healthy contract based on that? And when you do, when you feel like you got the deal you signed up for, you're going to have trust.

Adam 29:09

Yeah, I was reading recently about those relationships as authority giving up authority rather than power. Because you always have power to say, 'No, I want to get out of this.' It's different than an abusive relationships, right? So it's like, you know, going to work you give your boss authority to tell you what to do. Yeah, if you have a boss, but doesn't mean they own you.

Dr. Vagdevi Meunier 29:28

That's right. That's right. I tend to think of it as personal versus relational power, right? So I always have personal power.

Adam 29:36

I love to see someone try to snatch it from you, because you would lay them out.

Dr. Vagdevi Meunier 29:40

I would! But I can play with relational power. Right? Sometimes it's really fun, to not be in power in a relationship or in a particular moment. And sometimes it's really fun to be the powerful one. And to say, let me play with this idea, right? So relational power, I think is something that we can really take out of the box of morals and say relational power is something that's fun that you can play with. The last quality of a healthy relationship is commitment. The four pillars of commitment are investment, you know, how invested in mind this relationship, if I invest time, money, effort, attention, I'm more likely to be committed, right? It's just easy to be committed to somebody. The second is the quality of alternatives right? If I live in Idaho, and all I have is

Adam 30:33

itches the store plunger

Dr. Vagdevi Meunier 30:34

Junior who lives down the street from me, means this side of hefty. And if I want somebody that's this side of Hefty, that's the only place I can get, Junior is gonna look pretty cute, right? He's gonna look pretty sweet.

MaSean 30:46

I've seen some good juniors.

Dr. Vagdevi Meunier 30:47

I might not want to give up Junior. So the quality of alternatives. If I live in Austin, and I see a young, gorgeous body every day running

Adam 30:57

Thank you, thank you.

Dr. Vagdevi Meunier 30:57

down the hike and bike trail, commitment is gonna be a little bit harder

Adam 31:00

Yeah

Dr. Vagdevi Meunier 31:01

You know? My partner's gonna have to show up.

Adam 31:03

Yeah.

Dr. Vagdevi Meunier 31:04

Then and be all of it. Okay. That's pillar number two. Pillar number three is persistence, you know, do I believe that something is worth having? And that it's worth having even if it's hard work, we tend to think of that if I'm going to medical school medical school is awful, it's awful. It's so, you know, what's the word knuckle dragging?

MaSean 31:26

Consuming

Dr. Vagdevi Meunier 31:27

Yes, you know, brain blowing kind of experience, but why do people stick with it? Because they believe that at the end of it, when I get that medical degree, it will all be worth it. We tend to not think of long term committed relationships or marriages that way, and I think we really need to because that is what keeps commitment going. So what do we have we have investment, quality of alternatives, persistence. So the fourth pillar of commitment is level of satisfaction. You know, you can be committed to a relationship only if the relationship meets at least some of your important needs, right? So commitment grows the more that I am with somebody who meets my important needs. Everybody can't meet every need. So it's really about prioritizing, right?

Adam 32:16

And some of this, I think is can we be really clear about what we're willing to outsource to other people?

Dr. Vagdevi Meunier 32:22

Oh, yeah.

Adam 32:22

So I love MaSean to death. But he is a robot with emotions. He's a lot of zeros and ones. So I get like a little bit of emotional connection with him. Because

Dr. Vagdevi Meunier 32:32

he's... are you throwing him under the bus right now?

Adam 32:34

No, no, he know's this. He know's who he is.

MaSean 32:36

No, yes.

Dr. Vagdevi Meunier 32:38

He's had all sorts of emotions in this.

MaSean 32:41

Yeah, mostly terror.

Adam 32:45

But to be able to like process that like that's been a long time in the making, like we've been together 11 years. So it's been some work to get there.

MaSean 32:52

Yeah

Adam 32:53

But to go 'Cool. I don't have to expect him to do this the same way that I can do it.'

Dr. Vagdevi Meunier 32:57

Right.

Adam 32:57

I finally had to go, 'Adam this is like If he asked you to do algebra', and you'd be like, fuck dude algebra? like I can do it, and it's gonna take a lot of work. I'm gonna suck at it, it's gonna some jacked up, fucking algebra.. Is that the only way I can like connect with you? And it's like, there's like whole math teams, you could do math with.

Dr. Vagdevi Meunier 33:17

Yeah. I mean, you know, let's talk about sex.

Adam 33:20

Yeah

Dr. Vagdevi Meunier 33:20

Okay? Not that we haven't already. But let's talk about sex. There are people who genuinely don't really care if they have much sex in their lives. And there are people who would like to have sex every day. And unfortunately, some of them attract each other. Right? And then

they're in a relationship. And they're each each beating the other one over the head, and saying, Why aren't you giving me enough sex? Why do you want sex all the time? And how do you negotiate that? The traditional way of negotiating that was one of yours got it checked, you know, or the old behavioral, marital therapy. They had this amazing intervention was horrible, but it was what they used. It was called the behavioral exchange contract. And the behavioral exchange contract was you want sex all the time? Okay, and I want you to empty the trash. I'll give you a blowjob if you take out the trash every day.

MaSean 34:14

Yeah. Wow. BJs for trash.

Adam 34:16

Yeah

Dr. Vagdevi Meunier 34:17

There you go. Now that works once or twice. But if a relationship is based on that kind of behavioral exchange contract, then what happens is people become emotional accountants.

Adam 34:28

Yeah

Dr. Vagdevi Meunier 34:29

Right. Then they start to say, Well, you didn't take all the trash out. So I'm going to give you a little quickie BJ and not the full fledged one that you want.

Adam 34:37

I'm not going to the balls.

Dr. Vagdevi Meunier 34:38

I'm not going...

MaSean 34:41

Wow

Dr. Vagdevi Meunier 34:42

Or, you know, I took the trash out three times this week because we have that party. So you should give me a bj AND anal sex and this and that. And it's like ahh, no no, doesn't work, right? People can only sustain that kind of behavioral exchange for, first of all, mundane routine things, and secondly, for short periods of time. And so in order for people and, you know, let me back up also and say this. When I first started out in the 1980s, as a couples therapist, we had a very traditional view, we still do here in Texas and other parts of the country. We think of you find your soul mate, or you find this one person, you get married and marriage is forever, and that person becomes your be all end all. That God put you together and no man shall tear us under.



Okay, that's great. But you know what, the big secret we all don't talk about is that that works sometimes for few people for about five years, but then after that, that one person cannot be your be all and end all for the rest of your life. It's an impossible and it's even, even if it was possible, why would you want one person to have all of the eggs in their basket? Gives them a lot of power to be the person that either makes you happy or miserable, right? And so what we want is to really, this is what you and I talked about, about me coming on the show, we want to really promote the idea of a good enough relationship. And a good enough relationship is one where those qualities of that healthy relationship are present. Right? You have fun together, the two of you're able to stay calm, you have good carrying capacity, the two of you trust each other and you have commitment. And because of that, the relationship is worth hanging in there for but the relationship still may not be everything that you want in a relationship. So how do you begin to critically evaluate your own life and your own personal power and say, How am I going to be happy? I use a formula that somebody taught me And that is your partner should meet 10% of your needs.

Adam 37:04

Yes, people are going to be shocked that it's so low, I get it. I know some people will be like 10%?

Dr. Vagdevi Meunier 37:10

Whaat? Right. Because 50% of your half your needs should be met for you by yourself.

Adam 37:18

You mean, I gotta do work?

Dr. Vagdevi Meunier 37:19

Mhmm. You got to find your own ways of being happy, you got to be happy within yourself and by yourself and with yourself. And then 40% should really be outsourced to lots of different people. Right. And what people do is, first of all, they put too much of that percentage in that one person and then they get really unhappy. And then they take whatever they're not getting from that one person and put a big chunk of that in one other person. So they end up in an affair. They end up having some kind of relationship that then becomes like these two parallel, committed relationships and guess what, doesn't make people happier. They're just not doubly miserable because they have two people to be miserable about.

Adam 38:00

They're like my needs aren't getting met anywhere.

Dr. Vagdevi Meunier 38:02

Anywhere!

Adam 38:03

And you're like 'that's because you have to do it yourself.' And I think things like our hobbies, our career, just interests like spending time in nature. Like I'm, I consider myself more of a relationship anarchist like there's all these ways to feel connected and good. And I try not to put this on a hierarchy. So when scout our dog, cuddles me, I'm like, this is really lovely and great. And though you're probably doing this just because you're hungry, I'm going to tell myself a story of like, you does this cause you love me!

Dr. Vagdevi Meunier 38:33  
That's right.

Adam 38:33  
And then it's the same feeling I get when I get to hold MaSean's hand.

Dr. Vagdevi Meunier 38:37  
That's right.

MaSean 38:38  
Less furry, not quite as cute.

Dr. Vagdevi Meunier 38:41  
Yes. Ohh cuter, but I don't know your dog. So.

Adam 38:45  
She has a beard, yeah, it's amazing.

Dr. Vagdevi Meunier 38:48  
But here's the thing. I would add, your friend that calls you and says 'Will you go to a movie with me?' and you go to a movie and the two of you hug each other at the beginning and the end. That is also a part of the juice that you're allowed to get.

Adam 39:00  
And this is where I think people who are out of that more conventional narrative can teach folks. So being queer myself, right, I have friends that I can like hold their hand through a movie.

Dr. Vagdevi Meunier 39:12  
Exactly.

Adam 39:13  
And we know what it means about our relationship that we are just enjoying each other. And it can be platonic, it can be a little sexual tension. It could be a frisky friend, because I'm a wild one. But that those, we have permission to do that. And I think a lot of people born male and raised to be masculine, do not get permission.

Dr. Vagdevi Meunier 39:33

Well women too, right?

Adam 39:34

Yeah.

Dr. Vagdevi Meunier 39:34

We really give up on our ability to enjoy a variety of things with a variety of people out of some moralistic position.

Adam 39:44

So yeah, when you maybe become like, Mom, and then all of a sudden, that's all supposed to come from being a mother.

Dr. Vagdevi Meunier 39:52

Oh, my heart. The hardest thing for me was when my son turned into a teenager. Everybody in his world thought it was weird. For him to give me a hug, or for him to have a connected relationship with me and I was so sad because I think this society teaches boys that they really need to disconnect from feminine energy within themselves and from feminine energy around them. And I honestly think there are men walking out there who feel kind of half assed half baked because of that. They spend their whole lives feeling like they're missing something huge. And what they do unfortunately sexualize it. And then they dump it all into sexual relationships and then wonder, why am I not feeling fulfilled? Why do I not have intimacy?

Adam 40:38

And then in society in American society, we say, 'See, guys are just horny.' And I'm like, if that's the only pathway towards intimacy this person has

Dr. Vagdevi Meunier 40:47

That's right.

Adam 40:48

Can you really blame them for wanting to have lots of sex?

Dr. Vagdevi Meunier 40:50

When it's the only socially acceptable way for them to be close to a feminine person.

Adam 40:55

Yeah

Dr. Vagdevi Meunier 40:55

Right. Or any person?

Adam 40:58  
Makes me sad.

Dr. Vagdevi Meunier 40:59

It makes me sad too. And you know, we don't talk about women, but women have the same dilemma where they might really want to have and me being one of those people growing up in India, most of my friends were boys. And I loved hanging around with boys because they were more adventurous, they were more risky. They were more wild. I could talk about sex and they didn't faint. And it was like, thank God for boys. But every time I was seen with a group of boys, I got a bad rap. Right? And the rap I got was that somehow I was doing something sexual, because I wanted to be around with boys. And the fact was, I actually didn't want to have sex with any of them. You know, that's not what I wanted out of them. I just wanted friendship. And women often deny themselves, the ability to have many, many, many male friends, because both men and women sexualize it and created taboo out of it.

Adam 42:00

Which is why as again, a queer person, I have many, many Femme people in my life who are like, you're great because I know exactly where we stand and I can just keep it real with you and we can have intimacy and it's not about being sexualized.

Dr. Vagdevi Meunier 42:15

Is that okay with you?

Adam 42:16

Oh, I fucking love it.

Dr. Vagdevi Meunier 42:18

Oh, okay.

Adam 42:19

If it's a two way street, right?

Dr. Vagdevi Meunier 42:20

Right.

Adam 42:20

What I don't to be is like a tchotchke, I don't want it to be like 'Here's my gay friend. He's so gay!'

Dr. Vagdevi Meunier 42:25

He's my gay friend who I wanna hug and kiss and get all that from, but really, that's all he's for.

Adam 42:30

No, I'm like, if you're gonna do that to me, then you're also going to take me to fancy dinners and champagne.

Dr. Vagdevi Meunier 42:35  
I love it. Yes.

Adam 42:37  
If you want to be my sugar momma-

Dr. Vagdevi Meunier 42:38  
He can be bought.

MaSean 42:40  
Yuup.

Adam 42:40  
Oh 100%

Dr. Vagdevi Meunier 42:43  
Why did I not know this about you? Because I was your professor.

Adam 42:46  
Yeah.

Dr. Vagdevi Meunier 42:47  
And I couldn't have done that.

Adam 42:48  
I mean, you kind of did.

Dr. Vagdevi Meunier 42:49  
Aah??!

Adam 42:51  
There, I remember we went and sang karaoke one time.

Dr. Vagdevi Meunier 42:54  
Oh, yeah.

Adam 42:54  
And that the best part was people were like, 'you're hanging out with professors?!' I'm like, yeah. You just like..

Dr. Vagdevi Meunier 43:01

I got horse that night, trying to sing with you all.

Adam 43:04

I loved it.

Dr. Vagdevi Meunier 43:05

Yes.

MaSean 43:06

You created this monster.

Dr. Vagdevi Meunier 43:07

I created a monster. That's true. No, I just brought him out of his cage.

MaSean 43:12

Thanks for that.

Dr. Vagdevi Meunier 43:13

He was already there.

Adam 43:14

We were joking about that before you got here today.

Dr. Vagdevi Meunier 43:16

Come on, come on. You love it. You love it! You know you love it.

MaSean 43:19

There's moments.

Adam 43:23

I have a great question for you. What's the worst piece of relationship advice that is currently floating around the world that you might be hearing?

Dr. Vagdevi Meunier 43:30

Oh my god. I'll tell you what the worst piece that I've ever heard. When my husband and I went to therapy and we were in a conflict, the therapist turned to me and said, 'don't get your panties in a wad.' That was her intervention.

MaSean 43:46

Wow.

Adam 43:47

Wow.

Dr. Vagdevi Meunier 43:49  
And she thought she was being clever.

Adam 43:50  
Yeah, is that Virginia Satir's style?

Dr. Vagdevi Meunier 43:55  
Virginia Satir was actually brilliant! And would've said nothing like, "don't get your panties in a wad!"

Adam 44:00  
She is like the most kind and loving. She's like the grandmother figure in experiential therapy, MaSean.

Dr. Vagdevi Meunier 44:05  
Right. Right.

Adam 44:06  
I think the one I hear a lot.

Dr. Vagdevi Meunier 44:08  
Yeah, tell me.

Adam 44:09  
"Don't go to bed angry", and I'm like,

Dr. Vagdevi Meunier 44:11  
Oh my gosh, yes.

Adam 44:12  
If people are tired, they do not have the capacity to sit here and talk with you from a place of knowledge and kindness.

Dr. Vagdevi Meunier 44:19  
That's right. That's right.

Adam 44:20  
Let that motherfucker go to sleep.

Dr. Vagdevi Meunier 44:21

I know! When I was in my 20s. This is a story I tell about my own marriage. Right. When I was in my 20s, my husband and I we had little kids. And so I was staying at home most of the time and working part time and Tom, my husband was working, you know, 90 hours a week working in retail. And so he would come home at nine or 9:30, dog tired. He'd been standing on his feet all day dealing with irate customers all day he'd walk in and I'd be standing there with my hands on my hips going, we gotta talk. And so as you can imagine trying to be the loving husband, he would talk for about two minutes, three minutes, but then he would be tired so we would escalate because I've been boiling all day. I've been waiting for him to come home so I can dump this thing on him. And then he is walking in the door and feeling like he's getting dumped on. So within about three minutes, we'd be off and running into this escalated argument. And he would say to me, stop, I'm done. I can't do this. I gotta go. I'm just, I'm done. I can't talk about this right now. And he would march out of the room and go to the bedroom and go to bed. And two minutes later, I would hear this gentle snore emanating from the bedroom, while I'm still sitting in the living room fuming because he just walked out on me. So I would wait half an hour until he was well, and you know, good and asleep, and then I would walk in there, turn all the lights on, wake him up and say, we gotta finish talking.

MaSean 45:47

Yikes. I thought you were gonna say smother him with a pillow.

Adam 45:51

Jon's been a ghost husband this whole time, plot twist.

Dr. Vagdevi Meunier 45:55

No, no, no. You've met him. You've met him, right? He's real. He lives.

Adam 46:00

He's living.

Dr. Vagdevi Meunier 46:00

Yes, he living. And it took me actually a couple of decades to realize that was actually the worst thing I could do. Neither were, either of us, really getting into a conversation at nine o'clock at night that was going to go someplace good. And then on top of that, once the man's asleep, if you wake him up and say, we gotta talk, guess what's gonna happen? Right? So we used to have these really awful, conflictual arguments. And I realized if I, if he says to me, I'm done, and walks out of the door or the room, and I can just let him go for an hour, two hours a day, two days, if I intend to be married to him for the next 50-60 years, I got a whole lifetime to talk about this thing. Because he's not going anywhere. Right? So two days later, I could still talk to him about it. And it'll be a very different conversation.

Adam 46:55

Come on now.



Dr. Vagdevi Meunier 46:56

Mhmm.

Adam 46:56

Yeah, I teach people all the time how to be like, Look, if you have something you really needs to be a good listener for you to invite them to that conversation.

Dr. Vagdevi Meunier 47:03

Exactly.

Adam 47:03

You can't just thrust it on them.

Dr. Vagdevi Meunier 47:05

Or catch them when they're doing good.

Adam 47:07

Yeah.

Dr. Vagdevi Meunier 47:07

Catch them when they're feeling good. Start with having fun. Start with being calm. And then bring up the thing. You know?

Adam 47:16

Have some cheese and wine and be like, 'hey, by the way, your in laws are driving me insane.'  
Ugh, MaSean, looking so beautiful over there.

MaSean 47:26

Oh, thanks.

Dr. Vagdevi Meunier 47:27

What do you think, MaSean? What do you think about this idea?

MaSean 47:31

Yeah, I mean, sometimes people need space, right? I think having a little time to think is good.

Dr. Vagdevi Meunier 47:37

Especially if you don't have emotions, you need to think. And think about, what emotion do I have about this? I'm terrified.

MaSean 47:43

There's one time I had to leave the house. I was like, I'm gonna drive around the block. Yeah, that way. Don't murder him. And I came back in. Things were fine.

Adam 47:50

And meanwhile, because I'm more anxiously attached. I'm like, if you want space motherfucker, you better go join NASA.

Dr. Vagdevi Meunier 47:59

So were you running after him? While he was driving around the block?

MaSean 48:03

No, no.

Adam 48:03

I had to learn at this point to be like, we gon' be cool.

Dr. Vagdevi Meunier 48:05

Yeah, no, that was the hardest thing for me to learn because I'm also, I think of it as anxiously attached, I think of it as your attachment style is either relational or autonomous. If you're a relationally oriented person, you feel okay when you're in a relationship. Other people, giving you feedback, makes you feel like you know who you are, what you think, and you feel okay. If you're an autonomous person, you need to pull back and go into your cave or room and you know, what doesn't matter if you're male or female- happens to both. Autonomous people need space so that they can really calm the internal tornado down and think about what is reasonable in what my partner's saying. Because for an autonomous person, the relational person always sounds hysterical, always sounds crazy, right? And everything they want sounds unreasonable. For a relational person, the autonomous person looks like a cold fish, who can't meet- you know? feel anything.

Adam 49:00

Yeah, take notes MaSean.

MaSean 49:02

MaSean, le poisson.

Adam 49:03

That's what we call him! Yes!

MaSean 49:06

I'm the fish.

Dr. Vagdevi Meunier 49:07

Le poisson, le poisson.. glacé, right?

MaSean 49:10

Yeah yeah, icy fish, baby.

Dr. Vagdevi Meunier 49:12

Yeah. Icy fish!

Adam 49:15

MaSean is a very lovely person. I think what I've learned in going to grad school and then just doing this work, is like how to have deep appreciation for who he is, just as he is. And that lets me tell a different story.

Dr. Vagdevi Meunier 49:28

And that's what I mean by a good enough relationship. That really, the secret that we don't talk about is, there's very few people at the bottom, who are really, really miserable and very few people at the top or really, really ecstatic. Most of us live somewhere in the middle, where we have an imperfect relationship. And imperfect relationships are worthy of keeping if you know how to live in them in a way that is filled with patience, acceptance, compassion, and self love. Right? And that ability to only make your partner responsible for 10% of your needs, to make yourself responsible for 50%. And to have a whole rich community of people who meet the other 40%, makes us much more able to really live in this human condition with human relationships that end up being very, very lovely and long lasting.

Adam 50:26

And I think it makes us, makes us, it encourages us to be softer on ourselves.

Dr. Vagdevi Meunier 50:30

Yeah.

Adam 50:31

When we let ourselves down when we're just good enough. We can like embrace that and this is so much easier and then it just goes into a feedback loop.

Dr. Vagdevi Meunier 50:39

And you know, you can't accept somebody else and have a good enough relationship with somebody else if you don't have one with yourself. Well, it's where it starts.

Adam 50:46

Dr. V. I love you to death. I cannot believe I got you to come on a Saturday morning.

Dr. Vagdevi Meunier 50:51

Thank you.

Adam 50:52

Thank you for your time. People can find you on Facebook at the Center for Relationships. They can find you on Instagram at the Center for Relationships. You got some projects coming up, a pre marital program?

Dr. Vagdevi Meunier 51:04

Yeah.

Adam 51:04

What's that gonna be like? Are people like, this what you do if you want to get rid of your singleness?

Dr. Vagdevi Meunier 51:08

Well, I have people who work at the Center for Relationships, associates who are very interested in working with people who are moving towards tying the knot and would like to really come in and, and work out some of the kinks before they do.

Adam 51:25

You can't say kinks to me, cause then I start laughing.

Dr. Vagdevi Meunier 51:27

I saw that. Yeah, I saw that.

Adam 51:28

I'm like a five year old.

Dr. Vagdevi Meunier 51:29

multiple kinks

Adam 51:30

yess

Ask the Sexperts program and Facebook Live, whaaaat?

Dr. Vagdevi Meunier 51:34

Yees! This is a program that we've actually had for a year now, where we have people at the center, we call them the Sexperts, who will provide and offer science based accurate information about sex and sexuality. And we do a Facebook Live, I believe we just started Wednesday evenings. So go to the Center for Relationships Facebook page, like our page and you will get notified whenever the Facebook Live is happening Wednesday evenings.

Adam 51:53

I love it. Well, thank you again for being here. Thank you for saving MaSean and my

MaSean 52:11  
relationship.

Adam 52:12  
Yeah.

Dr. Vagdevi Meunier 52:13  
Many times. Nobody knows how many times I have saved your relationship.

Adam 52:17  
No, I mean, for real. There are times I am all like, oh, yeah, I just learned about this. I should probably practice it... So thank you.

Dr. Vagdevi Meunier 52:25  
You're welcome. Thank you for inviting me.

Adam 52:34  
Well MaSean, do you want to get into some things that are happening in the world?

MaSean 52:39  
Yeah, let's do it. I'm an appointment in five minutes.

Adam 52:41  
Oh my gosh, where, where do you have to be?

MaSean 52:43  
Nowhere.

Adam 52:46  
Well, I thought we were talking today about the Texas law that just came out. It is, let me look here, House bill 2789.

MaSean 52:56  
Yeah

Adam 52:57  
Yeah, it is the no dick pics law. No nudes without consent.

MaSean 53:01  
It's.. going to stop my social life.

Adam 53:05  
You're like, that's my whole that's my whole wheelhouse.

MaSean 53:07

Yep.

Adam 53:08

So in in this law, like it is a Class C misdemeanor with a fine up to \$500 if you, a person sends a nude or a underwear pick that is how do you say this word?

MaSean 53:23

Oh, it turgid.

Adam 53:25

Turgid. Yeah.

MaSean 53:26

Yeah, yeah,

Adam 53:26

I could not say it for the life of me.

MaSean 53:28

To mean swollen or distended.

Adam 53:29

Yes. So if you if you're shooting those off to people without consent, then there's a class C misdemeanor and a \$500 maximum fine.

MaSean 53:39

Yeah, I don't understand the specifics. Like, I get it if you're nude. Then there's no arguing around that. But if you're wearing underwear, some third party gets to decide whether you're swollen or not? What if you just have a big piece?

Adam 53:55

Do you think it's gonna be like, like there's gonna be like dick cops. And there's gonna be like dick court? Like night court, only about penises?

MaSean 54:01

Yeah, yeah, it's the new Law and Order. It's coming.

Adam 54:04

Special, special penis unit?

MaSean 54:06

Yeah, yeah.

Adam 54:07  
SPU.

MaSean 54:07  
Mhmm, it's right around the corner.

Adam 54:11  
So there are some really great things about this like, right, like I'm about consent.

MaSean 54:15  
True.

Adam 54:15  
And I think it is important to get consent anytime you want to share your erotic images with people because you don't know, right? Just because they want them to last week doesn't mean they want it today.

MaSean 54:24  
Sounds reasonable.

Adam 54:25  
They could be babysitting their niece, they could be at the grocery store. They could be at work. So it's not that hard to say, Yo, I'm feeling myself. Do you want to see some not safe for work pictures and let people opt in?

MaSean 54:39  
Absolutely. If people were good at communicating.

Adam 54:41  
Yeah, I was gonna say, I think what's gonna be tough is how do you enforce that? Because we don't really teach people consent on that level. So like, you know, we've been kicking that for almost 11 years here,

MaSean 54:51  
Right.

Adam 54:52  
So the way this law is written, if I would just send you a nude of me right now you could be like, Mhm call the dick cops.

MaSean 55:00

Yeah, there's got to be exceptions to the rule.

Adam 55:02

Well, I think there's just to be clarity, because we don't know how it's gonna be enforced yet.

MaSean 55:05

Yeah, this is true. I felt the same thing when I read this. My immediate reaction from like, a primitive standpoint was to roll my eyes and be like, Oh, Jesus. This is another weird form of control by some sort of conservative group or the religious right. But then I stopped for a second. I was like, no, it's pretty reasonable. I mean, nobody needs to receive your nude pictures without solicitation.

Adam 55:30

I mean, I'm on Grindr.

MaSean 55:31

Yeah.

Adam 55:32

I didn't, in case you didn't know.

MaSean 55:34

What?!

Adam 55:35

This just, this just started to a whole different podcast.

MaSean 55:37

This is over

Adam 55:38

Me and my divorced husband.

MaSean 55:39

Yeah.

Adam 55:42

And sometimes people will send me nudes on Grindr without you know, engaging with me at first or anything or anything like that. And a part of me

MaSean 55:49

Noo..



Adam 55:50

if I'm into it, let's say they really like do a number to make some art out of that nude. Or it's a good looking dick. I will allow it. Okay. But if it's not something I'm feeling it this motherfucker just took it on the toilet here like there's no there's no like thoughtfulness and design

MaSean 56:07

No nuance,

Adam 56:07

yeah

MaSean 56:08

you're reporting it straight to Greg Abbott?

Adam 56:10

No I, I send a GIF, because you can send GIFs on Grindr now, of a banana slicer.

MaSean 56:16

Oh.. Jesus.

Adam 56:18

Cause, I'm a boss ass bitch. Like if you, if you gonna come out the gate with a dick pic, it better be as strong as my Christian faith.

MaSean 56:26

Right, you do appreciate it backdrop.

Adam 56:28

Yeah, chiffon

MaSean 56:29

Chiffon

Adam 56:29

Yes, bitch.

MaSean 56:30

Specifically.

Adam 56:31

Uh.

MaSean 56:32

That's normal

Adam 56:32

Yeah, I want it to be like, I want it to look inviting. It needs to look like a Monet, right? Like I'm lost in the playfulness of this dick pic.

MaSean 56:42

Yeah, I, being a male, my initial thought of receiving unsolicited dick pics is like, who cares? I'll just delete it and move on. But I'm also you know, not a member of a community that is constantly inundated, and made to feel less than, and has their boundaries crossed constantly. I don't understand it for them.

Adam 57:07

I think some of it is too, you know, being mostly male myself, we have more access to power to feel like we could stop that from happening.

MaSean 57:14

True.

Adam 57:14

Right. So I think that like when I go to like Hooters, I, I'm glad that like women can like make money off of being sexy. There's a part of me that's like, fucking society. Yeah, but then I go to the gay club, and there's dick dancers. And I'm like, Yes, you fucking dance for me. And I think it's because I feel like they have more access to stop being sexualized objectified. If if they chose to.

MaSean 57:37

Yeah, there's, it's a different perspective for sure. Um, so I like that, I like this law for mostly for women who are constantly inundated by dick pics, even on dating forums like Tinder or what not.

Adam 57:51

Yeah, I was gonna say this law. It's not just if you text it to somebody, but if you send it on an app if you send it through email.

MaSean 57:58

Yeah.

Adam 58:00

MaSean, my favorite dick pic of myself is a picture of us.

We took it so long ago.

MaSean 58:07

I have no clue..

Adam 58:08

We used to, it's when we used to live in Travis heights.

MaSean 58:11

Oh okay.

Adam 58:11

And it is just lit perfectly. And you're just saddled up there like a champion.

MaSean 58:18

Pro model.

Adam 58:19

Yeah. Let me just tell you, many people have seen that dick pic.

MaSean 58:23

Oh, lovely.

Adam 58:24

Yeah.

MaSean 58:25

Here's the thing about that

Adam 58:26

People sometimes think it's it's not me, like because it's so good. They think it's like a still shot from a porn,

MaSean 58:31

Probably.

Adam 58:32

And I'm like

MaSean 58:32

It is a really good picture. I think I know what you're talking about.

Adam 58:34

Yeah, thank you.

MaSean 58:35

Also, it

Adam 58:36

I made it myself.

MaSean 58:37

Yeah, I've never it. I'm not shocked that that picture gets shared. Like even though it wasn't something I knew about originally. But at the same time, if I'm going to take a nude picture of myself and pass it out, I would just assume at some point someone's going to see it even if I'm not the one sharing it.

Adam 58:56

Yeah.

MaSean 58:57

So there's that.

Adam 58:58

I was looking at some research that is fresher. And on average, when a nude pic gets shared with people, it gets shared with about three folks other than the intended party.

MaSean 59:10

Yeah.

Adam 59:10

So like, you know, people go to brunch and they're like, Girrrl,

MaSean 59:14

look at this

Adam 59:14

look at this diick!

MaSean 59:16

I mean, especially if it's a really good picture.

Adam 59:18

I know

MaSean 59:18

you need to understand that they're going to show someone,

Adam 59:21  
they will likely do it.

MaSean 59:22  
Just be proud.

Adam 59:23  
That's kind of human nature.

MaSean 59:24  
Yeah

Adam 59:25  
They want to show their confidants

MaSean 59:28  
I would never send a picture that I wasn't super proud of to begin with, so

Adam 59:31  
Yeah, well, you hate yourself. So you probably don't send any pictures then.

MaSean 59:34  
Oh no, I have pictures. They're good ones.

Adam 59:36  
Oh. Myrriah, can you have MaSean, send me those pictures. Thank you. Thank you.

MaSean 59:43  
Take care of that later.

Adam 59:44  
Girl, I didn't know she was gonna be our relationship therapist. PS.

MaSean 59:47  
Yes. It's happening.

Adam 59:50  
Yeah.

MaSean 59:52  
The representative who came up with this bill is Morgan Meyer. He's a republican from Dallas.

Adam 59:58

Wait, his last name is Meyer, like Selina Meyers?

MaSean 1:00:00

Yes. Yeah, minus the S.

Yeah, you know, his statement on this bill was that it should be against the law or why not? Because it's the same as exposing yourself in public, which that seems a little extreme. I don't think it's anything close to exposing yourself to a person in public. But you know, it still serves a purpose. And I feel like it's probably a good idea to

Adam 1:00:28

Yeah, I mean,

MaSean 1:00:29

help out some people who don't want these things.

Adam 1:00:31

This is how I look at all this. You know, we don't really teach folks who were raised masculine, to have great communication skills or negotiate boundaries in a way that's vulnerable. And so there's a lot of masculine folks just firing off dick pics into the atmosphere, crossing their fingers wishing on a star, that someone's going to be like that dick is so amazing, I must have it.

MaSean 1:00:54

Yeah

Adam 1:00:55

Rather than being like, yo, you seem really cool. I like our vibe. I would like to say The next level can I show you a picture of what I'm working with?

MaSean 1:01:03

Yeah.

Adam 1:01:04

It's not that hard.

MaSean 1:01:05

It's not hard. I feel like some people feel like it takes them out of the moment of maybe feeling sexy to discuss that.

Adam 1:01:13

Yeah, but if you can't, if you can't negotiate consent and be sexy girl, you need to come see me for therapy because I will teach you like, that's like, 101.

MaSean 1:01:22

You're absolutely right.

Adam 1:01:24

Thank you.

MaSean 1:01:24

I feel like

Adam 1:01:25

Myrriah, can you, can you make a trophy for that?

MaSean 1:01:27

I'm so upset with myself for saying that while being recorded.

Adam 1:01:33

That's gonna be like the that's gonna be like fueled me all day.

MaSean 1:01:36

Yeah, yeah, I'm sure. But yeah, I feel like that's what, when it comes to consent and discussing that with someone you don't know as well. I think that's people's main complaint is like, well, if I have to discuss with you about being choked before we have sex, then it's going to take me out of the moment when you

Adam 1:01:57

Yeah

MaSean 1:01:57

choke me.

Adam 1:01:58

And there's so many things that we might want that can mean so different, right? Like people come to me as I'm like a specialty in kinks and fetishes, and they're like, I want to sub, and I'm like, What do you mean by that? Because there's a lot of ways to sub. Some people like pain. Some people like humiliation. Some people like to be a prized pet. And there's nothing worse than showing up for a hookup and saying, Oh, I'm gonna sub. And that motherfucker punches you and you're like, the fuck is this?

MaSean 1:02:23

Exactly. Yeah.

Adam 1:02:25

So being very, very aware of what you want you and clear and communicating. Hey, this is what it's this is what I'm hoping for.

MaSean 1:02:33  
Yeah

Adam 1:02:33  
Yeah, that's accurate.

Me and my gorgeous husband is produced by Myrriah Gossett, Adam Maurer of Moontower counseling. And MaSean Fontenot.

MaSean 1:02:49  
That's me.

Adam 1:02:50  
Mhm. Yeah, that is you. Show me that beautiful butt.

We'll be.. around, I guess, next week or sometime?

MaSean 1:02:58  
Tune back in.

Adam 1:02:59  
Who knows?

MaSean 1:02:59  
More episode

Adam 1:03:00  
We could be dead ,we get hit by a bus. So you better listen to all the ones you can

MaSean 1:03:06  
for a limited time

Adam 1:03:07  
Yeah.

MaSean 1:03:07  
'Til that bus comes.

Adam 1:03:12  
So listen, we will see ya'll next week, maybe?



MaSean 1:03:17

More episodes of me my gorgeous husband coming up.

Transcribed by <https://otter.ai> with human edits by Jeffery Powell