

# Ep. 38: Second Adolescence w/ Chris Curia (he/they)

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## SPEAKERS

Adam James Cohen (he/him), Chris Curia (he/they)

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### A Adam James Cohen (he/him) 00:09

Hello, and welcome to this week's episode of the Second Adolescence podcast. I'm your host Adam James Cohen. On this week's episode, we have Chris Curia (he/they). I so loved getting to chat with Chris for many reasons. I mean, first, we connected over the profession of psychotherapy as he is a psychotherapist in training currently, but I also so appreciated them coming on to share their story because they are someone who began really discovering their queerness recently, within the COVID 19 pandemic, as they were starting graduate school to become a therapist, Chris shares how the stories of his coming out and pursuing training to become a therapist are so entwined, which was also a little bit similar to my own story. There are so many things I could say about this conversation, but I kind of just want to let it speak for itself, it was so good. And so I'm gonna shut up now I'm so grateful that Chris came on. And I'm really excited to invite you all into this conversation. And as with each episode of Second Adolescence, I really want to invite you as listener to listen with open curiosity, knowing that each of our stories are different and unique, you might hear some guest share things that really differ from your experience, whereas other guests might share things that really speak to what you went through or are currently going through. And I really hope that all of this happens and that together, we can continue growing and expanding our awareness of what life and queerness and healing can be for folks, if after the show you want to connect further, feel free to head on over to [secondadolescencepod.com](http://secondadolescencepod.com) For show notes, and more where you can follow the show on Instagram at [secondadolescencepod](https://www.instagram.com/secondadolescencepod). All right. Welcome to the conversation. Thank you so much for being here. Welcome to second adolescence, I'm really curious to see where this conversation goes. And so happy that you wanted to come on and share your story and be a part of this. And I guess Yeah, before diving in going anywhere, I like to invite the person on your end to give a little mini introduction for the people who are listening just to give a little context who the person is behind the voice. So how would you answer that question?

### C Chris Curia (he/they) 02:17

Yeah, for sure. I appreciate the invite. And it's good to be here. My name is Chris I used he and they pronouns. I am a barista by day, a grad student by night, an emerging therapist in the

they profounds. I'm a barista by day, a grad student by night, an emerging therapist in the throes of all things grad school and taking my baby steps towards licensure as one. Yeah, and I'm based in Seattle, my training is out of like a pretty small relationally focused psychodynamic institutions like right in the heart of Seattle. Our focus is how do we equip in an interdisciplinary way helpers and healers in communities to be a part of transformation in their context? And of course, my work is for how do we heal the minds? Yeah, so that's kind of where I'm at right now. I'm getting towards the end of my studies, which is really nice. I don't know how your therapy practice started. But it is really interesting that they don't tell you that in your last year of school, you're actually just doing the thing. There's not a smooth transition between doing a lot of this theoretical study and then actually going into working with folks. So you know, effectively I'm people therapists, and that I think, has been a really smooth transition into it's not the degree I like started in when I started in school, I started in 2020 moves from the Midwest all the way to the Pacific Northwest. So did this, like cross country move in a completely different degree track intended to go into a completely different field and between then and now I like added the counseling track drops the original degree and came out in the middle of all that. So I really do feel like along with a lot of other folks, I would imagine in this season, I just have been turned inside out and in some really profound and also like staggering ways. And I'm grateful that a lot of the work that I get to do with people is to sit with them and all of their many life transitions ebbs and flows, twists and turns. And it does feel like a gift, a kind of magic that we get to do in the healing work of like sitting with people and their stories.

A

Adam James Cohen (he/him) 04:27

Absolutely. Oh my gosh, in this moment, I'm finding myself wanting to go down to different tracks. I want to like just spend the next hour just talking about therapy with you. And I know we could certainly take out totally and yeah, like you're saying the experience being where you're at right now in your program, almost finishing it while juggling having this other job and still having coursework and then stepping into this and learning how to be in this role of therapists and everything that comes with that. There's probably so much and I'm sure we'll talk about therapy in this conversation too. I heard you mentioned that also in the period of time that you've been in grad school. There's an alignment also with your are queer journey. Let's start there. Tell me about that.

C

Chris Curia (he/they) 05:02

I think maybe context would be helpful that I was in Seattle, the weekend that I visited the school that I'm currently attending as a prospective student, and the same weekend that everything shut down from the pandemic. And I think that that feels like such a disruptive start all to say that we have been in a time where the context has been ever shifting and ever changing in the time in between then and now what we thought was going to be weeks, turning into months, turning into years, we've been faced with really profound questions about who we are, who we are becoming who we want to be the changing of my like degree program, and the vocational shifts that I went in, I feel like it's a good preface to my journey of understanding my gender identity and sexual orientation, and really embracing the parts of me that weren't there the whole time that I just didn't have language. For my first year of the program, we spent a lot of time really refining how we learn to listen to ourselves, the premise being that we don't actually, as therapists have any sort of objective listening, we are a third party, we try our best, there's a reason why we're not in client's lives on a regular basis. But the way that we listen is by listening to ourselves listening to somebody else. And so a lot of our first year was

recognizing in some ways and trial and error, what is the emotional landscape that we're working with here. And so in the midst of that, in the context of a pandemic, that turned our entire life around, and I'm originally from the Midwest, moving all the way out to Seattle at a friend of mine jokes that you literally could not have picked a further place from where you came from a further end of the country to like go to and that maybe I was running away from something of a past life and that being okay to that in the middle of all of those wonderings I think being able to sit with who actually what questions am I like interested in listening to what voice Do I want to give those parts of myself that I've never really given the space to ask it like, it wasn't in my plan of moving out here and starting graduate school that I would also come out that was as much a surprise to me as it was anywhere else. And I think that spending a lot of time sitting with and prioritizing that attentive listening process gave me space to ask a lot of big questions about who I was how I understood myself, how I continue to understand myself, how my sense of identity information has shifted and is continually shifting, and then to give voice to some of the more like nuanced textures of whatever was inside of me like desire, love, things I've never really given myself full time and attention in space for and then to start to notice when those things felt like they were not part of what came before when I was like, Oh, shit, this is an entirely new place, I have taken my questions of like, who I'm attracted to how I understand my sense of self, and to sit with some of the terror of what it means to be asking yourself all these new questions about who you are. And to affirm that I say often that I don't think that there's anything more terrifying than desire, because it actually shows you the facets of who you are. And when you really listen to it and yield to have been trusted even in ways that feel scary or impossible or you know, downright up turning to who you thought you were, it could take you on a journey that you never would have expected. And so that's where life took me in the middle of my grad school career is all of a sudden vocational questions started to find their home and really personal questions. And then from there, I think being able to just like listen to the voice that I was like building up inside of me that said, like you can trust your goodness, you can trust your intuition you can trust desire and see where it leads you. And that was all a part of what felt like an experience of myself being turned from the inside out.

A

Adam James Cohen (he/him) 09:41

Wow, okay. I mean, yeah, for stuff I can listen, you talk all day long. I am so appreciative. You're on this podcast, because everything you just said was so beautiful, letting us into the nuances and depths of your experience thus far in this program and the gift I think of any good graduate school program to become a therapist is such this invitation to go inward and really understand and but as you're speaking to, it does take a certain amount of courage to be able to sit with what you uncover. And I love what you mentioned about desire and really how it's can be this ultimate guide towards truth, if you really let yourself be with that. And I'm curious, what was it like in those moments when it was starting to show you and reflect back to you this queerness within you that you otherwise weren't conscious of before? How do you remember receiving those first inklings of information?

C

Chris Curia (he/they) 10:33

Sure, I think that coming out is a very interesting experience for a lot of queer folks and, you know, looks a lot of different ways. I have a date, that seems to make the most sense of what felt like the point of no return. Whereas I just couldn't go back to the way things were if I tried it, and being able to reflect back and say along the way, that actually is way more of an

emotional or internal medium for a lot of little points, that just creating a little bit of space every single day in pockets where you have extra support and find the space you need with people who already love you say the thing that is terrifying to you, the more wiggle room you start to create for yourself, the more space you can give for those parts to emerge. And that feels a lot like what my experience was. I remember saying early on that a lot of my like early coming out conversations when I didn't really have any formal like structure, the label the language for my experience, but was just like following feelings and sharing that and very beautiful and raw ways with people I trusted the most was like gathering low hanging fruits where the fear I had was word desire would lead me and not at all at the expense of people having questionable reactions to the parts of myself, I wanted to share with them. Love inspires love. And love begets love. And I think I have been really lucky to have a very strong support system of queer folks, people who have other queer folks in their lives and are not queer themselves, who just frequently would reflect back to me like, Chris, you're easy to love. Chris, we trust you, Chris, you can trust yourself. Because when those things emerge, it really does feel like you are something of a child again, like you're something of a teenager, again, like you are nurturing young parts of yourself. And for a lot of queer folks who do come out later in life, creating space for questions and desires and senses of who you are that were not even in your frame of reference, as a teenager, when you were going through your first adolescence. So it's interesting how many connected parts come back to moments I'm reflecting on as a teenager interesting, I need to like keep moving forward with my life and trusting the buoyancy of those life stories to just kind of like emerge when they need to. Because I think I could spend several lifetimes and have many therapists of my own processing with me, my life and my experiences and my memories up to this point. And it still would not account for all of the ways that my many life experiences have shaped where I'm at right now. So I think the commitments that live in the here and now is also really important. And to realize that all I have is these particular moments that I can choose to trust, whatever is happening in the voices around me, that tells me that I am worthy of love, I can trust myself along the way was what started to give way to allowing those parts to emerge. And in their own time, with patience and graciousness, and a lot of space along the way.

A

Adam James Cohen (he/him) 13:57

And yeah, you mentioned in kind of the here and now and present and kind of using that as like a supportive perspective and lens. But it does make me curious thinking about your life story. If we can go back a little bit to that not here and now to the past a bit. I'm curious mentioned growing up in the Midwest, and queerness not being on your consciousness at that time. And I guess, how would you tell the beginnings of your story? Just give us a little snapshot of what led up until this decision to move to the Pacific Northwest and eventually kind of find more of these parts of yourself? What was the first chapters of your story like?

C

Chris Curia (he/they) 14:33

Yeah, the first chapter, I spent a lot of time very much in this religious world that I was very steeped in, was very involved in this youth group. That is kind of like nationwide and then followed that into employment with this group and church affiliation and and none of those things. I feel like I've disavow now, but also in hindsight, contextually as a queer person to A lot of those spaces that I don't belong in anymore. So I think having those experiences come in color, my ability to affirm what I do believe was already in me all along, but I just didn't have

the language for, I think are some parts of my journey that when the season slows down, and I'm not spread thin over my education and trying to make a living, and I'll be able to find more connective tissue to the past, I think fast forwarding to my move, which pandemic time does feel like it was a lifetime ago, emerging from adolescence into early early adulthood. I remember leaving and I had a very impactful relationship with my first therapist that I had seen for a little over a year and a half. And I ended up moving here to start the program. And I remember that as I was reflecting on what I wanted intentions, I wanted to set for my Seattle move, processing through my own sense of like gender and sexuality was something that was like on the list, which you don't ask those questions if you're like straight and sis, as learned. It's funny in hindsight to be like, oh, yeah, describe the emotional media and right, there are these peppering of moments along the way that I could continue to go back and be like, Oh, that was a really pivotal moment, or that moment when I was 10. And really insistent on cross dressing. Like that makes a lot of sense now. So now that I actually have the language and the terminology, feel like they have given some recontextualizing to like, how I make sense of what probably were pretty confusing moments.

A

Adam James Cohen (he/him) 16:38

And yeah, and as you do that process of looking back, and having these moments in hindsight, kind of validating your experience, what is it like, what comes up? When you think about a 10 year old do?

C

Chris Curia (he/they) 16:49

Yeah, I have a lot of compassion. And they were quirky and weird, and in ways that I wish I had given myself more space for a lot of my main stuff I work with is multiplicity, or the sense that we as a self really represent like a table of selves, or like many different voices in the chorus of like, who we are internal family systems, what does it mean to start to come alongside and nurture all of those parts not extinguishing or getting rid of one or the other? But what does it mean to start to put those parts into discussion with each other? What does it mean for 28 year old, fully out queer, Chris to come alongside Chris as a 10 year old, who very much like still lives somewhere in me, and to give them some airtime, and to show them the dignity that they matter. And a lot of those ways, being able to offer myself the kind of care and support and almost advocacy that I didn't know I needed then. And that being in some ways, re parenting, the adolescent self, finding ways to reconnect with the child with the teenager with every stage along the way, and being able to empower them, because they're still somewhere in here. I think it's been a really hard and costly and beautiful experience to not only offer myself but also to then think as a practitioner, what are ways that I am able to offer people extra support in ways that I know that I needed at their age, then or at their age? Now, what are ways that our diverse cast of characters inside of us are interacting with each other from table to table? What does it mean to give them the same kind of space that they're young parts of themselves need as well, every now and again, I'll have clients ask if I see my own therapist, and I wouldn't believe in the craft and getting into it if I didn't also believe that it has some merit and value and quite literally like transformation in my life, too. Absolutely.

A

Adam James Cohen (he/him) 18:59

And yeah, I'm curious, are you working with any queer clients these days? And if so, how is

that?

**C** Chris Curia (he/they) 19:05

Yeah, most of my demographic is queer. And I think that that is really sweet to be able to recognize that there is such a need for that kind of extra support, when you hold identities that are different, that are deemed non conventional, etc. And then queer theory also very much informs my practice the idea of what does it mean to move those margin experiences to the center of our work, that the acts of queering of therapy as it were, is this active or kinetic way to like challenge status quo that even as queer folks trying to live our lives in whatever out way makes the most sense for us? We're still very much working with the internalized homophobia that very much has shaped who we are today in more ways than we know how to articulate but that are by How do you respond to so there is something about sitting across from someone whose experiences I cannot say I've lived, but that I can say that I'm familiar with, by my own sitting with my experience that feels like you're able to do some shortcutting. Or when we talk about this dynamic or this dynamic, I know I'm able to find the source file and myself that has experienced something similar, and then to be able to provide that extra support as well.

**A** Adam James Cohen (he/him) 20:26

100% Yeah, I mean, I personally very much relate with that. I think, and I've talked with other queer colleagues of mine, who also kind of focus specifically on working with the queer population, we've continued to do our own work, and we come in, in our own healing, there are still parts of us that we might discover that in the process of offering this care, and support to this person, something will probably get activated to our younger selves around, oh, I didn't get this experience, oh, I wish I could have had this experience. And there can be both. There's a dual moment of grief of wishing we had that, while also then being able to offer as you're speaking to this re parenting this care to that part of us that we're holding still in us. So yes, I'm right there with ya. And thank you for naming that.

**C** Chris Curia (he/they) 21:10

And I do believe that there's something interesting about having some of the language around coming out that I both believes that I was like born the way I am, and that I chose it, that there's something of what it means then to actually sit across from somebody and believe like you have everything you need right in front of you. And to be able to offer something of a perspective that is not so close to the source material, that it would be a conflict of interest to try to uncover this sacred part. I think it feels really sweet, then to be like, Yeah, I trust him believe and value and validate every part of your experience, and believe that you have what you need to be able to live the life you want to live. And there's a reason why you're here, let's do what we can to try to enliven those parts and create space, for desire and for complexity, and for whatever parts of your experience bring you alive.

**A** Adam James Cohen (he/him) 22:05

And then jumping back into your own personal story. On the other side of these moments of

And then jumping back into your own personal story. On the other side of these moments of finding more clarity of these different identities you hold and sharing this with your community and having that held and supported. What happened next, like what did it look like for you to start acting from queerness? And how did that show up in your life,

C

Chris Curia (he/they) 22:22

I mean, the first wave was desire, and the second wave was greed. All of this while I am also in this intensely introspective profession, unfortunately, where we have to learn to sit with all of our parts. I think a lot of my life, I operated with some sense of like a hyper competent complex as a response to inner anxiety, I would feel and that being that I wouldn't allow myself to feel the deep anguish that comes with years of thinking your life was a certain way, then actually discovering that it could have been a lot different. And you know, there are so many twists and turns that only come with the first stages of baby queerness of love and loss and heartbreak and Dupit decisions that you've made. And I think being able to come alongside myself in the first phase of grief and the first phase of joy and the first phase of desire helps me then to be able to sit with the parts that got to be especially painful. So the what's next was lots of tears, lots of moments that I wish none of it ever happens lots of moments, but I was so overwhelmed. I didn't know what to do with myself, in my sadness in my heart ache in my even taking a step back and being like, what the hell has my life become over the past few years, moments that actually reconnecting to my past self felt really challenging, because if I were to talk to them, now, they wouldn't even believe the life that I'm living, and may not even like affirm it, right? Like, there was a lot that was working underneath. And I think being able to find the balance between continuing to dive in and to learn more about myself and also recognizing when I need to rest and like honoring my body when I'm in a place where I'm maxed out on introspection, and on sitting with a lot of the pain that comes from my particular and our pretty universal queer experience. Joy is an act of resistance. And I think it's been interesting to also reach those limits where I like cannot perform my hyper competent self anymore, where I like have had nothing to give and nothing to offer. And that actually that's probably where my best work comes from, ironically, to be able to sit alongside somebody who is in such profound pain and to be able to say, I don't exactly know your experience, but I know that feeling there really is a threshold of meeting somebody and Martin Buber We'll use this language because it's our moment, like a sacred connection that you make with someone else, as you see them and their vulnerability. And there's a moment where you realize like, I've been there too. And so I think that in the middle of a lot of those scariness of desire, and then the next wave of grief and profound loss there, then was this season of, what does it mean to learn to like, rest and to take breaks, to pause and to like care, to keep listening to my body, and to be able to notice when I've hit those one, that's where I literally cannot take in any more information if I try. And like learning to say that it will, that will be there tomorrow, and the next day and the rest of my life? What does it mean to like 10 times to the present moment.

A

Adam James Cohen (he/him) 25:45

I so appreciate you sharing, you know, this section, I'm really kind of hearing, there was a first phase of following joy and desire, for lack of a better word, like the lightness of queerness. And then kind of whether intentionally or unintentionally, you started to kind of step into grief and kind of that introspection. And it sounds like there's been a lot of intention, then that follows however it started, whether intentionally or otherwise, that yeah, totally, totally, and I N. And I appreciate you highlighting that because that can be a piece that I see some folks either

resistant to or overlooking or kind of wanting to just stay in the lightness wanting to kind of just follow desire and not create a lot of that space to really both sit with the depths of grief that comes with growing up within anti queerness and anti trans ness and all of that, and how that has both created things that we didn't experience got to experience all of it. And then also, in this introspection, really creating more space to understand the why and how of who we are, particularly as it relates to our identities, I just so appreciate you sharing that. And I want to really highlight this as an invitation for listeners, if you don't feel like you've created that space to really dive deeper into that not always easy to do personal work, there can be such another layer of healing and liberation that can come and so I just feel really appreciative of you letting us all into what that's looked like a bit for you.

**C** Chris Curia (he/they) 27:11

Yeah, absolutely. I think a huge part of what it means to embrace all parts of who you are, is to recognize both your incredible capacity and your finitude to be able to say my life has extraordinary potential, especially on this side of queerness, stepping into the shoes of the dreams I never knew I could have for myself. And recognizing when I've hit my threshold, that all of it is just listening, all of it is continuing to come alongside those young parts, those older parts, and to keep paying attention to like need and desire and following that path. And hopefully stumbling a little less as we get to know ourselves a little more

**A** Adam James Cohen (he/him) 27:58

often in this process, too can be this period of identifying beliefs. We're seeking to unlearn or identifying layers that are blocking our authenticity that we're trying to carve away or shed away. I'm curious if anything that that resonates for you in your story and what that has looked like,

**C** Chris Curia (he/they) 28:15

Yeah, well, I mean, speaking of connecting with younger parts, it was really interesting that a lot of the professional religious roles that I started to hold was a lot of work that I would do around some of the more like intellectual engagement with reconciling spirituality and religion with queerness. And recognizing now on this side of things that I was doing myself a lot of favorites back then I didn't know that I never really had a moment that I had to jump through or do a lot of the like schools and things to be able to leave my experience as far as rationally, religiously, intellectually, because I had already done a lot of that work, thinking that I was just doing it as like a good ally, and recognizing that there was a bit of a pipeline. So it is sweet and moments that you can look back and be like past Chris was really looking out for future Chris in ways that they didn't even know at that point, that even so much around the connection between religious upbringing and personal experiences shame with regard to their queerness and those parts never were a part of my story. I was I had done a lot of work to identify some of my shame patterns and the beliefs behind a lot of those things. So that when it really came to the point where it's like, okay, you're following through on your desires and ways that could elicit a lot of shame responses. I had already done a lot of that work before and in a lot of ways I can find parts of my background that I'm still really grateful for a lot of my specialising in my therapy work is working with folks who are processing a lot of their unresolved grief and some



of those toxic beliefs and ideologies that inhibited them from living in ways that they are wanting to live, now really unlearning some of the religious and spiritual trauma that they had experienced by actually learning to tend to the trauma in real time in the here and now. And I think even a lot of my background has spent studying a lot of theology and religion and worldviews and to be able to sit across from someone as they're describing an experience where I can go back and find the historical record of where that belief came from in the first place. And why it took a toxic turn for the worse, having some of that background and context has been especially helpful in my own coming into my body as I came out. And then it's also been a very, very sharp tool for being able to help people processing what they're very much in the thick of with regard to their own religious baggage. And it's interesting, because I am not one of those people that well, to hell with the whole thing. I think if people can find their little pockets of who they are in ways that affirm their sense of identity and purpose, and full humanity and belonging, then like, do it. With my background being what it was, I remember as a teenager, working at this youth camp for a month and getting ready to leave and the night before, as we're getting ready to go back to our respective contexts, the camp director being like, okay, so all of you in this room have 3040 high school students, knowing what you know, now, and having been through what you've done through having experienced what you've experienced, why would you ever want to go back to the way things were? And I think that there is something of that continued to be a through line and my unfolding journey, the question I keep asking myself, no matter the context, is, knowing what I know. Now, even in some of the challenges and some of the pains, I would never wish upon my worst enemy that I've experienced over the past few years, I wouldn't go back, I couldn't if I tried. I remember having a conversation with actually another friend of mine who was at this camp for a month, we were bunkmates. And this person also ended up coming out later in life. And there's this one point where he asked me, don't you just feel happier now that you're on this side of coming out? And my response was, yes. And the way that I would characterize that kind of, I could never go back, if I try it is much more of life feels more dimensional than it did back then like going from living in black and white to sing in color or living a very, like flat and possible, but like shallow existence to something that is like fuller and more robust and more diverse and beautiful, which also means as you increase a threshold for love, so too, you increase a threshold for pain as you connect with your very real and honest experience of who you are. So again, that question of like, why would I ever go back to the way things were and I don't, I don't really think I could, if I tried hasn't been a guy that for every season of my life. And I'm grateful that it was like as nurturing to that young Chris, who very much didn't know who they were, as to this, Chris, that 10 years from now that Chris will look back on and say, but they didn't know they were either. And continuing to learn and grow and believe that learning to become everything we are is the only journey that continues.

A

Adam James Cohen (he/him) 33:24

Have you gone back to any of these either communities or hometown or like I'm curious, for queer folks on the other side of coming out or coming into ourselves, it can create an interesting relationship to the spaces we grew up within, we're socialized within some of us have have certain boundaries around that some of us can reintegrate and have a different experience like how such looks for you.

C

Chris Curia (he/they) 33:46

It depends on context. I think I've gathered enough of those low hanging fruit moments with

people in my life that I also know my emotional and relational price tag. And I think if I don't feel like I'm able to be met, in those ways that honor, that sense of like the love I think I deserve, then a boundary is a thing that I need to set in place, in order to feel are the most dignified, and like valued. So I think I'm curious to see what it will continue to look like. I think I've both been surprised at some of the ways that living into who I am more honestly as determined people who said that they were close to me at one point, and people have leaned closer in ways I didn't expect either. So to your original question, there also is a sense that I think we leave behind the things we leave behind for reasons that we maybe only find out later in life, but that something of our body like has an intuition for and that being a no hard feelings kind of thing. At least in my perspective. I feel like I went through a lot of my life by how I pass in communities being pretty unscathed by a lot of the like pain and prejudice that comes with trying to like stick it out. At the same time, I also believe that we can't go back, we can't return to the environments that we're not nurturing to our full sense of self and expect a different outcome. When we know what we know now, and we've gone through what we've gone through, and to know that there are places that I am just perhaps more particular about, and more dialed in to like what I'm looking for in places where I know what it means to fully belong. I know what it means to be fully valued, and all parts of myself to be welcome. And I just wouldn't settle for anything less for myself. I think a beautiful part of queerness is that everybody's got their own thing. And all of us are not operating on the norm from the start. So there's no pressure, I think I validate every facet of a person's way that they navigate some of those reintegrated moments, but at least for me, it's meant going places where I know that I'm loved and valued. I sad is like a pretty high priority.

A

Adam James Cohen (he/him) 36:06

Well, I'm just know, there's so many more places we could go in this conversation. But I guess before we look at winding down, is there anything else that hasn't been shared that wanted to be a part of this conversation?

C

Chris Curia (he/they) 36:17

Well, the first part of my life, I thought I was gonna be a pastor. And so there is something in me that is that still feels very pastoral and wanting to like leave listeners with some sense of encouragement, that for those of you listening, however you identify whoever you are, and your unfolding sense of becoming, my hope is that you know, that you are loved, that you are cared for cared about, your experiences are valuable, and that you have everything you need to be all that you already are. And I feel really grateful that if you've heard any kernels of things in my life that resonate with you, I'm so appreciative of the space to be able to offer something of my life and my background and hope it's been some sort of help in ways that hopefully bring more love and light and peace into your world.

A

Adam James Cohen (he/him) 37:13

Absolutely. I feel so glad that we got to do this. Yeah, I say on like a selfish level, on a therapist level on a podcast host level, like on all of these different levels, I feel so appreciative. And I feel like I have personally experienced so much gain from getting to hear your thoughts and your experience and your story and your work. And I just am so excited to get to invite other

people into this conversation too, because I really feel like so much of what you shared, there's so many nuggets that have stuck with me. And I think it's just, it just feels so helpful. And when I feel big, I ramble listeners of the show know this. And I'm doing that right now. I'm just like rambling because I can't find the right words to communicate just how appreciative I am that you came on and shared everything you did. And I'm so glad you're out there doing this work. And I'm so happy for your current and future clients. I just want to thank you for doing all the personal work you've had to do to get to this point, because it's not easy.

**C** Chris Curia (he/they) 38:09

I appreciate that. Absolutely. Absolutely. And so appreciate the invitation. What a thoughtful and fun conversation.

**A** Adam James Cohen (he/him) 38:16

And then are you someone who have people are listening want to connect with or reach out to? Are you someone who invites that it can also be like, Yeah, but okay, we're sure. Yeah. Yeah. And what's a good place to direct them?

**C** Chris Curia (he/they) 38:28

Yeah, social media is a good place. So I can include my handle so people can find me there. If you're in the Seattle area. I'm still accepting clients. That can be fun. Anything you heard in here, I'll do a lot less rambling in our sessions. I promise. He won't hear very much for me. But yeah, anyway, that people can find some encouragement and want to connect your follow up any further. And I'm happy to offer that as well.

**A** Adam James Cohen (he/him) 38:53

Awesome. I'll put all of that in the show notes of this episode. So definitely check that out. Well, Chris, this has been great. Thank you so much.

**C** Chris Curia (he/they) 39:01

Thank you so much. Yeah. Thanks, Adam. I appreciate it. And thank you listeners. It's really fun to get to be on the show.

**A** Adam James Cohen (he/him) 39:15

Hey, thanks for joining us for today's conversation. Feel free to head on over to [secondadolescencepod.com](http://secondadolescencepod.com) for show notes and more. And you can connect further by following the show on Instagram at [@secondadolescencepod](https://www.instagram.com/secondadolescencepod). If you're interested in being a future guest on the show and you want to come on and share about your own Second Adolescence visit [secondadolescencepod.com/be](http://secondadolescencepod.com/be) A guest and you can submit your interest there. Alright, that's

it for me for now. Whether it's morning, afternoon, night, wherever we're finding you in your day, go on out there and keep doing things that would make younger you absolutely thrilled. That is what it's all about. Alright, take good care.