

Second Adolescence - Ep. 02

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SPEAKERS

Adam James Cohen (he/him), Sarah Meyer Tapia (she/her)



Adam James Cohen (he/him) 00:09

Hello, hello and welcome to this episode of the second adolescence podcast. I am your host Adam James Cohen. And on this episode we have this great conversation I got to have with Sarah Meyer Tapia. Sarah is a wellness coach and educator, which is awesome. She does great work. And like beyond that, as you'll see, she's such a special human. There's birds chirping in the background of this episode, I think where she was recording our birds around her. I think she was outside. But it's also my hunch that birds just probably follow her wherever she go. They just want to bring their beautiful songs to just be around her because her energy is that good. Oh, I can't wait for you to listen. And yeah, in this episode, she shares a lot about her own story about her experience growing up within a religious context that really sent pretty strong messaging around sex and sexuality. And then what her experience was like, as an adolescent discovering something within her that felt different than what was being told to her on the outside and what her own process was really holding on to this internal knowing. And that kind of became a theme for her in her life. She talks about staying true to who you are and discovering who you are, and shedding all the things and oh, I mean, I could just talk a ton about what we talked about, but I'm not gonna cuz you're listening to it. But yeah, she shares about her second adolescence really taken off in her early 30s when her experience of sexuality expanded her experience of relationship expanded. So yeah, this episode, we talked about younger selves about queerness, about polyamory about healing, like, it's so good. So I'm so pumped for you listen, and as with each episode of the podcast, where a new person comes on and shares their story, I really want to invite you to listen with open curiosity and know that each of our stories are unique. And you may hear people share parts of their experience that differ from yours, as well as parts that absolutely give words to what you went through. And I hope that both happen, and that we can all continue to grow in community with one another and continue expanding our awareness of what life and queerness and healing can be for folks. And at the end of the episode, feel free to head on over to second adolescence pod COMM For show notes and resources mentioned in the episode. And you can also come on over to Instagram and follow the show at at second adolescence pod. And we'd love to hear from you there. Alright, enough for me here. Let's dive into today's conversation. Thanks so much for joining us. Before going anywhere, I like to start off each episode with inviting the guests to introduce themselves, you know, just to give a little context to the person behind the voice. So who are you?

S

Sarah Meyer Tapia (she/her) 02:39

Who am I? Big Question, huh? Yeah. And we tend to always want to introduce ourselves with our credentials and titles and roles. And I want to intentionally like not lead with that. Cool. So I'm Sarah Meyer Tapia. And I am newly 40. And just passionately devoted to an authentic life. I grew up in a religious environment, then there was a lot of it that resonated with me just being a naturally contemplative and spiritual seeker. And there was a lot of it that felt dissonant in me, and I wasn't in a diverse enough environment to have any language around that. I just had a feeling in my body, that certain things didn't seem right. But I didn't even have the representation or example or language to know what that even was. And my 20s were a time of asking more questions being exposed to more people. The more I learned, the more I knew, I didn't know. And then in my late 20s, I went to grad school for a counseling psychology program. And in that program was introduced to mindfulness. And it felt like coming home was like, there's words for this. This is a thing like it was just everything that my soul had been craving and drawn to around ritual and contemplation and spirituality. And like a practice and a devotion and a connection to something greater. It was like all there and I just went down the rabbit hole of that, that became my career and profession. That's what I continue to teach at Stanford and study for my own doctorate that I'm working on. It's my personal practice than it is very personal to me. So that's core to who I am. And yeah, as far as roles go, I direct a wellness education program at Stanford working with students, and faculty and staff. I work with people outside of that as well companies and individuals. I'm a mom to an amazing 13 year old slash 80 year old, wise human I'm a partner and an athlete and so many things. But at the core of it, I hope to say I am an authentic person wanting to live a sparkling life.

A

Adam James Cohen (he/him) 05:14

Hmm. Put that on a t shirt. Oh my god and authentic person wanting to have a sparkling life. Let's start. Absolutely count me in. Oh my gosh, cool. Oh my God, just hearing the little bit of your story so far, I am just so excited to kind of hear more. And so if it's okay, I'd love to kind of jump backwards than ever kind of follow. Follow us forward. And so you were alluding to kind of the context within which you grew up with and kind of having, you know, a certain set of beliefs held and perhaps a dissonance between kind of what you were feeling internally and kind of what you were exposed to? Where did you grow up? What was the beginning of your story?

S

Sarah Meyer Tapia (she/her) 05:59

I grew up in Lake Tahoe.

A

Adam James Cohen (he/him) 06:02

Yeah, tell me what was that like?

S

Sarah Meyer Tapia (she/her) 06:04

What was that? Like? It's hard to separate the place from the complex experiences of growing

up. You know what I mean? Like, sometimes I wish I hadn't grown up there. Because I say Tahoe and everyone's like, Oh, my God. And I still feel like I've never gotten that Tahoe experience, because Tahoe is also the place where there was a lot of complexity, right? Yeah. So certainly, growing up in beauty and nature, that's part of just the core of who I am is mountains and water. And also, it's tricky. Like, it's not just a clean, warm, fuzzy memory.

A Adam James Cohen (he/him) 06:43

I'm having a very similar experience to you. In this moment. I'm catching myself doing what I write because Santa Cruz you're from so yeah, so So I'm from so I'm from Santa Cruz. So often when I when I tell people particularly kind of sense moving to San Francisco and kind of really, even more so kind of finding my queer community. And people often are like, Oh, my God, what was that? Like? It must have been so great, because they hold this perspective of it as it's like crunchy granola, and Carmel town, progressive all the things and, you know, for a queer boy growing up, yeah, in the 90s, early 2000s, it was not necessarily a safe place, particularly. It's driven by you know, the surf culture, which is very masculine and talk often toxic, romantic, and yeah. And so, so I too, had this like, very interesting experience with my hometown of, yes, the natural beauty and yes, can appreciate that. And it was beautiful and great, and was very tricky. And it took Yeah, I think it's taken me a lot of time in my adulthood to kind of re discover my relationship to Santa Cruz, because that for a long time, I was kind of resistant to that. I don't know what your process has been Tahoe. But yeah, I think so much relate a little bit to your story. Yeah.

S Sarah Meyer Tapia (she/her) 07:54

Right. Because it's the setting of this story that I don't know if you experienced this, but my childhood self, there's so much she didn't know and so much that I wish I could help her with or like, I'm watching this story of this girl who I love so much and hurt for and I mean, I didn't have a horrific childhood or anything. But there's certainly aspects of the story that were so hard that I wish she had more tools, you know. And so it is it's the setting of all of that, and it's not going to be nice and clean to look back on it.

A Adam James Cohen (he/him) 08:32

Yeah. So like, what was adolescence like for you? Were you still in Tahoe then?

S Sarah Meyer Tapia (she/her) 08:37

Yeah, I grew up in the same house from the time I was born till 18. Yeah, there was a lot of shifting there. Coming of age. And this is so tricky. I really appreciate you just kind of couching this conversation in that knowing that we can edit later. Because I want to just speak freely and share my story. And as you know, it's so tricky when your story is also other people's stories that they might not want to write Italy. Totally, yeah. But as a human receiving other people's stories, I always appreciate that authenticity so much and want to contribute to it in a way that's also respectful to the people in my life. But what I remember about adolescence was that being at a point in time when my dad and I started really butting heads and weren't able to

communicate and meet each other anymore. And my dad actually passed away some years ago from complications from multiple sclerosis. But gosh, I'm sure this is going to be a theme through the whole conversation and all your conversations is the both and right to be able to hold compassion for somebody perspective and also like fierce commitment to taking care of ourselves and not dismissing things. Yes, but I mean, knowing my dad's story, there's so much I don't even know but I know that he had a challenging childhood. He fought in the Vietnam War. As a kid, like an 18 year old was in charge of his troops on the ground in Vietnam, he had PTSD from that he had multiple sclerosis, he had all of these things that influenced his capacity, right. But one of the things that stands out to me that I didn't put together until I was in therapy in my 20s, was that formative experience he had, as a young soldier of if he made the wrong call, people died. And that was sort of how he approached people disagreeing with him in general, that like, for him to be wrong was unfathomable. We can't go there like that. Don't challenge me. And that's what adolescents do. Right. So here I am asserting my independence, discovering who I am, and there wasn't an ability for conversation around it. So there was a lot of tumult in my home during those adolescent years. And the other thing I remember is walking this line of commitment to where I wanted to go, when I graduated, I wanted to be an athlete, I wanted to get to college, and also this primal need to rebel. And so I didn't want to get into the drugs and alcohol thing that so many of my peers were doing, because I was so committed to my sports and my school. So I dove into a lot of relationships, a lot of Yeah, I explored my sexuality a ton. And I just kind of, I didn't have permission from my parents to date a lot, or to have a lot of freedom with that. So that was where I could rebel and just say, Alright, I'm going to do this behind closed doors. And being in a home that had a lot of religious rules around sexuality. One of them being that homosexuality is wrong, but any premarital sexual activity is wrong. And I'm not supposed to even date. So to rebel against all of that was also to take on all of this religious shame that again, I didn't totally unpack and process until later, and who knows if I have totally unpacked and processed it. But that was a big part of my adolescence was like, this mature self, who was driven academically and super responsible and getting the good grades and scholarships, and also like, had this secret thing going on. That was in some ways, incredibly fulfilling and wonderful, but ridden with shame and guilt.

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Adam James Cohen (he/him) 12:34

Yeah, what was that part like, for younger you holding both like this? Yeah, there's exhilaration and joy that comes but also with the shame What was that, like? Speaking of both, and for younger, you're holding both of those.

S

Sarah Meyer Tapia (she/her) 12:45

I don't think I could hold it. At the same time. I think when I was doing it, I was just enjoying it like, and in some ways, I'm proud of her that she knew that sex is wonderful. And she enjoyed it. This is something that I'm so grateful for. I don't know if you're familiar with the true love, waits, purity, culture movement. So growing up in the church, there was this national movement called True Love waits were youth groups were given these pledge cards to give to the kids that said, I promise I won't have sex until I'm married. And I remember signing that pledge. And we went to Washington DC for like this national true love waits event with all the Christian bands and 1000s of pledges nailed into Washington lawn and like this whole experience. And I Adam, I was pre pubescent. And I was like all in like, This is amazing. This is so inspiring. Look at all these people like all. And I remember the next summer, I was in a hot

tub with a boy and he touched me under my bathing suit. And I was like, fuck that this is amazing. The true love wait. I had to process the anger of these kids to sign this before they're even wanting sex. Yeah. And I didn't know what I was signing away. And I'm so grateful that there was something in me that could say, okay, so this is a dogma and a piece of paper. But this is my lived experience. And this is what my body is saying yes to and I'm going to go with that. Because so many of my peers couldn't break that pledge. And I'm not saying there's one right or wrong way to do it. But I've talked to a lot of folks who wish they had feel like they missed out on something that wasn't wrong. Yeah, yeah.

A Adam James Cohen (he/him) 14:54

Wow. So was that pretty instant that you were able to say Yeah, fuck this. This is what feels right was that rather quick?

S Sarah Meyer Tapia (she/her) 15:02

yeah, I've always been a very sexual creature. And yes, I think once that got turned on that was it.

A Adam James Cohen (he/him) 15:16

I'm feeling so inspired by younger use ability to like, trust what she knows, when you're surrounded by an environment that's telling you otherwise, I must say, that is very hard to do.

S Sarah Meyer Tapia (she/her) 15:29

I guess I'm thinking I, you know, I didn't go to religious high school or anything. So I was surrounded. My peer culture was very sexually active, very engaged in drugs and alcohol and all of that. And I got, I spent less and less time in youth group as I moved through adolescence. So my family of origin and church community was saying one thing, yeah, but I think when we're teenagers, right, the communities we're listening to more anyway, are the ones that were our peers. So I don't remember it being hard to do what I wanted to do. I just remember it being so hard to come home. Yeah, see the silence and the choice of Okay, so do we just not talk? Or do I say something? And then we fight? That was the hard part.

A Adam James Cohen (he/him) 16:18

Yeah. Sounds like there became this wall between you and your family? Because I'm in like, a place you could bring your whole self into? Yeah. And who was your whole self? Like? How do you remember identifying in terms of sexual identity at the time?

S Sarah Meyer Tapia (she/her) 16:34

Yeah. So it's interesting. This is why I was so drawn to what you're doing. And the second

adolescence piece, because I didn't have any language or awareness of any queerness in me, like consciously, oh, yeah, when I was a little girl, I used to do this or that or think about this or that. Yet, it never even dawned on me that there was any queerness in me, because I was also very attracted to boys and very sexually active with boys. And there wasn't any open queer community in my high school either. So there just wasn't anything I was exposed to at all. And then I ended up getting married when I was 20 years old, to a very conservative Christian man, and we were married for 10 years. And it wasn't until that marriage ended. And I was now 30, in a different community, different awareness, more sense of who I was more permissiveness to actually explore what I was interested in, which is both men and women, there's so many ways to identify, right, I do identify as bisexual because I'm very attracted to feminine and very attracted to masculine, I also just identify as queer because there are plenty of non binary folks that I would be attracted to. So we could say, pansexual. There's so many terms, but yeah, not just strictly heterosexual individuals, male males, so that consciousness didn't hit until I was 30. So talk about a second adolescence!

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Adam James Cohen (he/him) 18:09

Yeah. Wow. Gosh, I am so curious about that point in your life, because I'm thinking about you having these new experiences at 30 and perhaps holding residue of old scripts around both sexuality and homosexuality. And I mean, yeah, like what was happening internally, as you were having these new experiences, what was happening to those scripts?

S

Sarah Meyer Tapia (she/her) 18:38

I don't even think in terms of scripts. Ooh, yeah. I think it was, like I was saying earlier, you know, just this innate, incessant need to live an authentic life. And the, the more I had these experiences, the more alive I felt, the more I felt like me. And it just felt like an inhabiting of my full self. It was just like a, I don't even think of it as hard choices to make, because I couldn't have made any other choice. It was just this natural, gravitational pull toward who I really am. So I did have experiences with lots of different incredible people. And then I met my now husband. So that's a story as well of how that goes, do we want to go there?

A

Adam James Cohen (he/him) 19:22

I would love to Yeah, how'd that happen?

S

Sarah Meyer Tapia (she/her) 19:23

So I met him at Stanford. And from the very beginning, he knew my sexuality, thank goodness I knew my sexuality to and could share, you know, this is, this is who I am. And it was also very clear to both of us that we wanted to be together. And so for the first several years of our partnership, we were monogamous and really worked to build a safe, solid foundation and we would talk about things or play or fantasize about things but it wasn't until three years ago now that I said to him, You know, I'm realizing this attraction I have to feminine energy and female bodies. This is a big, not just a big part of who I am, this is who I am like this is part of my core essence that needs to be expressed. I wasn't sure if it would work for me to be married in a

monogamous relationship to a man for the rest of my life and just be able to, like, share these fantasies with him. But it's like no, this needs this needs to be my reality. I need to express this and he's such an incredible supportive partner. I mean, he wants just as much as I want to live an authentic life He wants that for me to and wants me to be fulfilled and happy too. And that is what kind of opened us to this world to explore of what is ethical non monogamy? What is a triad? What is polyamory? All these different terms. We did a lot of therapy, a lot of coaching a lot of education and workshops and started to explore this together. And what's been really cool, aside from how amazing it's been, for me is his embracing of this as well. And realizing like he said, I identify as polyamorous This makes so much more sense now that, of course, I can love more than one person. And there's been an expansiveness and like an incredible deepening and strengthening of our own marriage and partnership through the the freedom and the safety of expressing our full selves in this way.

A

Adam James Cohen (he/him) 21:33

Yeah, well, it sounds like for both of you, it's it's clicked. It's click like, yes. Oh, this is me. This is me. Yeah. Wow. Okay. I have so many questions about this. This is such an important topic. And I don't want to position you as the expert on polyamory. But I would be very curious if you want to share anything that has really supported you and your partner, as you kind of made this transition from monogamous couple into polyamorous, I know you talked about therapy and coaching, any kind of specifics around what has been helpful. I'd love to hear

S

Sarah Meyer Tapia (she/her) 22:05

Yeah, well, thanks for reiterating. I'm not the expert. I'm the expert of my experience, right. And that's all we can really know. But thankfully, where we are in the world, there's just such a strong community of education and support and resources here and wonderful teachers and educators who create these communities, right? I feel so fortunate. I mean, just where I work is such a diverse community. I have a beautiful queer community around me so many of my students, my colleagues, my very best friends, are a gay married couple. And it's been really helpful to have people around me who love and champion this. Just earlier this week, I went to my staff Christmas party and my husband's staff Christmas party was on the same night and he was in charge of it. Like we couldn't go to each other's parties this year. And I was like, wait a minute, I can bring a different date. And he was so excited. He's like, yes, please go normalize polyamory. And Stanford, brought this incredible woman that we've been dating for the last year plus. And she came with me to the Christmas party and my colleagues were just like, thrilled to meet her and chatting and telling stories and just treating us like any other couple who would be there. And that was such an integrating healing experience to just be accepted. It wasn't like I went and made a statement. It wasn't a big deal one way or the other. It was just, we're just there together. And that's great. So that's a huge thing that's been helpful is being surrounded by a community that is supportive. Because where I'm from, it would definitely not be like a seamless Hello, here we are no big deal. So there's that there's so much that's been supported. And I also can't downplay the challenge of navigating Olympus, right? There's the challenge of just learning how to interact with and have sex with and be connected to women for the first time when you're in your 30s Second adolescence, but then just throw in doing this with a partner, and learning how to support each other's safety. And it's not like it's easy and been free of challenges. But I think any monogamous relationship over long periods of time, has challenges and hard things to navigate to this is part of being in relationship. So to

have deep love and trust, to have the willingness and the skills to communicate, to have the teachers and support people and therapists to work with us and then over time to just have experiences that teach us because we'll think we know everything we need to know going into an event variants and then we'll realize oh, I didn't even think to talk about that. Okay, well, now let's talk about it. Totally. Yeah, yeah.

A Adam James Cohen (he/him) 25:07

Uh huh. And then I don't know if this is true for you. But I know for for a good amount of poly folks, it feels like this other coming out that happens. Like there's the coming out of the closet in terms of queerness. But then, yeah, just coming out in terms of how you engage in relationship. Curious, does that resonate? Was that part of your experience?

S Sarah Meyer Tapia (she/her) 25:25

Yes. I feel like I kind of did both at the same time. Because I came out as queer while I'm married to a man. Yeah, so it was also coming out as Polly because I'm not leaving my husband to explore relationships with women. Yeah, it's so interesting to me that for a large portion of our culture, that would be more socially acceptable to leave my husband to be with a woman. Like that's more digestible for folks, then, no, actually, I'm gonna stay married because we have an amazing marriage. And we're going to date women together, and I'm going to explore this. And that really can make people uncomfortable for all the reasons that our own religious messaging around it their fear of doing it themselves, or that I'm going to try to convert them, there's so much weirdness around it.

A Adam James Cohen (he/him) 26:19

Absolutely, yeah. And I hope that by through more conversations like this and more dialogue within our culture, it's become more and more normalized. And yeah, I mean, I'm skewed, I think, depending on where you're at. Right, exactly. Totally, I think there's, of course, more expansion. That's needs to happen as we continue moving forward. But it does feel like we're at a turning point right now, where it's slowly seeming to filter out that more and more people are really using awareness of non monogamy as an opportunity to like, pull back and check in like, Wait, what is most true for me actually, like, how would I actually love to show up in relationship? How am I maybe not being served by monogamy? Is there a part of me that feels like it's not able to be at the table? And just as starting to ask those questions, I see more and more folks doing that, I think kind of in line with your life's energy around finding and living authenticity, I think it's really inviting a lot more folks to really discover their authenticity on this in this part of their life, which is really, really cool. And really special. really special. And as you speak to comes with some challenge. Absolutely.

S Sarah Meyer Tapia (she/her) 27:26

Yes. It's like walking that line of okay, I'm gonna stay out of other people's heads, I don't need to think about what everyone else could possibly be thinking and speak to that. But also this responsibility to represent to be that face or voice that I never had to know, oh, this is the

thing. And this is possible. Because I'm sure you've experienced this too, around queerness that, like, I don't know, I find a lot of people think, Oh, you must think everybody should be queer. Or you must think everybody should be poly or everybody is or my female friends are afraid I'm going to hit on them or something. Because if I'm attracted women, I must be attracted to all women, or all these weird things, or you want to just actually know, I don't want you to be poly or quit, I want you to be you. And I'm just over here trying to be me. And especially with my husband and I dating women together, that's been such an interesting journey for us. And for him, I don't want to put words into his mouth. But what he shared with me that is so challenging is, you know, here's something that I initiated I wanted because of who I am identifying attracted to women and and there's this cultural stereotype of men, and this threesome porn culture of, oh, this is every guy's fantasy. And every guy just wants to have two women and him not wanting to be that guy, and wanting to be able to enjoy it. But also dispelling this myth of I'm not here fulfilling a fantasy, we're in authentic relationship. Yeah, this woman that we've been dating for over a year, like we are in authentic, beautiful, supportive relationship with this whole person, and we share our whole selves and, you know, wanting to represent or show that this is possible. And this is beautiful, this can be supportive, without being evangelistic about it or defensive about it. It's really hard to know how to talk about it.

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Adam James Cohen (he/him) 29:27

Yeah, absolutely. Because again, yeah, it's still a newer conversation for folks. And as you're speaking to, for the people who are poly or who are exploring this way of being in relationship, they too are trying to like, learn the language as it's happening. I have some close friends who are in a triad and it's been really interesting. Being witness to them, all three of them never really knowing this about themselves and that this is what they wanted and then kind of having this moment of connection and then really feeling like two steps forward one Step back you like as they continue to travel through, yeah, both different scenarios, different dynamics, but then also with themselves kind of getting more and more comfortable with how to communicate about their relationship. Right. But then yeah, witnessing the challenges to oftentimes, the main struggle that I see for them is less about what's happening in the relationship more about like them having to navigate with the environment around them, and families and culture and different systems we have in place that are very in line with a monogamous partnership. Yes, that's that's a tricky piece to it. Definitely. Yeah. Thank you for thank you for sharing about this part of your story. And you mentioned kind of different points really resonating with this idea of second adolescence. I'm curious if I could hear you share more about when you've heard this idea, or anything else you want to share about really what resonated for you? And kind of how did you make sense of it, when you look at your own story and your own process of going through a second adolescence?

S

Sarah Meyer Tapia (she/her) 30:53

Mm hmm. Well, there's what felt resonant and familiar to me about my first adolescence. And then there's also the pieces that are different, right. So what felt really familiar was this Bumbly feeling of I don't know how to do this. And definitely, I've talked to a lot of queer women about this, that it is different trying to figure out how to communicate a potential interest with another feminine person. Yeah, like, I could walk up to a bar and went get a guy. And he'd probably know what I was thinking, Hmm, not that I ever really did that a lot. Ironically, right. So to like, walk up and start talking to a woman anywhere, nine times out of 10. She's not

interested in women. And also, she probably just thinks I'm nice and friendly, you know? So totally, there was that whole piece of how do I express that I'm interested without being like really overt and sleazy, right, you know, that whole piece and just getting to know feminine energy and feminine bodies and learning all of that, because I'm, you know, looking at my husband going, Wow, you've been doing this for 30 years, and this is my first time. But then what's different is, I'm 30 doing this. So I don't need permission in the same way. So when I came out to my family, it could be from this very adult place of, I'm sharing this with you, because I want you to know who I am not because I need you to agree or condone or give me your permission or your support. Like, I just want you to know who I am. Yeah. And there's something really incredible about being able to do that as an adult. Yes, I don't know what it's like as a teenager to share that kind of thing with family that might not be supportive,

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Adam James Cohen (he/him) 32:47

right, as you're speaking to, there's a different sense of security and stability coming out as an adult, I mean, still incredibly hard, still incredibly scary, and depending on the person circumstance, could perhaps have some real challenges that follow. But typically, as an adult, you have more sense of who you are, you have perhaps more both independence in terms of financial environment, all of that. And so in adolescence, for young people, particularly adolescents, there is such a need, though there's this need for rebellion, there's also still this need for like, and I need to be held and known by you and know that you're my safe space to come back to. And that doesn't necessarily go away throughout life, but as an adult, there's less perhaps, of that need. So you're right that it is, it can be a very different experience coming out as an adult and still also might maybe nerve racking and scary. I don't know, what was that like for you in that coming out experience to your family?

S

Sarah Meyer Tapia (she/her) 33:44

Yeah, it definitely helps when you have your own space and community to come home to right. So I was able to do it from here from my home in my community. And I did it with a letter I just shared a letter with my family have not like a super long explanatory letter. I really my one of my first therapists was great at teaching me like anytime you're thinking about justifying or defending who you are stop. So I stayed out of that energy with it. And just from a very clear space shared, you know, this is who I am. And I just want you to know, seems silly to be 40 years old, and I'm like hiding this. So it is still tricky, though, like you said of navigating how to hold it when your family doesn't understand or agree. And still having that compassion for their own life experiences and contexts that make it such that this is where they are and what they think and also not abandoning my own Deep Belief and desire for open mindedness and open heartedness and the fact that While I believe in all kinds of family and chosen family, I also instill a daughter and a sister and want to be unconditionally. I am unconditionally loved. I know that unequivocally. But it's still hard when your family doesn't agree with or support a decision you're making to live, what you believe is, is your authentic life. So it's a very multifaceted, tricky thing to hold.

A

Adam James Cohen (he/him) 35:29

Yes, absolutely. Sounds like for you, and hopefully, for a lot of folks, it doesn't have to negate your authenticity, you can still hold and have that be intact. Yes. And moving through kind of,

there's a grief that comes if there's any trickiness in these relationships, and lots of emotions to process through. But I think what feels so powerful about your story, and that I'm so inspired by and really resonate with this, like, the thing is to like, find yourself and to be yourself, and to like, create a life where like your full self can come to the table, I'm really leaving this conversation, just really inspired by your demonstration, even in this conversation around how to show up and be your authentic self. And I know we talk a lot about authentic self is kind of everywhere in the, but it's also the jam, it's kind of the thing, and I found like, in the second adolescence work, it's really kind of like, essentially, the goal of it is to like, be the self that was truly there before shame, or anything else was laid on top of it to make it feel like it can't be allowed to be here, you know. And so uncovering that self grounding into that self is really the whole process. And it makes me think like, I do a ton of reflecting on like, fascia, what would it be like for my younger self to see me now? Or what would I say to my younger self, here and there? And that makes me curious for you like, what is your own relationship to your younger self?

S

Sarah Meyer Tapia (she/her) 36:48

What a beautiful question, because I even like to hold that question now of what would make my past self proud. And my future self grateful. I got that from Nicole Antoinette, who's an amazing writer. And I know that Sarah and Melissa listened to her podcast today. Oh, yeah. Real Talk Radio? Yes, absolutely. So she's the one who put that in my head of like, what would make my past self proud and my future self grateful. And I feel that so deeply, like I just when I think of my younger self, and like, I hope she's proud and not even proud, as much as encouraged, like, sees it's possible, like we can transcend this small, little community and see that there's more and expand and become everything we are, without cutting ourselves off from where we came from. I'm not interested in, like cutting myself off from my roots, or my family or anything like that. And I'm still trying to navigate what does it look like to have, like an authentic relationship with my family that is full of love and compassion, and also gives room for me to actually show up as myself. But that it's possible. I really believe it's possible. And I want to think that my, my younger self is encouraged to see that

A

Adam James Cohen (he/him) 38:14

boom, period, exclamation point, all of it. That feels like a good place to wind down, huh. Thank you for sharing all of that. And I feel so touched just from this virtual conversation. And it was such a pleasure to get to know more about you and your own story. Yeah, I'm gonna be digesting this one for some time to come. So thank you. And then, okay, so if folks who are listening want to either connect with you or learn more about you and your work, where would be a good place to send them and anything to share about what you're up to now? Yes,

S

Sarah Meyer Tapia (she/her) 38:53

well, my website is really easy to remember. It's just my name, it's Sarah Meyer tapia.com. And that's where folks can reach out to work with me one on one. I have guided meditation recordings there and zoom links to join a drop in meditation that I host every week and about information about all the work I do and clarifying. I am not doing work with people on queerness and polyamory, I'm learning this myself. But the work that I do with folks is around

primarily like making meaningful behavior change in line with who we truly are. Self Compassion work, mindfulness work, self development, life development stuff. I would love to connect with folks around any of that.

A Adam James Cohen (he/him) 39:38

Awesome. Well, thank you so much. Thank you,

S Sarah Meyer Tapia (she/her) 39:41

Adam, for making it so safe and comfortable to have this conversation. It felt very easy. I wasn't quite sure what to expect, but it felt really lovely. So thank you.

A Adam James Cohen (he/him) 39:50

Oh, I'm so glad I'm so glad. And yeah, it's been such a pleasure. Just being in dialogue around these topics just feel so important and so powerful. And so like I'm selfishly taking so much. Oh, I bet Yeah, I bet it was

S Sarah Meyer Tapia (she/her) 40:05

an honor to take these stories.

A Adam James Cohen (he/him) 40:07

Yeah, absolutely. Well thanks folks for joining us for this conversation. Feel free to head on over to [second adolescence pod dot com](https://secondadolescencepod.com) For show notes and resources highlighted in today's episode and you can connect further by following the show on Instagram at [second adolescence pod](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 [second adolescence pod calm](https://secondadolescencepod.com) and you'll see how you can submit your interest there. I'd love to have you on. Alright that's it for me whether it's morning, afternoon night, where we're finding you in your day, please go out there, keep doing things that would make younger you feel absolutely stoked. That's what it's about. All right. Take care.