

# Second Adolescence - Ep. 03

📅 Thu, 1/27 6:49AM ⌚ 59:23

## SUMMARY KEYWORDS

felt, gay, adolescence, people, queer, date, knew, queerness, life, high school, experience, person, friends, hear, part, thought, folks, aware, scary, sexual

## SPEAKERS

Adam James Cohen (he/him), Davey Feder (he/him)

---

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

Hi there and welcome to this week's episode of the second adolescence podcast. I am your host Adam James Cohen. On today's episode, you'll hear a conversation I had with a man named Davey feeder will hear him share about the many roles perfectionism played in his first adolescence and about how his second adolescence really involved this process of figuring out how to integrate into his self concept the sexual and romantic parts of himself that he was completely detached from in his first adolescence. It was a really interesting and great conversation and I'm excited to share with you one note though, before we dive in is that you'll hear some scratches in the audio at various points. This was due to Mike's rubbing up against shirts or cords being hit, you know, in a similar vein to Davey's quest to distance himself from perfectionism, we're using the audio quality points in this episode to do a similar thing. Thanks for rolling with us here. And as always, I want to invite listeners to listen with open curiosity, knowing that each guest story may have parts that differ from yours, as well as have parts that absolutely align with what you went through or are currently going through. And I hope that all of this happens, and that together, we can continue 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 second adolescence pod COMM For show notes and more, or head on over to Instagram at second adolescence pod to connect with the show there. We'd love to hear from you. Okay, enough for me for now. Let's dive into today's conversation. Thanks for joining us. Welcome to the second adolescence podcasts. Thank you. I like to at the beginning of each episode have each guest introduce themselves perhaps sharing the aspects of identities, they hold any demographical information just to give us a little background of who is the person behind the voice.

### D Davey Feder (he/him) 01:57

Awesome. My name is Davey feeder. I'm 32. And live in San Francisco, California. I was born and raised in the San Francisco Bay Area grew up in Marin County, which is just north of San Francisco, went to school in the area as well. So essentially been in the Bay Area for pretty much all of my life. I identify as a gay male and white and cisgender. So aware of a lot of privilege I have within the queer space. What else do you want to know about me?

A

Adam James Cohen (he/him) 02:23

No, that's great. I'm sure more will come up as we go. But I'm definitely curious to hear a bit more about what it was like for you to grow up kind of within the Bay Area. It sounds like the Bay Area has been your home for all of your life. And yes, at the age that you grew up within the Bay Area, I'm curious to hear more about that. But before kind of hearing about that I want to land us in this idea of second adolescence. And since this is the second adolescence podcast, here's where we talk about this idea of second adolescence as the sort of developmental life stage many of us queer people have to go through perhaps later in life after living through our first adolescence, and perhaps beyond, either in the closet or otherwise unable to live fully, as are yourselves. And I'm curious just to start with, what do you connect with to this idea of second lessons? What made you say, hey, actually, I want yeah, I want to join the second lessons podcast to talk about this idea and my experience with it.

D

Davey Feder (he/him) 03:19

I think when I first heard about second adolescence, the concept kind of immediately resonated, because it felt just very true to what I experienced. I remember feeling very much like I had no idea what I was doing when I first started trying to date men, and feeling like everybody else probably already went through this or knew how to do this. And that I should know all these things, because I'm in my early 20s. And yet, I have no idea what I'm doing whatsoever. And so this idea that you know, as a queer person, and as someone who came out in their early 20s, that I would then sort of have to go through all of these developmental stages that people tend to go through earlier, that just makes made a ton of sense to me, and really give a name to something that I think I knew I'd experienced, but hadn't put so neatly and succinctly. I didn't have a name for all those feelings. I just knew that dating at 22 felt incredibly scary, and I didn't know what you normally talk about on a date. And how do you decide if you chose to kiss somebody? And, you know, I've had no interest in dating in high school, really? At first, I thought, oh, maybe that's just because I didn't date in high school. But I don't think I dug really into Well, why didn't I date night school? What did that mean that I wasn't dating in high school, and really thought about the fact that this might be a more universal queer experience. And perhaps I had identified it as I thought it was just very specific to me. And so hearing that maybe this is more of a broader concept that other folks also go through an experience that was really fascinating to me. And so i i Both reached out because I'm curious to share my story. I'm interested to share my story, I should say, and I'm curious to listen and hear more about other's experiences because I think it would be really interesting and maybe good for me to hear how other folks also experienced this and making your eyes I wasn't alone. and going through that. And perhaps it wasn't just because of my own idiosyncrasies it was because of something really kind of common and shared about growing up as a queer individual who didn't go through these experiences the first time in a way.

A

Adam James Cohen (he/him) 05:13

Hmm, so much I want to say and what you just shared. But one thing of many things that stood out was you mentioned that when you were younger in high school, like you weren't super aware of your identity. Hmm, tell me more about that.

D

Davey Feder (he/him) 05:25

so I think I mentioned that I didn't date at all in high school. And that obviously made it easier for me to not grapple with the fact that if I were to date, I'd want to date men and not women. But I kind of felt like I just closed off that entire side of me, my romantic sexual self just sort of didn't exist or was very underdeveloped in my high school years. And I think if you're looking back, it's really easy to see, oh, well, this is why I didn't date is because I clearly at some level, knew I wasn't interested in women and didn't want to acknowledge it. So I chose to put all of that in a box and lock the door and put the box in the back of a closet, never open it. So I wouldn't have to deal with that. But while going through it, we're really good. I think as humans that making excuses and finding other ways to deny the things about ourselves, we don't want to get deal with. And so when I was in high school, I told myself, and then other people believed, oh, I'm just really busy. I have so many other things going on. I was very engaged with my schoolwork. I took schoolwork really seriously, I was that Hermione Granger ask perfect student who would stress about getting an A and a plus on a test. And so I could study really late and really hard and fill all the gaps in my life that normally would have been filled with dating and meeting folks with schoolwork and focusing on all of that, I had an older sister, I have one older sister and one younger brother, she didn't date in high school. She's straight. So it wasn't due to queerness and her side. But I think not having her dating, then also didn't create an expectation for my parents that I would date when I was in high school necessarily, which I think helped that feel not weird or different, helped make that seem just pretty normal. Oh, our kids don't necessarily he dated in high school. And I remember I mean, I was aware that I wasn't dating anyone, or like thinking about anyone in that way. And I kind of remember thinking, Oh, I bet when I'm in college, I'll want a date. I think I'm just too. I don't know, like I never felt like maybe a normal high schooler I can actually better often with the teachers than I do with my fellow students. Some part of me always felt a little old for my age, in a way. I don't know if that's that I have an old soul. Or more realistically, that's probably part of being closeted, and being scared to connect with my peers. And so it was easier to connect with teachers who felt safer, because they, you know, wouldn't ask me if I was gay or wouldn't push me into uncomfortable situations. So they felt safe in a way that maybe my peers didn't feel safe. But I kind of felt like, oh, I don't know, I don't know how I would date that feels weird to date. Right now. I don't have a driver's license yet. I have to ask my mom to go take us on a date. Like that feels weird. So in my mind, I thought, Oh, well, once I get to college, then I'll ask someone out. And we'll go out to a restaurant because I'll be driving and we'll be independent. And that whole world will happen later. But dating in high school just feel silly, or I don't have anyone I'd want to date at this school. I feel too mature for everyone, which is such a joke. But you know, I think I've made a lot of excuses for myself in that way to kind of get around the fact that like, okay, there's probably a reason you don't want to date anyone. But instead, I just found other reasons to avoid that.

A

Adam James Cohen (he/him) 08:20

Great. And let me kind of jump in with a few things. Because it sounds like a couple different things wrapped played for you in high school. I mean, one with your older sister, there was this modeling of Oh, yeah, we don't really not really giving a lot of energy to developing our romantic and sexual selves in being in relationships, that just wasn't part of what you saw her doing. So maybe that that gave you more permission to not necessarily think, okay, that's an expectation for myself. So it sounds like that was one, one element of it. But you also mentioned, it sounds like maybe in hindsight, perhaps recognizing who I was kind of giving

energy to these other parts of yourselves. You know, this is a very common experience for queer folks in the closet, whether that's something they're consciously in the closet for or unconscious to their identity, there can be this unconscious desire to amplify these other aspects of our identity, and really use those as a place we gain value versus this thing that we might even unconsciously be holding us. It was something feels off internally. And I'm curious, it sounds like for you there was some of that going on? Yes. Tell me more about that.

D

Davey Feder (he/him) 09:21

I definitely invested that energy that maybe otherwise would have gone into discovering who I was. And being a fully formed human. I definitely spent all that energy in pursuit of perfection. You know, I became the sort of type A perfectionist it's probably written about in tons of psychology books of you know, really trying to make sure every element of my life was perfect. And by the books, kind of as shining as it possibly could be. As I said, I worked really hard in school. I was definitely you know, close all my teachers was very much teacher's pet. My teachers tell me, Hey, you should go outside and stop asking me questions during lunch. You know, you don't need to ask me questions, you know, you're doing that's still I find excuses to be like, Oh, I have one question on the homework and like, you don't need this, you should, you know, you should go. So I would do that, you know, I did musical theater in hindsight, gay, but a at that time I was able to divorce that event. And I was lucky enough to get a lot of lead roles and would never forget a line and would have nail every cue and you know, being a very sort of perfectly manicured, tightly constructed outwardly presenting, you know, person felt very important to me, I think that that's where a lot of energy went. And that kind of gave me an identity as I mean, I'm sure goody two shoes, I'm sure that's what people I don't know exactly what other people said, you know, I never talked to them. I wasn't made fun of I think I was popular enough, if that makes sense. I wasn't certainly wasn't one of the popular kids in school. But I think I was pretty universally liked and respected as kind of a safe, non threatening smart kid who was nice and would do well with things and would give you the time of day and answer questions that you had them about, you know, testing was a safe person to call for homework advice. I don't know if what people were maybe saying about me behind my back. But I think generally I was liked and respected in school. And in theater, I certainly didn't have any very, very close friends. I think that's not entirely true. I had close friends or friends I felt very close to in high school. Looking back, I'm aware of the fact that there obviously was so much about myself, I wasn't sharing with them, because I wasn't feeling comfortable with it, that I've developed friendships later in life that feel a lot more real because they are because we were able to share all of ourselves. And that's kind of learned the only way to truly have a true friendship is to be very open about who you are, and unfiltered and everything was very tightly controlled for me back then. So I don't feel like they were super close friends in that in the sense that I now define that, but back then they were really wonderful friends, you know, they're wonderful people. And we've it's been everyone's together and weekends together. And we, you know, really enjoyed our time, but I think kept conversation topics, fairly safe topics that didn't require the real sort of internal questioning and deep development that I now recognize is very important to

A

Adam James Cohen (he/him) 12:01

a true friendship. Hmm. In that I really hear a very common theme amongst other queer people who after the fact, looking back on their younger years, see, oh, I was either keeping more of myself removed from my peers, or I found more comfort in friendships with adults or people

outside of my immediate peer group, something about connecting with your peers may be felt unconsciously or consciously unsafe in some way. And so that's I just hear a very common experience there. Yeah. But I want to actually back up even farther, like, what was the context within which you grew up in terms of what were beliefs around queerness? or exposure to queerness? Like what was happening in terms of your socialization around queerness? Or sexual and gender? Yeah,

D

Davey Feder (he/him) 12:45

that's a good question. I mean, I think in the year since coming out, when I tell folks my coming out story, I'm always aware of the fact that I grew up in the San Francisco Bay area, a very liberal progressive plays one of the most progressive places in the country, and certainly in the world. And so you know, I've always felt a certain amount of almost shame, I won't go as far as shame, but almost shame about why was it hard for you to come out, you came out in such an easy environment, compared to so many folks who have to go through something so much more difficult than what I did. I mean, it still took me until I was 20. To come out. I think, if anything, you're what I would trace that back to is wild, the Bay Area, certainly progressive, you know, growing up in the early 90s, I was born in 89. So I grew up, you know, throughout the 90s, at least as far as I was aware, there just wasn't that much talking about queer people. There wasn't that much representation of queer folks in media. And so just I wasn't aware of it in a way my parents didn't talk about gay people, which they weren't avoiding the subject, but it just didn't really come up. You know, there weren't big news stories about it, or if there were, they weren't coming on our television showing positive representation of gay people. You know, there probably were some stories that were happening, but I wasn't really clued into them, you know, willing Grace was the most prominent example that I was aware of regarding gay people in media. And it's a great show, and obviously, you know, portrays gay characters and queer characters in a positive light, but also in some fairly can't be stereotypical ways that while positive, I don't think necessarily show the full depth of the queer experience. Right. Well, you know what, I think if we're trying to be Washington friends, which maybe has gay characters, I certainly think has probably some anti gay jokes around Joey and Chandler. You know, they're cuddling on the couch, and oh, my god, people might think they're gay. So again, being gay, I was aware of what it meant to be gay. Certainly not like I was completely unaware. But there wasn't a sense of like, oh, yeah, gay people are just like us or, you know, being queer. It's a totally normal thing that some people experience it was there was definitely a shame around it. That didn't come from my parents. It didn't come specifically from the environment I was in in Marin, but just came from the larger culture of the US in the 90s, where people were still saying that so gay. There were interestingly a number of queer teachers at my both my high school and my middle school or one middle school, multiple In my high school, I think the majority of them were queer women that there were some gay men or who had folks I believe, identify as gay men, too. I wasn't, I wish looking back that I'd developed more of a relationship with those teachers or had them earlier in my high school career and saw them as a role model. I could have followed by kick maybe I wasn't even aware I wanted that role model. I was afraid of that. Because I certainly wasn't, I wasn't out in my head yet, I think well, maybe would have been different. If I'd known I was gay and was looking for a role model. You know, these were wonderful people I certainly could have turned to and felt safe talking to but I think for other reasons that we can explore later, I was not in that place yet. So you know, I have the, I guess, positive role models of gay people, but it always felt kind of alternative. And the teachers who were, you know, gay seems awesome, and really cool. And kind of an alternative way. And I think that in my mind, because so much of who I'd constructed my persona to be, was this sort of perfect, mainstream, safe person, alternative didn't feel like me, I didn't feel maybe cool

enough to be gay, if that makes any sense. You know, I was, I was really, you know, that perfect little boy who would sort of grow up and follow the perfect path of, you know, marrying a woman, two and a half kids white picket fence. And so I maybe didn't see that, that delta compatible with being gay. And there were one or two openly gay students in my high school, which again, in Moran, you would think there'd be tons. But this was, you know, the early 2000s. I think they're so brave. Looking back. Now, I'm so proud of that they were out I imagine that was really hard. I wish I'd been open and out enough and aware enough myself that I could have told him that at that time, I remember at least one of them sort of came out in a senior speech that we had to give, every senior sort of gave it had an assembly where they had to give a senior speech, where it was a small school about 100 students over the course of the year, there's an opportunity for every senior to give a speech about something or do a performance or whatever they want. And I remember when one student in my class, I think, use that speech to come out to the school and was received really well, you know, I think every, as far as I'm aware, I think everyone thought that was really brave. And as far as I knew, there wasn't any negative backlash to that, again, I still felt very alternative. And like, Wow, he's so brave. And that's so cool. And that wasn't who I wanted to be. I wanted to be very safe and in the middle of the road, and maybe unnoticed in some ways, I want to be noticed for my academic skills and not notice for anything else. And so none of that felt like a role model that I saw myself in, even though they were role modeling a lot of really brave, positive, open living.

A

Adam James Cohen (he/him) 17:33

Yeah, I mean, it's so interesting that like, you're an example of a younger person who, for a variety of different reasons, was very detached from knowing your identity. At that time, where it's I just hear you keep talking about like you weren't even aware, it sounds like after the fact now, you can kind of make sense of why and how that was, but it sounds like at the time, you were just kind of in your own zone of being the perfect kid doing well, in school doing well in theater. You weren't even thinking about this.

D

Davey Feder (he/him) 18:01

Yeah, I think I probably as a survival technique got by without very much internal reflection as a kid, I was not someone who was spending a lot of time thinking about hard questions. I'm certainly an over thinker. I, you know, I was an anxious kid, I still get anxious about things today. But it was always about delivering results. And you know, this test that's coming up or auditions for, you know, the next show, and I'd go through every possible thing that could go wrong, or What song should I saying or you know, what's my study plan, or whatever that was, I don't think I wrestled with big questions about who I was, I spent a lot of time picking up that because I probably on some level, I knew that was something I didn't want to go into. So I turned that off and focused on all these other things. Instead, as I first started coming out and trying to discover who I was, and even maybe in the process a little bit before coming out. But when I was sort of knew there was something I wanted to tackle, I think I was kind of starting to recognize that there was this disconnect from my internal self that I did best and was very comfortable in a world where success was defined for me externally. I knew what it meant to be successful, and then getting 100 on this testament getting the lead role. And I could deliver that, but I didn't have a strong internal sense of what life did I want, who did I want to be? Who was I actually, and so I really preferred to just stay with like, Hey, you keep telling me what success looks like society. I'll keep hitting those marks. Everyone can go home happy. We don't



have to spend any time thinking about anything. Let's not think too hard. I think that was how I got through all of that without being aware of any of these things. Because again, looking back, it's easy to think Geez, how was I not aware? I'm sure there were teachers I had or friends I had or other folks look, oh, he's probably game doesn't, you know, isn't aware maybe he is aware? You know, how could I not be and I think it's because I just really didn't engage with those types of questions. I just focused on delivering on all these you know, things that society said were important and would make me successful so that I could continue to be successful and have no one really question me in that way and feel safe.

A

Adam James Cohen (he/him) 19:55

Totally. So what changed? What happened next?

D

Davey Feder (he/him) 19:58

I mean, I went to college But kind of still in that same mindset, despite my earlier self being like, Oh, when I get to college, I'll start dating. I got to college and didn't really start dating. But I think what happened was, I was feeling increasingly, like there was something I was missing, that there was something that I felt unsatisfied with. I wish I remembered it a little bit more deeply in terms of like, where what first started that, but I think it was probably just sort of a gradual dawning recognition of I had good friends. But again, kind of like in high school, we spent tons of time together, and we have, we share great memories, and they're still close friends. And people, I can't do their weddings now. But they didn't truly know me, like, I think I wasn't feeling super known, you know, and that I had a really obvious group that was like, Oh, this is my group. And so some of that was maybe starting to make me feel like why do I not always know what I want to be doing on a Friday night? Or who I'm going to be with? You know, where are these people that know me and make me feel seen? And so I think some of that was starting to kind of brew a little bit, or why am I working so hard, I was in an acapella group, and I loved it. And it was super fun. And I really want to make that my like, Die Hard Ride or Die social group, because I think I like the people and I love singing. And be that would felt really safe. If I had, Hey, these are the 14 people that I know will always spend time with me and I know wants to be around me, then I don't have to deal with some of these questions and some of these identity issues. So I, I wanted to make that everything I possibly could be. And for some folks, they were down to do that as well. And there are other folks in the group who had other friends and didn't need that as much as I did. But I certainly felt like it was something I was pushing us to hang out with all the time, because I wanted to build that group, because that again, felt pretty safe. There's also something my sister did when she was in college. So I was still following that model of these are established things people do and they go to college, and it's safe. And you're you're not deviating from a family. But you know, there was probably some rising awareness of hey, I'm not totally satisfied. And I think also in college, I, I wasn't noticing men yet really, you know, which is interesting. I wasn't thinking like, wow, that person is really attractive. Or, you know, I have a crush on anybody yet. But you know, in freshman and sophomore years, it was, you know, underwear models or photos of men, generally still wearing underwear, full nudity felt scary. But you know, the male physique started to catch my eye. And that way, it still felt kind of separate from my identity. In a way it still felt like I could do that, and not have it be sort of brought into who I was, but you got looking back, it's like such a sign. But at the time I you know, I remember even Googling, can you be straight and still find men attractive or get off to images of men and people talking about oh, when you develop





**D** Davey Feder (ne/him) 25:31

I remember it feeling scary, but not world ending. I think probably because part of me maybe always knew that was like behind the door that we weren't opening. And so there was some amount of relief that kind of finally saying it or talking it through. And the other concept or sort of thought that I know I was working through in my journal that I think got me to that point was this realization that I was missing out on too much of life by not engaging with this part of myself, I think I felt, you know, before that, it always felt scary or undesirable to deal with this. And so the safest and best option to a good life was just to keep on the path I'd been on. And I think this time abroad was kind of the first time where I was realizing like, oh, there's so many human experiences that I'm not having, even if this is true, that I'm gay, and even if it is true, that that might make some elements my life harder, or that might mean I have to have some scary conversations that I don't want to have. There's like a whole lot of happiness on the other side of that. And I think the scales just sort of shifted, right, like a capture of before being like, Oh, the pain or the scariness of dealing with this felt less than what I was missing out on. And I think finally, probably just seeing other friends in college having these life experiences that I wasn't having of fun crushes. And even just like going to a party and wanting to dance with people and having a good time and hooking up with someone and continuing to not have those experiences and miss out on those. I think I started realizing like, oh, there's a path to happiness here. And it runs that path goes through realizing you're gay, and then just dealing with whatever that means. So I think there was almost some relief or some in saying that I sort of also knew that, again, there's that box in the back of the closet, you're refusing to open actually, like, you have to open that to be happy. So it's like, okay, I guess we'll deal with what, what's inside. The final thing that maybe pushed me over that line was that group of friends, I remember, we went out one night, and we're all kind of joking with each other. And then at one point, I started dancing with that boy that I'd found attractive, and it felt electric, right, it felt like something I'd never really felt before, which was the rush of being physically close to someone you are physically attracted to, which I'd never really done before. And I remember for writing my journal, like, Oh, this is why people like dancing. Like this is why people in my college and colleges around the world or anywhere around the world, were getting drunk and going out dancing, so they could touch other bodies and feel the excitement of touching their bodies. Like I've never gotten that in middle school dances, I was always like, I'm above this, I don't get this. This isn't dancing. Dancing is like the waltz or whatever. Not that I knew how to do that felt like classy dancing. And like this grinding stuff made no sense. Until I was grinding with a boy. And realizing like, Oh, this feels really good. Like, this is fun and electric and exciting. And so I think having that really brief taste of that nothing happened after it. And then we continue to dance with everybody else. But having that brief moment, like physical contact in that way. Kind of like was a spark I needed to pick Oh, there are so many other moments like that, that you're missing out on because you're refusing to deal with this. So finally, like Open the fucking box, Davey, like, let's deal with that thing. Because if you want more of that, and you do you kind of just go through this. And so I think that was what I needed to finally push me over the edge. So that's what changed.

**A** Adam James Cohen (he/him) 28:47

Holy moly, what a moment on the dance floor. Wow. And as you're saying, like, in that moment, really illuminated this whole other set of experiences that you were just shut off to without maybe realizing it. And that said, I want more of that. Wow. But okay, so then what happened after Kyoto?

D

Davey Feder (he/him) 29:08

So I came out to everyone in Kyoto. That was great. had like, one more week of that semester abroad, which felt like shoot, like I finally have these people who know this thing about me. And now I'm leaving all of them. My family actually came to Kyoto after the experience and join me for a two week trip around Japan, which was really fun. And in no way was I ready to come out to any of them yet. So I can't remember truly, but I don't think I had any thought that I was going to come back to them on that trip. I remember feeling some frustration during that trip with my family that, I think was due to the fact that I had to be sort of the translator for everything because I was the only one who spoke Japanese and I didn't even speak about well, but I have to always be the one who was buying the tickets for every train thing and figure out where to go and ask every question and I think that reasonably probably was partially why I was a little bit easily peeved during that trip. But looking back at it now, and I've never really thought through this until this conversation. I imagine part of it was also that I had had this first taste of being with people who knew I was gay and that that wasn't a big deal with and then I sort of was going back into a world where that wasn't a known thing. And I had to not reveal this fairly monumental piece of my identity and something that I just realized. And I was sort of hiding it. That really kind of felt in a way, like the first time I was truly hiding something I because I hadn't come out to even myself before. And it wasn't like I wasn't telling my parents or my siblings, this big piece of news about me, for all my high school career. I just didn't even know I was hiding something I just knew I probably was. But this experience in Japan was probably one of the only times we spent as a family where I didn't know I was gay. And I wasn't telling that to my family. And I think that was probably also why I was a little more easily frustrated with them, or a little more grumpy, because it I don't think it felt good. It didn't feel good to have this thing I was hiding. Anyway, I came back rejoined my community back at Stanford. Through the course of that winter, I started coming out to my friends at Stanford, you know, the ones my acapella group first, they were all super easy and supportive about it.

A

Adam James Cohen (he/him) 31:01

Were you nervous? Was it nerve racking? Like what was it like to come up?

D

Davey Feder (he/him) 31:04

Yeah, I was always nervous. It always felt hard to do. I think, you know, usually a little bit of alcohol helped. They'd be at the at the end of like, you know, a concert, we died, and there was an after party, and then I have a couple of them and be like, I have to tell you something. And you know, it always went well once I said it, but I think it was always a little scary to figure out who to tell or how to bring it up to someone. Yes. You know, looking back, on the one hand, it's like, I don't even know why because I don't think at any point I was really scared. Any of these people would cut me out of their life for being gay or even really judged me for being gay, everyone felt pretty liberal and open and progressive. There were a lot of other folks in the acapella group who are now openly queer in one way or another. But even then, I think we all knew or felt like there's a lot of queerness in this group, even if none of us were naming it. Some people were also I think, openly out and at that time, too, so it's not like I had any reason to expect that that would cause any problem. But it just still felt scary. It feels scary to open yourself up and share something really true when you've spent so many years of not doing that, right when when the last thing you ever wanted to do up till now was to share this

vulnerability, because you just want to be the perfect person on a pedestal. And now you're going to finally get off the pedestal and actually be true with someone. That's just a scary feeling. I think no matter what, no matter how supportive, you know, they might be. So I remember being scary. I remember coming out a lot in cars, be driving somewhere and I'd kind of always be stalling. I knew I'd want to come out in that car ride. And then you know, we pull up to wherever we were going. That actually there was one more thing I want to talk about, you know, it's late at night. It's dark, and we have that conversation. And I remember coming out first to my sister within my family probably in maybe February or March of that year. So you know, a couple months after coming back came on to her in a car to we were she lived in LA or she went to school down in LA and had recently graduated. And my acapella group was in LA for some acapella festival that was there. And so she had made plans of oh, you know, Sunday morning after the show, you know, let's go get brunch or something. And then I had to return to the rest of the group by noon or whatever. So we could drive back to Stanford. So we met for brunch and had brunch. And then same thing, you know, as she was gonna drive me back to wherever I was meeting the rest of the group. Oh, wait, there's one more thing I did want to say. And he asked her in the car. And she was wonderful, super supportive. Again, I think with everyone, no one ever said, oh, yeah, we always knew. But no one ever said like, what? That's a huge surprise. I think everyone was kind of like, thanks for sharing that with me. Like, how do you feel, which was honestly a great response to someone who is coming out to you. And then you know, I think I kind of knew that the final step I had to sort of pass was to come out to my parents. And as that year sort of wrapped up, and we were coming closer to summer, I had gotten hired to work this summer, at this family camp run through the university, sort of in the Lake Tahoe area. So there's, you know, 60 current students who work there every summer, I heard it was a great community and super fun, and just like the best summer job ever, so I was really excited about it. And I knew that I wanted to be out with that group of people knew I wanted to enter that community as an openly gay man and not have to deal with coming out within that group. Although I didn't know exactly how to do that. But I knew I didn't want to be hiding it in my hopeful, optimistic brain, you know, we really want to have some sort of fun summer fling with some other counselor that didn't end up happening that first summer, which was a bummer. But I you know, I wanted that to be something that was open to me. And so I'll give myself credit for this. I knew that I wouldn't be able to do that if I still felt like I was hiding, being gay. And I knew I wouldn't need to feel like I was hiding it and feel like it was a secret until my parents knew. Because I love my parents. They're wonderful. And having something that I was hiding from them didn't feel good and wasn't feeling good and made it feel like sort of a shameful secret. And I thought about, you know, what, if I'm openly out at this camp, find a boyfriend or someone here and what if they hear about the subway, you know, what if there's some friend of theirs who might go because it's a family camp, so you have adults going there as well as their kids? And I don't know, I could just tell like I'm not going to feel safe doing any of these things. If my parents don't know, and so I knew I want to come out to them before I had that summer experience. And so, a couple days after finals, I was home for like three days before I was going to Tahoe. And again, always save it to the last possible moment, because it's really easy to keep putting off the conversation. And it's funny, I have a really distinct memory of pacing outside, you know, there's a hallway that would lead up to their door, and sort of psyching myself up to do this thing and sort of pacing back and forth a little bit in the hallway, you know, before like knocking on that door to pick out, hey, I want to talk with you. And I don't know if there's any meaning here. But I can really vividly remember doing that a lot as a kid too. Usually, when I was I was feeling sick in the middle of the night, and I wanted to go, you know, wake them up and be like, Hey, I just threw up or I don't feel good, or I had a nightmare or whatever. And I remember pacing that hallway a lot, being like, I want to wake them are they gonna be mad, and they never were. But you know, feeling like I don't know, maybe I don't need to make them and eventually kind of working up the courage to knock and then

usually they wouldn't wake up Amelie's and have to knock louder, and then finally they'd wake up and I'd come in, even though I don't think you can draw anything about that pacing, necessarily, towards, you know, being gay or hiding something, I think I was just scared of the dark or was feeling sick, it still just felt like, Oh, this is I'm still in that childhood moment, I'm still that seven year old me who's afraid to wake his parents up because he had a bad dream, or whatever it was, but I remember coming into the room and just sort of saying, I have something I want to tell you, you know, kind of going through a little bit of the process of how I got there. But you know, being like, I've realized that I'm gay, and they were really supportive immediately, you know, we love you, this doesn't change anything, you know, will always love you. I think they had questions around, you know, when did you know? And how hard is this been for you, I think if anything, they just felt sad that I hadn't shared with them earlier, or sad that this was causing me clearly to feel pain, you know, my parents are really loving and supportive, which I am so blessed with. I know that is not true for so many people, in my experiences, definitely one of the easier ones on the scale of how coming up to your parents can go as really protected loving parents, you know, the last thing they ever want is for their kids to feel any sort of pain, I think they still have those parental instincts that immediately want to sort of activate and turn to take away that pain in some way. And so I think they could see that it was painting me to have this conversation. And that this felt like a painful thing. And so they kind of immediately wanted to make it feel not painful. I remember my mom being like, you know, this doesn't need to change anything, like you could still be president, if you want to which I don't want to be president. And I don't think she thought I want to be president. But, you know, being like, you know, we'll probably see a gay president in your lifetime. Like, you know, no opportunity, your life has to be changed because of this, just I think just sort of make it seem as easy as possible. And so we have a conversation and, and then I think like the next day I packed up and left. So didn't give them a ton of time. And there's like no cell service at camp. So I really, you know, it was sort of like, Hey, I'm gonna tell you this thing. And I'm gonna leave now go have my summer where I can be, you know, be open and out and actually know that my sister, you, I told her that I come out to my parents. And I know, she was actually really helpful, I think while I was at camp, that sort of talking with them, and maybe answering some of their questions around what it means to be gay, and what would my life look like? And I think because she had tons of artist friends in LA, who just in the entertainment industry, were obviously you know, there are so many other queer folks. So she just had so many examples of, you know, yeah, my best my friend here and his boyfriend or my friend and his husband, and here's the lives they lead. And you know, Davies still the same exact person, he's always been that you've known him, you just know him better now, anyway, that that led me to have that summer experience where it could be out, it could be open, it still was interesting. You know, I wanted to be openly gay, but didn't necessarily know how. And again, this comes back to that second adolescence, you know, now finally, I'm out. But it's, it doesn't just happen immediately, like being out doesn't mean like, great. Now I know how to be a gay person in this space. I feel like I don't really know how to be gay in a space. I don't know how to come out to all these people. Right? I want to be out. If anybody asked me, I would tell them I'm gay. But no one's asking me. And I don't know, I don't want to like announce it. And I really wish I had like a boyfriend because a boyfriend I felt would make it really easy. If I could just like hook up with someone or do have find a boyfriend at Camp then everyone would know I was gay. But without that, how could I make that clear, there was a good excuse to come out to one other woman who's working at the camp who who also was openly gay. I don't really remember the exact context of this. But there's a group of maybe 10 of us and somehow, like it came out of like, Oh, who's gay the summer? You know, or who are the gay people on campus? And someone was naming Oh, there's this person, this person, and they didn't mention me. So I was like, Oh, I guess Google don't necessarily this person doesn't necessarily know I'm gay. I think someone's like, I think there's some more people than that. I remember turning to the woman

who sat next to me who was openly gay. And I was like, Well, you know, they missed at least one. And she kind of like raise your eyebrow and I was like, Oh, me, and she's like, oh, like awesome. That was okay. Well, now I officially told at least one person here and then at some party later, she's sort of more publicly trying to show you how to tell the story and give enough context but not go too into the weeds of it. But anyway, she was like giving advice like and like a public way to everyone she there was like almost a roast of everybody else where she'd like tell every person like what they needed to hear what she felt like they needed to hear. It was a party where she was playing the role of Lucy from Charlie Brown. So she was doing like the doctor is in five seconds and she was you know, would pull everybody out. buy wine and be like, Hey, here's, you know, here's my advice for you. And then when it was my turn, she was like, you know, David, actually don't even have any advice for you. She's like, cuz I know, you just told me you came out to your parents recently. And that's awesome. So like, good for you. I haven't come out to my parents yet, actually. So like, I need to learn from you. And, you know, I didn't go out it at all, because I think she low on it. Everybody else said no. And she was kind of doing me a favor, she doesn't really, really drunk. So I don't know how aware she was of all of this. But it was great. Because then I was like, you kind of see everybody else, like the light bulb cooking a little bit like, Oh, this is an open thing. A, he's gay. And he doesn't care that we know, this doesn't have to be a secret. So great. Now we can engage with this individual and talk about boys, we think are cute with them and ask them about that. And it's not something that they are going to be like, Oh, I'm gay, but you're supposed to know that yet. I kind of felt like she cleared space in that way for me, which again, to my chagrin, did not yield and me having a camp boyfriend as much as I wanted one. But at least it did lead to a lot of my best friends and the people who are still my closest friends. Because for the first time ever, I was being truly myself and not holding anything back and feeling seen by the people around me, which led to the formation of the strongest friendships I'd ever sort of experienced at that point, and really have still experienced to this day. Hmm.

A

Adam James Cohen (he/him) 41:09

Gosh, I mean, I'm thinking about your time in Kyoto was a pivotal moment, then this gradual coming out, particularly to your family was a pivotal moment than the immediate summer right after coming out that seemed to further step you into this life that perhaps you had been missing out on, you know, you mentioned being known being seen and not feeling known first promise to yourself then to others, like, strikes me that that was such a core thing for you to have that experience of being known by the people around you that that seemed to free something up? Yes. Yeah. Well, I'm okay. I have so much more when asked about that. But I guess like, I want to for the sake of time, and I don't want to keep you all day, although I want to speed me up next, in terms of, you know, you mentioned at the beginning of the episode, when you first started dating men really feeling behind looking at your peers who had been dating, and moving through relationships sooner perhaps than you did. Yeah. Feeling kind of this under development. Tell me about what was it like those beginning months, years, weeks, whatever, dating men?

D

Davey Feder (he/him) 42:13

Yeah. So that's helpful and interesting to to jump back into that, because, as maybe many of us do, I sort of assumed that coming out was the thing that was holding me back from dating, right, that as soon as I came out, I would just get a boyfriend, and it would all be easy. And all it

took was sort of living openly as a gay man. And it would the rest would be easy. But I think what I found instead was I came out, obviously, through the course of that junior year first and Kyoto then lived openly gay, you know, at the summer camp experience, but still wasn't dating anybody, and still hadn't had a first kiss with a boy even throughout all of that. And then I entered my senior year of college, still having not just a boy, and sort of went through that entire senior year, I think where that still wasn't true. I kind of back in college, you know, I was out, I didn't know how to make being a romantic sexual being a core part of who I was. So I somewhat fell back into my old patterns, even though now I was out. I wasn't resident assistant RA in a freshman dorm that year, which was an experience I always really wanted to have. It was an awesome experience. I live with a bunch of freshmen but also live with four other staffers who I became really close with through the course of that year, I was openly out in the dorm, I had the rainbow flag on my door, I talked to a lot of other students who were questioning and coming out. And, you know, I really want to serve as a very visible gay person in that dorm. And I felt like I did. But being already my freshmen took up so much of my time and my bandwidth, which you know, prior to coming out would have probably been by design because it gave me something to do to keep busy. So I didn't have to deal with coming out. Now I was out. But I still was sort of following like, I know how to be this person, I know how to be the camp counselor, that helpful authority figure a little bit, I'm still not really with my peers, because even though there's only you know, three years between, you know, freshmen and senior year is a big gap in college. And you know, there were very strict and clear rules around the RA and freshmen relationships. So they didn't feel like peers, they felt like charges I was taking care of. And so I was still not really engaging with my peers. I remember one of my co staffers was also gay. And she and I were like, oh, let's go to the gay happy hour that, you know, the gay house on campus has and we went and stood awkwardly on the side and didn't really know how to engage with anyone and nothing really happened there. So I you know, I was clearly gay, but didn't know how to get be sort of sexual. You know, how to date how to be romantic or sexual. And so I think I realized that those were sort of two separate things, whereas I thought they were going to be the same thing. It's one thing to be sort of openly gay. It's another thing to know how to step into the identity of someone who dates men, or dates, women or you know, whatever your own queer identity is. Yes. And I think what I sort of felt was like I generally, despite everything maybe I've said so far, I was happy with who I was like, I liked who it was. I felt like people generally liked me even more so once I was able to be out and open. So in a lot of ways, I was happy with who I was in life. I remember like the first times I would try to go on OKCupid and go on a date. I felt so unlike myself because I had no experience doing any of that. felt like it felt scary and gross. I was like, wait, I like me, this doesn't feel like me, I feel like I'm playing a part, I'm doing something that I don't know how to do or that I don't to do. This isn't who I am, you know, I got through life up to this point, being a non sexual, non romantic individual. That's what everybody knows me. And that's how everyone I love knows me. And now I'm trying to do this other thing where I maybe be romantic, and maybe even be sexual with someone like me, that feels bad, that feels like I'm stepping out of myself. And I, you know, and have sort of this out of body experience. And so that felt really uncomfortable. And so I would kind of avoided it, or I didn't know how to do it, I would I would do it. And every time you know, I'd maybe go on a date. And this is now sort of the year after I graduated, nothing really happened that first year, I went back to the campus second year, I did get a first kiss that summer, which was great. But even the act of hooking up with that individual who is now one of my absolute closest friends and was my roommate for seven years after, still felt like I don't know what I'm doing. And it still feels really scary. Even though he couldn't be a sweeter, kinder individual, just because it was like I'm playing outside of the script I've been living in for 20 something years now. And I feel like a total newbie and all of this, as someone who likes to control and use control as a way to not deal with everything, as I was mentioning earlier, if you think like, I might be bad at this, or might make a mistake, or



I remember being like, what if I'm bad at kissing, or bad at sex, like, the only thing worse than like, not kissing at all would be kissing and being bad at it cuz I have to be perfect with everything. And so like that became this barrier, where I was like, it's too scary to do these things. I might be bad at these things. So I'm just not gonna do them. Hmm. I had to really learn how to get comfortable with all of that. And that took a long time. I'm wondering now, what exactly changed? How did I get beyond that? I think part of it was I eventually moved to San Francisco I moved in with the guy that I hooked up with had my first kiss with it, we there was at that point, nothing other than, you know, deep friendship between us, so that there was no ulterior motive with that. But you know, we lived together and sort of created this community of friends or joined this community of friends in San Francisco. And even for years within that I wasn't really dating much. But I think actually what helped is going through the process of trying to discover who I was as a gay man living in San Francisco, who dates other gay men at the same time that he was also doing that, because he had a boyfriend. When we first moved in, they eventually broke up. And then he would start dating. Like, suddenly I had a model, I had somebody else who was going through this experience with me. And because we were roommates, and we could talk about it, it felt a little less scary, right? Like it felt a little scary to talk about dates with him than it did with a friend who wasn't also gay wasn't also going through all those experiences. And so I think that's just sort of started to normalize it. And over the course of my years in San Francisco, I started going on more dates, I started trying to figure out how to be a gay person, I eventually joined the San Francisco Gay Men's Chorus, it was like a New Year's resolution of mine was like, I want to put myself out there more, I want to step into more gay spaces, I need to learn how to be more comfortable with being gay. And then they are surrounded by 200 or 300 other gay men. And you know, it was clear that this is a group of men who date and have sex with men. And so being in that space, I think it started to kind of normalize it in my mind and allow me to be someone who was all the things I already was, but also could be someone who could date men. And that led to my first real boyfriend, the experience of that relationship really is helping me break down a lot of these walls and helping me discover what it meant to be in a relationship with a man, that whole process, I think was just part of me kind of gradually tiptoeing through again, but I now notice what I call a second adolescence, you know, it was messy, I made a lot of mistakes. During that I went on a lot of bad dates that were probably bad dates, because I was bad at dating and made embarrassing mistakes. And, you know, didn't treat everybody the way I now wish I could have treated everyone. It was the kind of stuff that you know, most people do when they're 15, and 16. And they have an awkward date or sexual encounter, you break up with your high school, boyfriend or girlfriend, and it's really messy, and you do it poorly, because you don't know how to do anything else. That's again, where the concept really resonated with me, it's like, oh, I felt so shitty for being bad at all these things you can tell me but I think it's probably part of that of developing is you have to go through that all of that shitty stuff and be bad at all these things in order to eventually get to a place where you feel comfortable with them. And you know how to do them in a better way. And it felt shitty to be doing that as a 20 something because I felt like I should be better at all of this. But it wasn't a bad thing. But adolescence is you eventually grow out of it, right? You eventually have those experiences and you have enough of them that you know for maybe the average person by the age of 21, you've started to get your life together a little bit might be ambitious, maybe not by 21 or whatever, whatever age it is, or not being really amassed when you go on a date or when you stay over at someone's house or when you have to have hard relationship discussions. Like you've learned how to do that by stumbling and running into a bunch of walls. And so it was not always fun and felt shitty for a lot of it. But I ran through it and eventually got to a place where it didn't feel quite so bad.

A

**Adam James Cohen (he/him) 49:41**

Yeah, those I call those the Messessaries the necessary messy experiences that are all over adolescence in general, when you're like learning how to be yourself and particularly when you're learning how to be in relationship with other people, whether that's on a friendship level, romantic level sexual And so it's very common for queer people in that kind of lessons to need to have these necessary, where you get to kind of fumble your way. I mean, not to say we want to cause harm to people. And of course, you take responsibility and accountability where, you know, we're not being reckless. And we're not just saying, okay, yeah, I'm just acting messy because it didn't get to do this in my first adolescence. So that's what I'm saying at all. But it's very common and important to have these moments of fumbling and figuring out how do I show up on a first date in the messaging between the person I persona online dating in, in all of these firsts that happen in second adolescence for folks who don't get to date their desired gender in their first adolescence? And sounds like you had some really important necessary experiences? And yeah, and then yeah, really here to you had the experience that many others also have of recognizing post coming out when you're starting to date and pursue your desire gender, recognizing, oh, I have perhaps these parts of myself the romantic and sexual parts of myself, that really feel like they were totally left on the backburner. Growing up, I really whether consciously or unconsciously kept those out. And so much of second adolescence is about learning how to bring those parts of yourself to the table and giving us these necessary experiences giving them the space to grow, because so many of us queer people, our romantic and sexual selves at the beginning of our second adolescence, after coming out, are so underdeveloped. That sounds like the past, you know, handful of years, however long it was, for you. It's really about growing those parts of yourself and integrating them into how you saw yourself. Yes, you are a gay man who is romantic, who has sexual this is all who you are. And in that it also I hear from your experiences being in the game, of course, and the other spaces, I hear a challenging of the belief that you when you were younger came to believe about queerness which was this like different things alternative thing like your queer teachers in high school, like not that it was necessarily a bad thing, but it would definitely wasn't the typical or quote unquote, normal path? Yes. Where is that belief now for you around what queerness is?

D

**Davey Feder (he/him) 52:05**

Yeah it definitely feels very normal to me. Now, I think some of that is society has come such a far away since I was in middle school in high school. You know, that wasn't that long ago, on the grand scheme of things. There's so much more media around healthy gay stories being told, I feel like everybody now has gay friends knows gay friends, gay marriage is legal, like so much as it has become very mainstream in a way that for someone like me, who always want to be part of the mainstream, and gravity time when it was outside the mainstream, that really helped me. I know, there's obviously a really important and very understandable belief in the queer community of you know, are we pushing too mainstream? Or what does this push towards making gay normal due to all of this culture that was built around the fact that being gay is its own thing, and it is different from being straight? So I, I understand, I know, there's the dialogue every year around pride when Walmart Coca Cola floats, and it's like, now price is becoming this commercial thing. It used to be a protest, you know, where is that energy and whatever we lost by sort of mainstreaming and saying, like, we're just like everybody else, you know, we're not just like everybody else, there are many queer people aren't like everybody else, and don't want to be like everybody else, and shouldn't have to feel the need to be like everybody else to fit in. So I hear all of that, that all is true and is right. A and the fact that it became very mainstream also really helped someone like me, who sort of wanted to be part of

the mainstream suddenly feel like there was a place at the table where I could bring my gay self to it and realize, like, Oh, I'm not necessarily signing up for a life of always being on a different path than you know, everybody else. Like I can be part of this larger global community of gay and straight people and Queer People of all types who can still have this mainstream life experience. You don't have to say great, I'm out now it means I'm going to be living in the tunnels of society, you know, having great time, it's like no, I can be living in the broad daylight of society to that belief is definitely the belief that being gay is sort of an alternative activism. Like, you know, different lifestyle is definitely one that you know, or that it must be that I should say, is definitely one that is no longer held in my brain, I feel like I can be very much just whoever I want to be and be myself and be gay, and I don't need to get that's not setting me on any path other than the path I want to choose. And I want to be on that feels like it's in a much healthier place. Now, that works for me now. And I think that like the chorus actually did help me a lot in that because looking back at it, performing, seeing in front of a crowd performance was something I already knew how to do. Something that I already felt good at that I felt like I've gotten external validation for that felt like it was part of the old me in a way, the PRI coming at me and so it was a really good bridge, I think for me to be doing that thing, you know, performing that already had felt safe, but now doing it in the gay community as an openly gay man with the name San Francisco Gay Men's Chorus attached to it, that allowed me to like still be me and do this new thing. That also felt scary, and then realize like, oh, it's not that different after all. Oh, I actually still can be me in this space. That was a really helpful part of my own development and healing that sort of like, oh, being gay is a separate Other thing that isn't compatible with the life I want to lead, it was like actually know, the same things you've always wanted to do. You're just now doing it openly.

A

Adam James Cohen (he/him) 55:08

What a journey and evolution you have had Holy smokes. There's so many things I want to say and talk to you more about, but I'm sensitive to your time. I know, I gotta let you go in a little bit. So I guess we're where I want to jump is just pulling back like, gosh, like, what was that? Like for you just now over the last hour or so? Telling your story?

D

Davey Feder (he/him) 55:29

Fun! I love telling stories. So for me, like anytime I get a chance to go tell some of these stories. I always enjoy it just on a as a storyteller. It was interesting, because I think I connected some dots that I had never connected until we had this conversation. So whether that was why was I particularly irritable during that family trip to Japan like, yeah, it makes sense I had just come out and was being out with people now threw myself into my own closet for the first time, that's not going to be a great experience for you, whether was sort of the importance of the camp community, which I knew of in certain ways. But you know, I think I see through some new lenses now or you know why the course was so meaningful and important to me and my own development. I think there's some connective tissue there that I hadn't necessarily thought through until we had this discussion. So I appreciate you bringing it up in a way that kind of got me to think about these in new ways. And it's just interesting. And I think we all seek community. So anytime you hear that some experience you've had, that maybe made you feel alone or made you feel different is actually one that's been shared by other people. That's always a cool experience to hear. So I feel connected in a new way.

A

Adam James Cohen (he/him) 56:30

I think I've super integral part for folks who are moving through their second adolescence and want to move through it is to find space to kind of do what you just did, which is to tell your own story, even to yourself. Because often in that process, maybe like you were just sharing, and I'm sure there's more to your story and more to make sense of but by telling our stories, and sharing our stories and thinking about our stories, that's how we can really make sense and meaning out of them and connect those dots. And that really, for many of us queer folks, like there's a big need for even our own self, to make sense of the how and why we were and how and why we are and offer these moments of self compassion as your I hear you talking about your younger self on that family trip in Kyoto, other parts of your story with your younger self offering to Him the self compassion for understanding? Well, yeah, here's why I was feeling that. Yes, that is another integral part to this whole process. Thank you so much for taking the time to share your story to talk about your experience in first adolescence, in second adolescence, your younger selves, your current self. So very important. So thank you so so, so much for sharing.

D

Davey Feder (he/him) 57:48

Thank you for giving me the space to do so. And for giving me this concept for going back through it and making sense of it. I mean, you mentioned how important it is to do that making sense of it. And that resonates with me a lot. You know, I mentioned before I really I love storytelling, I identify as a storyteller. It's what I do in my professional career, as well as my personal life. And I think this concept of second adolescence really helps me tell the story of my own life in a way that holds within all the power that any story does, which is the power to make sense of the world. So thank you for the gift you're giving me in I think probably to a lot of other people as well.

A

Adam James Cohen (he/him) 58:28

Well thanks folks for joining us for this conversation. Feel free to head on over to second adolescence pod COMM For show notes and resources highlighted in today's episode and you can connect further by following the show on Instagram at at second adolescence pod. 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 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, wherever 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.