

FOGO Episode 3 "Mental Preparedness"
Transcription:

{{Sound cues}}

--

{{Rhythmic drum fill underscores the narration}}

Ivy Le, narrating:

"In my reckless youth, I took a temp job helping out a band of traveling Scientologist rug salesmen. One of the guys I met there called me randomly, about a year later, to say he was in China on a work trip. He had started his own business and wanted to see if I would come party! Of course, I said, 'No, I'm broke.' And then he said he'd pay for the ticket. So I said, 'Bet. See you in two days.'

Normally, I put a lot of effort into learning the language of a place before I go, but two days is not enough time to learn Cantonese or Mandarin. All I know is [speaking Mandarin] 'mei you, mei you,' from an iconic scene in the movie *Saving Face*, [speaking Mandarin] 'xie xie, ce suo', which I learned from a one night stand, and '[speaking Mandarin] bu, wo shi yue nan ren mei guo lai', which means 'nooo, I'm actually Vietnamese from America.' Yeah.... I use that one a lot. Because a lot of people think I look Chinese! Not a joke. Just a fact.

I didn't find out I was on a hot date until a day after I landed because I'm a clueless bisexual. And then we probably got lost because there were no smartphones back then, and the maps were in Chinese!

So about two or three am, I stopped walking. I stop and watch the crowd, looking for an English speaker. We saw our last Asian American—actually, he was Vietnamese Canadian... point is, it had been hours since we'd seen our last fellow tourists. So I was looking for a local who knew the area, who could also speak English and help us.

So I look at the cut of their clothes. The Internet wasn't full of fashion blogs back then. Websites couldn't handle the photos. So if someone were into the latest American trends, they had to get it from print magazines... which means they probably can read and, fingers crossed, speak English. And you better believe, on my first try these two absolute *queens* were so flattered I could tell they could speak English by their mini dresses, they took us all the way back to the train station.

Moral of the story? First, I am obsessed with fashion. The day I make a celebrity Best Dressed list, I will be untouchable.

More importantly, even if I'm stranded in a place that's utterly foreign, as long as there are human beings, I'll find my way home. I'm the Bear Grylls of cities, which... Bear cannot be his real name. He looks like a guy named Neville who drank some protein shakes. Bear will jump out of a plane into the wilderness and drink his own piss like a Gatorade. He's in his element out there. I'm in my element in cities, full of humans, even as dangerous as I know we can be. How much more dangerous must a place be that I don't understand?

This is Ivy Le, with one E, and you're listening to FOGO, Fear of Going Outside, where I venture to find out what's so great about the outdoors.”

{{FOGO Theme Music: fun bouncy music with electronics fades in and breaks down}}

Ivy Le, narrating (cont.):

“Today's episode, just fear I guess. We're gonna talk to a therapist. Be right back.”

{{FOGO Theme Music: fun bouncy music with electronics fades out}}

{{Energetic drumming plays, as if we were watching two lions square off in a nature documentary, and ends with a cymbal}}

Ivy Le, narrating:

“After realizing I wasn't mentally ready to take in professional camping lessons, I booked a session with a therapist—one who is comfortable in front of a microphone. I saw Adam Maurer perform some incredibly vulnerable pieces at Bedpost Confessions. Bedpost Confessions is a sex-positive storytelling show here in Austin, and you can listen to both me and Adam on the podcast version.

Anyway, Adam, what do you need to know about Adam? First of all, Adam smoking hot, okay? You can see him at his counseling practice's Instagram @moontower_counseling. But also, he is a therapist people highly recommended. He even does trainings for other therapists.

Real talk? I have concerns [Ivy nervously laughs] about doing therapy on tape. But for me, shame and embarrassment are rooted in how I fall short of my own expectations. I had to do a lot of thinking to come to that conclusion. But basically, no one's harder on me than me. Which is why, at least so far, I've been comfortable with recording every step, as I fumble about figuring out how to go camping. So, you should know this session is edited for length, but I don't remove anything personal for just personal reasons.

Adam's website says his work focuses on connecting clients to their own power to thrive in a world that is not always understanding. The world that doesn't understand *me* is outdoor recreation, so connecting to my own power to thrive there sounds like exactly what I need to get this camping experience back on track.”

Adam, speaking with Ivy:

“So I could stumble into some tough stuff [Adam chuckles]. Like if I ask you a question that's like, ‘wheeew..?!’, you might have to be like, ‘Girl, I dunno if I'm ready to talk about that on air.’ [Ivy laughs] Because that happens, right? Or if I ask a really open-ended question if I'm like ‘You know, what's like the scariest thing that could happen?’ Like, here's my trauma from the past coming up.”

Ivy, speaking with Adam:

“Well, way to raise the stakes on this episode.”

Adam:

“I know. My name is Adam Maurer, and I'm a licensed Marriage and Family Therapist, as well as a licensed professional counselor. And I'm reluctantly good at being outdoors.”

Ivy:

“Really?”

Adam:

“Yes.”

Ivy:

“And why is that?”

Adam:

“Because I've had to do it a lot, in being in the mental health field. So I've worked in rehab for teenage boys—that was a ranch. And then a long time ago, I was in the God Squad, and Christianity and nature—they love to go together. [Adam chuckles] So I've done, surprisingly, a lot of things outdoors.”

Ivy:

“Okay! Well, then you're perfect!”

Adam:

“I would say I have FOGO for a reason. [Ivy and Adam laugh] Because I've experienced a lot of terrible things.” [Adam laughs]

Ivy:

“Okay, like what?”

Adam:

“Um, so we would go camping a lot out there, and it was more like in the desert. And so like, the time I was like *done*, is I woke up one morning, and like a quarter of an inch of my face was a scorpion. And I was like ‘No’, like ‘she's camped enough.’” [Adam laughs]

Ivy (disgusted):
“Ohmygod.”

Adam:
“Like, it was really terrifying.”

Ivy:
“Oh god, where was this?”

Adam:
“It was in Cameron, Texas, which is like an hour and a half outside of the city. It's between Waco and Temple in the middle of kind of nowhere.

Ivy:
“And how did you pick that place?”

Adam:
“Oh, so I had moved to Austin after coming out and needed a job. And they were looking to hire what's called direct care staff. So people who helped the kids with, like, daily living activities.”

Ivy:
“And that's just where they decided to put a camp like that for kids out in- out there in Scorpion land-”

Adam:
“Because what if you run? Where you gonna run to?” [Adam laughs]

Ivy:
“That's terrifying! So they, like, put it there like a prison!”

{{Adam laughs, joking}}

Adam:
“Like we'll make this really unappealing to run. Yeah. It was terrible.”

{{Wild West showdown music abruptly starts}}

Ivy, narrating:
“It's so funny to me that the wilderness education business manages to sell itself as both personal growth for the private school set *and* punishment for juveniles. Like, literally a judge can sentence kids to a wilderness boot camp. I can't imagine how messed up that would have made me. But at the wilderness rehab Adam worked at, he was the growth opportunity for some of the staff.”

{{Wild West showdown music triumphantly ends}}

Adam, speaking with Ivy:

"I would always be surprised 'cause the ranch was out in the middle of nowhere, this really small town called Cameron. And I am such a different person [Adam laughs, defeatedly] to them? Like, I was like an alien, right? Like, here's small town, conservative Texas. I show up in all my queerness.

Ivy, speaking with Adam:

"Mhm"

Adam:

"I would often be surprised by the connections I would have to people, and who would get me. So out in that community, some people really liked me, got with me. And then other people... [Adam laughs] Like, I'll never forget, after working with this person for three years—this person was in charge of our horses—and he took me aside and said, 'you know, Adam, I don't know- I don't know many homosexuals. And I don't like many. But I like you.'"

Ivy, laughing, unsure how to react:

"You're like, 'ookay...'"

Adam:

"And I just said, 'You know, I don't know many rednecks. But I like you too.' But he saw, right? Like, he saw me be consistent with the kids and treat them with respect. He saw my commitment to making sure the horses were taken care of. So he knew, like, I was a solid person, but I was the first openly queer person he knew. And so for him to, like, come forward and be, like, I- I am changing my perspective. And that is due to our connection. That's really powerful."

Ivy:

"That's what I love about people. There aren't any people out in the woods! Tsk. What's so great about the great outdoors?"

Adam:

"I mean, sometimes nature's pretty? But I feel like you can get that off of Instagram."

Ivy, FOGO and proud:

"Yeah, pictures."

Adam:

"Just put, like, an oscillating fan in front of you and, like, a spritzer. [Adam and Ivy laugh] Am I supposed to be helping you go outdoors? Because I don't feel like I'm great at that right now."

Ivy:

"I... yeah. I think you... I don't know... how... so you know, if you're talking to a therapist, like in a- in a- in a clinical setting?"

Adam:

"Yes."

Ivy:

"Right. Then- then I guess you do want a therapist who understands where you're coming from?"

Adam, excited, welcoming, open, affirming:

"Yeah!"

Ivy:

"So maybe that's perfect. Maybe you're not dissuading me? You're just making me feel heard."

Adam:

"Yeah. I love it. That's a beautiful *reframe*. That's what we call it in my world."

Ivy:

"I'm gonna need all the tools I can get!"

{{Reflective piano fades in, the kind you hear when you're a single gal in Manhattan walking down a rainy street}}

Ivy, narrating:

"I feel good about Adam. He's giving me these warnings and laying out his bias upfront. It's so hard to find culturally competent therapists, but it's important to have one when things like anxiety or depression do not present in the same way as it might for majority-culture folks. Sometimes, I have to spend half my own *paid* session, educating *the therapist* on cultural difference. Because, for example, I grew up Buddhist. I got Buddhist problems, not church problems. I mean, thank God I don't have church problems, but Jesus Christ! It's hard to be Buddhist when you love meat and suffering, apparently. Anyway, Adam's not that therapist. He's doing the opposite of projecting, and he's gone outside. Seems like he came back in one *fiine* piece. I'm ready for him to gay Esther Perel me."

{{Bright and bubbly electronic music whisks us back}}

Adam, doing Therapist Voice on Ivy:

"What is, like, your biggest fear about being outside?"

Ivy:

"... I guess I don't really understand... why... people want to do it... for funsies."

Adam:

“Yeah, I mean, it's a little bit like, uh-hh- homelessness with extra steps.”

Ivy, searching for The Right Words™:

“Right! And, right... So I feel like... my family came to America as refugees. I feel like, if I had to survive, I would do it. And I have the will to live. But like... that's not like people are doing this! So are there things I should be worried about? If that's- if that's not my perspective? And I'm going to make myself do it anyway, for the entertainment of others? Should I be worried about my mental health?”

Adam:

“I think where you're actually fortunate is that, being someone who is marginalized, you actually get some gifts of being marginalized. So part of that is, we've learned how to take on challenges in a diverse, like, array of ways. Is that...? Yeah, that's how I'll say it. There's a number of ways to take on challenges that, like, if you're in the mainstream, you might not think about. So you've already experienced a lot of isms, a lot of stuff just for being who you are. So dealing with a scorpion might be, like, *physically* scary, but it's not the first time you've had to take a situation and handle it. So you get to, like, draw from all your past experience. So I think of it as, like, your skills in one arena can transfer into nature.”

Ivy, skeptical:

“Okay, so I shouldn't be that worried.”

Adam:

“Well, I mean... it is also nature. I look at it too, like, the- life is chaotic. There's always gonna be chaos. So wherever you go, chaos is gonna happen. And so it's just getting good at being connected with your internal self and saying, ‘cool, there's always chaos, but I always have me.’ And that, like, can bring a calmness to situations.”

Ivy:

“You know, I just don't want to- I don't- I don't want to die because of some stupid mistake. Like-”

Adam, laughing at his own dark joke:

“Dehydration? I mean, I feel like that's the worst way. You're like, do all this, like, take all this healthy risk, you study all these animals, and you're like, ‘Shit! I forgot water!’”

Ivy, down the rabbit hole:

“I didn't have enough water, and yeah, and I even like forgot cups, like, I can't! And then I'm like, well, crap, I didn't know I didn't have enough water, and I already peed it all out, so I can't even, like, purify my own pee anymore. And it's not gonna rain, and there's no water. So yeah, I don't want to be- I don't want to die and be found of some stupid reason.”

{{Campfire harmonica fades in}}

Ivy (cont.):

“So then like my aunt, my- my children, and great-grandchildren will be, like, ‘great-great-grandma Ivy was a fucking idiot.’”

Adam:

“She died like they did on the *Or-e-gon Trail*.” [Adam laughs]

{{Campfire harmonica and horns fade out}}

Adam:

“I think this is what makes nature challenging—especially in this day and age—is that it forces you to be present. Like, if you're not present in that situation, then you could get hurt. So you have to, like, be like, super aware of, like, what's going on around me, what's happening. And that is, uh, *challenging*. [Adam and Ivy laugh] I mean, you have childrens, young children. So you know what it's like to be constantly alert and aware.”

Ivy:

“Mhm.”

Adam:

“Just-”

Ivy:

“Okay, so, uh-”

Adam:

“See? Remember I said you had skills?”

Ivy, encouraged:

“I have skills.”

Adam:

“You have the skill already!”

Ivy, determined:

“I have the will to live! I will come back to my children.”

Adam:

“And this baby's just taught you how to just be like, *aware*.”

Ivy:

“I mean, I might be missing a limb. But it will not be a critical limb.”

Adam:

“You know, who needs a pinky toe? So if you don't make it back from your camping trip-

Ivy, drafting a legal will:

“Yeah. Take care of my children.”

Adam:

“Yeah, wait. I'm probably not the person you want to take care of your children. I'd be like, 'You didn't come out of me! You want ice cream for dinner? Great!'”

{{Adam and Ivy laugh}}

Ivy:

“Help my husband manage his grief.”

Adam:

“That I can do!”

Ivy:

“Yeah, okay. That's in your wheelhouse.”

Adam:

“I like that we're planning your demise.”

Ivy:

“Just in case!”

Adam:

“You never know.”

Ivy:

“I'm a planner! I'm a planner-”

Adam:

“Could be like, here's the coffin that I'm going to need... if you retrieve the body.”

Ivy:

“Here- here are the six recipes you're gonna serve-”

{{Adam laughs}}

Adam:

“My gosh.”

Ivy:

“Two of them are cocktails. This is the dress code.”

{{Groovy guitar fades in}}

Ivy, narrating:

“You can check out the recipes for the signature cocktails I would like served at my funeral on Instagram @FOGOpodcast, and follow FOGO’s funeral playlist “Dead Body-ody-ody (Yeah),” only on Spotify.”

{{Groovy guitar fades out}}

Ivy, narrating (cont.):

“I’m not as terrified of my own doom as I am of a sudden death. One without a will to take care of my children. Without a release plan for my posthumous nudes. One without a *menu*. Do you know how many funerals I’ve been to where the only thing to eat is donuts?! I like donuts... but they’re not an entree. While you check out @FOGOpodcast on Instagram, we are going to take a quick ad break. When we come back, Adam explains how camping is like hooking up! My guess? Grindr is like a ranger station. It tells you what the bears are.”

{{A long, horny bear growl... Where do they find these sound clips?!}}

{{FOGO Theme: Bouncy electronic music fades out}}

Ivy, narrating:

“Adam sees a lot of parallels between me trying to go camping and him trying to hook up.”

Adam, speaking with Ivy:

“For my people, sometimes... sometimes people want like a more primal hook up. Which I get.”

Ivy:

“But it’s not primal. It’s like you order it like you ordered something on Favor.”

Adam:

“Yeah, but it’s like, this person could come over and give you a great blowjob [Adam nervously laughs] or they can murder you. [He cracks up] You don’t know what you’re gonna get.”

Ivy:

“That’s exactly how I feel about camping!”

Adam:

“Oh my god! My hooking up is like your camping! Now it all makes sense. I’m gonna go in, I’m gonna check the scene. Is there someone bludgeoned to death in their basement? No. Okay, it’s looking okay. It’s looking safe.”

Ivy, narrating:

"I realize, I really do think about safety around humans in cities, a lot. It just doesn't feel overwhelming because I'm used to it. Adams talking about precautions to hook up with a new person? Uh, yeah! I tell my girlfriends where I'm going to be, with whom, and what time to check up on me. I have girlfriends who have shared location on with me, as a default. Could it be that outdoors people, they're just so used to it that they don't even think about how much they think about outdoor safety? Maybe, me and outdoor people aren't that different after all?"

Adam, speaking with Ivy:

"What would, like, success in your camping look like? Wh- like, how do we know you've achieved it?"

Ivy, whispering his question and considering it:

"... How do we know if achieved it...?' I guess if I've gone through the motions and came out... pretty much as healthy as I went in."

Adam, therapist:

"Mhm."

Ivy:

"I feel like I should be feeling that way about the outdoors, that, like, 'oh, this is novel, and I'm a curious person. And I'm gonna, you know, learn things. And that will be exciting and cool.' But I think, instead, what I feel... maybe, maybe my purpose is not literally to just be outside. I *can* just go outside if I want to. I don't want to, but I could just do it, you know."

Adam, therapist:

"Mhm."

Ivy:

"I think it's more, I want to go... to understand... what other people see in it that I don't. And maybe that's what I would consider success. Is, if I can begin to understand *that*."

Ivy, narrating:

"Even though the outdoors isn't where you go to *literally* meet people, I think it's true that you have to walk a mile in someone's shoes sometimes to know them. I'm driven to understand the human condition. I just am, for some reason. And so is Adam! He made humans his profession!

If I go through all the steps it takes to go camping, I'll for sure gain a greater understanding of outdoor people—you know, people who enjoy the outdoors—maybe even understand them the way I understand normal people!"

{{Hopeful light piano fades in}}

Ivy, narrating:

“It is funny. I’m going to go physically away from people to get empathetically *closer* to people—who, I’m starting to think, don’t understand me *at all*—and have maybe never *tried*. Oh, lordy! [Ivy laughs] This is fine. We *love* irony! This is fine.”

{{Hopeful light piano fades out}}

Adam, speaking with Ivy at his therapist:

“So, what- what can give you a sense of security out there? ‘Cause you’re going to need something that you can, like, go back to. Because your mind is going to be anxious, you’re going to be hyper alert. How can you ground yourself? What if you get going too out?”

Ivy, speaking with Adam:

“Um, I don’t know... I guess—I’m trying to figure out the things that make me feel insecure—I guess like if I’m about to go perform something on stage, I feel better if I think I’ve memorized something.”

Adam:

“Mhm.”

Ivy:

“I don’t know how that applies...”

Adam:

“So like maybe knowing that you’re prepared?”

Ivy:

“Mhm, yeah. Maybe that’s why I’m doing this and why brought you in here.”

Adam:

“Yeah.”

Ivy:

“It’s just to go through all steps to be- to just feel like I did everything I was supposed to do to prepare.”

Adam:

“And I think of anxiety as, like, it’s our friend. It’s trying to help us, right? So if we slow down and listen to it when it pops up, then we can do what we gotta do. So sometimes, we’re anxious about stuff that we don’t have control over, like the weather? So anxiety is like, ‘Yo, Adam, it looks like it’s going to rain, but you’re supposed to be outside today’, and I’m like, ‘Oh, thanks for let me know, girl. I will maybe switch gears then, if I need to.’ So I can, like, invite it to go. If it’s about stuff I do have control over, then I’ll just work on having control. ‘Hey, Adam, you know,

there's a lot of snakes outside, you don't know what's up.' 'Cool. I'll go look at a book of Texas venomous snakes, and then I'll be okay. Because I'll know what I'm looking for.' And that will invite my anxiety to leave too."

Ivy, skeptical:

"Okay."

{{Adam laughs}}

Adam:

"You're like, 'That's not very comforting!'"

Ivy:

"I feel like when you put it that way, that I'm like, yeah, I guess like, generally knowledge... knowledge combats that, but I feel like everybody else has a knowledge because it was passed down to them-"

Adam:

"Oh-"

Ivy:

"-over their entire lifetimes of, like, summer camps and stuff."

Adam:

"So where you might then benefit is, you're coming at it from a diverse perspective."

Ivy:

"Right, but I feel like that's how everybody else benefits. That's, that's how I might get killed out there!"

{{Adam laughs}}

Adam:

"I guess it gives- to me, it gives you, uh, unique problem solving abilities."

Ivy:

"Tsk. Yeah. I don't think my parents intended me to make problems for myself."

Adam, laughing:

"You're like, I have this little problem-"

Ivy, laughing:

"I got problems!"

Adam:

“Why would you want more?! It brings up a good story.”

Ivy:

“Okay.”

Adam:

“When I was working at the ranch, we put the kids down late at night—usually be, like, 11 or so and then answer journals. And then we'd have, like, a little time to ourselves. And one night, it's like midnight on the phone outside, and I hear something tremendous in the woods. And I'm like, ‘Oh shit, What is this thing?’ And it is coming towards me, and I had no idea... It was a little armadillo’. So armadillos are like little tanks.”

Ivy:

“Are they dangerous?”

Adam:

“No. But they will, like, they just smash through the woods. Because the way, you know they build that armor and the way they're built, so they sound really scary coming at you at night. But the reality is, they're just like, a little ball. They popped out and saw me and just: ‘No! Not for us,’ and walked away.”

Ivy:

“Okay. So armadillos are not dangerous.”

Adam:

“No, not- I wouldn't touch them...”

Ivy:

“Okay, because... they are dangerous?”

Adam:

“Not ‘cause they're dangerous, but they can carry a form of disease.”

Ivy, proven right, yet again:

“Okay, that's danger! That's danger!”

Adam:

“Yeah. But, you know, it's not like they're gonna bite you.”

Ivy:

“Okay.”

Adam:

“They're not, like, out to hurt you.”

Ivy, reassured slightly:

“Okay.”

Adam:

“They just happen to be a carrier of... I think it was, like, some form of, like, the plague. [Adam nervously chuckles] Like, Google it.”

Ivy:

“Oh god.”

Adam:

“Okay. Now we know, like, the worst case scenario is you get the Bubonic plague from armadillos.”

Ivy, appropriately concerned:

“That's a real thing that could happen!”

Ivy, narrating:

“We recorded this *before* a plague from bats swept the planet and we all got locked down in a panna cotta. But I knew it was a real threat because we already had a plague from rats, ebola from monkeys, and flus from birds and swine. *I* didn't manifest this with my fear.”

{{Dancy sci-fi electronic music fades in}}

Ivy, narrating (cont.):

“But you better believe I fact checked about armadillo germs! Armadillos are actually carriers of leprosy, the *other* disease in the Bible, so Adam just had them switched up. Leprosy sounds like an old timey disease, but we only eradicated leprosy in 2005. And vintage diseases do sometimes come back. The nine-banded armadillo is actually pretty common down here in Texas. When they're threatened, their defense mechanism is to jump up three or four feet into the air above the predator. But they jump when a car passes over them and go K.O. I see them periodically, dead on the road, but it's never occurred to me to go *touch* them. I bet dollars to donuts, people do it though!”

{{Dancy sci-fi electronic music fades out}}

Ivy, speaking with Adam:

“That's a real thing that could happen!”

Adam, speaking with Ivy:

“Sure... but like there's a lot of things that could happen! A plane could hit your house right now while we're underneath of it. We can't control that!”

Ivy:

"... I don't think that's the same, Adam."

Adam:

"I think- ooooh, I think I'm- we're getting to the root of what's up."

Ivy, nervous:

"Okay."

Adam:

"You are challenging the *illusion* of security that you have created for yourself, by taking on this task."

Ivy:

"Uh huh."

Adam:

"So it makes you go, 'Oh, shit. I'm not really ever truly secure. Because I live in a world that's just chaotic! There's always chaos. Constant chaos."

Ivy:

"That feels... terrible, what you just said."

{{Ivy laughs}}

Adam:

"Yeah!"

Ivy, narrating:

"I hate this crossroad where Adam has brought me. This feels like when someone tries to tell you that flying is statistically safer than driving because they think you should chill out about flying, but it just makes you question driving! But you can't drive less because pedestrian deaths and traffic accidents are on a sharp rise. I don't bike! Because I can't reach the pedals, and the seats make my vulva ache. Like, in a bad way.

Actually, this is worse because Adam's not talking about a limited activity like driving or flying. He is talking about All! The! Time! And for what it's worth? I think he's right. About security and chaos. My house has really big windows, which I love for my kids. The first time I saw it, I thought, 'Well, this house is impossible to defend.' Once a week, I have to decide if a loud bang is a gunshot, firework, or a car.

Okay, so the thin line between safety and danger is an *illusion*. Even indoors! But so is money. So's meritocracy! And all my social media photos! What is the alternative in a universe chock full

of chaos, besides lying to ourselves and tuning most of it out, like advertising and medical advice?! I put Adam's perspective to the snake test.”

Ivy, speaking with Adam:

“We still haven't figured out: what do I need to do if I face a snake?”

Adam, calmly:

“Oh, you know, you're just giving it space!”

Ivy, screaming:

“What does that mean, Adam?! I'm in its space!”

Adam:

“Yeah”

Ivy:

“How do I give something space when I'm in its space?!”

Adam:

“You just back up away from it. I used to talk to them. I'd be like, ‘What's up, bud? You just livin’ your life, I'm just living mine. We’re gonna be all cool.’

Ivy:

“That's what you do at the ranch?”

Adam:

“Yeah.”

Ivy:

“Okay.”

Adam:

“Because, from my perspective, right, like, we had rodents and stuff like that. And the snakes would eat those rodents. I want that. I don't want to deal with mice. At the end of the day, we're all just creatures trying to, like, survive and, like, give each other space. It's almost- I think of it as like dealing with people. ‘Cause you don't know what's going on with humans.”

Ivy:

“That's true.”

Adam:

“So you have to kind of just be like, ‘I'm gonna treat you with respect, and hope you treat me with respect. And we'll go from there. And then if you want to be close, if you invite me to be close, we can do that. And if not, I don't take offense to it. And I don't have to worry.’ So just- just

picture a snake is simply someone on public transportation, who's having a rough day, and you don't know what's up. So you just give them their space.”

Ivy, encouraged:

“Okay. Okay!”

Adam:

“Does that make sense?”

Ivy:

“Yeah. If I just superimpose business- city girl frameworks onto the outdoors, I feel like I have a framework to work with.”

Adam:

“Yeah, so you're like, ‘Oh, I know what to expect there. I can get a cup of pee thrown at me! That won't be pleasant! So I'm just gonna get that person in their space.’”

Ivy, giggling:

“Okay.”

Adam:

“You hear a rattlesnake? I know what's gonna happen! You're gonna throw a cup of venom at me. [Ivy and Adam laugh] I'm gonna give you your space.”

Ivy:

“Okay!”

Adam:

“Yeah.”

Ivy, optimistic:

“Okay!”

Adam:

“I did not know we were gonna get that real!”

Ivy:

“It could have gotten so much darker.”

Adam:

“Oh my gosh, so dark.”

Ivy, narrating:

"This feels like the closest I'm going to get to having a snake plan. Just treat it like another human in public who doesn't want to talk to you! A snake is not an active shooter. He's more like an introvert who's, like, running late."

Adam, speaking with Ivy:

"Do you have, like, a camping mantra to help you?"

Ivy, in disbelief:

"Do people have camping mantras?!"

Adam:

"I don't camp that often. But if you're going alone, you might want something to help center you."

Ivy:

"How about: This is not that bad. This is not that bad."

Adam:

"I feel like that's what a child tells himself when, like, the boogeyman is in their room."

Ivy:

"Yeah. Right! So if it works through that-"

Adam:

"My mantra is, um, the one from Pee Wee's Playhouse."

{{Adam chuckles}}

Ivy:

"What's that?"

Adam:

"Mecca lecca hi, mecca hiney ho."

{{Ivy laughs}}

Adam, putting his back into it:

"Mecca lecca *hiiii*, mecca hiney *ho*. Then you just don't. You let go. Uh, but I'm also not very granola."

Ivy:

"That was- that-"

Adam:

“Surprise! Surprise, listeners!”

{{Energetic funky electronic music fades in}}

Ivy, narrating:

“Surprise, listeners! I have a *camping mantra* now. You can get ‘It’s not that bad, it’s not that bad’ camping mugs on fogopodcast.com. Really! This is not a bit! I mean, it is a bit, but also, go buy some merch!”

Next time on FOGO, Fear of Going Outside, I go to the nature store because this bitch, right here, has a camping trip coming up!”

Myrriah, on a voicemail clip:

“Hey, it’s uh, obviously, it’s Myrriah. I talked to some of my more outdoorsy friends who go camping regularly, and they recommended Inks Lake State Park, which has tent camping, and it obviously has the lake.”

Ivy, narrating:

“Lake sounds good! Like, how can I die of dehydration by a lake?”

Ivy, reading the credits:

“FOGO: Fear of Going Outside is a Spotify Sound Up Series and was workshopped as part of the Spotify Sound Up Podcast Accelerator Program.

FOGO is written, hosted, and produced by me, Ivy Le, and produced and edited by Myrriah Gossett. Our theme song and original music were composed by Michelangelo Rodriguez. FOGO is engineered and mixed by Robyn Edgar, with additional story editing by Aira McGilber and Minda Wei. Production support by Benjamin Grosse-Siestrup.

FOGO’s board of advisors is Jeff Zhao and Martin Thomas. You can follow today’s Guest Adam Maurer is on Instagram at moontower underscore counseling. You can also find him at moon tower counseling.com”

Adam, clip:

“That’s right. She’s the.com ladies.”

Ivy, reading the credits (cont.):

“Links are in the shownotes. From Spotify, our Executive Producers are Gina Delvac, Candace Manriquez Wrenn, Andrea Silenzi, Natalie Tulloch, and Jane Zumwalt. Special thanks to Brian Marquis, Teal Kratky, Yasmeen Afifi and Shirley Ramos for production support.

Listen to Fear of Going Outside for free on Spotify! You can follow me on Twitter and TikTok @IvyLeWithOneE, the phrase all spelled out, or on Facebook and Instagram @fogopodcast. Go to fogopodcast.com for the newsletter, transcripts, and now, the FOGO shop! Treat yo'self!"

Ivy, speaking with Adam:

"Because you do things for boys when you're in love that you should never do."

Adam:

"Girl, that's how I learned how to bottom!"