

# Not Sorry Works

## The Real Question

### Should I Quit: Watching YouTube?

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**Vanessa** [00:00:00] I'm in L.A. this week, and I have noticed that while traveling and dealing with not just my job, but travel and some family stuff—usually I read in bed and this week I have blown through two seasons of *Floor is Lava*. Do I regret it? No. Is it different than my usual routine? Yes. Do I hope to outgrow this new routine? Yes. And that's what we're talking about with our guest today. You might have heard of him, Casper ter Kuile. He used to co-host the show with me. We're talking about whether or not it's okay to sometimes do things that we know aren't great for us, but they make us feel good. [laughter] And he is bringing the question of should he quit YouTube? And I'm really excited for this conversation with the wonderful Casper ter Kuile. I'm Vanessa Zoltan.

**Casper** [00:00:55] And I'm Casper ter Kuile.

**Vanessa** [00:00:57] And this is Should I Quit?

**Casper** [00:00:59] I'm back! [laughter] [Vanessa gasps] Vanessa, how's the new series going?

**Vanessa** [00:01:18] Oh my god, Casper. First of all, it's embarrassing how infrequently I'm telling people to quit.

**Casper** [00:01:25] [laughter] That was the whole point of the podcast.

**Vanessa** [00:01:27] The whole point of the show was for me to be like, “quit!” And instead I'm like, “Yeah, that's really hard. Maybe not.” [laughter] But when it's clear to me that they should quit—oh my god, it's so fun.

**Casper** [00:01:41] I think I've got one of those for you today. Like, the more I think about it, the more I'm like, I think you're going to tell me to quit.

**Vanessa** [00:01:49] Well, what is this thing that you think I'm going to tell you to quit?

**Casper** [00:01:53] [Blows air out of mouth slowly] I, honestly, this is so perfect that we're recording today. I stayed up until 2:15 a.m. last night watching, like, celebrities from the late nineties tell embarrassing sex stories about their lives on a British chat show, which I grew up with. Then I started watching like a reunion episode of Stephen Fry and Hugh Laurie, like meeting each other again after ten years away, and they love each other, and they were comedic partners at Cambridge. Anyway, it's just one long, unending stream of YouTubing by myself. And then it's 2:15 a.m. and I have an 8 a.m. breakfast, and then I'm grouchy and annoyed—at myself, at my husband, at the person I'm meeting for breakfast. And, like, my whole day got off to just like a shitty start. And for what? So I could laugh at, like, Barbara Windsor telling stories about her nipples being covered in ice cream? I mean, that actually does make my day better now that I think about it, but. [laughter]

**Vanessa** [00:02:53] And it made every listener's day better. So it's really just the gift that keeps giving. [laughter]

**Casper** [00:03:00] But it's so dumb and I can't stop! And I feel like such a stupid—like I feel like a bad adult. I'm like, this is teenage behavior, and I'm 35 years old and I know better. So should I quit? Yes! [laughter]

**Vanessa** [00:03:16] Oh my god. I have so many thoughts. I mean, so is last night emblematic? Because it's a really interesting example because it's you reconnecting with British culture, when you live thousands of miles from home. Right, like you're not watching something that doesn't fill you up.

**Casper** [00:03:33] Yeah. This is what's interesting to me and where I just don't know because it gets to like 11:30 p.m. and the YouTube is now open and there's a couple of different directions that we can go in. We can drive down memory lane, which is very much the kind of like, UK quiz show, UK chat show, especially of old. So it's memories. It's either like fantasy life that I don't have, which is drag queens, where I'm like, maybe I have an inner drag queen who's yet to emerge and like, is she a looks queen? Probably no, because I'm really not—like she's probably like a personality queen who's good at hosting or something. So that's kind of like a fantasy life. It's like looking at drag queens. And then there's also like, I don't know what the quite what the sports bro thing is, but sometimes it's like football matches, like English, like soccer matches or tennis match recaps—or like the CollegeHumor videos, and the generation that came after that for that group of people who are still making comedy together like quiz shows. And I just feel like that my friends and I like hanging out with them. [slight laughter] And those are the main like driveways that I get to choose from at that point. And the algorithm is so good that it just keeps giving me juicy, juicy things to click on next. [affirmation] And they're all fun! There's just so many avenues that I get to go down and enjoy myself with. But they are all, I think, feeding something in me. Like either it's just pure entertainment and I'm laughing and it's like unwinding and it's silly and it's easy and it doesn't have a huge impact, or it's like I feel reconnected with home in a way that is really...calming? And like, makes me feel like I fit into a world? Even if it's 1998 in England. [slight laughter, affirmation] Or it's like interesting, or like challenging in the right level. Like I'm, I'm recalling my own, you know, ability to remember capital cities and countries and languages and things. So it, [affirmation] it doesn't feel like a complete waste of time, but it's also not—it's just not good for me.

**Vanessa** [00:05:40] What's—say more about that. Why is it not good for you? Is it just the sleep thing?

**Casper** [00:05:44] Yeah, I think it's a sleep thing. And like as soon as I put my head on the pillow, I'm asleep. So I don't suffer from insomnia, which is a great, great gift. So, whether it's at like 10:30 or 2:15, like last night, you know, my head's on the pillow, I'm out, but I still have to get up at seven. And I have—Vanessa, you know this—I mean, four entire bookshelves worth of books, and I buy embarrassingly many books. I am not reading them. At all. I have subscriptions to wonderful journals that I'm interested in, and I'm passionate about these subjects and I'm not reading. I read like a few pages, maybe, a night, if I'm lucky, and I'm like, Casper, what are your priorities? Do you want to learn more about, like, some stranger's sex

life, who was on—not, not even a guest on the show! They were in the audience and they were doing questions to the audience [laughter] in 1998.

**Vanessa** [00:06:35] They weren't even a guest you were watching. [laughter] Oh my god.

**Casper** [00:06:40] I'm like, why do I care about Greg and how many people he's slept with? [laughter] Like I really...you know, or do I want to learn about Mary Karr's lit, which I've never read. Or, you know, a fabulous new book about cultural appropriation and spiritual practice. Like, I want to learn about these things, I want to read these things, but I keep choosing, like, the candy floss instead of the, like, delicious hummus.

**Vanessa** [00:07:03] I want to push back on the idea that this is candy floss, or as Americans would say, cotton candy. I would more say that it is like the... kale smoothie, [Casper: ooh] right, because you are feeding similar things that you would feed in reading. [affirmation] You are just doing it in a slightly easier way, with some additives, right? There's a little bit of orange juice in your kale. [laughter] You're not eating your kale straight. Because you are reconnecting to your British culture. And like, I think what's under all these things are really like beautiful instincts. If you were watching, I don't know. I think I would have very different feelings if you were like really enjoying watching people hurt themselves. Right. [affirmation] And that could be my own bias. I don't find *Jackass* funny—

**Casper** Oh it's awful.

**Vanessa** —but if you were like, I'm staying up till 2:30 in the morning watching *Jackass* videos, even that, right? Like if you were using that to unwind and people are consensually agreeing with that. I'm just wondering if what it sounds like to me, is that you're exhausted. [affirmation] You're exhausted emotionally from being far from your family. You're exhausted at the end of your day, so even on the nights that you have the interest to keep learning, it, like the reading feels too hard.

**Casper** [00:08:23] Yeah.

**Vanessa** [00:08:24] So my question is, is there something in your daily life that you want to quit so you're less exhausted? [affirmation] Or is this just like an acknowledgment that you're exhausted and therefore this is okay, and maybe you should put a timer on your computer so you're not allowed to watch YouTube past 12:30?

**Casper** [00:08:39] Yeah, [sighs] I think you're hitting on a couple of really important things. Like it's not that I hate YouTube, like I love YouTube. There's great stuff there. It's the fact that I did it for 2 hours and 15 minutes, you know. [affirmation] Like I buy the kind of, yes, I'm connecting to home, and yes, I'm learning things and keeping up with stuff. And it's not that I don't want it to be tomorrow. Like, I've had times in my life when I hated my job. I didn't want it to be tomorrow. And so it was like an avoidance strategy. And it's *not* that, like today, this morning I get to talk to you. This is a nice day. [laughter] So, like, I don't want to be too dramatic about it, but, like, they have designed it to be addictive. Right. [affirmation] Like famously, Netflix said, our competition is sleep. It's not other TV shows. We want people to have their eyeballs on us instead of other things in their life (that's important.) [laughter] And I just feel like I am powerless in the face of the conglomerate algorithm. [affirmation] And so I

really love that idea of like, can I just do this for half an hour? But I know myself. And I think the thing that makes me want to ask this question is like, I feel honestly a bit powerless. [affirmation] Like, I don't I don't know what to change. [affirmation] It is an unwinding thing and that's healthy and fine. But like, I know that reading a novel, which, that's the only thing I am able to read at the moment. And you're right, like nonfiction, which I usually enjoy so much, feels like work and so it's hard, but like, I'm reading a pretty good novel and like, I read a couple pages of that, I get sleepy and I'm out. But it feels like this. I don't know, is it escape? Do I want, like a cookie? At the end of the day? Is it like, "oh, you did good. Like, you get to watch Trixie Mattel be really dumb for half an hour." [laughter] Like, I don't know. I feel like I'm a little David and YouTube is Goliath and I'm not very good at aiming my slingshot.

**Vanessa** [00:10:21] Okay, so at night, you're exhausted, you've had a long day. [affirmation] You feel powerless against YouTube when you're rested, do you feel less powerless? [affirmation] Or does it always have power over you?

**Casper** [00:10:34] No! Oh, I've journaled. I may have even dabbled in writing poetry. [affirmation] I've, you know, consciously been like, "oh, you know who I haven't reached out to and I should check in with is so-and-so because I know his grandmother died last month." You know, I feel like the YouTube is like ooh shivering in the cave with wet clothes after being chased by a boar. [laughter] And, like, when I'm rested, I'm, like, planting, you know, an orchard of pomegranates. [affirmation] Like, it's - I'm just so much more creative and, like, able to express care for myself and others. And this is kind of like, yeah, it's just like an instinctual response to be like, okay, we go back safely, like, let's make it through? I'm overdramatizing. But that is really, the question.

**Vanessa** [00:11:19] You? No. [sarcastically] [laughter] I just. It sounds like YouTube is a symptom, not a cause.

**Casper** [00:11:23] Ah, shit. [laughter] Yeah.

**Vanessa** [00:11:26] Right? [affirmation] Like, and I don't want to take away from, like, YouTube is this vortex that is intentionally designed to keep you in. And so there is that aspect of that. I just want to leave that on the shelf for a minute. [affirmation] Because you know that and you still log on, right? [affirmation] And it sounds to me like nothing else feels like an option to you because you're exhausted. [affirmation] And I happen to know, as our listeners should know, that you just founded something called The Nearness. And so I'm wondering if YouTube is like a seasonal thing for you, where you're really busy and so you watch YouTube. [affirmation] And the question to me, I guess, is like. Are there things you can do to feel less exhausted? [affirmation] Since YouTube—it's a symptom, and a shitty cure.

**Casper** [00:12:15] Yeah.

**Vanessa** [00:12:16] I know for me, [Casper: phew] right, like when I don't exercise, I feel worse. And then the thing I don't want to do is exercise. [laughter] [affirmation] Right? Like, we can get into these spirals, and YouTube is a symptom of a spiral, and it makes the spiral worse. So I'm wondering if the place to start isn't in quitting YouTube, but is in trying to find a way to be less exhausted. And then the YouTube quitting will feel easier, or possible.

[affirmation] But rather than being hard on yourself about the YouTube thing, be like, "whoa, I'm watching a lot of YouTube. What's going on?"

**Casper** [00:12:51] That is so right. Because I woke up this morning, like, feeling really shitty about myself. Like, I was embarrassed. I was ashamed. And rather than doing that, I should be like, "Oh, Casper, honey. Hey, you did that. That probably means you're tired." And rather than being like, [stern voice] "you made bad choices." Instead, what I should do, I love this, is like, no, it's an indicator. It's a symptom. And it just means, like, other stuff is not in proportion. And I think what's challenging for me in this conversation, Vanessa, is I don't have the story that I'm exhausted. I don't feel tired in my day. [affirmation] Like there are times when I've been working so hard and it's so stressful and like, [affirmation] every minute is filled. But like, you know, yesterday I went to pick up the CSA share and then I did groceries and I did laundry and, you know, I was working from home so there was some space in my day to do those things. So it doesn't feel like I'm, I'm overstretched and I'm totally wrung dry. [affirmation] But I think what I'm figuring out in this conversation is that like, there's a difference between, like, physical exhaustion and like, mental exhaustion. [affirmation] Because, boy, am I trying to solve problems all day. I really am. And I am so small in the face of the problems I'm trying to solve [laughter] because they're, they're really hard and it's not like anyone else has figured them out. How do we build spiritual community in the 21st century? Yeah, you tell me. [affirmation] [laughter] So, yeah, that's really...can I swear on this show now?

**Vanessa** [00:14:13] Yes.

**Casper** [00:14:14] Ah fuck. [laughter] Because it's challenging me because it's, it's a totally different story about where I thought I was in my life. And I think you're totally right.

**Vanessa** [00:14:24] I mean, it's just, it's so funny that you say that. Because one of the premises of this show, not to be too meta, is like, why do we only get to quit things when we physically can't do them anymore? [affirmation] Right. Like it's that shopping show, Supermarket Sweep. [laughter] Where it's like, you can physically fit more in your cart. [affirmation] And it's like, but some of that food is going to spoil at home, so just because you can physically fit more in your cart doesn't mean you should put more in your cart. Like there's only so much that you can actually eat.

**Casper** [00:14:54] And what's interesting is that I used to be, I think, much better at this because I would do a tech sabbath. On Friday night, I would turn off my phone and my laptop and I would put them away. And I'd have really nearly a full 24 hours where I didn't look at email, I didn't work. And, you know, I would read and I would doze and I would draw and I would sing. And like there was just a real spaciousness and kind of mental rejuvenation that came from that. And when COVID hit, that just changed. [affirmation] I didn't want to rest by myself at the end of the week. I wanted to be with friends. [laughter] And so it's much more social now, and I think I have to come back to a solo...time of rest. Because I actually, I've just not been doing that properly. Like, Saturday morning now is like, cuddles and nice breakfast time with Sean and that, like that's beautiful. But I also need somewhere in the week where it's just like, nope, just me and a candle and my journal.

**Vanessa** [00:15:52] Well and that might also be the beginning of a new positive cycle, right? [affirmation] Because I know that that used to be your reading day, right? [affirmation] It used to be your London Review of Books Day. [affirmation] And then you're further in the novel because you're not just reading two pages and falling asleep when you're exhausted, but you've read 30 pages, and so you have more momentum. So you want to read the novel, right? Like two pages of a time in a novel, you're never getting momentum. I will say with you in particular, right, I *love* that you're more flexible on your tech sabbath, because I get to see you more. Right? [laughter] So, like, there are literal forces keeping you from this. And I'm obviously very supportive and I think most likely the conclusion of this episode should be: it's not that you should quit YouTube, it's that you should set yourself up for success to not *want* to watch YouTube. [affirmation] There are forces where I'm like, "but Casper, I'm in town. Are you *sure* you don't want to hang out on a Saturday?" [laughter]

**Casper** [00:16:50] Well, this is this is the thing. I used to say no to things that I wanted to go to on Friday night.

**Vanessa** [00:16:55] I know!

**Casper** [00:16:56] And I, and I don't anymore.

**Vanessa** [00:16:57] You said no to a Seder that I hosted on a Friday night with Ariana. [affirmation] And I remember it is one of the moments in my life where I most respected someone, and was so mad. [laughter] I was like, all of your favorite people are going to be in this room. Stephanie Paulsell, Ariana Nedelman. Like, I couldn't believe you were saying no. And also I was like, good for fucking him. [laughter]

**Casper** [00:17:25] I would literally pay for that event to happen tonight. Like, I would *love* to be with you three tonight. [laughter]

**Vanessa** [00:17:33] Well but I wonder if, like, the thing is that you are so good at following a commitment, and it sounds like that version of tech sabbath—you're longing for connection in a different way right now than you were ten years ago—

**Casper** [00:17:47] But let me, I want to interrupt you there, forgive me. [affirmation] Because I actually, you're helping me see something. We're recording this in October 2022, and—March 2020 COVID hits. I absolutely did not want to spend more time on my own, you know, for the rest of 2020, I wanted connection. I wanted to be with people. And as that became more possible, post-vaccine 2021, that was what my life started to look like, right? I filled my Friday night and I filled my Saturday morning...but my life is full again. [affirmation] And it's, we're recording on a Friday morning, and I had planned to go see the movie *Tár* like we had texted about, but I'm not sure I should. Like, part of me is like, you know what, buddy? Like, time to power down and, get in the right rhythm. Because otherwise this Graham Norton show [laughter] YouTube spiral is going to continue, and my life is picking up again with travel [affirmation] and the evenings are all filling up with wonderful things, and with, just. I think I hadn't realized that the world has changed again, or *my* world has changed again. And so the practice needs to change. Because I know I need it to be the kind of person I want to be.

**Vanessa** [00:18:55] And to be clear, you always had this great, like, exceptions for once in a lifetime things.

**Casper** For *sure*, for sure.

**Vanessa** Right, like you didn't say no to weddings. [laughter]

**Casper** [00:19:04] No. [affirmation] So it's not like I'm so rigid about it that that there's no space to breathe in it. But I think I've become, I don't want to say lax about it. I just changed what it meant. It was about connection. And now that there is so much connection in my life, I feel like actually what I need is the rest bit. And rest for me is that *mental* rest, it's it's not like I need to necessarily, you know, lie on a couch and burn incense, although that is a bonus. But it's yeah, it's about having that kind of mental space to just delight in reading a long form essay, and doze, and daydream, and look out of a window, and be bored, and not have to do anything. That's what I haven't had in a long time. And I miss it.

**Vanessa** [00:19:45] Mm hmm. Mm hmm.

**Casper** [00:19:46] Oh, jeez. You're good at this!

**Vanessa** [00:19:49] Sorry that that angers you. Do you want to talk more about that? [laughter]

**Casper** [00:19:53] I just thought I knew what the answer was before we started the conversation, and I was wrong. [laughter]

**Vanessa** [00:19:57] Look, that was going to be the answer, but you guessed it. And I'm a contrarian at birth. So I'm like, uh-uh! [laughter]

**Casper** [00:20:02] That's also true. [laughter]

**Vanessa** [00:20:04] That is not the answer. [laughter] Casper, I just want to acknowledge, you know, you're looking back on, for example, the Seder, and are like, I don't know why I didn't go to that. Is that actually a regret looking back or is that, you know, not to be a cliché of myself, a grief? [laughter] That like, you couldn't do both [affirmation] and that sucks. Like there are two weddings on the same day? [affirmation] Yeah. Okay.

**Casper** [00:20:28] Yeah, it's the second. Because I love Jens Lekman, who's this wonderful Swedish singer songwriter, and he has this great line where he's playing at a wedding and he's singing about his experience of playing music at this wedding. And the bride asks him, like, "should I get married?" And he says, "either way you'll regret it." [affirmation] Like, and I think we're both now old and wise enough to know that that's true. [affirmation] And so like, yeah, I regret not being there at that Seder. But like, I don't know what the rest of that week look like anymore because it was seven years ago. But who knows what the rest of that week would have looked like if I hadn't rested, you know? [affirmation] The every day matters enough to me that sometimes you can't do the fun thing. Will my life be like, horribly poorer for not seeing this wonderful movie? I don't think so.

**Vanessa** [00:21:15] Yeah. Not only that, it's not just about that following week. It is about a practice of a healthy life. [affirmation] Right. If it was just about that week that you don't remember, I'd be like, "I don't know, lifelong memory, a week you don't remember...?" [laughter] But you being healthy at 60, and not having a body that's deteriorated by stress, [affirmation] and you being able to stay in this really important work rather than being like, know what this work was just unsustainable. [affirmation] I was staying up till two in the morning every night watching YouTube. I couldn't do it anymore. And so now I have this other job. Right? Like it's not just about the week, it's about you taking care of yourself [affirmation] as part of a larger project of a good life.

**Casper** [00:21:59] That makes me teary eyed. And it helps me change the story I tell myself as well, because, like. It's mostly been confusing because I'm like, I'm not working till 2 a.m.. Right? Like, I'm actually pretty good at managing my workload and, and, I hope being a decent colleague. Like, why am I doing this other thing that I know is not productive? Like, it's been befuddling. And this just really helps, like. Yeah, it's this reset. It's a moment of growing my capacity to show up in the way that I want to, not just with other people, but like for myself. To make decisions that I know will serve me in the long term. [sigh] Oh, it's so funny, isn't it? Because we have these practices that mean a lot to us. And like at first I was, when COVID hit, I was kind of disappointed and confused about why I wasn't keeping it in the way that I had. And then I really grew okay with it. I was like, the situation's changed. [affirmation] But it's taken me like six months, and this conversation, to realize that the situation has changed again. [laughter] And like, that will keep happening in life, right? [affirmation] Like, life changes and therefore the practices that sustain us have to change—for a time. [affirmation] And I think I have still fallen into this like, "okay, well it changed during COVID and so now it's this forever." And it's like, buddy, no. [laughter]

**Vanessa** [00:23:18] But again, the other thing I want you to think about quitting is this self judgment. You figured it out pretty quickly, six months! And like you weren't trained in what to do during a pandemic. [affirmation] Like that, that's okay. [laughter] And like, you figured it out now, and you already have plans with me in a couple of weeks on a Saturday, so you can't go back on those. [joking] But, you know, once your commitments wind up.

**Casper** [00:23:45] But even that is like...I can have my phone off that day.

**Vanessa** [00:23:50] Yes.

**Casper** [00:23:51] You know, right? Like there's still ways of practicing the tech sabbath idea, even if it's a little different when there are, you know, dearest friends in town, for example. So. Yeah. This is so helpful. And the other thing is that, like, the pandemic is it's not like there was a clear ending that we all agreed, like, "oh, it's over." Like the pandemic is still here. So it's, it's natural that I guess I was confused about where my practice was at when we're all confused about where the pandemic is at. And so there's some self-soothing talk that will help me feel better. [laughter]

**Vanessa** [00:24:26] So, Casper, it sounds like, should you quit YouTube? Kind of.

**Casper** [00:24:31] Kind of.



**Vanessa** [00:24:32] You shouldn't quit YouTube. You should...let YouTube disappear as you are reinvesting in tech sabbath, right?

**Casper** [00:24:43] Yeah. It's not like "stop falling in the water." It's like "don't walk so close to the edge." [laughter]

**Vanessa** [00:24:50] Yes, I love that.

**Casper** [00:24:52] That's how it feels. Yeah. And you know what? This is the thing that, that really makes me emotional is like, I don't blame myself for being bad when I do that behavior. Like, recognize that it's a symptom. That framing is so helpful to me that it's a symptom of other choices that I can choose differently. And that it's like a little, you know, like a yellow card in soccer. It's like a "yo, [laughter] like, close to falling in the water!" I feel this is just such a good time to have this conversation because I'm about to travel much more, and just have more on my plate in terms of navigating those boundaries. And so, yeah, let me embrace that practice again.

**Vanessa** [00:25:31] Isn't being an adult realizing that there isn't rope telling you where the edges is as much? [affirmation] Like when you're a kid, you're like, "there's the rope! I shouldn't walk too close to the edge. [affirmation] Thank you rope for telling me what too close is." Then as an adult, you're like, "where the fuck is the rope?"

**Casper** [00:25:48] Exactly! Like I'm in charge of the rope, but also I'm hanging by it. And also some ropes we need to like cut through. [laughter] And so, which, it's like being in a very stressed bomb disposal unit and you're like, "which rope do I need to cut? Because some of them are bad, but some of them are like, life giving and vital." [laughter] So.

**Vanessa** [00:26:06] So good luck. [laughter] Thanks for figuring it out for us as always. And report back.

**Casper** [00:26:11] Thanks for having me and thanks for making the show. I know it's so helpful to so many of us who are sitting with this question.

**Vanessa** [00:26:20] You've been listening to Should I Quit? Our latest season of The Real Question. 99.999% of our show is funded through Patreon. So please consider supporting in this on Patreon at [patreon.com/realquestionpod](https://patreon.com/realquestionpod). If you're a regular listener, we'd love your support. If you're a new listener, we'd love your support. We'd love your support. And if this episode reminded you how much you miss Casper, a reminder, we're still doing a little advice show called Dear Casper and Vanessa over on our Patreon. Another way you can support the show is by leaving us a review on Apple Podcasts or wherever you're listening. You can also follow us on Instagram and Facebook @realquestionpod or Twitter at @therealqpod. We love to shout out our BFF tier patrons, Molly Real, Laura Lorber, Kristin Hall, Mary Margaret, Becky Boo, Johnny Cruz, Amanda Schram, Effie Hugh, Stephanie Fetterwish, Bitty, And Ari. We are Not Sorry Productions. Our executive producer is Ariana Nedelman and our music is by Nick Bohl. We are distributed by Acast. And thanks as always to our wonderful Not Sorry team, Julia Argy, Nicki Zoltan, Lara Glass, AJ Dramas, Hannah React, Margaret H. Wilson, Courtney Brown, Casper ter Kuile, and Stephanie Paulsell. Thanks everyone and we'll talk to you next week. Casper, I sure am glad I can't quit you.

**Casper** [00:27:35] Are we living out our Brokeback Mountain fantasy, Vanessa?

**Vanessa** [00:27:40] Oh my god. [laughter] I don't know. You, me, in the Wyoming landscape? I feel like we would maybe thrive. [laughter]

**Casper** [00:27:45] True. I've always loved horse riding, in, like, an abstract idea.

**Vanessa** [00:27:51] [laughter] Not in the chafing. [laughter]

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Transcribed by: Skyler Witherspoon on 02/03/2023