

# TigerBelly Dr. K

Bobby Lee, Khalyla Kuhn,  
Gilbert Galon & Dr. Alok Kanojia  
Podcast Transcript

*Bobby Lee welcomes psychiatrist and gaming addiction expert Dr. Alok Kanojia (Dr. K) to TigerBelly. The conversation ranges from meditation and the physiological roots of addiction to Bobby's struggles with gaming and pornography, post-special depression, the ego in performance, and the dynamics of Bobby and Khalyla's past relationship.*



**I**T 's a place for over stimulation. It's like a fever dream. KHALYLA KUHN: [00:32] It's a fever dream. He's like, "Uh, okay." BOBBY LEE: [00:38] Yeah. Yeah. It's a new song I'm working on. KHA-

LYLA KUHN: [00:41] He's also He's a musician as well.  
BOBBY LEE: [00:43] Yeah. Yeah. Yeah. KHALYLA  
KUHN: [00:43] Yeah. Great. BOBBY LEE: [00:44] It's a  
place for over stimulation. It's a fever dream. I got the  
lyrics down. Give me another one. KHALYLA KUHN:  
[00:52] Oh. Um. BOBBY LEE: [00:55] Say Chaos Central.  
KHALYLA KUHN: [00:56] Chaos Central. BOBBY LEE:  
[01:00] degenerates. KHALYLA KUHN: [01:01] Gener-  
ates. BOBBY LEE: [01:02] Oh, yeah. That's like KHA-  
LYLA KUHN: [01:04] What are you doing? BOBBY LEE:  
[01:05] I just KHALYLA KUHN: [01:06] your headphone  
teacher. BOBBY LEE: [01:08] Yeah. KHALYLA KUHN:  
[01:09] Headphone teacher. BOBBY LEE: [01:13] That's  
a rock. KHALYLA KUHN: [01:13] Teaching how to  
use the headphones. BOBBY LEE: [01:16] Just trying  
to get my vocal stuff ready, you know, for the pod.  
KHALYLA KUHN: [01:19] It's sounding good. Sounds  
good. BOBBY LEE: [01:20] Yeah, cuz I just woke up,  
so I'm not even really here. KHALYLA KUHN: [01:22]  
Yeah. I was going to ask how how long ago did you  
wake up? BOBBY LEE: [01:25] Let's be honest here.

Seven minutes ago. Maybe eight minutes. 8 8 to 10 minutes ago. KHALYLA KUHN: [01:29] What time did you go to bed? BOBBY LEE: [01:30] Oh my god. I don't even know. It was It was a rough one. 6:30. KHALYLA KUHN: [01:34] Why? Why? BOBBY LEE: [01:35] 6:30 in the morning. Playing Starfield again. Grinding it out. KHALYLA KUHN: [01:42] Music to Dr. K's ears. 6 a.m. game. BOBBY LEE: [01:45] Dr. Aloc K. DR. K: [01:47] Yep. BOBBY LEE: [01:49] Dr. Let's Let's all meditate. KHALYLA KUHN: [01:52] Do you want to meditate? BOBBY LEE: [01:53] Can we actually meditate? I do. I really want to. You think I'm a liar? KHALYLA KUHN: [01:58] Wait, accuse me of being a liar. I just think let's meditate. BOBBY LEE: [02:01] Yeah, but you were doing some fake. Like you were just KHALYLA KUHN: [02:03] You're a fake. BOBBY LEE: [02:06] We have a guest here. What are you What are you getting combed for? KHALYLA KUHN: [02:08] I wanted to meditate. I said BOBBY LEE: [02:10] they used to date. KHALYLA KUHN: [02:11] They used to date Dr. K for 10 years. BOBBY LEE: [02:13] Yeah. Okay, let's

let's get it. Let's Well, first of all, let's start here. Okay.  
KHALYLA KUHN: [02:18] He's from Houston, Texas, right?  
BOBBY LEE: [02:19] Wow. KHALYLA KUHN: [02:20] He's a psychiatrist.  
BOBBY LEE: [02:22] Okay. Very handsome. KHALYLA KUHN: [02:24] Yeah. Was that in a sexual way? I didn't say that in a sexual way.  
BOBBY LEE: [02:27] No, I'm saying a Korean way. You know, I've never I've never hooked up with an Indian person, but you know. KHALYLA KUHN: [02:32] Really?  
BOBBY LEE: [02:33] No, I've never have. KHALYLA KUHN: [02:35] Yeah. Yeah. DR. K: [02:35] That's surprising.  
BOBBY LEE: [02:36] I want to weird. I'm not gay either. KHALYLA KUHN: [02:38] What's surprising about that?  
DR. K: [02:44] I I'm just trying to figure out what what exactly what kind of energy I should be bringing today, you know? So, it's I I can see that you're ramping yourself up with BOBBY LEE: [02:53] No, no, no. Let's let's I I can come down to your level.  
DR. K: [02:56] Oh, BOBBY LEE: [02:57] I can come up to yours.

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DR.

K: [03:00] Or or Bobby, you can come up to mine. Why do you Why do you assume mine is lower? YOU GOT TO BOBBY LEE: [03:07] SLAM. DR. K: [03:09] Just because we're quiet doesn't mean that we're not energetic. BOBBY LEE: [03:12] Oh, hey. You know what I mean? KHALYLA KUHN: [03:15] Like snaps. DR. K: [03:16] So we can love BOBBY LEE: [03:19] I don't even know what to do. You don't HAVE OPPOSABLE THUMBS. OH MY GOD. KHALYLA KUHN: [03:34] SORRY. SORRY. DR. K: [03:35] What a revelation. He doesn't have opposable thumb. BOBBY LEE: [03:38] I can't snap your fingers. KHALYLA KUHN: [03:40] Yeah, I can't do any of that. DR. K: [03:42] Anyway, um yeah. So, your Sorry, KHALYLA KUHN: [03:46] it's all good. BOBBY LEE: [03:53] Did you meet Cat? DR. K: [03:55] I met Cat earlier and I'm sorry. Can I get your name? KHALYLA KUHN: [03:57] It's Kalila. DR. K: [03:57] Kala. Okay. KHALYLA KUHN: [03:58] Yeah, it's a little bit of a tongue twister, but DR. K: [04:00] Okay. Yeah, KHALYLA KUHN: [04:01] cool. I'm all over. DR. K: [04:02] So, so I will go up to your level

there. KHALYLA KUHN: [04:05] Sure. DR. K: [04:05] Okay. Because you were meditating earlier in the green room. I heard I was. Yeah. Yeah. BOBBY LEE: [04:09] The bathroom. DR. K: [04:11] Yeah. That's every time in the bathroom is a meditation. BOBBY LEE: [04:14] Yeah. What are you being rude for? DR. K: [04:16] No, I'm not being rude. No. So, seriously, if you guys want to know like the ecstasy of meditation, KHALYLA KUHN: [04:20] I'd love to. DR. K: [04:21] All you have to do is imagine, you know, when you really need to go pee and then you like finally like get into the bathroom. So, I think the best example of this is if you're on a road trip and you like pull over to use the bathroom and then you go into the bathroom and you really need to go and it's full and then you have to wait and then that like 30 seconds where you're waiting for someone to make room. BOBBY LEE: [04:44] Is it one or two? DR. K: [04:45] Uh, I'm talking about one. one. KHALYLA KUHN: [04:47] I think it's easier to do with one, but BOBBY LEE: [04:49] I do it with two, but KHALYLA KUHN: [04:50] but yeah, two is two. DR. K: [04:51] You can do it with either one. KHALYLA KUHN: [04:52]

We can talk about two in a second. DR. K: [04:54] Okay. Okay. KHALYLA KUHN: [04:55] Cuz I feel like that's a whole another type of restraint that like I have to tap into like dig really dig deep for that one. DR. K: [05:03] And and then then then when you go it feels absolutely blissful, KHALYLA KUHN: [05:07] eye rolling. Yeah. DR. K: [05:08] Yeah. Right. So So that's that's what we're shooting for when we meditate is that sensation. KHALYLA KUHN: [05:13] Whoa. The relief. DR. K: [05:15] Yeah. Yeah. Yeah. So, it's relief and it's bliss. What it actually is is the alleviation of desire. See, we think that like fulfilling our desires makes us happy, but when we really fulfill them, we make them go away. Does that make sense? KHALYLA KUHN: [05:29] Yes. It does. DR. K: [05:30] Right. Yeah. So, so this whole time we're like trying to chase our desires, but actually getting rid of them. It It's the stillness afterward. KHALYLA KUHN: [05:38] Right. Wow. But that BOBBY LEE: [05:39] I wanted to um Well, we're going to we're getting too uh ahead of ourselves, but KHALYLA KUHN: [05:43] we're not. BOBBY LEE: [05:44] Um it goes right along. It's when I think about

how you felt after you finally filmed your special and then you went into a deep depression. KHALYLA KUHN: [05:52] Um is it Sorry. DR. K: [05:54] Let's talk about that. I mean, that doesn't sound like deep depression is the opposite of what we're going for, but we should absolutely talk about BOBBY LEE: [06:00] we're going for hopelessness. When I when I think about But KHALYLA KUHN: [06:09] there had been this like BOBBY LEE: [06:12] in your face opposable thumbs your DR. K: [06:17] why is it do like you said like why why do we feel so empty after the goal has been achieved a lot of times well I think we got to ask you so tell me about the special BOBBY LEE: [06:29] what yeah no so what happened was for about a year and a half um I was preparing for this thing this event. KHALYLA KUHN: [06:37] Yeah. BOBBY LEE: [06:38] And um I I had a lot of fear behind it and because it's like I I had never done a special before. It was a lot of pressure too involved like you know a lot of people online and were like you're never going to do one or you know what I mean? You know I mean it's been on and on this thing and I finally sign a deal with the company and I'm like KHALYLA KUHN: [06:55] nice. BOBBY LEE:

[06:57] So, I spent a year and a half working, working, working, working working. And um I worked harder on it than I've never I've worked on anything else. And then I was then the week of real dread, you know, but I was prepared and then I got sick that week. And yeah, I got sick that week. There was a lot going on. And you know, she was she was there. Everyone was there. Everyone here was there. And I um and then it came off pretty good, you I mean, I I did it and um and then the following week it was so depressing. I just I had this kind not an emptiness but it was just like a I had to get on Lexapro because of it.

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DR.

K: [07:35] What were you feeling? BOBBY LEE: [07:37] This you know I have always had a low humming of depression. DR. K: [07:41] Okay. BOBBY LEE: [07:42] Um like a buzz, you know what I mean? Nothing that's like, you know, too despairing, you know? It wasn't like crippling. It was just always there of just KHALYLA KUHN: [07:53] just overcast BOBBY LEE: [07:54] overcast of sadness. KHALYLA KUHN: [07:55] Yeah. BOBBY LEE: [07:56] And um I would have glimpses of

joy, you know, but it's always been there ever since I was a kid. It sort of deepened that level of depression. It was always like it went like a couple of levels below that. And then I um I just couldn't get out of it. And so my psychiatrist was like, "Let's try Lexapro." because I it was the first time I ever really even mentioned this low level of depression, but it was just like an awareness of it that was like glaring after the special. DR. K: [08:27] What were you expecting yourself to feel? BOBBY LEE: [08:30] Victory. DR. K: [08:32] After the special. BOBBY LEE: [08:33] Yeah. And just like like I did it. And I did feel that. I mean, you know, that that weekend. It was great. I was, you know, I was talking to everybody out backstage. There there was a lot there was a lot like a lot of magic happening. Yeah. All my reps were there, you know. I mean, the theaters were packed, you know. I mean, it was KHALYLA KUHN: [08:51] 20 years in the making. So, BOBBY LEE: [08:52] yeah. Yeah. It was just just a lot happening, you know? It was like all the um executives were like coming up to me like, "We got it. That's amazing." You know what I mean? It was just like everything that I thought was going to go wrong didn't happen. What are you Is that your listening face? KHALYLA KUHN: [09:06] Yeah. I'm

listening. BOBBY LEE: [09:07] Why do I smirk though?  
KHALYLA KUHN: [09:09] I'm not smirking. I'm just  
happy to hear it cuz it was really good. that I've had.  
Yeah, it was the DR. K: [09:14] What bothers you about  
her smiling? KHALYLA KUHN: [09:17] Yeah, let's get  
into that. DR. K: [09:19] These are the things I want  
you to figure out. BOBBY LEE: [09:22] Well, yeah. DR.  
K: [09:22] I mean, look, like we can joke if you guys  
want. I was I was born on Twitch, so like BOBBY LEE:  
[09:27] Yeah. Yeah. Yeah. No, I'm not joking. Yeah, it  
annoyed me. DR. K: [09:30] Yeah. What? Yeah. What?  
BOBBY LEE: [09:31] I don't know what it is. DR. K:  
[09:33] Okay. BOBBY LEE: [09:33] Okay. Let me We'll  
address Write that down. Write that down. KHALYLA  
KUHN: [09:37] Show me what it looked like. yet. I was  
I was really listening to BOBBY LEE: [09:40] She was  
like feeling jolly listening to the story. DR. K: [09:42] I  
I I I think she was engaged. KHALYLA KUHN: [09:45]  
Yeah. DR. K: [09:45] And and she was she was normal  
stuff. No, no, no. I mean, but but it's like she's engaged,  
right? But her if she's smiling even a little bit, she's

engaged, but what she's what she's projecting to Bobby is amusement. And like Bobby is talking about, this is something that's 20 years in the making. This is a guy who's had overcast skies his whole [ \_ ] life. And then you have your monumental achievement. And right before he goes into it, everything is about to go wrong. He's never done it before. It's a real special. Everyone's showing up. He's saying everyone in the room was there. That sounds supportive. It's [ \_ ] terrifying because when he [ \_ ] up because he's sick, right? He's never done it before. He's practiced. Everyone tells him he's going to be great, but he doesn't know that. Yeah. He's never told anyone about the overcast sky. So, what if what if he [ \_ ] up? Right. This is his shot. And then it's magical and everyone is celebrating and you feel those celebrations too. Sorry to get into it, but then the next day the one thing that doesn't change is the overcast skies, right? And so when we have when we spend 20 years of our life building up to something, we think it will change something fundamental within us, but it doesn't. And then what do you do? KHALYLA KUHN: [11:02] Yeah. What do you do? DR. K: [11:03] Right? Because now you have achieved. Everyone told you, "Oh yeah, like Bobby, the reason that you're

unhappy is because you haven't made it quite enough." KHALYLA KUHN: [11:10] Yeah. DR. K: [11:11] And then you make it and then you wake up the day in the next day and the overcast the clouds are still there and then you're [ \_\_ ] BOBBY LEE: [11:18] It's what? So see that's WHAT I'M SAYING AT THE SAME POINT. At the same when I was telling MY STORY, THAT'S WHAT YOU WERE SMIRKING. You smirk at the SAME EXACT POINT. WHAT THE [ \_\_ ] IS YOUR PROBLEM, CAT? DR. K: [11:31] DO YOU THINK that is a rational response? I would I think I think if we if if we're I I think that it is very easy for someone to burst out laughing. If someone bursts out laughing when we talk about the depth of how someone is [ \_\_ ] I think it's an a not inappropriate reaction to get upset with that. Not to make you the bad guy. It's not because but it's not inappropriate. It's not. And and I know you guys y'all all do this thing where like he's like mad at you, right? But this is a [ \_\_ ] comedy podcast. So then everybody laughs about it. And this is the one time during the comedy podcast where if you laugh, he gets mad, which is weird, right? KHALYLA KUHN: [12:14] Sometimes he hits me. Is that normal? BOBBY LEE: [12:16] I DON'T HIT YOU. That's insane. DR. K: [12:19]

So So now you're clapping back. You see that? You're clapping back cuz BOBBY LEE: [12:24] talk about her. No. No. No. DR. K: [12:25] Look what she's doing. KHALYLA KUHN: [12:26] Yeah. lobster hands. DR. K: [12:27] So, so this is important, right? Because if he's if he's bearing his soul and you laugh, which I think like we all use humor as a defense mechanism and and then and then now like I make you now the the lens is on you and so you're like, "Okay, let's divert the lens off of me." Oh no, he hits me, especially in the climate of the Epstein Files. KHALYLA KUHN: [12:45] Yes. DR. K: [12:46] And so he is a man and and so Oh my god, now now BOBBY LEE: [12:49] what are you accusing me of? Yeah. Anyway, let's DR. K: [12:53] weird. All right, so let's go back to the special. All right. Okay. KHALYLA KUHN: [12:56] I apologize. BOBBY LEE: [12:57] I I'm sorry, too. KHALYLA KUHN: [12:59] That's what I wanted. DR. K: [13:01] What was that just now? KHALYLA KUHN: [13:02] I don't know. DR. K: [13:03] Yeah. What is that? I I don't know. I mean, cuz I can't tell. I I feel like y'all are deeply uncomfortable, but also authentic. Like, I think that was like like I

know we're pretending to joke, but I think if people are watching this, like there is there's actually something really important about that exchange. BOBBY LEE: [13:21] Actually, now you can see it in her face. You see it? DR. K: [13:24] That doesn't bother you now, right? No. Right. There's something really genuine. KHALYLA KUHN: [13:28] Yeah. It's so funny. I think what you're like DR. K: [13:31] I guess this is what we're doing. I'm here to talk about my book. BOBBY LEE: [13:36] No, we're going to talk about your book.

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KUHN: [13:38] WHY? DR. K: [13:42] We're going to No, but you just put a spotlight on on a behavior. BOBBY LEE: [13:48] Right. And the thing is is that I don't think as I don't think we are I don't think there anything I do is real. I think it's all deflection. I think it's all like you know what I mean? Yeah. Not listening. I think it's a lot you know and and this it's very glaring. Yeah. I'm like that with like like I was with Eric Andre there the other night and he I hadn't seen him in years right and he kept pulling my shirt up repeatedly. You know what I mean? Right. And then um it was really awkward. You

know what I And he was like kind of and it was like and I realized that that was my relationship with every comedian just there's no how are you this and that. It's just

KHALYLA KUHN: [14:25] all play. BOBBY LEE: [14:26] It's all play. It's all like you know what I mean? Let's not think about what's really going on or being in the moment or feeling or anything like that. You know what I mean? Or sharing things.

KHALYLA KUHN: [14:35] Sure. BOBBY LEE: [14:35] And it's like I don't have in aa I do have deeper relationships I think but with you know with everyone here I think it's I don't think it's real. I mean, I've been trying with Gilbert.

KHALYLA KUHN: [14:46] What in the BOBBY LEE: [14:46] I've been trying with Gilbert. KHALYLA KUHN: [14:47] Oh, I mean he GILBERT GALON: [14:48] What? What do you mean? KHALYLA KUHN: [14:50] No, he used five different BOBBY LEE: [14:51] What the hell? KHALYLA KUHN: [14:52] What the hell? With the disposable thumbs. We were Dr. K. For some context, we were together for a decade. DR. K: [14:59] Okay. KHALYLA KUHN: [14:59] Yeah. And now we're DR. K: [15:01] I think you know what would be fun is if you

guys KHALYLA KUHN: [15:03] Please tell us if you guys don't give me context. So, what do you think our relationship is, Bobby and I? DR. K: [15:10] Give Give me time, though. KHALYLA KUHN: [15:11] Okay. Okay. Okay. BOBBY LEE: [15:12] Yeah. Yeah. You got to give him time, dude. Just keep it keep DR. K: [15:15] We'll see. We'll see if I can figure it out. KHALYLA KUHN: [15:17] Yeah. Yeah. Yeah. DR. K: [15:18] Okay. So, um KHALYLA KUHN: [15:19] we're together for a decade, but aren't anymore. DR. K: [15:22] Aren't anymore? And now co-host a podcast. KHALYLA KUHN: [15:24] We co-hosted while we were together as well. Yeah, DR. K: [15:30] we'll get into that later. Did you see BOBBY LEE: [15:31] his You see his brain went KHALYLA KUHN: [15:33] That's interesting. BOBBY LEE: [15:34] Yeah. Yeah. Well, it's business. KHALYLA KUHN: [15:37] Ew. That's so not how I see it. BOBBY LEE: [15:40] Yeah. Right. It's business and pleasure. No. Uh, it's business. I'll tell you what it is. KHALYLA KUHN: [15:45] It's No one's asking you what it is. BOBBY LEE: [15:47] Just business and family. It's

business and family. GILBERT GALON: [15:50] Tough not to crack right here. Yeah, BOBBY LEE: [15:51] that's what KHALYLA KUHN: [15:52] Let's go back to the um Yeah. Okay. All right. BOBBY LEE: [15:55] Somewhere. KHALYLA KUHN: [15:55] What? Stick to something. BOBBY LEE: [15:57] Can I get a queen a clap? Can we do one more? KHALYLA KUHN: [15:58] Okay. Let's do a proper intro first. Can we BOBBY LEE: [16:01] I We did it. KHALYLA KUHN: [16:02] No. BOBBY LEE: [16:02] Okay. Okay. KHALYLA KUHN: [16:03] We did not DR. K: [16:04] I I think we can do an intro if you want to, but I I think I have introduced myself if people are listening to this. That's exactly how I felt about it talking about it. KHALYLA KUHN: [16:13] So, I mean, BOBBY LEE: [16:14] God, I love you, man. You're a good guy, dude. DR. K: [16:18] Nothing, BOBBY LEE: [16:19] Nothing. DR. K: [16:19] Okay. I I'm starting to love you, too. BOBBY LEE: [16:23] I'm getting there. Not quite there yet. I think I'm going to get there, though. DR. K: [16:26] You'll get there. I BOBBY LEE: [16:27] I think you'll get there. DR. K: [16:28] Yeah. Uh, everyone gets

there. KHALYLA KUHN: [16:31] Um, what? That's weird. BOBBY LEE: [16:33] Yeah, that was the wink. A wink was weird. DR. K: [16:36] It's It's bro code. It's broken. Wasn't weird for It's a code that you don't fully understand. BOBBY LEE: [16:41] Yeah, I I winked at him, too. You guys didn't You didn't see that, but I Alex.

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K: [16:46] It's a language. BOBBY LEE: [16:46] Did you guys see the wink? KHALYLA KUHN: [16:47] I saw. DR. K: [16:48] You don't fully understand it, but you all got it, right, guys? KHALYLA KUHN: [16:50] His also way more subtle. BOBBY LEE: [16:51] Yeah. Yeah. Yeah. Come on, guys. Okay. So, gives you Yeah. popping mornings are very chaotic. Sometimes you wake up, you got to get ready, you're late for work, you got to drop off the kids, you're just not really thinking. You know what you miss the most in the morning is breakfast, is eating a meal. You always skip meals. And that's where Black Edition ready to drink helps you in the morning. These RTDs are a lifesaver. RTD, have you heard of that? No. KHALYLA KUHN: [17:27]

The emergency high protein complete meal. BOBBY LEE: [17:29] Oh, KHALYLA KUHN: [17:30] powder. It has the controlled customizable high protein complete meal, my friend. BOBBY LEE: [17:35] Okay. And let's talk about how pairing both keeps you from falling off routine. KHALYLA KUHN: [17:40] Yeah, BOBBY LEE: [17:40] let's talk about it. KHALYLA KUHN: [17:41] So, for both products, you get 35 plus grams of protein. BOBBY LEE: [17:46] I'm going to drink our own right now. KHALYLA KUHN: [17:47] You are? BOBBY LEE: [17:47] Yeah. Yeah, cuz I want KHALYLA KUHN: [17:48] Okay. So, the RTD has 35 gram. The powder has 40 g. BOBBY LEE: [17:51] Oh, let's go. KHALYLA KUHN: [17:52] 27 essential vitamins and minerals. Gluten-free. No artificial sweeteners, colors, or flavors. Under \$5 per meal. BOBBY LEE: [17:59] Oh my god. Hitting protein goals is easier when the default choice is healthy. It's a great bundle for building habits of or supporting workouts. KHALYLA KUHN: [18:07] Okay, BOBBY LEE: [18:07] fuel. KHALYLA KUHN: [18:08] You can use a powder for your days at home or RTD for sprinting out the door days. You can just bring

that bottle on the go. BOBBY LEE: [18:14] Fuel. Kala, for people that don't understand, 35 grams of protein is KHALYLA KUHN: [18:19] a lot. It's a lot. BOBBY LEE: [18:21] It's a lot, you guys. When I'm trying to, you know, they say like, oh, one gram of protein per pound. Do you realize like how I'm calculating that in my head? I'm like, I got to eat 60 eggs. KHALYLA KUHN: [18:32] Yeah, I can't do that. I can't do that. I got to eat three whole chickens. I can't do that. Which is why protein BOBBY LEE: [18:38] sometimes I eat like 30 chickens. I'm like, I don't even have enough. KHALYLA KUHN: [18:41] Sometimes. So, this is when hule comes in. It's just And you BOBBY LEE: [18:45] don't eat 30 chickens. Drinkle KHALYLA KUHN: [18:46] and you get to smoke it. BOBBY LEE: [18:48] Yeah. Yeah. Yeah. Yeah. KHALYLA KUHN: [18:49] If you're trying to stay consistent, this combo makes it super super easy. Limited time offer. Get Heel today with exclusive offer of 15% off online with our code tigerbelly at heel.com/tigerbelly. New customers only. Thank you to Hel for partnering and supporting our show. Get it? Hims hair. BOBBY LEE: [19:10] Hims hair. I love HMS. I've been using HMS. It makes my

hair thicker. Hims offers convenient access to a range of prescription hair loss treatments with ingredients that work, including chews, oral medication, serums, and sprays. You know, you got your hair game's not there. You got to use hands, man. Because doctor and trusted ingredients like finestide and minoxidil can stop further hair loss and regrow your hair in as little as 3 to 6 months. KHALYLA KUHN: [19:35] And you shouldn't have to go out of your way to feel like yourself. Right, Bobby? Hims brings expert care straight to you with 100% online access to personalized treatment plans that put your goals first. No hidden fees, no surprise costs, just real personalized care on your schedule. BOBBY LEE: [19:49] No hidden fees. KHALYLA KUHN: [19:50] No hidden fees. Then you can think of HIMS as your digital front door that gets you back to your old self with simple 100% online access to trusted treatments for real health concerns all in one place. BOBBY LEE: [20:00] It's just one place KHALYLA KUHN: [20:01] for simple online access to personalized and affordable care for hair loss, weight loss, and more. Visit [hys.com/belly](https://hys.com/belly). That's [h.com/belly](https://h.com/belly) for a free online visit. [hymns.com/belly](https://hymns.com/belly). Featured products include compounded drug products which the FDA

does not approve or verify for safety, effectiveness, or quality. Prescription required. C website for full details, restrictions, and important safety information. Individual results may vary based on studies of topical and oral minoxidil and finasteride. BOBBY LEE: [20:32] Okay. So, um and then I was in a deep depression deep depression and I was talking to my psychiatrist, Dr. Mike, and Dr. Mike. What? Anyway, and and he we talked about it and so I so then I got Alexa Pro and KHALYLA KUHN: [20:50] I'm so sorry. DR. K: [20:52] Burping was fine. KHALYLA KUHN: [20:53] I'm so sorry. BOBBY LEE: [20:54] I'm so sorry. I'm so deep. KHALYLA KUHN: [20:56] Better out the It was just like the longest. You were staring directly in his eye. BOBBY LEE: [21:03] You went KHALYLA KUHN: [21:06] I'm interrupting this. I'm sorry. That's okay. DR. K: [21:08] No, no. It's It's better out than in. KHALYLA KUHN: [21:09] It's better out That's a good That's a good My grandfather used to say that. DR. K: [21:12] Yeah. Um, he never said BOBBY LEE: [21:14] we'll talk about that when we do number two. DR. K: [21:16] Oh, yeah. You'll remember. You remember all

the little points. This is great. This is going to be a three-hour podcast. I get BOBBY LEE: [21:22] the pad, please. Of course. KHALYLA KUHN: [21:24] Oh, yeah. Get the pad. Get the pad going. DR. K: [21:26] Sweet. BOBBY LEE: [21:26] So, anyway, I uh DR. K: [21:28] Thank you. BOBBY LEE: [21:30] I had never seen So, a little backstory about me is that with all the every TV show or movie as an actor that I've never really seen it and especially doing standup, I've never seen anything. I just can't watch myself. So then I got on Alexa Pro and you know the editing my my um my special I have another podcast called Bad Friends. DR. K: [21:52] Mhm. BOBBY LEE: [21:53] On the second floor of Bad Friends.



DR.

K: [21:54] Oh, okay. BOBBY LEE: [21:55] So I just can get go up and watch, you know what I mean? So I watch the whole thing a couple of times through and I don't know if it's the Lexa Pro or my growth as a human being. I think it's the Lexa Pro, but I can sit there and watch it and not really judge it. And I really the first run through I was like I'm pretty good. I'm pretty good,

you know? I I I it's like I I was astounded by some of my um the timing of like being more relaxed cuz when I was a young kid, I used to be, you know what I mean? And I couldn't stand silence. But here I was like the transitions were smooth and I was pretty relaxed. Anyway, I I was pretty proud of it, you know? So, um, but I don't know if that's Alexa Pro or whatever. You know what I mean? DR. K: [22:41] When did you watch how many how many days or weeks after you watched it? Uh, how many how long after it aired did you watch it? BOBBY LEE: [22:49] Probably 3 weeks. DR. K: [22:51] So, you had been on Lexa Pro for 3 weeks at that point. BOBBY LEE: [22:53] It doesn't air until November, but we're they're editing it. Yeah. Yeah. So, yeah. Yeah. So, but so I got on Lexa Pro and then two or three weeks later I saw the special. DR. K: [23:03] I recently saw like maybe three or four days ago. And and how would you have expected what would you have expected from your reaction that wasn't there? Because you almost sound you make it sound like you were surprised by your lack of rumination judgment like you could you could watch it and appreciate the work that you do. BOBBY LEE: [23:22] What was the question again? DR. K: [23:24] So when you watched it BOBBY LEE: [23:25]

Yeah. DR. K: [23:26] you were it seems like you were surprised that you were not more judgmental. BOBBY LEE: [23:30] Mhm. DR. K: [23:31] And then what? So what what would if you hadn't been on Lexapro? Yeah. Because it's not clear that it was Lexapro. Okay. BOBBY LEE: [23:38] But if you had I think I assume that I would have been like really more judgy about it KHALYLA KUHN: [23:43] in the past. He's like just cringes and runs away when he's had to watch any of the stuff he's BOBBY LEE: [23:50] tell a reservation what I did. KHALYLA KUHN: [23:53] Yeah. So, we went to a screening of one of um um one of the shows that he was on, a regular on, and we went through the whole party, the whole thing. BOBBY LEE: [24:03] It's okay. KHALYLA KUHN: [24:03] Yeah. Yeah. I apologize. Okay. He said hi to everyone. Once it was time, once the actual episode went on, he like froze. like you could visibly see him like just fully clench BOBBY LEE: [24:16] and then I got up KHALYLA KUHN: [24:17] then got up and then started walking away like not even saying bye to anyone or even like signaling to me like, "Hey, we're out of here." He was just almost like a fight or flight like I got to get the fuck out of here. DR. K: [24:28]

Do you remember that? BOBBY LEE: [24:29] Oh yeah, I do remember that. I just happened for Goat. I mean that Goat movie, that KHALYLA KUHN: [24:35] animated movie. BOBBY LEE: [24:36] I went to the premiere. As soon as I heard my voice, I left. So I did fuck up there. You know what I mean? I just heard I heard Andrew Santino. He's so good in the movie, his voice. KHALYLA KUHN: [24:46] Yeah. BOBBY LEE: [24:47] And then you hear mine. I'm like like I had this like reaction of like I got to get out of here. KHALYLA KUHN: [24:52] But is that a common thing, Dr. K, to not feel comfortable watching ourselves even hearing our own voice? BOBBY LEE: [24:59] Dude, I cannot watch myself. KHALYLA KUHN: [25:00] Okay, cool. That makes me feel BOBBY LEE: [25:01] What is that? DR. K: [25:04] I mean, so I think it's a couple of different things. So one is I guess this is it's interesting. No one's ever asked me that. I just had this thought. We have an idea of who we are in our heads. It's very different from who we are in the world. BOBBY LEE: [25:19] Oh yeah. DR. K: [25:20] Right. So I I think first and foremost like when I listen to my voice, I can't stand my voice. I

consider my voice to be excessively nasally. Um and so I think sometimes it's just hard to see our performance because we have so many protective illusions about who we are. And then when we see ourselves, I think there's also probably like a cognitive bias. So on the one hand, we have like a protective cognitive bias. On the other hand, I'm I'm guessing that most human beings if they look at their work, they will probably highlight the worst parts, right? So when I like cook for my kids, they'll eat it. I mean, they they'll love it. They'll gobble it down, but then I will I will hyperfocus on the things that I got wrong. BOBBY LEE: [26:05] Right. DR. K: [26:05] Right. So I think some people especially who are um very craft oriented because in order to be Michelin star chef successful comedians podcast hosts right we have to be critical of our own work. So I think there's a lot of that. I think with Bobby there's another layer though. So I think there's like regular humans. No offense Bobby. BOBBY LEE: [26:27] No none taken. DR. K: [26:28] And then there's the extraordinary. BOBBY LEE: [26:30] Yeah. Yeah. DR. K: [26:32] Yeah. Yeah. But but I I I I mean I I think that you you know it's it's clear to me already that you carry around a lot on the inside like your internal environment. BOBBY LEE: [26:42]

Oh baby, what's up? DR. K: [26:43] You know whether it's the substance use, whether it's being a comedian, you know, like there there's something about I I don't know exactly what's going on. I'm I'm curious. Just a couple questions pop into my mind. When you watch yourself, do you is the thing that is the most disturbing that that isn't you? BOBBY LEE: [27:06] Yeah. I mean, here's what the first thing comes up is, oh, that's what I kind of look like. DR. K: [27:12] Okay. BOBBY LEE: [27:12] It's a little shocking. DR. K: [27:14] Okay. BOBBY LEE: [27:14] you know, um I I always thought that like I always had this thought where it's like let's say there was no such thing as mirrors or even a pond where I could look see my reflection and we were just kind of for 30 years I was existed and then one day somebody invented a mirror. If I saw myself, I would probably take a shotgun and just shoot just my bra, you know, I mean, I think that because in my mind, I'd be like, "Oh, I'm Brad Pitt. I look good." And then if I saw the mirror, I I don't think I I don't think it would be I would ingest Well, DR. K: [27:42] but but it's it's not But you know, there are mirrors, right? So, you're seeing something on the screen that is not just your physical appearance.

When you see yourself on a screen, what bothers you so much about what you see? What makes it intolerable? Cuz it's intolerable. like he gets up and he just walks out. BOBBY LEE: [28:00] Yeah. Yeah. I think more with acting is my act I've always been paranoid as an actor, you know. I mean, because people make fun of me like you're not that good of an actor. So then it's like, you know, I um when I watch myself, I just with real cuz I love film and television too. I just grew up with it. So I just I kind of like just compare myself with, you know, and I've done scenes with, you know, big actors, you know, before. Ben Kingsley, Jamie Lee Curtis, these kinds of, you know, people, you know what I mean? I think that's what happens as an actor. As a comic, I I think what happens is I'm friends with the best comics on planet Earth and I've I just watch them. So then I when I watch myself, I just in my mind I'm like, "Oh, I'm not as good." You know what I mean? KHALYLA KUHN: [28:42] Which is crazy though cuz like the way we see you is insanely talented. Just like being at his special like it was BOBBY LEE: [28:50] Yeah. KHALYLA KUHN: [28:50] insane. And I know that's like I don't want it but it was just crazy that you don't have that perception of that. I BOBBY LEE: [28:57] I'll tell you I'll

give you an example. Um when I was at my special right before they were going to bring me up just the whole a was a couple of shows where they were chanting my name and and they were just standing already, you know what I mean? And is it's a little bit of a shock of like you know what I mean? Like oh you know I felt that. DR. K: [29:18] What did you feel? like, oh, they people like me because you don't get that at that like at at clubs or did that did that feel good? BOBBY LEE: [29:26] Yeah, it felt it felt like it gave me the confidence to tear it up. Nice. I I I felt it. I was like, "Okay, I'm going to rip this." You know, it was like there was no way to fail. That's what I felt. Now, if they were like tight and quiet, you know what I mean? Because I've been I've, you know, as comics we performed in front of tight audiences, you know what I mean? I was expecting that. I I was expecting the worst. That's why I worked so hard. That's why we did we did shows that were almost impossible to do well on the road before. Like, you know what I mean? Like tough markets or and whatnot cuz I just knew that I wanted to prepare myself for any situation. And then when it actually happened, I was like, I think I prepared too much. It was like, oh, it's just a show, you know? Anyway, what's up? I

DR. K: [30:12] I I think that's huge. So, I I mean, this is going to get a bit I'm trying to figure out how to say this. BOBBY LEE: [30:22] You're gay. No, I'm just kidding. I I'm sorry. I'm sorry. I didn't Okay. No, no, DR. K: [30:26] no, no. Let's Can we analyze that? KHALYLA KUHN: [30:30] Um DR. K: [30:31] I mean, did you just hear that?



KHAL

KUHN: [30:33] Yeah. I I hear DR. K: [30:34] Yeah. How'd you feel when you heard that? KHALYLA KUHN: [30:37] You can't use him against DR. K: [30:39] Yeah. I'm not using I'm just It's an interesting I I I I think she's carrying a lot of responsibility. BOBBY LEE: [30:45] Oh, KHALYLA KUHN: [30:46] yeah. Let's go with this. Let's DR. K: [30:48] So, like like here, like this is a podcast that is extra loud KHALYLA KUHN: [30:53] and then I'm speaking DR. K: [30:55] there's there's just ordinary volume. BOBBY LEE: [30:57] Yeah. Yeah. Yeah. DR. K: [30:58] And then there's there's volume that's above the ordinary BOBBY LEE: [31:01] regular

volume. KHALYLA KUHN: [31:03] He's purposely been breaking his headphones not to listen. So, DR. K: [31:07] and and so I I I think it's, you know, so I'm I'm trying to think through something. My my challenge is that I think if I explain it now, it won't make sense yet. KHALYLA KUHN: [31:17] So, I'm trying to think about BOBBY LEE: [31:18] I I I can I can understand things. DR. K: [31:20] No, no, I know you can understand things. It It's just I feel like this is one of those things where it's like if we talk a little bit more, I think maybe it'll become clear. BOBBY LEE: [31:28] Okay. DR. K: [31:28] Um and then I think what Cat Cat has the challenge of filling the space, right? So, so you're you're tuned in like we're quiet. KHALYLA KUHN: [31:38] Yeah. DR. K: [31:38] But like if people are listening at home, so I think she's actually she's she's serving a very important role which often times women do. She's she's the BOBBY LEE: [31:47] guy. DR. K: [31:48] No, I'm serious. This is this is what you women get socialized to do, right? So KHALYLA KUHN: [31:52] although you're socialized to do it. DR. K: [31:54] Yeah. Yeah. BOBBY LEE: [31:55] Yeah. Soviet style. DR. K: [31:56]

Do you feel the responsibility? KHALYLA KUHN: [31:57] Oh, yeah. DR. K: [31:58] Right. Yeah. Right. So, so it's like it's like she has to step in and make sure that like things are okay for everybody, whereas I BOBBY LEE: [32:06] gay. DR. K: [32:07] Yeah. Actually, yes. I mean, if you think about it, if you think about it, it's it's such a low-effort joke. Like, no offense, but BOBBY LEE: [32:18] when in doubt, KHALYLA KUHN: [32:19] the lowest lowest effort of a joke, DR. K: [32:22] it's the bottom of the barrel. Can we say that? KHALYLA KUHN: [32:23] It's like in a like break glass in case of emergency. Exactly. Call somebody. Right. Like that's that's what happens. BOBBY LEE: [32:32] Yeah. Yeah. Yeah. KHALYLA KUHN: [32:33] So like a primal. DR. K: [32:34] This actually this actually signals to me that she's trying really hard. BOBBY LEE: [32:38] That's not trying hard. DR. K: [32:40] No, I mean no, Dude, she's good, right? So if if she's trying hard BOBBY LEE: [32:45] And and she produces such a shitty joke DR. K: [32:50] that like like that's like you're at the bottom of the barrel. Desperation. It's not It's not I think we're done. I think we're done. BOBBY LEE: [32:58] OKAY, WE'RE

OPEN MIC. OPEN MICKEY. I mean, yeah, I get it. I get KHALYLA KUHN: [33:03] back to his depression. Ka next. Okay, Cat. Okay. Yeah. GILBERT GALON: [33:07] Oh, I have a lot of questions. I I came prepared and loaded. No, but let's DR. K: [33:11] Yeah. So So So I I guess this is just what I'm going to say at this point. So like I know this is going to sound kind of weird, but this comes down to like who you are and like what what people are. Okay. So the first thing that I want to point out is you were so worried. So like anxiety and rumination and thoughts in your head of living up to a standard. So in our own head, BOBBY LEE: [33:34] we have an ego. DR. K: [33:36] An ego is like an identity of what we think we are. The crazy thing is what we are is not what we think we are. I know it sounds like really simple and duh, but like when you the moment that you heard people So high expectations makes you overprepare. High expectations makes you paranoid. high expectations makes you anxious. When people are laughing and clapping and and chanting your name or whatever they're standing right, you would expect in that moment that the expectations are actually at their highest because you're about to go on stage and everyone is already excited. So, you would think that

that would trigger a crisis in your ego, right? Cuz this is like now the expectations are like here. It's not like expectations over six months of preparation, 18 months of preparation. like, "Oh, [ \_\_ ] These people are expecting me to show up and and laugh." Right? So, then something really cool happens where if you step away from ego and into yourself and that's what you did, right? You were like, "This is just a show or some something like that. You said something that was really simple that actually wasn't about you. It wasn't about whether you can do it or not do it, deliver or not deliver. It's like I come on stage." Okay? I come on stage BOBBY LEE: [34:50] period. DR. K: [34:52] I was trying to think about whether that would sound bad or I Anyway, so I I now I'm stuck. Um Um So when you come on stage, you show up on stage. Dude, the way his face is like Sorry, I'm processing. Um so when when you when you go up on BOBBY LEE: [35:11] when you go up Yeah. Go up. KHALYLA KUHN: [35:12] Get hard on stage. DR. K: [35:13] Yeah. When you go up on stage, right? So there there is the actual performance of the comedy. There is the actually I would say the embodiment of the comedy, right? So if people are expecting you to embody the comedy and you embody

the comedy, then it's fine. BOBBY LEE: [35:28] Yeah. DR. K: [35:29] I think what you're read can I just say a couple of things? All right. Number one, it's that as a comic, um I know how to read a room, right? So it's like um when they were cheering and they were like the energy I just I just know what that is, right? And I read the room. It had nothing to do with like you know what I mean KHALYLA KUHN: [35:49] rising to an occasion. BOBBY LEE: [35:50] Exactly. DR. K: [35:51] Yeah. Yeah. Right. So So you were and you wanted to say a couple things. BOBBY LEE: [35:54] Another thing I God you're so good. Uh, the second thing is is that I don't know what it is. And I think that I always tell younger comics, I go, it's not the funniest person that makes it in the business. It's not. It's I know I knew so many people at at the open mic stage growing up where I was just like, "Oh, this person is a star. They're just the best jokes. They have the looks. They have everything." But you know the difference between them and me is is that the guy that s that makes it is the person that can perform under immense amounts of pressure. They're just some people that are you like really good and then you know when they're the Tonight Show comes out to go see them. They just can't do it. They're not themselves.

You know I mean they um they they crumble under the the weight of it. You know, and the one thing that I've I'm pretty 90% of the time I've always hit the ball in in the right moments. I just was I rise to the occasion. Like I did the Tonight when I was a kid and I just I knew that I had to do well and I just rose to the occasion. I did it. You know what I mean? So it's like I know I don't know if I'm not the most talented. I just can just do it. You know what I mean? In terrible situations, you know what I mean? DR. K: [37:09] Yeah. So I I think that's that's actually what's so scary, right? because you can't control who shows up. So, so I I would almost say like, you know, when you when you do the work of doing the comedy is is like so you kind of tap into that and like you read the room and then you're not thinking about living up to expectations. You're reading the room and you're with the room. You're in the present and you are doing the work of comedy. That's what it means to show up. And when you actually show up, all of the thoughts and expectations that you have actually empty from your mind. You're not thinking about it. You're not thinking about doing a good job. You're just doing the work of the comedy. And and I'm with you that when you say, you know, they crumble on

stage. What is it that crumbles? What crumbles is the ego, the identity? They get too trapped in their head. Then they start to choke. Once they start to choke, the choking gets worse. Once you're like, "Oh my god, I'm choking."



BOBBY

LEE: [37:59] Yeah. DR. K: [38:00] Right. Yeah. And and so I I think there's a really important like I work with a lot of people who are for lack of a better term high performers and and what we try to teach even on YouTube and on the internet is like how to tap into that best version of yourself and leave the ego behind. Right. So instead of living up to an expectation do the action like become I know this is sound going to sound cheesy but like become one with the action become completely egoless. become a vessel and and when you do that that's what that's what really knocks it out of the park and it doesn't matter I mean you can talk about you know Olympic athletes who will like enter the zone you'll talk about the flow state you can talk about people who are you know creative comedians performers stuff like that um and I'll even work with people who are like day traders and and people in finance and it's

the same there are some times where like you know you're paranoid about whether a trade you're making like should I buy crypto should I sell crypto but then there there are times sort of like you almost become omniscient and you just like know like like something in your subconscious everything KHALYLA KUHN: [39:06] omniscient I've never heard that word before DR. K: [39:07] means everpresent KHALYLA KUHN: [39:09] that's omnipresent DR. K: [39:10] oh KHALYLA KUHN: [39:13] omniscient not not to not to make BOBBY LEE: [39:19] canning cat what are you doing DR. K: [39:22] yeah okay anyway I just realized I I mansplain KHALYLA KUHN: [39:27] it's okay no you with her. BOBBY LEE: [39:31] Well, you directing it to me. You're the You're the one. You know what I mean? DR. K: [39:34] Yeah. Anyway, so so I I think that's and I think the really scary thing about that is that you never know if you you can't be sure that you're going to do that, right? Like the 18 months when you're anxious, you can't predict that when you're about to go on stage and everyone is is ready for you and and you're going to you just show up in the right way. like at least what's what terrifies me. So, so I I I gave a probably the best

talk I have ever given in my life and I'm afraid that that was the peak. So, I I went to a conference and I gave a talk that was just spectacular. Like I've I've never done it that good. KHALYLA KUHN: [40:12] Crushed. DR. K: [40:12] Um crushed. And then so the first thing that happened is people were like, "Can you come back next year?" KHALYLA KUHN: [40:18] Oh, I see. DR. K: [40:19] And and so, you know, I was talking to my wife and and so she was like, "Yeah, of course he can come back next year." And then I I I was trying to convey to her that like I'm I'm terrified because I think that like everything that I showed up and no one expected anything and I knocked it out of the park. KHALYLA KUHN: [40:33] Oh, I see. I see. I see. DR. K: [40:34] And and so now the problem is like people have expectations. KHALYLA KUHN: [40:36] Yeah. Yeah. Yeah. Yeah. Yeah. DR. K: [40:38] And and people sometimes don't realize like how terrifying expectations are. KHALYLA KUHN: [40:42] Yeah. Yeah. DR. K: [40:43] Right. Cuz everyone around you is looking at you and they're like, I've seen you do this a thousand times. Like it's totally fine. Like you're going to do fine. Like it'll be fine. KHALYLA

KUHN: [40:49] Yeah. But to be the one who has to produce that, right? Like that's it's it's fine for other people to recognize the pattern of your success and say you've done this 999 times. Of course, you can do it the thousandth time. But when you're the one who has to show up the thousandth time and you know how close disaster was each one of those 999 times, which no one sees, right? They just see the finished product. They don't see the blood, sweat, and tears that went into it. Um, and and that's scary. BOBBY LEE: [41:20] Yeah. Wow. Wow. Wow. Wow. Wow. Um, but you'll be fine. You're going to kill it. DR. K: [41:27] So, I think actually the the the solution that I've I've been that I advocate for. KHALYLA KUHN: [41:32] Wait, what's up? DR. K: [41:34] No. No. No. KHALYLA KUHN: [41:34] No. Why'd you laugh so much? DR. K: [41:35] Because you just can't give him advice. He's giving you advice. BOBBY LEE: [41:38] Of course he can. KHALYLA KUHN: [41:39] Oh, he can give YOU DR. K: [41:44] I thought it was Okay. BOBBY LEE: [41:45] What is going on with you, dude? KHALYLA KUHN: [41:47] This is Yeah. Yeah. Yeah, I'm wise as well. DR. K: [41:49] Okay. KHALYLA KUHN: [41:49] No, I I I I

I didn't see it as advice, but I mean, I think everyone

BOBBY LEE: [41:54] But I I mean, KHALYLA KUHN:

[41:55] it wasn't it wasn't even advice that, you know, he just said something to say. I DR. K: [42:00] I think I think he was trying to be reassuring. I would call that reassurance. Like, you're going to kill it. Like, I don't

BOBBY LEE: [42:04] It's kind of like my gay comment, right? DR. K: [42:07] Yeah. Yeah. Right. So, so he's like, "So, Bobb's taking care of me now." KHALYLA KUHN: [42:10] Yeah. He's taking care of you. There was this term when I was a competitive swimmer. I swam most of my life and I swam for the Philippine national team and up to D1 in college. And my favorite term we used to use was outside smoker. And when I was a favorite to win the race, I if I was in lane four, which is where they put the fastest seated swimmer, um I never swam my best race. But if for some reason I was in lane one or lane eight and not expected to win, I always always swam my best times. like unanimously throughout like my 15 years as a swimmer. If you put me on the outside lanes with zero expectation BOBBY LEE: [42:51] on the outside lanes, I didn't know that. KHALYLA KUHN: [42:53] That's what they call the

outside smokers. Because again, it was like when cuz you know like I had a lot of trauma around like my parents like pushing me to be like the best. But if you put me on those outside lanes, you knew I just knew I would like I was free. I was free to just execute and just swim, right? Yeah. And it felt so good. Those are my favorite. Like I don't have a lot of positive memories as an athlete, but being on the outside lanes was like my favorite memory DR. K: [43:19] and and that's when you do the best. KHALYLA KUHN: [43:20] Yeah. Yeah. Right. DR. K: [43:21] When there was no expectations. KHALYLA KUHN: [43:22] Yeah. Yeah. Yeah. Yeah. Wow. But so you never hit the ball when it was high expectations? I mean I did, right? I would win. But in terms of posting my personal best or hitting like I remember like um um one of the last meets I did right before I got recruited to swim for division one. Um I was just coming off just a really tough year of not training. My dad was dying. A lot of things were happening in my life. So I was there was just a lot of pressure to be like I need this scholarship. I need this. We didn't have any money. This was the only way to get to college was if I swam fast enough. And I remember that race, it was an international race, it was a Q meet in

Long Beach and it just so happened that because it was an international meet, you had a lot of Olympians there and I just wasn't the fastest seated swimmer. So I swam in lane one and I shaved 4 seconds off my personal best, got my senior cut and got recruited like literally the next week to division one. DR. K: [44:19] That must be the happiest. KHALYLA KUHN: [44:20] It was so freeing to be so like from the beginning to the end I was like all I have to do is swim. I am literally nobody in this lineup. There's so much better than me DR. K: [44:33] that there's no expectation and it was KHALYLA KUHN: [44:34] like so yeah it was amazing. DR. K: [44:37] So KHALYLA KUHN: [44:37] what were you saying K? No like um well I was just saying because I'm like like low in comedy so it's like when you have big names Yeah. like Bobby and Santino and all these guys and you have to be on those lineups, you do feel like there's a there's like not that much expectation, but then you also feel like, oh, I I really got to prove myself, but not in the way that you might feel because you have people in the audience that are there to see you, I think. BOBBY LEE: [45:05] But when it's it's weird, you know, I don't really care as much too, which is I think I don't know

what that is. as you get older, you're just like, I don't really care what they think really. You know, I cared so much in the first 20 years of me doing it. But now it's just like I don't really if I have a really bad set, I it's not as devastating to me, you know? So, it's like it just it's time. And I think once you get to like a certain level, you're just kind of like, okay, you know, I'm not gonna [ \_ ] beat myself up over something that's gonna I'm you're going to be doing it for the rest of your life. Think of that. And also the things that like I I don't remember I've done thousands and thousands. I don't remember any of them. I don't remember any of the reactions of people come to me like hey you know I was there Boca Raton 92 uh not me 2002 you know I mean second show. I'm like I don't remember that. I I was in Boca Raton. KHALYLA KUHN: [46:05] Is that the first time you said that? BOBBY LEE: [46:06] Yeah. Yeah. It was the first time I ever said it. KHALYLA KUHN: [46:08] Boca Raton. BOBBY LEE: [46:09] Yeah. Yeah. KHALYLA KUHN: [46:10] Is that how you pronounce it?

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BOBBY

LEE: [46:11] Is that how you said it? I never heard it, but KHALYLA KUHN: [46:13] what do you mean?

Pocaron. BOBBY LEE: [46:14] Yeah. KHALYLA KUHN: [46:15] Florida. BOBBY LEE: [46:17] Hey, I did the Italian way, you know. But anyway, sorry. But uh you had notes. GILBERT GALON: [46:23] Oh, I have so many questions. I haven't even like But I feel as though it would it would make us hard pivot in a in a different direction. BOBBY LEE: [46:30] Well, there's other things, but go ahead. GILBERT GALON: [46:32] Okay. So, we're going to hard pivot from your special because I have so many questions that might be rooted. BOBBY LEE: [46:38] Let me ask this. Dr. K, are you having a good time? What do you think? DR. K: [46:42] I think you're great. This is so much fun for BOBBY LEE: [46:44] I'm having a good time. DR. K: [46:46] Yeah. I'm most worried about you. BOBBY LEE: [46:48] No, because you're you're you're you're the one who unfortunately gets you know, you've become the villain. DR. K: [46:54] People villainized you a little bit. I'm serious. Like like so so I'm I'm like I'm going to I'm going to try my best to help you feel more comfortable. KHALYLA KUHN: [47:02] Oh yeah. DR. K: [47:03] And um and now that I pointed out now you're even

more uncomfortable, right? cuz you were but you felt you did you feel being villainized a little bit? KHALYLA KUHN: [47:11] Um, DR. K: [47:11] be honest. Be honest. KHALYLA KUHN: [47:13] Villain. Uh, sure. DR. K: [47:14] Right. So, I know it's a strong word, but like we got to we got to take care of her. BOBBY LEE: [47:18] Okay. She's a good guy. She's part of the team. DR. K: [47:20] Can't leave her behind. GILBERT GALON: [47:21] Are we ready to pivot? BOBBY LEE: [47:22] Yeah. Go. GILBERT GALON: [47:22] Okay. So, um, some of these questions might be rooted in um um KHALYLA KUHN: [47:27] resentment from 10 years of a relationship. Yeah. But um my first question is BOBBY LEE: [47:32] Dude. KHALYLA KUHN: [47:33] since you know you have a lot of background with gamers in general. DR. K: [47:37] Yeah. KHALYLA KUHN: [47:37] Um how do you approach someone who doesn't see their gaming as a problem? DR. K: [47:44] Um so can I ask you a question? Did you think so when y'all were together, uh Bobby was gaming a lot? I would say 16 hours a day. And you thought it was a problem? KHALYLA KUHN: [47:59] I'm codependent. Let's I

want to be very clear on this. Um because I tried to be the cool girl and pretend that it wasn't a problem for so long because I was very convinced that my assessment of him was he needed this to either stem or escape or soothe himself. So I convinced myself for the first couple years that this is just what this man needs to get by. And but after that there was an awakening of oh I've completely abandoned my own needs because I've just let him roam free with this thing that he does for so much of our life together. And so yeah. DR.

K: [48:42] And then what did you do? KHALYLA

KUHN: [48:43] I I tried to address it but I feel like I addressed it a little bit too late in a way that wasn't effective because I I sounded like a nag. DR. K: [48:53]

Okay. So, how did you address it? BOBBY LEE: [48:54]

Nag. Nag. Nag means what, though? KHALYLA

KUHN: [48:56] It was like, I need we need to be doing things outside of this. Can we go do this? Can we, you know, can you stop? Can you put that down? And it was just like constant. DR. K: [49:07] And how many

times a like a day every day or KHALYLA KUHN:

[49:10] No. Or that or I would just shut down. Okay. And then and wait for him to notice that I was It's

been six days. He's DR. K: [49:17] Yeah. So you were encouraging him to change his behavior. BOBBY LEE: [49:20] I mean Skyrim came out. What am I going to do? KHALYLA KUHN: [49:23] So immersive. BOBBY LEE: [49:23] SO IT CAME OUT. YOU KNOW WHAT I MEAN? DR. K: [49:27] Which which time? Cuz Skyrim keeps coming out. BOBBY LEE: [49:30] I know. I mean the original the first time it came out. It was like I'm a Bethesda fan. I was like it's coming out. What am I going to do? You want to cuddle? No. I'm playing. KHALYLA KUHN: [49:39] I I'm kind of BOBBY LEE: [49:41] Come on, guy. KHALYLA KUHN: [49:44] I'm an overunder understander and I understand like what he went through as a kid. So in my head when he would talk about Red Dead Redemption was coming out in X amount of days. I was like, "Oh, he needs this." Right? So then I felt guilt for even trying to like pry him away from this thing he was so excited about. And then so I would go back and forth between being really angry and being like, "You can't can you just shut it down?" to being like, "Oh, [ \_\_ ] I'm just going to pretend that you know." DR. K: [50:11] Okay. But but what can you shut it down would not work. KHALYLA KUHN:

[50:14] It would not work. DR. K: [50:15] Right. So then when that wouldn't work. KHALYLA KUHN: [50:17] Then I would DR. K: [50:18] and then and then you're just like well this is not working. Yeah. I guess I just have to KHALYLA KUHN: [50:23] take care of my own needs, handle it myself. He's going to do whatever the [ \_ ] he's going to do. And then and then the volcano of getting frustrated with him because you're in a relationship with a man who's playing Skyrim for 16 hours a day DR. K: [50:34] and and you have social needs, sexual needs, whatever, right? KHALYLA KUHN: [50:39] Emotional needs. And then and then you're like, "Hey, can we hang out sometime?" And then he's like, "Yeah." And it was also layered by the fact that once the video game was shut off, it was instead of connecting with me, then he would go straight to porn and jerk off and then go to bed. BOBBY LEE: [50:54] Oh, here we go. Here we go. DR. K: [50:57] Oh, wow. So again, okay, this is great. KHALYLA KUHN: [51:00] Train of doom. Okay. No, no, no. This is circle. It goes nowhere. BOBBY LEE: [51:04] Sorry. I told you the heart.

K: [51:05] Yeah. Yeah. Yeah. It's a circle, circle, circle of doom. BOBBY LEE: [51:06] By the way, I've like we've we've reconciled. I've forgiven. KHALYLA KUHN: [51:10] Yeah. You like to bring up old stuff. Listen, we're not together anymore. It didn't work. You're no longer the villain, by the way. BOBBY LEE: [51:16] Yeah. Yeah. Yeah. KHALYLA KUHN: [51:18] You're off the hook. BOBBY LEE: [51:19] I'm the villain. I'm the villain now. KHALYLA KUHN: [51:20] Yeah. You're so defensive. BOBBY LEE: [51:22] Yeah. DR. K: [51:25] Right. Go like like bro. So So let's just let's I'm with you. I'm with you. No. I'm with you. I I BOBBY LEE: [51:32] You were together with the cat stuff, man. I I still I'm the villain. Listen. Listen. GILBERT GALON: [51:37] What is going on here? How did I become the villain? BOBBY LEE: [51:39] What? No. What's No, but you She villainized YOU. KHALYLA KUHN: [51:41] SHE VILLAINIZED ME. BOBBY LEE: [51:43] I KNOW. BUT THAT MAKES YOU THE VILLAIN. SHE'S KHALYLA KUHN: [51:44] the villain. BOBBY LEE: [51:46] Yeah. Yeah. Yeah. Yeah.

Yeah. Okay, dude. KHALYLA KUHN: [51:50] Wait. By the way, you're free to villainize me back. I'm It's fair game. So, BOBBY LEE: [51:53] bringing up old guy. DR. K: [51:55] No, no, no. I know. I know. I know. So, so step number one. BOBBY LEE: [51:59] No. Step number one. She's still the villain. DR. K: [52:01] Yeah. Yeah. GILBERT GALON: [52:02] Well, wait. just as soon as So, she'll she'll be become the villain soon enough. BOBBY LEE: [52:09] On her own. On her own. DR. K: [52:10] When cuz now now what's happening is y'all two are fighting. I'm in the middle right now. GILBERT GALON: [52:15] And then and then if I ever take a step back, she's going to feel so [ \_ ] uncomfortable that she's going to have to step in DR. K: [52:20] and call. I got your back. I also have your back. So, just because we're So, so she So, you were fine with being a degenerate 16- hour gamer. But when your athlete swimming girlfriend complains because you're jerking off instead of having sex with her, that is like when you're like, "No." Right? Like, you see what I mean? But, but but I still have your back. BOBBY LEE: [52:45] Okay. But, but following you out and having your back are not mutually exclusive. KHALYLA KUHN: [52:49]

Oh, DR. K: [52:50] I like that. BOBBY LEE: [52:51] Yeah. You like that, huh? DR. K: [52:52] Right. So, so what we're going to do is we're going to we're going to we're going to help you out. BOBBY LEE: [52:56] I don't need I already addressed it. DR. K: [52:58] Okay, fair enough. BOBBY LEE: [52:59] Yeah, I don't do that anymore. DR. K: [53:01] Okay. BOBBY LEE: [53:02] Yeah. I I It was It was one of those things where it's like I um it ruined my relationship with Kila and in this new relationship that I don't do it anymore. DR. K: [53:12] There's so much there, man. So, so, so it's growth for you. BOBBY LEE: [53:15] Oh, yeah. Yeah. DR. K: [53:16] Right. But like here's what's annoying for Kalila. KHALYLA KUHN: [53:18] She's she's got a man. She's got a baby now. DR. K: [53:21] Great. KHALYLA KUHN: [53:22] She moved on. DR. K: [53:23] Better horizons. Great. If only that worked, right? So, I I I think the real tragedy here is that that both y'all have moved on and that's like healthy and great and good for you. BOBBY LEE: [53:33] Yeah. DR. K: [53:34] And also for 10 years, I don't know if it was 10 years, right? She was living with this. So, that's

a lot of emotional energy. It's a lot of like rejection that builds up. KHALYLA KUHN: [53:43] It wasn't the full 10 years that DR. K: [53:44] Okay. Whatever. KHALYLA KUHN: [53:45] The last five. DR. K: [53:46] Okay. Good. Right. So, so do you feel do you feel it? Right. So, like like when I make a mistake like it needs to be corrected, which is good. Yeah. Yeah, but you you feel like like you're you're signaling us to to us really hard. I'm not that guy anymore and I I put in the work BOBBY LEE: [54:01] sometimes I slip. DR. K: [54:03] Okay. Right. BOBBY LEE: [54:05] Week week and a half will go by. I was like, I'll just jerk off tonight. Whatever. But I don't do it every night. KHALYLA KUHN: [54:09] So now I'm going to pivot. Earlier we were like, okay, we're going to talk about the book. And I was like, why? Now is the time to talk about the book. DR. K: [54:14] That's actually Yeah. Yeah. Really good segue. So So this is actually why I wrote the book. No, I should. But this is why I wrote the book. So, so I I I think that so the book How to Raise a Healthy Gamer, this is why I wrote it. Because people are having this problem and they literally do not know what to do. KHALYLA KUHN: [54:32] Okay. DR. K:

[54:32] Right. So, so what people try to do is they try to change the behavior. Like, so you start to nag and then you get exactly into the position, Kalila. I have heard your story a thousand times of like you're trying to get him to change and you're like you nag but that doesn't work and then you kind of like ease off and that doesn't work. And then the other thing with it which we didn't talk about is sometimes the nagging works, right? Like sometimes with a lot of effort you can get him to stop for like a day or two. KHALYLA KUHN: [54:58] Yeah. DR.

K: [54:58] But then the problem is like on a Saturday night he's fine and then on Sunday maybe he's on his best behavior because you're threatening to break up with him or whatever and then like Monday like the moment that you stop nagging him then it comes back. And then the really bad thing is like you know you can get kind of get him to stop but then you don't like the person you become. KHALYLA KUHN: [55:22] I hated the person I became like I felt like very much like a brute overlord. DR. K: [55:29] Right. So this is where you know this is this is what the book is good at. So the book is there to teach communication skills that I think absolutely I mean it's it's designed to help you have your kids develop a healthy relationship with

technology so you can set good technology habits and things like that but I think this is where it teaches some of the most fundamental communication skills. So I think the the way that you want to start is by asking Bobby, right? So it here's a lesson I've learned doing addiction psychiatry for a while. Um you can't be sober for somebody else. like you can try.

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KHAL

KUHN: [56:03] I know DR. K: [56:04] you know you you just can't do it. So the biggest problem here is as long as you are trying to get him to stop and he is not interested in stopping, there's no way to win, right? So I think the first question is like Bobby, how do you feel about your gaming? What's it like to play Skyrim for 16 hours a day? You know, like I know Skyrim is a great game. Like I've played Skyrim. I think it's awesome. BOBBY LEE: [56:25] What's up? DR. K: [56:25] You know, and Skyrim is great. I played Morrowind. I played Oblivion. Ooh, deep. Deep. BOBBY LEE: [56:31] I played arena. I played Daggerfall. DR. K: [56:33] What the [ \_\_ ] I do. What's up, dude? Bethesda all day every day. Huh? BOBBY LEE: [56:36] Yeah. Well, used to be Bethesda all day every day. DR. K: [56:40] Now, nowadays, you

didn't play Fallout. BOBBY LEE: [56:41] So, you didn't play Starfield. DR. K: [56:43] Did not touch Starfield. BOBBY LEE: [56:43] Played New Vegas. Played Fallout 3. Haven't tried Fallout 4. I'm circling around though. Maybe KHALYLA KUHN: [56:48] Fallout 4 is great. DR. K: [56:49] Um, we'll see. Speaking of Speaking of expectations to live up to, I think this is the problem with Elder Scrolls 6 is like they just have such huge expectations. Oh, that's why they haven't come out yet. BOBBY LEE: [57:00] I know. That's why they just Anyway, but DR. K: [57:02] getting back to I had a problem with gaming addiction, too. That's But I I So, I I think just asking him, you know, what's going on? Like, what's going on with this? Like, how do you feel about this? So, you want to start with like open-ended questions? And as long as he views you as the enemy, he's going to get defensive. And we're even seeing like an echo of that come out in this conversation, even though y'all have moved on, right? But you see like the the little bit of the resentment comes out, a little bit of the defense defensiveness comes out and and y'all have absolutely moved on. I'm not trying to demonize. KHALYLA KUHN: [57:33] No, you're

right. I'm sweating. Like even just asking that question like it throws me back in the scenario DR. K: [57:39] exactly. So So that that's what hap we get thrown back. KHALYLA KUHN: [57:42] We get thrown back, right? DR. K: [57:42] And and Bobby is signaling to us and it's important to acknowledge that, right? He's not the person he used to be. And you guys have he has grown. Y'all have moved on. He's in a new relationship now. He's been sober for four years, right? BOBBY LEE: [57:58] Four years. DR. K: [57:59] Sure. Sure have. And so there's a lot there to be proud of and we'll get to that later. BOBBY LEE: [58:04] There's a lot a real a lot a lot a lot to be proud of, you know. KHALYLA KUHN: [58:08] Yeah. Are you're on the verge of tears? BOBBY LEE: [58:11] No. KHALYLA KUHN: [58:12] Okay. BOBBY LEE: [58:12] I'm just like going through something right now, man. DR. K: [58:15] Yeah. What are you What are you going through? BOBBY LEE: [58:16] Um rage. DR. K: [58:21] What are you angry about? BOBBY LEE: [58:21] had the self situ scenario KHALYLA KUHN: [58:25] what BOBBY LEE: [58:25] it's like you know she brought up old stuff man you

know and it's all it ru I ruined our relationship I accept that you know I changed my behavior too late after okay and now we're friends and I love her right but it's like you know I um now the video game thing I've addressed the porn the video game thing is um it's a problem still a problem. But um Yeah. Anyway, DR. K: [58:58] well, I we'll get back to the rage in a second, BOBBY LEE: [59:01] but let's I'm serious. The rage. DR. K: [59:04] Yeah. Right. So So I did BOBBY LEE: [59:05] Wait, wait, wait. GILBERT GALON: [59:06] Got it. BOBBY LEE: [59:07] Sheld, I'm good. I'm good. I'm good. Dude, KHALYLA KUHN: [59:11] did you fart? BOBBY LEE: [59:13] What is it with the gay fart? What is it with you today, dude? DR. K: [59:17] Gay fart. Simplistic comedy today. Huh? See, see, now y'all have to be careful because I'm teaching y'all how to observe interactions, right? So, now he's he's doing the work that I didn't do. Now he knows. BOBBY LEE: [59:27] Now I know what you're doing. DR. K: [59:29] So, yeah, but we'll we'll we'll we'll get to the rage. BOBBY LEE: [59:32] Okay. DR. K: [59:33] But let's let's ask answer your question because I think that's a huge problem that

people struggle with. Like, so if you have a partner who has a behavior that is harmful, what do you do? You ask open-ended, non-judgmental questions because he knows like, so he's got rage, right? But he's saying he he's move that you you brought up the rage. Um because what the rage tells me is that y'all have moved on but that rage is still there. So where is that rage coming from? That rage is coming from his mind when he was stuck in it. Like he knows I've got a smoking hot girlfriend and like she wants to hang out with me and I I'm choosing to watch porn. Like there's self-loathing, right? I don't I don't know. I mean, there's some anger that probably got shifted to you, but I think most of the rage is is towards himself and and so BOBBY LEE: [60:21] it's okay. Keep going. DR. K: [60:22] Yeah, thanks. Um, so so I I think the key thing there is that we want to use that in a healthy way, right? So his own frustration with himself can come out, but not not if you're on the attack. KHALYLA KUHN: [60:34] Yeah. DR. K: [60:35] So I think just asking questions about like, hey, like, you know, what's it like to when when we're, you know, what's what's going on with you? What are you experiencing? How do you feel about KHALYLA KUHN: [60:44] I feel like I should

have done that way sooner, but I think that because I waited too long to even address it. Um, it had already simmered into a a a place where I couldn't access the open-ended questions. It was more like, "Fuck you." You know, like, DR. K: [61:00] yeah. Yep. KHALYLA KUHN: [61:01] Too late. BOBBY LEE: [61:02] Go ahead. Go ahead. KHALYLA KUHN: [61:03] Go ahead. Go ahead. Go ahead. BOBBY LEE: [61:05] Okay. Yeah. It You don't It's You don't fully understand, right? It's just like she's also very difficult. All right. So, it's just like Yeah. Yeah. What what I'm trying to say right now is this. Okay. Yeah. I'll be walking the dog. I'll be walking the dogs outside, right? And I'm like, "Okay, they did it." She No, they haven't done it. You got to stay out there for 30 more minutes. Like, she had this kind of KHALYLA KUHN: [61:25] They did it. BOBBY LEE: [61:25] They went to the bathroom already. The dogs I cuz we used to live in a an apartment building. I used to look up and she'd be and she'd be like, "No, no, no, no." You know what I mean? Another 30 minutes. She's very controlling in that way. You know what I mean? And and very nitpicky, too. It's like, "Why do you do this? Why do you do that? Why is this happening?"

You know, why is your foot so itchy? You know what I mean? Like on and on and on. KHALYLA KUHN: [61:44] The way that I read it is more like he didn't want to ever be inconvenience to do anything outside of play video games. So even if it was like requiring like we had three dogs and I walked them 90% of the day. So the the 30 minutes that I asked for him to walk the dogs at night, it was such a big inconvenience that it became a fight because it was cutting into his game time. And so it was like every every minor thing that needed to be done was a huge in BOBBY LEE: [62:14] You're not like that. You're like that. I don't want to get I don't want to get too deep. KHALYLA KUHN: [62:18] No, I have my own deep I have issues. Yeah. I have a lot of anxiety.

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BOBBY

LEE: [62:22] Good. I'm glad. KHALYLA KUHN: [62:23] OCD. I Oh, for sure. I'm not I'm not saying I'm not I'm so faulty. There's so many [ \_ ] up things. So many things. BOBBY LEE: [62:31] Yeah. Um so many and we can talk about that. KHALYLA KUHN: [62:35] I don't want to I don't want to because what we have now is good. I think we're I think we're going to the past, right?

DR. K: [62:41] And you know, but that's what I'm, this is something of interest to me just because you aren't the only person who um has a video game addiction. I see it in my family. I KHALYLA KUHN: [62:49] He wrote a whole book about it. I know. That's why I see it in my young nephew. How to raise a healthy gamer. Okay. Check it out. I have a son now, so these are the things that I kind of want to learn how to like mitigate like early on. Um because he is going to have some relationship with tech, right? No matter if like we're the most outdoorsy family ever, he is going to eventually stumble up. BOBBY LEE: [63:09] But I also provided KHALYLA KUHN: [63:11] We're not even wait. We're talking about BOBBY LEE: [63:14] I don't care. I provided DR. K: [63:16] Okay, so let's let's BOBBY LEE: [63:17] the whole trip go to the Philippines. Everyone wants to go. I mean who I you know you know I mean I provide providers that. DR. K: [63:22] Okay, okay, this is this is really good. I I hope people who are listening to this understand what's going on to me it's clear as day. Is that clear as day to you all? KHALYLA KUHN: [63:31] Everyone's clear. Everyone's gay. DR. K: [63:33] So so you feel everyone's gay. Yeah. KHALYLA KUHN:

[63:36] Gay. Okay. DR. K: [63:36] Let's call back. Let's let's be clear about what happened. KHALYLA KUHN: [63:42] Okay. GILBERT GALON: [63:42] I I missed this. I stopped paying attention. Yeah. DR. K: [63:45] Okay. So, she asked a generic question, right? She asked, "How do you get someone who struggles with tech addiction? What do you what should you say to them?" BOBBY LEE: [63:55] And then I didn't let her get away with it. DR. K: [63:58] I asked her, "No, no, this I asked her that I asked her what what what happened in your life." So, I'm the one that put y'all's relationship on the table. So I I appreciate the fist bump, but this is this is she tried to she tried to remove you from the story and then I asked her to put it back in. KHALYLA KUHN: [64:22] Yeah. DR. K: [64:22] So he's right. So so and I think that's the reason I did that is because like asking like oh how do you talk to someone? Here's five tips to get your partner to stop playing video. That's not what works. What works is like understanding the dynamics, understanding the rage, understanding the codepens, codependency, understanding that even though we're done talking about it and she admits that she's got issues and you respond with I paid the fucking

bills, right? Like so like this this this rage this rage that you have is like it's buried deep, right? And and y'all have grown and now you're on the verge of tears, are you? BOBBY LEE: [65:01] Oh, no. I No, no, I'm not. I'm not. There's DR. K: [65:04] So So like, BOBBY LEE: [65:05] but maybe maybe DR. K: [65:07] there's maybe. BOBBY LEE: [65:08] Really? DR. K: [65:09] You know, so there's KHALYLA KUHN: [65:10] No, I think that I'm just more like um I I you know, because we really have tried so hard to depart from like that area of our lives. DR. K: [65:20] Absolutely. KHALYLA KUHN: [65:20] That like when you put it back on the table, it becomes very real in my body again. DR. K: [65:25] Yeah. So but but that's that's what I'm KHALYLA KUHN: [65:27] Body keeps the score. That's keep the score. DR. K: [65:30] It's another another book. Yeah. KHALYLA KUHN: [65:31] Yeah. DR. K: [65:32] Bessel Vanderol. Fantastic. Um, so, so but but I mean I I think it, you know, pardon like pardon me for bringing it up again, but I think this this is the this is actually like, you know, asking a sterile question of like what do you say and just say this does not even begin to capture the

emotional difficulty of struggling with addiction, right? And and there there's like this other element here of like when she can't control one part of your behavior, she is going to displace that frustration and make sure you walk the dog for 30 fucking minutes whether it's gone or not. KHALYLA KUHN: [66:09] Right. Right. DR.

K: [66:10] This is something that I see a lot frequently. I mean it's not all the things are not always gendered this way, but frequently I see this in female partners of men who have substance use problems or things like that. It's like you're going to draw your line in the sand. KHALYLA KUHN: [66:25] Right. DR. K: [66:25]

Cuz you may not be able to win on this front. But it when it comes to this front, like I'm going to draw my line in the sand and and I don't care whether they've gone if they've they pissed, they've shitted, 30 minutes is 30 minutes. You can't even give up 30 minutes of Skyrim. There's so much anger into that. And then that comes across as controlling because in a sense it is. But it's the emotional energy behind it. And so another thing we talk about in the book is like how to get to the emotional energy underneath what is fueling the interaction. Because when you ask me the question, what do you say? It's almost like it kind of doesn't

matter. KHALYLA KUHN: [67:00] Yeah. DR. K: [67:00]

What matters is you get to the emotional energy that is driving the behavior. And once that it literally once it comes to the surface, people are just more willing to be flexible. They're more willing to hear you out. They feel more understood. I know this is like actually kind of a a tricky situation here that we're in right now. I don't know if it feels that way to y'all, but I mean it it is and and so so you know, but like as I'm calling attention to like the various emotions that people are feeling, it becomes uncomfortable, but like we got to we got to like let it out, KHALYLA KUHN: [67:34] you know, DR. K: [67:35] and and and then it it it's tense for a while. Like it was like you guys were like we had an insight into your life from like 5 years ago or 10 years ago or whatever, right? We saw we saw just a glimpse of what would happen in your kitchen or in your bedroom or whatever when he's walking in with the dogs and you're standing there at the doorway and you're like it hasn't been 30 minutes, right? Like like we just saw a glimpse of that and it it it's like ugly. And I don't mean that in in a bad way, but like this is what human beings are, right? When when we're frustrated with each other and and we're not happy

and like KHALYLA KUHN: [68:06] and you hate the person he's turning you into. That is such a huge theme. Yeah. And then and then when co happened, it was like winning the lottery. It was just like it gave me kind of an excuse to play. Remember that little closet downstairs that was or whatever that little Yeah, I think that was about that was the end. That was the beginning of the end even though we didn't know it at that time because then it was he didn't have to go on the road and he didn't it was like on full display his addiction and I had nowhere to run cuz it's like where could I even we were in the confines of our home and in the beginning we were like oh well in in my fantasy land I was like oh we get to hang out at home as a family I was cooking meals like and it that bubble burst so fast when I realized guys. Oh, I get to see him practice his addiction in broad daylight every single day and I have nowhere to go. And so I we didn't realize it at that time, but we didn't nip it in the bud either. And I became a person who was just the what I the person I didn't want to be was sweeping everything under the rug and I became her. I was just like, "Okay, let's just keep excusing it." And then it bubbled over into just the worst shit. DR. K: [69:19] So, what do y'all think he's going through

right now? I'm ser it's not a KHALYLA KUHN: [69:23] right presently in this life or in he's he's rocking back and forth. BOBBY LEE: [69:27] I feel fine. KHALYLA KUHN: [69:30] I mean probably similar to what I'm feeling which is like fuck, we both saw this problem and like we knew it was there but like we couldn't fix it. I I was too lost in my own rage too and like feeling like I was the most undesired person on earth. That's truly how I felt. But I was like, I might as well be like a 500 lb like man at this point. Like he would treat me the same. Like I I think what he's feeling is probably same as me where it's like we had a chance to fix it cuz we knew what was wrong but we didn't. We were stuck in our own fucking loops in our head. BOBBY LEE: [70:10] What? What? KHALYLA KUHN: [70:11] Cat, please. BOBBY LEE: [70:13] Call somebody gay right now. One of your folks. KHALYLA KUHN: [70:19] I'm sorry. DR. K: [70:20] Okay. BOBBY LEE: [70:20] Can you hear yourself? KHALYLA KUHN: [70:20] Yeah. Yeah. Yeah. But also, I don't want to speak for you if you're What? DR. K: [70:23] Yeah. I I I I think I get something different from him. Do you want to speak or you want me to speak? BOBBY LEE: [70:27] Speak,

please. DR. K: [70:28] Okay. I I I think um I think he carries. So So you think he's feeling what you're feeling? I don't think so. So I I I think I think there's a lot more I in what he's feeling and there's a lot more we in what you're feeling. That's the simplest way I'd put it. I I think he blames himself.

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KUHN: [70:43] Yeah. DR. K: [70:44] I think he like BOBBY LEE: [70:45] Here's here here's what I just self-loathing. May I interject, doctor? Um I DR. K: [70:50] Yeah, BOBBY LEE: [70:51] thank you. Um I KHALYLA KUHN: [70:55] God, I love you, man. BOBBY LEE: [70:57] Is the love better or not? KHALYLA KUHN: [70:58] Getting there. Yeah, getting more. We're getting there. We're getting there. BOBBY LEE: [71:01] How long do When do we get there? KHALYLA KUHN: [71:04] I'll let you getting there. DR. K: [71:05] We It takes some time. KHALYLA KUHN: [71:06] Yeah. 45 minutes. You're like getting there. DR. K: [71:08] We're getting there. KHALYLA KUHN: [71:09] Okay. We're getting there. BOBBY LEE: [71:10] I don't think we're

going to get there. KHALYLA KUHN: [71:11] Are we getting there? BOBBY LEE: [71:12] We're never going to get there. Yeah. Yeah. But DR. K: [71:15] here's here. Don't Don't doubt yourself. BOBBY LEE: [71:17] I was kidding. Yeah. Yeah. Um so it's glaring that addiction, the video game addiction. It's you know um as problematic. Here's the thing. Here's the difference between drugs and alcohol because I've been sober for four years. Um you know you it becomes more drugs and alcohol. It affects people around you fa fast, you know what I mean? It it affects work fast, you know. Um people get really concerned because you're dealing with your health, you're dealing with, you know, uh it's just it's a bigger behavior that people it's glaring, you know. And video games is a subtle addiction in many ways, right? It's like it's just so easy to justify like, you know, I I did I went did stand up, you know, I hung out with my friends and I'm just going to play for eight hours or whatever. It's, you know, it seems, but the the reasons why I'm doing it is what's glaring is I just don't want to feel. KHALYLA KUHN: [72:18] Yeah. BOBBY LEE: [72:19] You know what I mean? And it's it's it's definitely has replaced my drugs and alcohol addiction because even when we were dating

back then, um, she I was sober then, too. So, I, you know, I had big chunks of of sobriety in my life and I would relapse. My my point being is it's always been a substitution for this addiction not to feel or be in the moment or you know I mean whatever. So it's like you know it's a real glaring thing even now when I'm doing it now it's like I should be writing a new hour but I'm not. I'm just playing a game that I played a thousand times like Star Starfield. I just went back because Crimson Desert's coming out uh March 19th and it's not out yet. You know what I mean? So, I'm just killing time going to an old game until Crim Crimson I hope Crimson Desert DR. K: [73:05] another narrative also. GILBERT GALON: [73:08] So, where where are we where are we going? Are we going to question number two? KHALYLA KUHN: [73:11] Yes. BOBBY LEE: [73:12] Are we going to rage? DR. K: [73:14] What do you Let's Let's What's KHALYLA KUHN: [73:16] I I also am curious about what you feel that makes you that what you're trying to run away from on the inside. BOBBY LEE: [73:23] What do you mean? DR. K: [73:24] Right. So you you you mentioned a couple of times that like when we play video games or use substances

like you're just trying to get away from like something on the inside. I just don't feel you know I feel I think um um I think I've I have the right kind of concoction of things now. I I um I'm going to more AA meetings and you know I went to my sponsor's house a couple weeks ago and we started working the steps again and then along with this new these new medications and stuff. I think that I'm um the right place balance, you know. I you know, I wish that I I addressed some of this stuff when we were together, you know. Um it would have helped I think a lot, you know, but um

GILBERT GALON: [74:10] let's get to question two. But Bobby, you should you should be careful after this podcast. BOBBY LEE: [74:15] Okay. GILBERT GALON: [74:16] So like make sure that you know if there's a chance that we're awake in something for for real, like this is like clinical for a second. just, you know, if if you start to feel like you there's a there is a nonzero chance that these conversations will increase your risk of relapse. BOBBY LEE: [74:32] Oh, no, no, I'm fine. GILBERT GALON: [74:33] Okay. So, you're 100% fine. BOBBY LEE: [74:34] Oh, yeah. Yeah. Yeah. I don't give a fuck. GILBERT GALON: [74:36] But yeah, KHALYLA

KUHN: [74:39] right. We I mean like I know we're talking about stuff, but you know, we we want everyone to be BOBBY LEE: [74:42] I'm fine. Totally fine. It's entertainment. KHALYLA KUHN: [74:44] Okay. Good. BOBBY LEE: [74:45] Yeah. Yeah. Um what second question? KHALYLA KUHN: [74:47] Oh god. GILBERT GALON: [74:48] Yeah. KHALYLA KUHN: [74:49] You doing okay? GILBERT GALON: [74:49] Oh yeah. Good. Good. Thanks. Yeah. KHALYLA KUHN: [74:51] Yeah. She's not. BOBBY LEE: [74:52] Have you been muzzled? GILBERT GALON: [74:53] Huh? BOBBY LEE: [74:53] Do you feel muzzled? GILBERT GALON: [74:54] No, no, no. Just observing. DR. K: [74:57] I mean, what's going on with you right now? How are you feeling? GILBERT GALON: [74:59] Oh, I feel pretty good. Um, yeah. Yeah. Um, yeah. It's interesting. I've been thinking a lot about the ego. Yeah. A lot. Uh, cuz in this profession, you compare yourself. Yep. And sometimes that can be debilitating uh towards creativity. So just trying to be more present and more just like embracing who you are, right? Because there's not another person like you. KHALYLA KUHN: [75:26]

Absolutely. GILBERT GALON: [75:27] So BOBBY LEE:  
[75:28] I want to say something I observed the other  
night. KHALYLA KUHN: [75:31] Okay. BOBBY LEE:  
[75:32] Okay. This is a good thing. I'm not saying Okay.  
KHALYLA KUHN: [75:34] I get scared. BOBBY LEE:  
[75:36] Yeah. Yeah. You like did a full body cleanse.  
KHALYLA KUHN: [75:38] I know. Your whole body  
like BOBBY LEE: [75:39] Yeah. Yeah. Yeah. Yeah. I You  
had your notebook, whatever. You're running around,  
right? And you're like you're hosting huge shows like  
she's now hosting like you know what I mean Jay Leno's  
on I mean all these big names and she's right I mean  
the these huge shows and she's she's very beloved at  
the comedy store and she um and you're I can see you  
running around and your excitement and you're in this  
big dream state and I I I envy it. I wish I remember  
that. I remember like in that period where it you know  
I mean anything can happen right you don't know yet  
but you can see yourself rise you feel the rise right

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KUHN: [76:23] and then you see you feel the other  
people around you resent you BOBBY LEE: [76:27] yes

KHALYLA KUHN: [76:28] yeah BOBBY LEE: [76:28]

but it's still like no I could feel it I can sense it on your behalf you know I mean like the the eyesh you know what I mean especially from the ladies you know what I mean but the excitement you're in a really exciting face,

KHALYLA KUHN: [76:41] but it's scary. BOBBY LEE:

[76:42] But it's still, I'm telling you right now, it you'll never get that again. Really feel this. It's so fun that anything can happen cuz when it does happen, it's a let down, baby. KHALYLA KUHN: [76:55] My special.

BOBBY LEE: [76:56] Yeah. Yeah. Yeah. So, what I'm saying is is that this feeling that you have is everything. This is as good as it as as it's going to get. DR. K: [77:05]

Bobby, can I do something real quick? Can I Can I whisper? BOBBY LEE: [77:08] You can do whatever

you want, guy. I'm going to whisper a question in your ear DR. K: [77:11] and I want I want you I want you to

ask her. BOBBY LEE: [77:13] Why can't you ask her?

DR. K: [77:14] I want you to ask it.

*Dr. K whispers in Bobby's ear*

BOBBY LEE: [77:18] It's making noise.

*Dr. K whispers in Bobby's ear*

DR. K: [77:20] Okay. Ask that question. BOBBY LEE:  
[77:22] I I I know what Can I do on my own time, guy?  
*Bobby looks at Dr. K*  
[77:28] On my own time.  
*Bobby looks at Dr. K*  
[77:30] Sorry. I love you. Um what's scary about it?  
Um, you don't uh there's just more pressure, more eyes  
on you, and I don't want to fail. I feel tired from like  
just feeling like KHALYLA KUHN: [77:46] yeah, you're  
just I I feel there there is I I'm I know you have like  
an insane amount of pressure on you constantly, but  
I feel like there's like the first time there's like a few  
eyes on me and I feel just scared to mess it up or, you  
know, being compared to or it's I know we have to be  
strong and be like, "Oh yeah, I don't care what people  
are saying about you." But it does like it does when you  
hear people talking about you or this and that that can  
be scary. BOBBY LEE: [78:16] Yeah, DR. K: [78:18] I see.  
BOBBY LEE: [78:20] But that was good. Right. DR. K:  
[78:21] SO SO I I THINK BOBBY LEE: [78:23] you you  
didn't Yeah. DR. K: [78:24] You didn't what? BOBBY  
LEE: [78:25] You I'll tell you why I did that. Okay. DR.  
K: [78:29] Okay. Is because I can we can go on and on

about it. Yeah. BOBBY LEE: [78:32] I had so many other things I wanted to say, you know what I mean? About it, but I didn't want to. So instead, you mean it's like, you know, um let's move on. Like not move on, but um I don't know. I DR. K: [78:42] Okay. Okay. Okay. This is huge. BOBBY LEE: [78:44] Okay. Okay. So, first of all, KHALYLA KUHN: [78:46] How the [ \_ ] DR. K: [78:47] It's huge, dude. Watch this. Watch this. Watch this. KHALYLA KUHN: [78:50] It better be huge. DR. K: [78:51] Okay. Do you guys, so, so KHALYLA KUHN: [78:55] Yeah. Yeah. DR. K: [78:55] So, okay. I'm going to try to stitch this together. So, first thing is Bobby is telling you to cherish it. He misses it. It's gone for him, right? This is like you only get to do this once. It's like popping your cherry. KHALYLA KUHN: [79:06] Yeah. DR. K: [79:06] Okay. And next thing is he knows, right? He knows how scary it is. He's like the the the eyes are on you, especially the women. So, he knows how scary it is. He's trying to be reassuring. And then when he asks you, when I tell him, you know, ask you about the scaredness because he's reassuring you how that doesn't work though. Like, you know what I mean? Like, it just doesn't like. So, here's another

thing that you guys can learn in the book. Reassuring people doesn't [ \_\_ ] work. Telling them it is going to be okay where you are where you are. KHALYLA KUHN: [79:38] Interesting. Yeah. Yeah. Interesting. Yeah. Yeah. Yeah. DR. K: [79:39] Like not everybody gets to be you. KHALYLA KUHN: [79:43] Mhm. DR. K: [79:44] Like you are exceptional. BOBBY LEE: [79:47] What? DR. K: [79:48] Right. Like like you said, hey, there's people who are successful. They're not the ones who are talented. They're the ones who [ \_\_ ] show up when they need to. And that is something that I have. I'm not done. Okay. Right. So, so, so, so, and and she's she's coming up. You see the talent in her, but you know what it's like to be afraid. And then here's the huge thing. When she talks about being scared, Bobby's response is flat. Now, we can think of him as an [ \_\_ ]. We should not think of him as an [ \_\_ ] because that is the way he responds to his own scaredness. Oh, that was huge. This is this is why he's tortured on the inside because when he hurts, why is he [ \_\_ ] addicted to anything under the planet? Poly substance use. This is not. So sometimes when we have addictions, we are addicted to a particular thing because we've got this [ \_\_ ] transporter like the GABA transporter. When we have a a change in our GABA

transporter, we get addicted to benzo like Xanax. We get addicted to alcohol. Some people get addicted to everything. Yeah. Pornography, video games, drugs of choice, right? And these are the people who the way that they respond to themselves. He can't he doesn't know how to sit with your scaredness. He literally doesn't know. And he has learned he has been terrified for so long that he has learned how to just like [ \_ ] blank, right? And and that's what's so hard. Does that make sense? KHALYLA KUHN: [81:20] Yes. GILBERT GALON: [81:21] Totally. DR. K: [81:21] So it's huge. Huge. BOBBY LEE: [81:23] Yeah. Yeah. But um I feel like by her saying that, you know what I mean? I was she was kind of negating of what I was saying before almost. Yeah. You know what I mean? Like I was like here's the thing is it's like I don't know much about horse races, right? But it's KHALYLA KUHN: [81:43] Like a derby. BOBBY LEE: [81:44] Like horse derby. KHALYLA KUHN: [81:45] Horse like Kentucky Derby horse race. BOBBY LEE: [81:47] When they go in the circle, man. KHALYLA KUHN: [81:48] Sea biscuits. Okay. BOBBY LEE: [81:49] Yeah. Sea biscuit, man. Yeah. You know where you gamble. Let it ride. You know, let

it ride. You know, KHALYLA KUHN: [81:55] Richard Der's movie, you ever see it? BOBBY LEE: [81:57] For reference for everyone, horses going in a circle, right? Right. And you're a horse breeder, right? And you know what horse like you you don't just go, "Hey, that guy that's going to be are my guy." You have to watch him do things, right? Okay. As a calf is a calf and as they get older, you just know. And also the their parents are important, right? But you just know that it's a winner or it's got potential to be a winner when you're a horse breeder. Correct. KHALYLA KUHN: [82:26] Yeah. BOBBY LEE: [82:26] Can anyone agree with me? All right. And so what I was saying to her is that she's already um she's, you know, I don't refer you to her as a horse, but I'm just saying that KHALYLA KUHN: [82:36] Maybe two. Yeah. BOBBY LEE: [82:38] She's a prize horse. Prize. There we are.

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KUHN: [82:41] Yeah. She's a prize. BOBBY LEE: [82:42] Breeding quality, right? So I was Yeah, she's you're good bread. Good breeding. I mean anyway anyway um KHALYLA KUHN: [82:48] Good visual. BOBBY

LEE: [82:50] Pedigree. KHALYLA KUHN: [82:51] Good pedigree. Yeah. BOBBY LEE: [82:53] Good jeans. Good good jeans, you know. KHALYLA KUHN: [82:58] Good jeans. BOBBY LEE: [82:59] You got good jeans. Um you um what I'm saying is forget it. Let's move on. Next question. KHALYLA KUHN: [83:06] No, but I think too what you're saying too how that doesn't necessarily work when someone says hey I'm scared and then you say but you're so talented because when he's in when he's in a bad way and he's like hey I'm really scared scared and I'm like, "Bobby, you're beloved. You're X, Y, and Z." Doesn't take it either. Yeah. DR. K: [83:20] Yeah. Because the scaredness, here's the thing. The scaredness never goes away. BOBBY LEE: [83:23] I'm still scared. DR. K: [83:24] But it can. BOBBY LEE: [83:26] But it won't. DR. K: [83:28] That's huge. I I BOBBY LEE: [83:30] And that's the deal. DR. K: [83:31] I I don't I don't agree. BOBBY LEE: [83:33] Boom. Agree to disagree. KHALYLA KUHN: [83:35] I don't think he wants to agree at all. DR. K: [83:37] Oh, really? Yeah. No. So, I mean, I I I I think so. The scaredness the it just because it hasn't gone

away. Yeah. It makes perfect sense for you to think it won't go away, right? Because it's never gone away. But I mean, my job is making it go away. That's what I do for people, right? And and so I I I think it's it's doable. Um but once again, me reassuring you that it's doable ain't going to work. KHALYLA KUHN: [84:07] Yeah. DR. K: [84:07] Right. So instead, what I should do is is and I I get what you're saying about, you know, you're trying to protect her. You're trying to you remember what it was like to be scared in that way and and you care about her. BOBBY LEE: [84:21] I do. I do. DR. K: [84:22] Right. And and so you're like, "Hey, person who is coming after me, not like as in next, not like KHALYLA KUHN: [84:29] Yeah. Yeah. DR. K: [84:30] You you know, like like be assured like you will get there. He sees talent in you. He sees work ethic in you. He sees bright points and he remembers how how frightening it was and he wants to try to take that away from you. Like he's trying to protect you from that. That BOBBY LEE: [84:44] I was just mentioning that like she's in an exciting time in her life. That's all I was saying. DR. K: [84:49] Okay. KHALYLA KUHN: [84:50] Yeah. I mean I think like BOBBY LEE:

[84:51] Too too much mountain out of a molehill. DR. K: [84:54] That's exactly it. BOBBY LEE: [84:55] I don't know how to say that. Too mountain of the world. KHALYLA KUHN: [84:59] You don't know what it's too fast. BOBBY LEE: [85:02] Too much mountain of a molehill. KHALYLA KUHN: [85:04] Wow. That's a good one. Um, DR. K: [85:06] Yeah. KHALYLA KUHN: [85:07] No, you're killing it. BOBBY LEE: [85:09] And I love you. In fact, I'd like you to have you back here. KHALYLA KUHN: [85:13] I'd like you to have you back here. BOBBY LEE: [85:15] I would love you to have back. KHALYLA KUHN: [85:17] He wants to come back. DR. K: [85:19] I I would love to be back. BOBBY LEE: [85:20] Every year you got to come back. DR. K: [85:21] I'm not ready to go. KHALYLA KUHN: [85:22] Yeah. Yeah. I really have learned a lot from you. One question. GILBERT GALON: [85:26] Let's get through one. Can we get one more? KHALYLA KUHN: [85:27] One question. GILBERT GALON: [85:28] No, we're not done. I'm just saying KHALYLA KUHN: [85:29] Questions. I wrote them. GILBERT GALON: [85:30]

Yeah. Yeah. Let's go through some questions. Go ahead. I guess this is kind of um already in that same vein because it's it is another kind of addiction. But I wanted to ask you what happens to the brain when someone consumes porn regularly and what is the difference between a young brain like a teenager having access to non-stop porn versus an older person 50s coming across all of a sudden, you know, 8K porn like for the first time in their lives they have access to that like how does th how did those two brains BOBBY LEE: [86:06] What are you talking about, Willis? KHALYLA KUHN: [86:09] I'm trying not to bring BOBBY LEE: [86:09] What you talking about, Willis? KHALYLA KUHN: [86:11] I'm not trying to bring you into this. BOBBY LEE: [86:12] Yeah. Yeah. You just did. KHALYLA KUHN: [86:14] No, I didn't. BOBBY LEE: [86:15] You said old guy. KHALYLA KUHN: [86:16] You're not the only old guy. BOBBY LEE: [86:17] You're not the only 40, 50-year-old on the planet because KHALYLA KUHN: [86:20] What's AK mean? BOBBY LEE: [86:21] What I'm saying? 4K.

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KUHN: [86:22] Oh, 4K. I've never seen a Is there AK?  
BOBBY LEE: [86:25] Yeah. KHALYLA KUHN: [86:25]  
Is there 16K? BOBBY LEE: [86:26] Is there? No. KHA-  
LYLA KUHN: [86:28] Okay. I can't wait for that. Cuz  
when we were growing up, like just BOBBY LEE: [86:31]  
I can see everything everywhere. So, you kind of had  
to search and like the amount of porn that you did  
consume was kind of like limited or it was grainy or it  
was skinnax, right? But now it's like I'm in my 40s or  
Bobby's in his 50s and now it's like holy [ \_ ] we have  
access to The first time I saw porn, there was a field by  
my house, right? It was just this field and all the kids  
knew behind this like if you lift this boulder there's a  
Hustler magazine. This boulder is insane though. It's  
like a gigantic boulder, right? And you would lift it,  
right? And there was one mildewy Hustler magazine.  
They would all just jerk off in the field like not together,  
but everyone would know that you do the open up  
what you would jerk off on, whatever. You know what  
I mean? But you would just stand there and just, you  
know, I mean, in this field, close it and then put it  
underneath the boulder, right? It was like a community.  
That's where I was introduced. You know what I mean?  
And the, you know, like it would be mildwy and wet,

you know what I mean? And you'd have to, you know, KHALYLA KUHN: [87:32] Is this San Diego? BOBBY LEE: [87:33] No, this is in uh Minnesota. There was a field. Okay. Yeah. Yeah, that makes sense. Yeah. Yeah. And it was just there for years. And then I remember somebody put a new one in there and we were so excited. But that was like 3 years later. KHALYLA KUHN: [87:46] Who's dropped a tooth? BOBBY LEE: [87:48] Yeah. A poor tooth. KHALYLA KUHN: [87:49] A poor tooth fairy. BOBBY LEE: [87:50] Yeah. Yeah. Yeah. It was a penthouse or something. We're like, "Oh, this is a new, you know, this is amazing." But anyway, that's how I was interested in port. So as as technology, you know what I mean, furthers, it just gets more exciting, you know what I mean? And like the toys that I have. KHALYLA KUHN: [88:04] Yeah. So that's basically my question. DR. K: [88:08] This was asked about what, you know, you're just watching everything in HK. KHALYLA KUHN: [88:14] Um, DR. K: [88:15] 8K. Go ahead. Sorry. KHALYLA KUHN: [88:17] HK. Actually, let me just ask the first question like what does just porn access to this much porn do to do to like a younger brain? DR. K: [88:28] Okay, so let's

let's do two questions. KHALYLA KUHN: [88:30] Yeah.

DR. K: [88:30] One is how does porn develop affect the developing brain? And second question is how does porn affect the brain? So first thing to understand is that anytime you do something to a developing brain, it gets shaped by it more. So if you um so interesting statistic uh one of the highest risk factors for pornography addiction is actually prepubescent exposure to pornography. So it's not even about sex like like kids don't know they don't feel horny they're like pre- puberty so you'll get like BOBBY LEE: [89:03] What if you were molested though? DR. K: [89:05] This is a good question. Both were BOBBY LEE: [89:08] What if you were molested meaning what? Well, if you're molested and then like and then you know I mean I think that my sex drive I I learned about sex too early because I was molested.

DR. K: [89:19] Yeah. So that is going to have a even different effect. BOBBY LEE: [89:24] No. DR. K: [89:25] Okay. BOBBY LEE: [89:26] I don't think that's I don't KHALYLA KUHN: [89:27] I don't know. I don't know what else to do there. DR. K: [89:28] No. No. That that's it got uncomfortable. KHALYLA KUHN: [89:30] Yes. And so we have to be halfway with what I mean

he just disclosed that he was molested. So it's like whatever whatever, you know, whatever you got to do. Um in order to help him feel comfortable. DR. K: [89:45] So KHALYLA KUHN: [89:45] Development game brain. DR. K: [89:46] Yeah. So so first thing is just like I I want you all to think about the brain as like, you know, concrete that's just been laid. So whatever, you know, if you start using drugs at an early age your brain wires with that stuff on board. So the the likelihood of addiction is greater the earlier you get exposed. BOBBY LEE: [90:02] Well I started doing drugs at 11 12. That's when my addiction started. Alcoholism. DR. K: [90:06] And you were molested before that. BOBBY LEE: [90:08] Yeah. Yeah. So it's like, you know what I mean? I went into So it's like I can't even believe I'm still I'm here to be honest with you. It's quite an achievement. Yeah. The road, you know what I mean? But I took but um Yeah. And then I I got sober at 17, which is so I mean it was a miracle because it's like um you know I f you know I I believe I started I found God at 17. Yeah. And then I, you know, I if if I wasn't in AA, I don't think I would have stand up because I had a lot of encouragement from the community. Yeah. The sober community to go follow your dreams and

stuff like that. So it's like DR. K: [90:43] Let's suppose that porn was very accessible when he was in the 80s, '7s, '80s and a young Bobby at 11, 12 who had been molested. BOBBY LEE: [90:52] I would have been Oh yeah, it would have [ \_ ] me up KHALYLA KUHN: [90:54] Every day. DR. K: [90:54] Yeah, but I mean he started using substances at like 11 or 12, right? So, so, so I think this is where like basically what So, we'll talk about the effects of being molested in a minute, but let's finish on the porn thing and then we'll we'll come back. Um, yeah, just just hang tight. Okay, BOBBY LEE: [91:10] I love it. DR. K: [91:11] Okay, so um so the key thing to understand about pornography is that what a lot of people don't understand is that it's it's actually about emotional regulation more than anything else. Huh. So, you know, most of the people who I work with who are addicted to pornography, people assume that there's a lot of masturbation. Um, but for a lot of people, it's like second screen stuff. So, it's like literally like I, you know, patients who are like in investment banking or private equity and they're like financial modeling on Excel on like screen number one and there's like, you know, somebody getting railed on screen number two. Yeah. And and and and so the

interesting thing if you if you kind of think about it right so our body is designed to procreate and in order if we get an opportunity to procreate we can basically shut off everything else in order to make that happen. So if you think about, you know, the the emotional effect of sex, if we're feeling anxious, like there are absolutely cases of of hyposexual desire disorder and things like that or like, you know, if you're if you're really depressed, it's like hard to get aroused. But if we think about if you are able to get aroused, what does it do to your other emotions? It basically wipes them clean. KHALYLA KUHN: [92:22] Yeah. DR. K: [92:22] Um and earlier we were talking a little bit about, you know, the feeling of of taking a piss. So in in in Sanskrit and if we talk about meditation there's a there's a state of temporary enlightenment called samadhi and so when we meditate we're trying to get your great um so when we we're trying to get to samadhi like that's what that's why people meditate and once you get to samadhi you feel amazing. KHALYLA KUHN: [92:47] What's nirvana then? DR. K: [92:48] Nirvana is permanent samadhi. KHALYLA KUHN: [92:50] Oh permanent samonte. DR. K: [92:51] Yeah. Yeah. Yeah. Yeah. Um when the sadness disappears forever

KHALYLA KUHN: [92:56] That's death or you can can you achieve that in in DR. K: [92:59] In life. KHALYLA KUHN: [93:00] In life, yeah. DR. K: [93:01] You can you can achieve nirvana in life. KHALYLA KUHN: [93:03] Yeah, that's the only time you can achieve it. DR. K: [93:05] Oh my god, that's true. It is death of the the conscious or that it it so death of the self happens can be can come and go so uh another random aside since we're talking about this for a second um so if you if you look at the uh you I don't know if you guys have seen these like studies on psychedelics being useful for mental health. So, so the really cool thing is you can actually ask someone what their psychedelic experience was and based on their subjective experience, you can predict whether they have an improvement in trauma or treatment refractory depression. KHALYLA KUHN: [93:39] Yeah, I got I had a ketamine um I did ketamine therapy once and once only. And when I say like it was so effective compared to any like SSRI had I had been taking like years prior as like a younger person, I was shocked by how well it worked. DR. K: [93:58] Yeah. So the interesting thing is when people have an ego death experience in psychedelics. So if I just see like collars

or even if I have something like synesthesia um that doesn't correlate with a mental health improvement. It's specifically the ego death experience. And that's why people are into the heroic dose because the heroic dose is what is more most likely to have an ego death experience. KHALYLA KUHN: [94:19] And that's like um a heroic dose of like like macro dosing like mushrooms or DR. K: [94:26] Yeah. So the scary thing that people don't talk about which we often times don't see in the studies and they're like we can get into the technicalities of that. So I have had an equal number or greater number of patients who will get PTSD from trips. um who will develop panic disorders because it does have a lot of neuroplasticity. It like puts your brain into like from readonly mode into like edit mode, but depending on what kind of trip you have, it can be incredibly traumatic. It changes the way that your physiology can be wired. So, it's it's it's kind of like playing with fire. KHALYLA KUHN: [94:58] Yeah, that's that's exactly how I felt when I smoked a lot of weed when I was younger. It almost threw me into a state of like chronic anxiety and like just unwellness. DR. K: [95:08] Yeah. So chronic weed is even different.

So chronic weed is you get you get rebound anxiety from weed.



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KUHN: [95:14] Yeah. DR. K: [95:14] So it's kind of like you know if you if you drink caffeine every day and then you like don't have caffeine one day your energy level like then caffeine becomes your baseline. You're like BOBBY LEE: [95:23] wow wow wow. Yeah. DR. K: [95:24] So so I see that a lot with um weed. So people will get chronic anxiety. The worst version of this is something called cannabis hyperemmesis syndrome. BOBBY LEE: [95:32] It's like what is that? DR. K: [95:34] It's when people vomiting. Yeah. BOBBY LEE: [95:34] What? Yeah. Yeah, I got that on a a pot brownie. I had too much of a pot brownie. DR. K: [95:40] Yeah. So, when people use it chronically, they can be left in a state where they're nauseous and vomiting like all the time. KHALYLA KUHN: [95:47] It's really bad. Really nasty. BOBBY LEE: [95:48] What about the freeze? The froze. That was probably DR. K: [95:51] That's not a hypermesis. BOBBY LEE: [95:51] Oh, that's not okay. Okay. I used to take when I used to take weed, I used

to freeze. KHALYLA KUHN: [95:56] Yeah. He used to take like a thousand of edibles when he relapsed and he couldn't tell if he was moving or going or um staying still or going. So he would just like freeze like this and then I'd see like a silhouette of him in the dark and I'd be really freaked out. I'm like, "What are you doing?" He's like, "Where am I going? Am I moving?" And he would just stay stuck there BOBBY LEE: [96:17] and then they would carry and then I would get so shivery KHALYLA KUHN: [96:20] and he would be like Yeah. ice. BOBBY LEE: [96:21] And then they they'd have to carry me to a bed and then roll me up in a blanket. Like a burrito, right? And then I'd have to cool down. KHALYLA KUHN: [96:29] Yeah. That's scary, man. BOBBY LEE: [96:31] Yeah. KHALYLA KUHN: [96:31] Those are drugs. BOBBY LEE: [96:32] It's fun. It's fun, too, though. You know what I mean? Wild. KHALYLA KUHN: [96:35] Was it enjoyable? BOBBY LEE: [96:36] No, it was the painful. KHALYLA KUHN: [96:37] Yeah. Yeah. DR. K: [96:38] I mean, cuz there's absolutely the sense of time dilation with with marijuana. BOBBY LEE: [96:41] Yeah. Yeah. Yeah. Wow. KHALYLA

KUHN: [96:42] Wait. Back. But I I like what you said about pouring fresh concrete with DR. K: [96:47] Yeah. So So with porn, like, you know, the earlier you use it, the earlier you get exposed to it, the the worse it is. Um, you know, there's a really scary stat. So non-consensual choking uh has really skyrocketed in college. 51% of women experience non-consensual choking. Um 60 plus% BOBBY LEE: [97:07] you always you always go is this okay? KHALYLA KUHN: [97:10] Is this okay? DR. K: [97:11] No. But but Bobby Bobby this this is exactly the problem. Right. So so so when you were watching your hustler mag under the boulder that wasn't part of it. Right. So now actually no I used to BOBBY LEE: [97:21] is is DR. K: [97:22] but that's your own neurotic esphyxiation. We can I would there's there's all kinds of so what I love about this and I would love to come back is there's so much fascinating physiology around autoerotic asphyxiation. I recently saw a really cool study BOBBY LEE: [97:36] autootic exfixiation. DR. K: [97:39] Uh don't try that at home. BOBBY LEE: [97:40] I had to say that because it's DR. K: [97:42] but I I saw a really cool study in a a a scientific journal on yoga. Yeah. KHALYLA KUHN: [97:47] This is this is for you. DR.

K: [97:48] Yeah. um that uh so there's a ancient yogic burial practice where like as as a yogi you bury yourself and then when you bury yourself you're like in this you know you're underground and then you like kind of run out of oxygen but these are yogis who are like trained to do all kinds of crazy stuff. So um what's really interesting is probably when we have like near-death experiences from like asphyxiation and stuff like that. So that has that has to do with really high levels of um carbon dioxide in our brain. So when when the levels of carbon dioxide in our brain get really high, they start to malfunction. Now if you're not that that can lead to death. Um so don't do that at home. No. But the really interesting thing is it's probably that high level of carbon dioxide that induces these like near-death experiences. Um and so there's actually some like really esoteric yogic practices where you bury yourself and then you don't try this at home because you can die um or get brain damaged very quickly. uh should be done under the guidance of a guru or probably not really at all but and and then what happens is they they really it's a powerful experience for inducing like a essentially a psychedelic experience or a near-death experience.

BOBBY LEE: [98:55] What do you mean bury yourself?

They dig a hole like KHALYLA KUHN: [98:57] DMT. DR. K: [98:59] Uh so DMT is a whole different ballgame, KHALYLA KUHN: [99:01] but is it like does it kind of mimic that whole DR. K: [99:04] So so what's really fascinating is we know that the brain produces DMT. KHALYLA KUHN: [99:08] Yeah. DR. K: [99:08] But we don't know how. All we know, and I've been looking into this because I've been trying to figure out when you have like a crazy experience in meditation, like what's going on in your brain. Um, all we know is that it's a it's produced from serotonin. So, I think when you have all these yogic practices, you have people that are like on these very strict diets, um, eating like certain herbs that are found in the Himalayas, drinking like very pure water, meditating for like, you know, many hours a day, many years at a time. Like you'll have dudes that like it's like like just sitting in caves in the Himalayas meditating for years, decades. arguably if stories are believed centuries. Um, and then so we don't know what's going on. But like I think that all of these strict yogic practices are absolutely altering our neurochemistry in a profound way. KHALYLA KUHN: [99:53] Oh wow. Wow. DR. K: [99:54] Right. We just

don't know how because we don't do studies on those people. Um, but going back to concrete. So earlier you do porn the worse it is. Uh, porn is primarily around emotional regulation. So, you know, we see people who are um I I don't mean to, but people people who struggle with their emotions and are prone to using substances or other things to regulate their emotions. Pornography and sex is very good at shutting down our amygdala, which is our fear center of the brain. Good at shutting down our lyic system, which is where we feel. So, uh you know, often times like people will relapse when they're going through something emotionally difficult. or we'll see something where in early stage of of substance use sobriety, tech addiction will skyrocket. So, um, a big part of overcoming porn addiction is just like any other, uh, addiction is learning an alternate way to manage your emotions. So, the better you get at managing your emotions, the brain needs the pornography less. But a lot of people BOBBY LEE: [100:59] I think that's what's happening to me right now. DR. K: [101:02] How so? BOBBY LEE: [101:02] Well, the more I go into like I do some meditation, but the more I'm like because I'm I'm I'm in therapy, I'm going to more a meetings, you know what I mean? I'm being it

it seems to um not come up as often. And then when it does pop up, like should I do it? I always kind of pop it like a balloon and I just kind of go to sleep or whatever. DR. K: [101:21] Yeah. So, so I I think if you if you kind of think back to when you had problems with it, you never even have the question of should I or should I not. KHALYLA KUHN: [101:30] Mhm. DR. K: [101:30] It's just like I need to now. BOBBY LEE: [101:31] I need to. Yeah. DR. K: [101:32] Right. So, so that shows that that shows the work you've been putting in. And and that's where um you know, you don't believe the sadness can go away, which is fair enough, but many people don't believe that the porn addiction can go away. BOBBY LEE: [101:43] Yeah. Okay. DR. K: [101:43] They can't they can't imagine a scenario in which I need to can become should I? BOBBY LEE: [101:51] Yeah. Wow. KHALYLA KUHN: [101:53] The non-consensual choking is really BOBBY LEE: [101:55] Let's move on from that. Yeah. It feels weird.



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KUHN: [101:57] Oh, yeah. That happens a lot. What do you like hook up with people now? They just like

choke you for no reason. DR. K: [102:01] Well, so so the BOBBY LEE: [102:02] that's happened to you? KHALYLA KUHN: [102:03] Yes. BOBBY LEE: [102:04] Like it's cool, but I'm like KHALYLA KUHN: [102:06] No. Uhuh. Uhuh. Uhuh. If I don't broach the topic of choking first and there isn't like a disgust thing and someone just goes for that, I'm out of there. It's that takes me I'm such a fear my body will BOBBY LEE: [102:18] do. They ask you like, can I do this? KHALYLA KUHN: [102:20] No, just straight for the neck. So, you take it out and then it's like maybe a little bit of a tit and then it's to the neck. BOBBY LEE: [102:27] It goes tit to neck. Huh. Tit neck is KHALYLA KUHN: [102:30] tit tit. BOBBY LEE: [102:31] Yeah. I go vad neck and then tit. KHALYLA KUHN: [102:36] It's like BOBBY LEE: [102:36] that's my like routine. Yeah. DR. K: [102:38] No, but but so do you mind if I ask how old you are? KHALYLA KUHN: [102:40] Uh 34. DR. K: [102:41] Okay. Right. So so I think this is what's happening is is so we're seeing a trend where over time you develop tolerance to pornography. So then you need more extreme pornography for it to suppress

your emotions. KHALYLA KUHN: [102:53] Wow. This is scary. DR. K: [102:54] And so so there's a lot of pornography of non-consensual choking. And we're seeing a rise in sexlessness, right? So so people so uh in 1975 the average age for a man to get married was 23.8. For a woman was 21.1. Um in 200 round it off maybe BOBBY LEE: [103:13] eight. Sure. We can do that. DR. K: [103:14] Um in 2000 uh in Sure. If we want to round it off, it's 31 now for men and 28 for women. KHALYLA KUHN: [103:20] Wow. DR. K: [103:21] Right. So it's changed a lot. We're seeing more people probably about half of dudes between the age of 18 and 24 rounding off um are BOBBY LEE: [103:30] for you dude. DR. K: [103:30] Yeah, for you have not had sex within the last year. So we're watching BOBBY LEE: [103:35] 18 to what? DR. K: [103:35] 18 to 24. KHALYLA KUHN: [103:36] Yeah, it's bad. DR. K: [103:37] Half of dudes. So they watch way more pornography. They watch for some reason non-consensual choking is like a huge part of pornography now. KHALYLA KUHN: [103:46] Wow. DR. K: [103:46] And so since they don't have real life experience, they watch a bunch of porn and then they

and then they think that that's what they're supposed to do. KHALYLA KUHN: [103:54] Wow. Wow. DR. K: [103:55] It's crazy. And and it's it's it's shocking. This is something that no one talks about, but it's like it's insane. 51% of college age women will experience this. KHALYLA KUHN: [104:04] And you guys are like me too. Like we're like what? DR. K: [104:08] Like that. I had never even heard of someone doing that in in when I was like in college, you know? But now it's like it it it blows my mind that it it happens. It sounds like it didn't just happen to you once. KHALYLA KUHN: [104:20] Oh yeah. BOBBY LEE: [104:21] Yeah. Yeah. KHALYLA KUHN: [104:22] All the time. BOBBY LEE: [104:23] Why don't you put a boundary up and go, "Hey, don't go down." KHALYLA KUHN: [104:25] I I'm kind of into it. I should say that first. BOBBY LEE: [104:27] Okay. DR. K: [104:29] That's different. Okay. But you know, but KHALYLA KUHN: [104:31] I like it when they choke me. BOBBY LEE: [104:32] Yeah. KHALYLA KUHN: [104:33] And I always go I some, BOBBY LEE: [104:34] you know, you ask for it up front. It's weird. KHALYLA KUHN: [104:36] Yeah.

Yeah. Yeah. And I go, "Do it harder." Like I want it like I want them to really get in there. You know what I But that is such a scary statistic. It is scary to think that young men are just going out there with zero consent. BOBBY LEE: [104:48] Anyway, how to raise a healthy gamer. What's the matter? KHALYLA KUHN: [104:52] I'm listening. BOBBY LEE: [104:53] Did you What's the matter? I'm just listening. KHALYLA KUHN: [104:57] I'm I'm trying to get to the end of this. BOBBY LEE: [104:58] Did you have fun? DR. K: [105:00] Yeah. Yeah. Yeah. I want I want to promote your book, you know. I mean, you know, I mean, there's so many things we can address, you know what I mean? But um How to raise a healthy gamer. How long has this book been out? Uh about a about almost two years. BOBBY LEE: [105:12] Two years. Where could they get it, my friend? DR. K: [105:14] Anywhere where books are sold. BOBBY LEE: [105:16] Brookstone. DR. K: [105:17] Brookstone. Probably not. Barnes & No. Buy your books. Barnes & Noble. BOBBY LEE: [105:22] My pillow massagers. DR. K: [105:24] Yeah. Yeah. Yeah. Yeah. And my pillows. My little travel pillows. KHALYLA KUHN: [105:27]

And look, he even made a post while we were doing the podcast an hour ago. BOBBY LEE: [105:31] Amazing.

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KUHN: [105:31] You did. DR. K: [105:32] Yeah. So, I mean, I guess if people want, you know, more information about all of the random crap I talk about, they can also check out the YouTube channel. BOBBY LEE: [105:39] Check out his YouTube channel. KHALYLA KUHN: [105:40] This one's crazy. Why you should stop watching YouTube? BOBBY LEE: [105:44] Wow. Wow. Wow. KHALYLA KUHN: [105:45] I love that. DR. K: [105:46] Yeah. Sometimes you have to be a hypocrite in order to survive your own mental environment, right? So, like people will take they'll take their psyche and if I have hatred, I need to compensate over here KHALYLA KUHN: [105:59] to offset DR. K: [105:59] to offset. Right? So and and this is really common where it's like okay if you look at an abusive relationship one partner is like physically abusive and the next day it's like gifts. Right. So parents will do that too. So so as we as we become more degenerate and evil as human beings that other pole of performative goodness really starts

to climb. Right? So it's like I'm God-fearing. This is about God. This is about Jesus. like I'm a good person. This is about the goodness and the really BOBBY LEE: [106:32] My parents used to do that. My dad used to hit me and the next day here's a car. KHALYLA KUHN: [106:39] Car hit me. BOBBY LEE: [106:42] Beat me, papa. KHALYLA KUHN: [106:45] I got hit. No problem. BOBBY LEE: [106:46] Oh, really? KHALYLA KUHN: [106:47] I just got hit. A car is big. BOBBY LEE: [106:49] Yeah, like a truck or something. KHALYLA KUHN: [106:50] That's so bad. BOBBY LEE: [106:52] Is that still a car? KHALYLA KUHN: [106:53] Yeah, that's better. BOBBY LEE: [106:54] Yeah. Yeah. Anyway, KHALYLA KUHN: [106:55] not worth it. BOBBY LEE: [106:56] There you go. KHALYLA KUHN: [106:57] It was worth it. Yeah. Yeah. BOBBY LEE: [106:59] I mean, yeah. KHALYLA KUHN: [107:00] Lifelong sadness. BOBBY LEE: [107:02] Overcast. KHALYLA KUHN: [107:05] Come on. BOBBY LEE: [107:05] Make light of it. Anyway, so healthy gamer that YouTube on YouTube. We got to figure it away. So um follow him in all the

platforms and uh what a beautiful what a beautiful um you know, I didn't know what to expect today. I'll be honest with you. KHALYLA KUHN: [107:21] Neither did I. BOBBY LEE: [107:22] Yeah. And I thought it went perfectly. KHALYLA KUHN: [107:24] He sent the text out. He was like, "Tell me about Dr. K." And um my reply was he can heal you. So I hope we BOBBY LEE: [107:33] No, there was a lot of insight. I'll be honest with you. KHALYLA KUHN: [107:35] Yeah. But didn't we text that to you? BOBBY LEE: [107:37] Yeah, it was very Yeah, it was very funsy and um insightful and enlightened and um what a great guy. Give him a round of applause everybody. DR. K: [107:45] Thank you guys so much.

