

TDS Steve Hoftstetter V2

Samantha Baines00:00

This episode is with Steve Hofstetter comedian over in the U.S. Always lovely to talk to another comedian, especially cause I feel like sometimes we have similar brain waves or similar ways that our brain works at least and links that it makes automatically because of the process of writing jokes and writing standup comedy.

So we talk about his divorce, which was a few years ago. Talk about his niece discovering he was divorced on Wikipedia before he was able to tell her. And also the whole thing of going through a breakup in the public. eye. Enjoy this one and we have a few laughs as well.

I am joined by comedian, Steve. Hoftstetter welcome to The Divorce Social. How does it feel me saying to you welcome to The Divorce Social?

Steve Hoftstetter00:53

I tend to get along better with divorced people because divorced people have learned some of the most important lessons in life. One that it ain't a fairy tale and two that there's nothing wrong with life not being a fairy tale. And there are still people who go through divorce and don't learn a damn thing from it. But I think the earlier in life, you can learn that the better off you're going to be.

That's

Samantha Baines01:16

so interesting. I was having this conversation with someone recently, obviously I'm divorced and I only speak to other divorce people now that's the rule.

Steve Hoftstetter01:24

Would it be so weird if you hosted this podcast and you weren't divorced, you're like, I'm just planning for the future.

Samantha Baines01:29

I think it would be really useful actually, loads of people listen, who aren't divorced and they're like, oh my God, I know so much now if I ever get married and then divorced. But I was talking to someone about this fairy tale idea the other day, and we were talking about the idea that love conquers all. And I used to believe that was true. And now post-divorce, I don't.

Steve Hoftstetter01:51

Oh yeah, that's utter garbage, there's a lot that love will lose to. A great deal.

Samantha Baines01:56

What is the fairy tale idea of marriage and divorce that you've disproven now?

Steve Hoftstetter02:01

The lie that gets fed to us and I don't know, how much of this is cultural and it's interesting to, be an American talking to someone from the UK because maybe we were raised differently. I don't know. But the fairy tale is the idea of the white picket fence. 2.3 children. Everything's going to be great. You're going to support each other on every endeavor and, that's just simply not possible. Also, I don't ever want 0.3 of the kid, that really sounds like a tragedy. So the idea of this incredible perfect life, life isn't that life is a series of tragedies that we are able to deal with because of the good moments. And that's something that we're not really taught.

Samantha Baines02:45

That's a very comedians view on life. A series of tragedies that I could write material about.

Steve Hoftstetter02:52

But it is, it's something where , just in the last couple of weeks, my dog passed, I got COVID. But at the same time, I just recorded a new, special, and a book that I had been working on for a year is coming out and there were some very exciting moments and then also some horrible things, but that is what life is, and there's nothing wrong with that. And we feed our children, this myth of that everything is going to be great and oftentimes it's not, but the great moments in between that punctuate it, make it okay.

Samantha Baines03:22

Yeah. Life is like waiting through shit and every so often there's as a positive step stone. And you're like, yeah, I'm out at the shit. No, no jumping back in now.

Steve Hoftstetter03:32

Yeah and look, the older we get, the more tragedy we go through, the more people in our lives pass away, the more our heroes pass away, just because , you end up knowing more people, you end up caring about more people. Someone recently posted something about how affected they were by both Betty White and Bob Saget's death and it was a really upsetting post. It was a really , you know, life is terrible, blah, blah, blah. And I responded to it and I said, life is beautiful because you wouldn't be affected if it wasn't, you wouldn't care that these people you've never met died. If they didn't give beauty into the world. So it's all about perspective

Samantha Baines04:10

And I love Betty White fellow divorcee, and she had no children just like me, but still rocked her life. So let's delve into the divorce. How long ago did it happen?

Steve Hoftstetter04:24

A little over five and a half now.

Samantha Baines04:25

I always view my first year after divorce as a complete blur. It was all just emotion. Looking back now, do you remember that year, those first few months and how do they appear in your memory?

Steve Hoftstetter04:37

Oh, I, I remember pretty much all of it. There were some extremely sad moments, but it was also, there were some affirming moments where I knew it was the right choice. One of the things about being in a couple, and this is true, no matter how supportive the couple is. Is in a way you're responsible for both your happiness and theirs, because it's very hard to be happy when your partner is unhappy. The moment that I realized it was the right choice was when I got divorced, I had a gig that weekend that was about a six hour drive for me. And then, , the following weekend I had a gig I was supposed to fly to. And we weren't sure if we were going to get divorced yet, we knew we were separating and we were trying to figure it out. And so the idea was that instead of flying back in between, I would just hit the road for three weeks. And kind of have this break. And so I'm driving and I took my dog with me and at the time he was dealing with a lot of, allergies and I wasn't sure what they were. And so he had a very, very expensive diet while I was trying to figure out what he was allergic to. And so a box of his food costs a hundred dollars. And so I had a box of his food and then I had a spare box for when that one ran out. And there was one day that I was repacking the car outside of some dumb hotel and I got to the next city and I couldn't find the spare box of his food. And I realized, oh my God, I left it on the curb. And then I realized, oh, and that's over. There's nothing I can do . I can't go back and get it. I can't, call the hotel and be like, Hey, about a block away from your hotel where I parked. Do you want to run over there and see if there's a box that you could then mail to me? I lost it and it sucks, but that is the end of it because you don't have to help someone else process their anguish at a mistake. You can just own your own mistake. And that's when I was like, oh, I'm going to be okay. And it's such a silly, minor detail, but I think that that is true for a lot of us that the realization doesn't come from this grandiose, oh, I was standing on the edge of a cliff looking out into the ocean , no, I was in Indiana on the side of the road, realizing , I made the right choice.

Samantha Baines06:49

So losing some gourmet dog food...

Steve Hoftstetter06:52

Losing gourmet dog food. It was just the realization that sometimes it's okay to be alone. You can process your emotions. I think people tend to be more healthy in a

second marriage because the lessons they learned from not only being in that first marriage, but it ending, I think helps someone become a lot healthier. I'm a better, more well adjusted person than I was. And I'm friendly with my ex and we joke that we made each other a better catch afterward.

Samantha Baines07:23

I totally agree. I feel like I'm a back catch now because I've learned a lot about myself. I'm interested in these weeks. So you say that you weren't sure if you were going to break up and it's funny, I had a similar thing, so me and my ex had that initial conversation of, oh, things, aren't great, what we're going to do about it. And then I went away for work for a week on my own. It was actually to work on the script of Magic Mike Live London with Channing Tatum.

Steve Hoftstetter07:51

As we all do, when we get divorced.

Samantha Baines07:51

Well, you had go my dog food. I had Channing Tatum, everyone needs that one thing.

Steve Hoftstetter07:56

If there's anything that will spur on a divorce for someone it's hanging out with Channing Tatum.

Samantha Baines08:01

I felt like he wasn't that bothered, but maybe deep down inside.... so I was in LA for a week and like doing all this work. And then obviously in my downtime thinking, am I gonna leave my marriage? How was that for you because I was working on script, but I imagine that performing and obviously being funny and bringing joy to people when you're going through turmoil might be quite difficult?

Steve Hoftstetter08:24

That's actually the funniest that I am. Before my divorce, I was living with a girlfriend. A different person. I was in Winnipeg in January, which was miserable, no matter what your relationship status, but we broke up 10 minutes before I had to go onstage. That was probably the best show I've ever done because my emotions were so raw and I needed it. And it was just this catharsis of performing. I used to host a television show where most of my hosting was ad-lib and most of it was basically crowd work. And I had to do that less than 24 hours after I found out my dad passed. As soon as it ended, boy did I cry, but I crushed that night and it was just because I needed to.

Samantha Baines09:13

It's so interesting. I'm sorry to hear about your dad. My dad died just before my wedding. I found out when my hen do. But just after my dad died, I was due to do this panel

discussion about comedy and I didn't want to cancel it. And it was a few days later and then obviously I ended up just talking about my dad dying for the whole thing, not about comedy writing, at all! But it's the same I smashed it. I was hilarious at this panel. I wonder if it's something about the rejection you feel, and then you're getting something from the audience that is filling that hole for a minute.

Steve Hoftstetter09:49

I think that's interesting. That's an interesting way of looking at it. I think it's just because I become a little more bitter. And that's funny. When I was in college before I was a comic, we had a Valentine's day formal and my date brought a date. I had asked her out a couple of weeks before, and she didn't tell me until just before the event that she had a boyfriend. So I thought we were going on a date, but she just wanted to go to the party. And then he showed up under the guise of oh, I was just walking by. And I'm like, really? Cause this is out of the way from where you said you were to where you live. So no, you weren't just walking by. I was just fucking hilarious that night because I was so mad. I think the way that comics process grief and process anger is to laugh through it. And I think that that's what happened after the divorce as well.

Samantha Baines10:40

Is it a useful way to process it or is it just the way we do it?

Steve Hoftstetter10:44

I firmly believe that crying and laughing are next to each other on the wheel. And I'll take laughing over crying any day.

Samantha Baines10:52

Sometimes a cry is really nice when you have a big sob!

Steve Hoftstetter10:56

I actually find that a good cry helps when, what you're crying about doesn't matter as much. When you are crying about something, that's just as bad, as soon as you stop crying, the cry didn't really help at all. It's a breath, but it didn't solve anything. Whereas if you cry because there isn't an actual awful thing, it's just how you feel, I think that's a good cry. But when it's something where it's like, you're crying because you just lost someone important to you and then you stop crying, you get your shit together. And you're like, oh yeah, I'm in the exact same place I was in before, but now my shirt's wet.

Samantha Baines11:34

Yeah. My sister used to steal my nail varnish when we were younger and paint the outside of the bottle with the nail varnish in the bottle, then screw the lid on and then it would all get stuck and you can never use it again and crying about something like that

is a real satisfying cry of letting out all that anger and frustration, but yeah, crying on my hen do, when I found out my dad died wasn't as satisfying.

Steve Hoftstetter11:59

That doesn't make the party better.

Samantha Baines12:01

Although I would suggest, everyone should have a butler in the buff just before they find out someone in their family has died, because it does lift the mood.

Steve Hoftstetter12:10

I mean, probably wouldn't do much for me.

Samantha Baines12:12

Well, you never know. They can serve you nice food.

Steve Hoftstetter12:18

I would not eat food at a strip club.

Samantha Baines12:22

It wasn't a strip club, we'd hired a flat and the butler in the buff came to the flat, he was wearing a little apron , but his buttocks were out.

Steve Hoftstetter12:30

So he didn't provide the food. That's the important part. Okay. Yeah. Every strip club has a buffet. And I'm just like, but why, why would you do that to yourself?

Samantha Baines12:40

I didn't know this about strip clubs.

Steve Hoftstetter12:42

Thankfully I'm past the point in my career where I have to know this, but there was a time, especially in New York, there was a thing that was called the 60 40 law, which was basically no more than 60% of any establishment could be devoted to adult entertainment. And so all these strip clubs in New York would have either a billiards room and some of them were well, in the other room let's do comedy. That'll be the solution. And I'll tell you if there's one group of people that wants to be interrupted by comedy it is people who came to see naked women. So I've probably done seven or eight shows at strip clubs, that's awful.

Samantha Baines13:17

And there a buffet at the back?

Steve Hoftstetter13:17

Yup. And the managers was always, just like, oh, if you want to grab some dinner, no matter how poor I was, no matter how hungry I was, I was like, I know better than that.

Samantha Baines13:26

In the UK, we sometimes call a little buffet spread, finger food. It seems particularly apt for those gigs.

Steve Hoftstetter13:36

We don't really use the term. We're familiar with it. I don't think I've ever, wanted to eat fingering food or finger foods. Sorry!

Samantha Baines13:45

It's interesting talking about strip clubs though, because when I got divorced, I was in the London stage show of Magic Mike. So I was surrounded by 15 semi naked professional dancers. I got divorced had a week of crying in my bed where I didn't shower. And then I went into rehearsals for the show, and then I performed it for 18 months and people were saying to me, oh my God, you're living your best divorced woman life. But actually it wasn't what I wanted at all. At that time. I just wanted to have a quiet time in a yoga studio or something rather than sexy times.

Steve Hoftstetter14:22

Well, I'd imagine it was probably. a little quick on that. Maybe you need a couple of weeks, but I do think that, there is the whole rebound thing and post divorce dating certainly distracted me from it a bit, but I, of course wasn't well adjusted right away. It took a bit for me to actually find my footing and be adjusted. The fear when you get divorced, , is anyone going to find me attractive again? I was with this one person for a considerable amount of time. , my relationship was over seven years. And so now here I am much older. And not necessarily understanding dating and it's been rusty et cetera. And am I going to spend the rest of my life alone? And I think that that's a fear that a lot of people have. And so when you go on those first couple of dates where people are interested, you're like, oh, okay. I'm going to be fine.

Samantha Baines15:11

The first person who shows interested, like actually fancies you and you think they're quite nice as well. It's like a sunlight through the clouds on your face moment. So you're a standup comedian. You're still gigging and stuff. And was there anything you put in place at that time to help you? Did you throw yourself into work?

Steve Hoftstetter15:31

I got married in the world before dating apps and so that was a huge change. The idea of navigating that and understanding how do you tell if someone's insane quickly? How do you tell if someone's a catfish? How do you tell if someone's a bot? How do you tell if

someone's using pictures from 10 years ago? There were a lot of those things that you have to learn. And so I had a buddy who was single and he kinda showed me how to use the apps. And then it was funny because a couple months later, one of my best friends got divorced and I did that for him. And I remember my first date after I got divorced. I was excited, cause I'm like, oh, this is pretty girl seems really into me. And then we went out to get something to eat and I was like, oh, I don't, like her though. , I don't think I like her as a person. And I had to make that decision of like on one hand I feel very alone and very unloved and unattractive. And on the other hand, I don't like this person, so I made, what I think is the respectable decision of being like, you know what, I will match with someone else. , I wished her the best, but that date did help me be like, oh yeah, I am still in control.

Samantha Baines16:43

I remember initially I was just like, yeah, just attention. I'll have a snog, sure, you seem terrible, but you want to snog me? Let's go. At some point you get to the stage where like, I'd quite like to have a conversation with you though as well. So it sounds like you got there early, so congrats.

Steve Hoftstetter17:01

I appreciate that. But there were bumps in the road, of course and also I'm an optimist and I tend to try to see the best in people. And, sometimes I was certainly wrong, but you live and you learn and that's part of it. That's another lesson I think from divorce is that you are the protagonist in your own story. We're taught in relationships that, you need to compromise, you need to compromise, you need to compromise, and that's true, but what you don't need to do is sacrifice. And I think a lot of people mistake those for each other. Compromise is equal. Compromise is two people coming together. It's not one person giving up on what they want out of life for the other person's happiness. And that's part of what you were saying earlier about the love conquers all is kind of garbage. Learning the difference between compromise and sacrifice was very important. If two people want to go get something to eat and , one of them wants to get Chinese food and the other one wants to get Italian and you go, okay, well, we can't go to a place that has both. So let's find a cuisine that we both like not, Hey, I know you're allergic to dairy, so you're just going to come with me, get Italian food and get plain pasta that's sacrifice as opposed to compromise.

Samantha Baines18:10

I had a lot of food arguments in my marriage.... I just wanted to go back to what you said about, your friend helped you on the dating apps and then you help someone else. How did it feel to suddenly be the person who was doing the helping and you're suddenly this dating guru. Did it feel like a bit of a marker in your recovery?

Steve Hoftstetter18:31

It did and I had one friend who got divorced, who felt really awful about it in the beginning. He was very, very sad for a couple of months, and now he refers to it as the best gift she ever got him. Because he's just much happier than he was. And they were just better off not being together and being able to teach those lessons to friends, I think does help. There's one person, who's a friend of mine who was supposed to be like a business contact, but on our first call, it came up and we started talking about it and he was facing it and clearly scared. And we ended up talking for four hours and, I was able to walk him through everything. There's a bunch of little bits of advice that I've gotten from people through mine that I can give to other people. This is something you have to tell someone before they even get married, don't get married to someone you wouldn't be willing to get divorced from. Divorce does happen. It's fairly common. And if you have a relationship where you're like, yeah, we fight a ton, but the passion's amazing. It's like, what's divorce going to be because that's going to be a nightmare. And I was very lucky in that my ex is someone who is a kind upstanding person we're just not each other's people. The other thing, and this is just logistical advice I got from a friend, which I value very much. I believe is important. When you're getting divorced, do everything you can to get everything settled before the other person starts dating. Even if you have to compromise on some things that you want when you're splitting up. Because as soon as they start dating someone, they will have a person in their ear who they appreciate who hates you. And you need to get things settled with that person before they're getting advice from someone who wants you dead.

Samantha Baines20:12

Yeah, definitely. Cause I, I didn't do that. And also I feel like when the other person gets that person in their ear it also means their priorities change and they feel that sort of safe unit again. They're not thinking about your past relationship anymore. They're thinking what can I get for this new life

Steve Hoftstetter20:32

? If the person that you've divorced is a wonderful person, the person that they're with they want you out of the picture. They want you to not exist, but you need to settle things before they're listening to someone who, frankly, doesn't like you. There was someone I think she went out with once or twice after we divorced, who I guess was pissed off that she and I hadn't been public about it yet. He went in and changed my Wikipedia to say that I was divorced. And that is how my niece found out. Because my niece was a teenager at the time and she was trying to show a friend of hers oh, my uncle is a comedian let me show you this stuff. And so she Googled and Wikipedia will come up and it says, my name and you're divorced. And it's because some jealous, small idiot. Was upset about it. And that's part of why, I'm not dishing on her because that, ain't what she signed up for.

Samantha Baines21:20

That's just really lovely of you, I set-up a podcast. to talk about it!

Steve Hoftstetter21:27

You might have a different relationship in post relationship. I know people who their exes deserve that. But the way that I put it is, we had a wonderful love story that had an expiration. She's a great person, she ain't my person and she's engaged now and, I wish them the best and I hope everything works out.

Samantha Baines21:46

Well, you seem very nice about all of this.

Steve Hoftstetter21:50

Well, I'm happy with my life now. It's a weird thing to say, but I highly recommend divorce. A lot of people don't want to do divorce. They'll break up with someone, but they don't want to go through divorce. It's just a breakup with paperwork.

Samantha Baines22:02

It's so nice that your friends with your ex and you wish them well. How do you go about being friends with your ex. Cause I feel like my divorce started amicably. Then I felt like I really needed this period of anger and throw post addressed to him across the room. And then I needed to go through the sadness and not talk to him for ages. And now I'm more in a place of like, I'm just happy and , I'm glad I got divorced and I feel if that ever was a time for us to be friends now would be the initiation time. How did you go about the friendship? Was it throughout, or did you have that break?

Steve Hoftstetter22:43

Well, , we don't go get meals together or anything. I've probably seen her four or five times since we got divorced, but I still trust her implicitly. I trust her so much to the point where she does my books. She has access to my bank accounts. That's how much I trust her. And so I don't have any advice for anyone else on that, because it really just depends on what you feel about the person.

Samantha Baines23:08

You mentioned earlier about, someone changing your Wikipedia and being written about

Steve Hoftstetter23:14

... Yeah. But we've all dated idiots...

Samantha Baines23:17

Yeah, probably me more than most. How is it going through something traumatic being in the public? Do you feel particularly protective of your life in that way?

Steve Hoftstetter23:29

I have been very clear with my fans of my boundaries and I think that for the most part, they get respected. Oh, here's a fun story... there was someone on Bumble, I get this message from my ex. That says she got contacted by this girl saying that she matched with you and then she looked you up and saw you were married. And so she contacted me to give me the heads up. . And this is like two, three years after I divorced. I just texted back and I go, you're welcome to tell her whatever the hell you want, I genuinely don't know who this person is. I didn't match with anyone with that name, and I apologized. So then she messages the person back and goes, we've been divorced for a couple of years. I have nothing to do with this. Leave me out of it, have a good day. So then I suddenly get a match from someone with that name. And I'm like, oh, imagine doing your due diligence like that on everyone who's ever swiped you that's insane. But she apparently is very bad at Google because one of the suggestions that would come up would be like Steve Hofstetter wife. But if you actually click on it, you can see I'm divorced, I mean, my niece saw that I was divorced, so she did enough homework to find my ex-wife's name, but not bothered to do the research to be like, I wonder if he is divorced or separated. And so she messages me and I write back and I go, I know you contacted my ex today, which is wholly inappropriate. I have absolutely no interest in ever hearing from you.

Samantha Baines24:58

Well, it's funny because I've been on dates before and people have clearly read my Wikipedia and then mentioned. So they started mentioning weird things and afterwards I was like, what was that? And then I discovered that is cause it's on my Wikipedia. How do you not get Googled? Or do you think it's good to Google people before you date?

Steve Hofstetter25:17

For the most part, I don't Google anyone before I meet them. And it's funny because when I meet someone and we exchange numbers, I always asked for last name and the common response is, so you can Google me? And I'm like, no. So I can have you on my phone as a full human being. So your name doesn't have the word Bumble after it, in my phone, because I think that's disrespectful.

Samantha Baines25:36

It needs Bumble after it for the first three dates.

Steve Hofstetter25:40

I think that it's different when it's a guy, because I do like that. I am Google-able because that makes me less terrifying to people. I understand that when you're going out with a strange man you're literally risking your life every time. And so knowing, that I have a very extensive paper trail, I think helps a little bit. I probably have it easier than, someone

like Ben Affleck uses a dating app. I think he probably has a harder time and an easier time.

Samantha Baines26:06

I mean, obviously we are two privileged people talking about our Wikipedia, but I think a lot of people will be able to relate to the should I Google my date before I meet them? Do you look them up or just see what happens?

Steve Hoftstetter26:18

Almost everyone is Google-able no matter what you do for a living. Almost everyone between social media and professional, social media, like LinkedIn or something like that. If someone is not Google-able, that's a cause for concern for me. It's always weird to me when someone's like I have zero social media. I'm like, What are you hiding from?

Samantha Baines26:37

What are you doing with your life? What do you do when you're on the loo?

Steve Hoftstetter26:41

Are you productive? That's weird. We all have our easily accessible pasts and I think having those that's kind of helpful because dating profiles are so curated. I like to ask someone for their Instagram or their Facebook, just to see a little bit more about who they actually are instead of who they are at the exact right angle.

Samantha Baines27:01

That is one of my problems with dating, because I'm a comedian on Instagram. It's not all good angles. It's actually quite a lot of really bad angles. When I'm going on a first date I don't necessarily want you to see me trying to get out of a swimming pool and looking a little bit like a beached whale you know, maybe save it for the second date.

Steve Hoftstetter27:18

But that's also the thing. I do want people to see that. And I do want to be able to see that because I think a lot of people make the mistake of trying to get as many first dates as possible. And I think the key is trying to get as many second dates as possible. Tricking someone into dating you because you showed them the best version of you is the same thing as lying on your resume. What happens when you show up for the job and you don't know how to turn on your computer, you can't work in I.T. There's an element of honesty that I think is needed.

Samantha Baines27:47

I think also too, to appeal to someone, first of all, you need to show them the best and then you can sell it a bit more when you meet them with your personality?

Steve Hoftstetter27:57

There are people who find redheads very attractive and there are people who will never do. And I don't want to try to date that second group because it ain't going to work out. And so if there is someone who needs like a bodybuilder type, that ain't me. There are certain physical attributes I can not do anything about. There are things that I want to know about other people. There are things , that I'm interested in, where if someone's entire Instagram is just them fall down drunk all the time I'm like, well, you're going to hate me because I'm sober and I don't go party. My ideal night is watching three episodes of Doctor Who. I don't want to go on a first date with someone and be like, well, But what are their good qualities? What can we match with? Because that's what leads to divorce.

Samantha Baines28:44

Are you still single? Cause I feel like a lot of people gonna message you down, be like, I'll watch three episodes of Doctor Who with you!

Steve Hoftstetter28:53

I think that every one of us is casting and sometimes you're right for the part and sometimes you're not. And I think a lot of the problem that people have with dating and especially post divorce is taking things personally, taking, not being a match for someone personally. And you can't do that. You have , to understand that you're not a match for them and that's not necessarily a reflection on you. Now that said you should always try to better yourself in life in general. I hate that stupid. If they don't love me at my worst, they don't deserve me at my best., No work on yourself. Come on.

Samantha Baines29:27

Whoa. My worst is still very appealing. I will have, you know

Steve Hoftstetter29:33

. As long as your worst and your best are very far apart, that's important. Everybody deserves a bad day, but you still need to be a tolerable person , at your worst. I don't know if I ever didn't have a roommate before my divorce . Having your own space and learning to take care of your own space and take pride in that space, I think is something that I learned after the divorce. I didn't start working out until after I got divorced. There, there are a lot of things that I have gotten better at, because I realized , oh yeah, this is part of why it happened and I don't want it to happen again.

Samantha Baines30:10

Well, you've been a joy to talk to. Thank you so much. If anyone is listening and it's just happened it all feels too much. Do you have any words of wisdom or comfort even?

Steve Hoftstetter30:25

There is something glorious about being single. As much as we get told, we need to couple off, we need to couple off, we need a couple off. Some of the best advice I got when I was considering it was, I asked a friend of mine about it cause she was divorced and I was like, are you, you seem okay, what's going on? And she said, the thing that people are terrified of is dying alone. But the reality is you always die alone. Every one of us does that's being human. And so when you accept that, when you accept that you are responsible for yourself from the time that you can be autonomous until the time you die, that's when you can actually find somebody else. And you need to learn that there's comfort in that. And so while it is wonderful to find your person , there is something amazing in being able to do what you want when you want it. Have no one judge you for it, be proud of it. And if you are going through that moment of everything is bad and I'm so sad first of all, I don't think you're mourning the person that you lost. I think your mourning what you thought the relationship was going to be. You're mourning, the ghost of the relationship. , I very much do recommend exercise it is very good for you physically and mentally. But also I recommend you thinking about a restaurant that your spouse never wanted to go to and go there and get whatever the hell you want. And feel good about it and think about a show or a movie they didn't want to watch. Think about your independence and the stuff that you want it to be independent about and do those things put on the music you like and you'll realize it ain't bad.

Samantha Baines32:08

Yes, please. I'm going to go and put on a sequin jacket and dance around my kitchen to Cher now. That's just how I spend most of my evenings though. Thank you so much!

Steve Hoftstetter32:17

Thank you. Samantha was a pleasure.