

EPISODE 19

[INTRODUCTION]

[0:00:01] AS: You know battling food and your body doesn't work. You want to love and accept yourself. And because you're insatiable, you want results too. And wouldn't you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that's your prime time to thrive. We're here to say "YES!" to the hunger of wanting it all. I'm your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting and find a truce with food.

[0:00:44] JB: And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTERVIEW]

[0:00:52] JB: Welcome to the Insatiable Podcast. This is Episode 19 with the sex therapist Morgan Forer. We're going to be talking a lot about body image and intimacy and what exactly a sex therapist does. Morgan is a licensed psychotherapist and a certified sex therapist in the State of Florida. She received her dual master's degrees from the University of Pennsylvania in social work and bio ethics and her undergraduate degree from the University of Michigan.

She also completed a post graduate fellowship at the Yale Child Study Center at Yale University at child and family therapy. She has been practicing therapy in a variety of settings for 10 years and has been in private practice engaging in therapy and sexual consultation for over five years. Morgan is passionate about her work with individuals and couples in many ways but her specialty is treating issues relating to sexual activity, sexuality, sexual dysfunction, sex and communication, and new parents and sexual activity.

This is what I love Morgan, in addition you also enjoy providing luxury for parents and adolescents about talking about sex together in an open and comfortable way. As a certified sex

therapist and relationship and sexual health consultant, Morgan currently conducts in person Skype and phone sessions, and Morgan what I love about on the later part of that is just I wish I had someone as cool as you talking about sex with me when I was young.

[0:02:20] MF: Well thank you Juliet. I'm sure you did just fine though not to worry.

[0:02:24] JB: I remember the moment, it was in 5th grade when we had a sex education counsellor come in and talk to us about sex and I remember it just being really, really bizarre and feeling so confused when I got home so.

[0:02:38] MF: So you're not alone and that's one of the reasons why I love what I do. I really get to talk to administrators and educators and parents and kids and adolescents about something that shouldn't be so awkward and hopefully, I help everybody have open communication and a conversation about a really natural normal thing.

[0:02:56] JB: Yeah definitely. Ali, do you remember when you had sex education?

[0:03:00] AS: Yeah, I remember it actually in, I think it was in high school and I remember it being awkward because our teacher who was our health teacher, I also played softball with his daughter and I remember being like, "Oh this is weird," and then my dad actually was a health and physical ed teacher in middle school and I would always know when they were having I guess the sex or whatever talk is because there would be tampons in our bathroom. He would just place them there like that was part of the medical and then that was it. Like there was no mention of them or you just knew that, "Oh that was that time," right?

[0:03:33] JB: What's so funny is I think what you learned at such a young age, you're so impressionable so it really sticks with you like for example, that one sex educational talk that I had, I remember the guy talking about an orgasm and he was saying that, well he said two analogies to describe what an orgasm should be like. He said it should be like licking your favorite ice cream cone and I was like, "Uh?"

[0:03:57] AS: What?

[0:03:58] JB: Yeah, I know.

[0:03:59] MF: I hope it's better than that, but okay.

[0:04:00] JB: I swear to God and the other thing he said is it feels like when you really, really have to sneeze and then you finally do and it's like very relieving. So can you imagine? I'm 10 years old and I go home and I'm like, "Orgasms, ice cream and sneezes".

[0:04:17] AS: Well Morgan when you said, "I hope it's better than that," it makes me think why so many people are eating ice cream instead of having sex.

[0:04:23] MF: There you go and it should be better than eating ice cream so there you go but Juliet, you're absolutely right and that's why I feel very lucky to do what I do because people come with me at a variety of ages, old, young and somewhere in the middle and their experiences in life, both sexual and non-sexual, really do inform their sexuality and their sexual experiences and so I feel lucky that I get to help people explore that part.

Not only about body image and with their partners or individually but just on a basis of how you were raised and was sex talked about in your house or was it not talked about in your house? So those are all really important things to think about when you think about sex therapy and how you want to address this with your partner, yourself, and or your children.

[0:05:09] JB: Yeah, so are there different kinds of sex therapists? Because I think that some people if you said like a sex therapist, you might think someone who's had like sexual abuse versus other it might be couple's counselling. So what is a sex therapist?

[0:05:24] MF: I was going to say, let's define that a little bit. So as a psychotherapist and you have to be a psychotherapist in order to be a sex therapist. Every state is different. Some have stricter laws or not for example in Florida, you have to do a two year course to call yourself a licensed sex therapist. So I've had very specific training on this.

So all psychotherapists can deal with someone who's had sexual abuse or trauma that sort of thing. A sex therapist does deal with that or can deal with that. However, I'm usually seeing

more issues that either couples are having like let's say erectile dysfunction or maybe a woman is feeling what's called dyspareunia, which is pain when she has sex and that can be related to anxiety or not.

There are also some medical issues. So I'm sort of seeing more of the medical aspects of sex. I do see sexual abuse victims but again, that doesn't necessarily require a sex therapist and often times, I am an addition. So let's say you go see a therapist and then you and your partner want to see a sex therapist for 10 sessions to talk about the fact that one of you doesn't like to be naked.

So I sometimes will come in, do 10 sessions with the couple while you're still seeing another therapist talk about these very specific issues and then you go on your way hopefully when that's resolved and move along with your life.

[0:06:42] JB: So when you were saying that you see couples because one of them doesn't like to be naked during sex, right there I'm just like, "Oh my God, we could talk about that for the entire podcast," I feel like because with what Ali and I do all the time with helping women with emotional eating and body image, I feel like that's such a big thing and it was for me when I had a lot of body image issues.

I was not allowing myself to enjoy sex ever because I just didn't like being naked and even taking a shower because I didn't like being naked. So I bet you probably have a lot of women who have that, or men too, that have that same experience.

[0:07:19] MF: I do have both. It's men and women and this is actually a very common thing and I do want to say that when we talk about sex and sexual activity, there is no norm. There is no typical, everybody is different and I think it is important to see that because what one person might be thinking about when they're naked is very different than anyone else.

And so in those situations, some things we do is talk about, "Well what will make you feel comfortable?" Because ultimately, sex is a mind-body connection. Don't believe anything else you hear and it is about your mind and your body synching up at the same time as well as

communication. So you need to be able to communicate whether it's by yourself, masturbation or with a partner, what makes you comfortable.

So maybe you're not ready to be fully naked. Maybe you need to have sex with a bra on. Maybe you're going to start with something called sensei focused massage which is the two of you, let's say you are doing this with a partner. The two of you are going to be either in a bra and underwear, or boxers, or whatever or even more clothes than that and you're going to just start off with touching each other in a non-sexual way and a more massage way.

There are a lot of ways in which to address that but the real work goes into figuring out why you're not comfortable in your own skin and how to address that and you have to address that I believe in a therapeutic way because that of course goes much deeper than just not wanting to be naked in front of your partner.

[0:08:40] JB: Yeah, definitely.

[0:08:42] AS: I love that. So you're saying that's a symptom of something else not the issue in it of itself which is really important for people because if you've had body image issues forever, you think it's just how you are and not a symptom.

[0:08:53] MF: Right, correct and the work that I do is very specific and that I deal with the sexual piece of this but I also am a trained therapist and I think that's important to go to somebody for sexual issues who is a trained therapist because it's not just about the sex. It's about all the other things, all the stuff you bring to the table, the stuff your partner brings to the table and yes, if you're someone who's had an eating disorder or if you have body image issues.

Or who do you know who doesn't have some sort of body image issue? You really need to address that on a deeper level not just on, "Oh I feel chunky today and I don't want to get naked." It's much deeper than that.

[0:09:30] AS: I love that you said that there's no good or bad because I know a lot of my clients end up sabotaging themselves with food over being — things in life being good or bad but what

stops them often from dating or putting themselves out there into their quote at their goal weight is this idea of like, “I’m going to be good or bad in bed,” or, “I’m going to look good or bad,” and so to know that there is no norm around sexuality, I’m just really glad you brought that up.

[0:10:02] MF: The biggest question I get when people first come into my office usually couples is, “What is the normal? How many times a week or how many times a month should we be having sex?” And my response back is, “There is no normal. What is normal for the two of you? If you used to have sex 14 times a day, that’s your norm. If you used to have sex once a month, that’s your norm.”

I think that you can really put that to sexual issue or any sexual thought because again, you have to identify what is typical for you and what’s comfortable for you. It’s the same thing. There’s — Baskin Robins, there’s however many flavors? 36 flavors for a reason because not everybody needs and wants the same thing and I think that that’s true with that.

[0:10:43] JB: Now you sound like my sex ed teacher Morgan.

[0:10:46] MF: There you go.

[0:10:47] AS: We’re back to the ice cream.

[0:10:48] JB: Do you guys talk about ice cream in your training?

[0:10:52] MF: No and let’s hope that the orgasm is better than the ice cream. I just want to reiterate that.

[0:10:56] JB: But are there red flags with how often you’re having sex?

[0:11:02] AS: Or how often you’re feeling sexual?

[0:11:04] JB: Yeah, that too.

[0:11:05] MF: That’s a different thing.

[0:11:06] JB: You know what I mean? Like if a couple comes in and they don't have sex, it's been a year, you know what I mean? But would you think, "Oh there is something going on in this relationship," or could that be their norm, that they have sex once a year maybe?

[0:11:20] MF: So let's also see that sex and intimacy are completely linked so yes to answer both of your questions; there are sort of warning signs or signs that something maybe isn't going as well as it could be but to me, it's less important how often you're having sex and more important about the intimacy. As people age, sometimes they have less sex, sometimes they don't but if you're still engaging in intimate activities and whatever that means, because that is different for every couple, then that's okay.

You're coming in and the couple is talking about the fact that they have four kids, they never have any sex, they don't have any time together, they don't do anything together and they don't enjoy spending together, the disconnect is intimacy and the sex becomes again just a symptom or just a physical sign that they're not connecting because who wants to hop in bed with somebody who they don't feel intimate with. Who wants to hold someone's hand if they don't feel intimate with?

[0:12:11] AS: This is a really good point because I think you brought up that they aren't linked but I think a lot of people link them and then I think people always think intimacy means sex when often and this is often the root cause of overeating, is not having intimacy in your life, emotional intimacy showing up as you are. So can you talk about how you define intimacy and the difference there because they aren't linked but I think a lot of people link them?

[0:12:36] MF: So I agree with you. They are completely different. The easiest way to describe it is, sex is a physical act and when I say sex or sexual activity, I'm talking about anything from hand holding, kissing, oral sex to sexual intercourse so it runs the gamut but when you think about sexual activity it's physical. When you think about intimacy, intimacy is what we're really all striving for.

And you're absolutely right Ali, with whether you are talking about food or your friends or your family or your partner, it's an emotional feeling. A feeling deeply connected to somebody. That

idea of feeling so comfortable, you can be who you are, you can say what you want and so when you then think about linking them in that moment of “okay, I’m going to hop into bed with you whether I hold your hand or have sexual intercourse with you,” don’t you want to be so deeply connected to that person with you or wouldn’t be the sexual experience be better if you did feel that comfortable?

[0:13:31] AS: Yeah, so that’s probably when people want to project it on their body image but really it’s about being open to the emotional intimacy I guess is what you’re saying?

[0:13:41] MF: Correct.

[0:13:42] AS: And I always help my clients see that how they eat is a metaphor for how they live and I think food is actually the most intimate relationship we’ll ever have because what we eat literally becomes our bones, our blood, our hair like there is nothing more intimate than becoming who you are so it’s a total metaphor of how comfortable I think people are with intimacy or whatnot.

[0:14:05] MF: And I agree with you. I think intimacy expands the gamut of who we are and again, you can relate it to food, you can relate it to sex, you can relate it to anything. It’s barely to self-esteem as well. Usually you’ll find that people who have more positive experiences with intimacy have higher self-esteem, feel better about themselves so yes, I think you’re spot on there.

[0:14:25] JB: Now for those who are having really good experiences with intimacy, yet they have low libido for example because I’m sure that’s something that you’ll have patients come to you with that?

[0:14:36] AS: Do you think it’s about nutrition? Oh sorry, I totally butted in.

[0:14:39] JB: No, you’re fine. Yeah, how do you work with the low libido thing trying to figure out where it stems from even if they’re having intimacy?

[0:14:46] MF: Sure, again everybody is different and I address everybody differently but when people come into my office and I'm assessing, I have to assess for several things and there are several things that can cause low libido which is lack of desire if you will for sexual activity and you want to look at things like are you wanting to masturbate on your own but you're not willing to engage in sexual activity with anything else?

Are you taking any medicine? Do you have any medical problems? How's your eating? How's your exercise? So all of these things are related to that and in terms of how you deal with them, it depends on what the person comes to the table with. I think a good example would be if a couple comes and often, I hear that men want to have more sex than woman.

We'll just put that stereotype out there for one second and so if the woman libido is lower than the man, how do address that and how does it thought about in the couple as well as the individual scenario. So is she not interested in having sex with her partner because something happened or maybe she's angry or is she not interested because it's painful when she has sex.

There's lot of reasons why your desire will ebb and flow of varying times in your life but I think again it's important to figure out what's going on because that's how we find the answer to helping somebody fix it so to speak.

[0:16:03] AS: I love it. So that again, your desire isn't good or bad but it's almost like you have to know what your pattern is and then know it's a symptom if it's waxing or waning I guess I should say.

[0:16:12] MF: Correct and I also think that we as a society really have such pressure to be sexual beings.

[0:16:18] AS: Oh especially women, we're objectified.

[0:16:21] MF: Especially women and sex is great, don't get me wrong however, everybody feels differently about this and there is some people who are just more sexual than others, who are more comfortable than others, men and women and it doesn't matter if you're in a straight relationship or poly-relationship or whatever it is but it's important to really figure out what you

want as compared to what you think you're supposed to want and I think that's a big piece of what your partner wants as compared to what you want.

[0:16:48] JB: And then being able to really openly communicate with your partner so that you understand each other's sexual desires because they might be different.

[0:16:57] MF: Yes, they usually are different. It's rare that they're exactly the same.

[0:17:01] JB: Yeah, for sure.

[0:17:02] AS: Well that's important to talk about because please expand upon that because a lot of people, my clients they may think like, "Oh," they feel like misunderstood in a way when really it's almost like that levelling which is blocked. Everyone has a different way that they experience love. So can you talk about that a little Morgan?

[0:17:21] MF: Yeah and I think its two fold again because I think it's how you understand and experience yourself. You have to know that but yes, we tend to project all of our stuff onto our partner often, maybe not always but if you think that your partner wants sex, let's say sexual intercourse five times a week, that maybe true and that might not be true.

So you might be killing yourself here to get in bed five nights a week when in actuality, your partner might be fine with once a week and that's where the communication comes in to sort of figure it out and I think that it's unrealistic to think that you and someone else, anyone else are going to be exactly in sync all the time about your sexual fantasies and desires. It's not realistic.

[0:18:06] AS: I think a lot of women might not even know, like to your point, what do I really want versus what I'm supposed to want and women aren't exactly encouraged to explore their sexuality, that's why because then you're a slut or a whore or whatever the word of the day is that they're slamming women with but I wonder if most women even know what their sexual preferences are?

[0:18:27] MF: Most women do not actually and in my clinical experience, I don't have research today to back that up but in my clinical experience, most women don't and part of the work that I

sometimes do with women is, do you masturbate? Do you watch pornography? What do you enjoy? What turns you on? That's a huge thing that when a couple figures out, "Oh we need to use a vibrator in bed."

[0:18:49] AS: I was thinking you've taken out the trash? Woo-hoo, okay.

[0:18:54] JB: Hey everyone has a fantasy Ali.

[0:18:57] MF: To be honest, no Ali you're totally right. If you have 17 kids, taking out the trash is a turn on. There are some things that people think are taboo that are so not taboo. If you need a toy in bed because for a woman, the only way that you can have an orgasm is through your clitoris. There is nothing wrong with that. However, we as a society don't always talk about that or say that that's okay.

Then it leaves both partners feeling like, "Well, I can't make my partner happy unless we use the toy so I'm a failure" and then consequently the women also feels, "Well why isn't my body working other than with the toy?" but if that what works for you and that's what gets everybody to where they need to be then what's wrong with that?

[0:19:41] JB: Yeah like you're saying there's just so many expectations that people have with sex that it's supposed to be one way. Like you were saying a man feeling disappointed because you can't stimulate a woman and you need a toy or vice versa but if we just all accepted that but everyone is different with our partner that you're still there with them when it's happening. You're still a part of the process so it's okay.

[0:20:05] AS: Well and I also think then what happens is, there may be issues and then the woman's narrative always comes back to what if I was thinner or if I had a better body.

[0:20:15] JB: Yeah, if I was more attractive to my partner.

[0:20:18] AS: Yeah, I feel like that gets plain on that rather than, "Hey, we got to find an alignment hers."

[0:20:24] MF: And I think that's true. I think that's what's really important, to always constantly work on your self-esteem, your body image, how you feel about yourself because if you're feeling good about yourself, those thoughts may come and go but they're not going to stick where if you're having a particularly bad day or if you have body image issues or self-esteem issues or issues specifically with food, that's harder to get out of your head.

Once again, you're sexual activity went to your brain, if you can't get it out of your head, it's deeply difficult to relax in bed no matter how much desire you have, no matter how much libido and no how matter how much intimacy you have.

[0:21:03] JB: Yeah, like you're saying, if you're in your head, you can't relax enough to feel pleasure. I think of sex almost as a meditation because if you can clear your mind and you can just focus on the sensations, you're actually killing two birds with one stone. You are getting sexual pleasure and you're also finding some sort of meditative state. Do you agree with that a little bit Morgan?

[0:21:29] MF: I do. There is something called guided imagery that is used with cognitive behavioral therapy and it's the idea that your brain doesn't know the difference between you thinking about being somewhere and you actually being in that place and for some people, they need to do some guided imagery where they use all five of their senses and they go to another place in order to calm themselves and really be present in the moment.

If you're someone who's high anxiety for example, that can be really difficult or if you're a mom and you just can't shut it off at the end of the day, that's another reason or maybe you run a business and that's all you think about. So again, you have to be able to not to disassociate necessarily but be able to give your brain the space to engage on what's going on in that present moment.

[0:22:15] JB: Well let's talk about fantasies for a second.

[0:22:18] MF: My favorite, yeah.

[0:22:19] JB: Yeah, you are having sex with your partner and you're fantasizing about someone else whether it would be an ex-boyfriend or a made up person or a woman or whoever it maybe that's turning you on and I feel like there's probably a lot of guilt around that.

[0:22:35] MF: I think it depends. I think that we as a society are exposed to or told sometimes that we're supposed to be focused on exactly who we are with in bed and this, I feel the same way about the toys. If you want to focus on firemen and firemen make you hot and bothered and all excited, whether your partner knows that or not, why is that not okay?

You're still with your partner, you are not cheating on your partner but it will be the same thing if your partner were to put in a porn DVD, I guess nobody uses DVD anymore but you know what I mean. You can live stream it, there you go but why is that different? I think that again, that's about communication e going to communicate that with your partner, maybe not and I think that this is only my opinion.

Some people might differ or say other things about it. I think again if that's what helps you relax and enjoy yourself then there's nothing wrong with a good fantasy.

[0:23:28] JB: Because at the end of the day, that is what it's about. It should be fun. Sex should be a fun freeing type of activity.

[0:23:35] MF: It should feel good, yes.

[0:23:37] AS: Well, if we back up a little bit Morgan, you were talking about a lot of women don't know what turns them on or what works for them and again, it may not be only for sex. It maybe just hand holding or whatever but do you find that also once a woman understands what works for her and understands what it takes for her to orgasm or whatever she needs, that that provides a lot of self-esteem?

[0:24:01] MF: Yes. I think you hit the nail on the head. I think that I see a lot of women in their 20's and 30's who have never had an orgasm and if they in fact are able to get to a place where they are having an orgasm whether it's by themselves or with a partner, there is a whole other level of self-understanding and it's even less about the partner but more about the fact that —

because I think in our society, if you don't have orgasms, the goal often is the orgasm so you feel broken if you're not having an orgasm.

Or the sexual experience with people even if you watch Sex and the City. I feel like it was always about who had the orgasm and who gave the orgasm to who and that's not always the goal but I think we tell ourselves that. I think that it's a good thing and a bad thing that it does improve self-esteem.

I think on the one hand for somebody with body image issues, you feel like, "Okay, my body is working. I'm able to provide pleasure for myself" or someone else can provide pleasure for me. On the other hand, it's not the only goal of sexual activity or shouldn't be the only goal of sexual activity. It's not a race. We're not in this to win it so to speak.

[0:25:08] AS: I love that you said that because you're shifting the focus from either what's good to someone else to what's good for me and not that the two are mutually exclusive but I think there is that self-esteem does not come from, "Oh you're good enough, you're pretty enough." It comes from self-efficacy, from feeling mastery over things.

So much of what I see at the root of body image and food issues in my practice is there's a lot to it but it's this general orientation over trying to people please which is a moving target and in that process, you lose your own preferences, your own knowing and that's really often what I find is one root source of a poor self-esteem.

You were saying we project it on our partners but we also project onto weight loss or the perfect body that then we're going to be bullet proof, then we're going to feel great, right? But it's really about self-efficacy and mastery and I think what you're saying and what sounds a lot more fun is find that through sex and what pleasures you rather than sprouts.

[0:26:05] MF: Well, correct and I think that the point to that is, you can have a really intense orgasm or not but if you just have a good time either by yourself or with somebody else, why is that not enough? Which you can of course, I'm sure, relate to food but it's the same idea. The end goal is not necessarily the weight loss or the ideal weight or the orgasm.

I think the end goal is the process and that can change overtime because our bodies change as you go through menopause. It's more difficult for women to have an orgasm and there's lots of different reasons why we should always simply focus on the orgasm.

[0:26:45] JB: Yeah and I'm thinking while you're saying this, just a lot of my clients are the all or nothing types and so it's like, "It's either I have an amazing orgasm or it doesn't count," or it's like, "Either I have the best chocolate ice cream sundae there is, I'm not gonna settle." They just don't want to settle for anything which is great in a sense but it really sets you up for being disappointed.

[0:27:08] MF: It does. The black and white thinking is unfortunately linked to type A, highly successful people. I'm sure we've all been there however it really does translate in more difficult ways when you talk about food, body image, sex, relationships, communication because you're not giving yourself any leeway and these are all areas, although I'm not a food expert, I know enough to know that these are all areas that you can't be black and white. It's not all or nothing and there has to be a lot of grey area and maybe you would both argue, it's mostly grey for that matter.

[0:27:39] AS: Oh completely. I think the idea that you're even like success/failure, I think that is so false. Success is different for everyone and failure if you learn from it, it's not. The language we use is so important because it implies so many different things, which is why I love what you said there is no normal, right? Because if you have a normal, then there is a judgment of if you're all or nothing but if there is no normal with sexuality then what does it mean, "You're all or nothing"?

[0:28:05] JB: Yeah and I am just thinking about...

[0:28:06] MF: Nothing, it means nothing then.

[0:28:07] AS: Right.

[0:28:08] JB: Yeah and I'm just thinking about conversations that I've even had with girl friends of mine. They have been in monogamous relationships for a very long time, some are married,

some might have kids and this conversation always arises of, “Well how many times week are you and your partner are having sex?” And then everybody goes around the table and like, says something, and everyone is so scared to say the wrong thing.

[0:28:31] MF: This is my least favorite dinner conversation with your girlfriends because I believe half the time everyone at the table is lying. The other part of me feels that, “Why should you know Suzy Q, your best friend’s sexual intimacy routine? Are you coming over to check on it?”

[0:28:47] AS: Do you want to join?

[0:28:48] MF: Right, exactly and the other things is then it sets up this, “Well, she’s doing it this amount of times and I’m only doing it this amount of time,” and instead, I’d rather have a conversation about how to give great oral sex or how to increase intimacy with your partner or how can we each take our kids once a week so you can go to the movies with your spouse? I think there are so many other productive ways to frame those fun conversations whether it means to you or not but it turns into this competitive bizzarro conversation.

[0:29:22] JB: Yeah, it’s almost like when women get together and talk about their diets, “Oh what do you do? What are you doing,” you know?

[0:29:28] AS: So Morgan, one of the things that you said if I go back to the beginning of the conversation which I think is really interesting is again, getting out of the all or nothing mindset. It doesn’t mean that you have to be completely naked, right? So if someone is struggling with body image issues and what you said is this mind-body connection.

You have to get out of your head but if all you can do is trying to be managing, if your stomach is hanging out or whatever, what are some of the first steps that someone can do to activate that sort of connection that they need?

[0:29:58] MF: I think in relation to body image and sex, I will always start with concrete physical things because this is unlike when you’re depressed, I think sex is harder for people to wrap their head around when they need help and so I like to start with more concrete things that

make people either feel successful, I hate to use that word but it's true, or that they feel like they can do it, like it's not unachievable.

So I would say okay, let's say to your point, if you feel like your stomach is too big or however you want to say that, I would say go get a fabulous night gown or get a fabulous piece of lingerie that covers the part that you don't like. It's almost like a distraction technique and see if that makes you feel better.

I would literary start there, which is such a concrete example and it's not addressing the deep issues but to see how you feel because I think that again, we're being told socially that you have to be naked when you have sex. That's not true. I think that's where I would start and then it goes on from there with the deeper work which is what don't you like about your stomach? What's wrong with your stomach? What have you been told about it? What are the thoughts that you have about it? What are you afraid your partner is going to think about it?

I think that's the biggest thing for people if they acknowledge the projection that they think someone is going to have, often times the projection that they have is way worse than what their partner thinks. I mean eons worse so they might say to you Ali, "I think that my partner is going to be disgusted by my belly," and then I don't know in your line of work if you would see the partner or not. I would and the partner might say to this person, "What are you talking about? I don't even notice that."

Because they have done studies that men are focused much more on the erogenous zones than anything else. They literary often see breast, vaginas, tushes and that's about it. So you can know that and that's a positive thing but I also think that sometimes if you've been given that information or hearing that from your partner is helpful. It's not going to fully solve the problem immediately but it's just going to tweak everybody's feeling and hopefully mindset about it.

[0:32:02] AS: Yeah because what I think my clients, well, I know what they say is, "Well I know so and so doesn't care but I care. It bothers me," and again, it comes back to this idea that I'm going to feel more confident in some ways if I don't have the belly or the thighs or the nose. It's endless, whatever it is.

[0:32:23] MF: It is endless and the goal is hopefully and eventually whatever you look like and whoever you are, that you are maybe not even fully accepting but that you're at least mostly accepting of who you are and what you have because it's not about your partner. You're correct, I just think that when there's a partner it then compounds all the feelings.

[0:32:44] AS: Oh no.

[0:32:45] JB: Yeah, when you are with a partner who can make you feel safe, I think that is so important.

[0:32:51] MF: That's a big word, yes.

[0:32:52] JB: For women out there who are struggling with self-image or not being able to have orgasm because they're way too in their head, I think it really, really takes finding somebody who makes you feel that level of safety but I think also in order to have that level of safety or even finding that person, you need to do that self-work that you're talking about from a psychotherapist standpoint kind of going on a deeper level.

[0:33:17] MF: Well, that's the catch 22. You have to be secure enough in yourself to find the right person and then yes, when you have the right person, it helps when they're supportive and make you feel secure but I think there's also a middle ground there to not be black and white about it that maybe you're the person who wants to cover your stomach and maybe you're going to cover your stomach for a year before you even think about it.

Or maybe the two of you are going to discuss it and maybe part of it is, you saying in a very honest way, "This makes me so uncomfortable. When we have sexual intercourse, I cannot be on top. However, if I am lying on my back and my belly is flat then I will feel better about it." So there are ways in which to tweak things in that manner that it doesn't mean it's not going to go away.

It doesn't mean it's going to be perfect and it doesn't mean you're going to be develop a six pack of abs the next week but it's ways what you can address that are realistic because let's be

honest, our country most of the people that we know do have abs. They are sized, what is it, 12 or 14? You guys probably know this better than I. So a belly issue is more relevant than we all realize.

[0:34:20] AS: Yeah and one thing that I'm also thinking about too because talking about this embodied experience, right? Embodiment also means that you're aware of your environment. I mean I bet creating an environment like maybe some people feel more comfortable like they find everyone knows how to take great lighting on selfies. Figure out great lighting in the bedroom or whatever.

[0:34:39] MF: Correct.

[0:34:40] JB: Yeah, I mean everybody is so different. I have friends that it really turns them on to have sex in public places. No thank you for me.

[0:34:48] AS: I feel like that would be so stressful.

[0:34:50] JB: At some point, I was judging myself like, "Why am I not spontaneous, why don't I like that?" I am so like in my bedroom.

[0:34:59] MF: Because you're not into that, that doesn't work for you.

[0:35:02] JB: Not even on the couch, it has to be in bed, whatever works for me.

[0:35:03] MF: My greatest trick that I like to give people is people love hotel sex because hotel sex takes you out of your own environment. It's different because you feel you are not in your house, or your own bedroom, you can do different things and as you said, the lighting is usually not as good so it's darker and again, you have to figure out things or different positions or maybe you want to be in the shower or the bathtub but you have to figure out ways in which that works for you.

That doesn't happen often unless you're seeing someone who you're discussing this with because it's not often that you go to your girlfriend and say, "Well, what position were you in last

night? Maybe I should try that and I'll feel better about my body." I mean that's usually not the conversation that occurs.

[0:35:47] AS: Yeah, definitely.

[0:35:48] JB: Yeah but from your perspective, do you think that people should just start to be more open about this stuff and not have it be so taboo anymore?

[0:35:58] AS: Yeah, how do you start that conversation? I'm thinking even if you want to have that conversation with your partner about, "I don't want to be completely naked," or whatever because that's intimacy. That is really intimate.

[0:36:08] MF: It is. So one of the first things I would say is, I would suggest not having this conversation in bed or prior to engaging in any sexual activity. There is an immense amount of pressure, everybody could be all hot and bothered and instead, maybe going out to dinner or being in the privacy of your home or saying, "Let's set aside 20 minutes, there's something I want to talk about."

Because I think again, if the communication is good, you're going to feel much more comfortable whether in bed or at a restaurant, or wherever saying, "Hey, we did X, Y and Z last night and I really liked it" or "I don't like this" or "I need to address this" and so I think that the communication has to start preferably out of the bedroom. If it happens to the bedroom, it is what it is but again, I just think there is less pressure when you do it not right before you're going to engage or whenever you're going to engage in.

So I think that's one thing that I would really try to focus in on and again, I think that you also have to communicate about other things. Juliet, you know that I feel this way, I think sex and money are highly related. Sex and food are highly related. If you can't talk to your partner about these other things, how are you supposed to talk about these really physically intimate moments? Again, it's having good communication about all the other things in your relationship.

[0:37:21] JB: And the word that comes to mind is exposing yourself. I think that people are really afraid to expose who they truly are sometimes. It's like being naked, you're exposed,

talking about your finances feels very exposing, and talking about your binge eating, all of that just feels like you're showing this almost shadow side of yourself that people are very afraid to bring out to the light.

[0:37:44] MF: I agree with that completely and to go back to what Ali was asking before, listen, in my perfect world, we'd all be talking about sex and intimacy on a daily basis but I also think this is why I love the work I do with parents and adolescents because I think that when you grew up in a home where it is not a big deal to be able to go to your parents and talk about something.

Anything, whether it's drug abuse or food issues or sex, it makes you much more open in your communication patterns, which then you go to college and when your roommate leaves your shoes on the floor and it drives you nuts, you talk about it and then when you were in your first relationship and somebody does something you don't like, you talk about it and so on and so forth.

So I think that we as a society need to set up better communication but I also think that my job I feel as a sex therapist because I am passionate about it is let's help a younger generation figure out on how to have a better conversation because of all the internet and Snapchat and all these things that we deal with today, it's scary about what people are talking about or not talking about.

[0:38:48] AS: Yeah and I think sometimes why people are afraid to have the sexual intimacy conversation especially women and again, I work mainly with women but I don't think anyone loves in particular but there is this assumption that there's a conflict there. That what I want is in opposition to what the other person wants or whatnot but I think what you're saying Morgan is that like no, it's about having fun.

So this isn't a conflict like, "Oh, I didn't like this." It's not that the other person is wrong or bad, it's just we need to figure out what's right and so I think if people are hesitant to have these conversations, it's important to realize that it's not inherently conflicting. It's not like you guys are in a conflict and one person is going to win and one person is going to lose but you're both is just going to have a better experience.

[0:39:33] MF: I think that is true and I also think that again, when you're dealing with anyone other than just yourself, whether it's about sex or not, you have to compromise and so why would we think it's any different in the bedroom? You have to compromise. I mean you should never sexually do something you truly do not want to do. However, if your partner wants to stand on their head and you're willing to do that and it might not be your favorite position but if you are okay with it, maybe you compromise and stand on your head. These are the things that I think people often forget and sometimes you do need to be reminded of.

[0:40:03] AS: Yeah, can we shift gears to our single clients, okay and I don't know if I have a question about that or sometimes, I've had clients who are like, "Wow, I haven't been intimate with someone in years because I haven't been dating," or whatnot. What do you recommend to someone who wants to get back into the sexual intimacy game whether it's through dating or they're going to start up a relationship, a monogamous relationship or poly or whatever? Getting off the bench, I'm using a sports metaphor, I shouldn't but you know what I mean?

[0:40:33] JB: Get off the bench.

[0:40:35] AS: Dusting off your lady parts.

[0:40:37] JB: Getting back in the game.

[0:40:38] AS: Yeah.

[0:40:39] MF: Dusting off your lady parts, I like — there you go. So the biggest question for me when I see single women or men is, "Are you sexually active?" And then the follow up question to that is, "Are you sexually active with yourself?" And I think that that is a really important question because again, masturbation with a guy goes at 14 times a day is really normal, really typical.

[0:41:01] JB: If you guys want to have a drinking game every time Morgan says masturbation, you must have a shot of Kombucha.

[0:41:08] MF: There you go, so I think again though, you look at two and three year olds that is a natural process that they go to, they have their hands in their pants. This is something that happens as early as that age. That's one way as you might say Ali to dust off your lady parts and really get familiar with your body and also sometimes, not for everybody, that helps woman gain some more sexual desire because once they're turned back on even if it's just with themselves that's helpful.

I also think in terms of knowing what you want sexually when you're going to start dating again is really important. Are you into a one night stand? Are you not into a one night stand? Will you only have any sexual intimacy if you've gone on three dates? What's your limit? Do you have a limit? Will you perform oral sex, will you not? I think that really understanding what you want and what you won't do are important and also knowing what you're looking for. Are you okay?

[0:42:07] JB: I feel like you are kind of making that up as you go along, which is okay. You might not know these answers right away. You might have to feel it out and maybe have a one night stand and be like, that wasn't for me.

[0:42:20] AS: Or I wonder if people know but I think though Morgan, what I like what you're saying is that know what you need to feel safe right?

[0:42:28] MF: Yes.

[0:42:29] AS: To have that prepared because I think a lot of people again, when you're on dating, you start thinking, "What do I have to do to be liked?" Versus even questioning, "Do I like this person at all? I don't even know this person," right? Especially I feel like again, this unwritten assumption that if you're over 30 or something, no one is coming back to your apartment to feel your boobs, right?

[0:42:52] MF: Which I agree with you. I think that's such a societal norm that we've created and I think that is so untrue. I think it depends on who you're bringing back to your apartment. There is some people who are going to expect for you to stand on your head and there are other people who might really come for the glass of wine.

Again, if you know your limits very clearly, I think that that helps and Juliet, I agree with you. I think that sometimes sexually we're all moving targets because your hormones take over or you like someone more than you thought you would or whatever it is but I do think that we're all on some level. If you know yourself even a little bit, you know some of the parameters. You may not know all of them but if you dig deeper even a little deep, you know some of your own parameters.

[0:43:33] JB: So let's just back up a little bit and take another Kombucha shot because I am about to say, how important is masturbation? On what level is that of importance for you when you're talking to people about sex?

[0:43:45] AS: Like if it was a vitamin, should you take it three times a day?

[0:43:50] MF: So let me remind you there is no typical or normal amount of times to masturbate. Again, it depends on who we're talking to. Often times for couples, let's shift back to that for one second, if a couple agrees that they're going to have sex once a week and that works for both of them but let's say the husband would like to have sex more than that and the wife is not ready for that or the partner is not ready for that, then maybe masturbation, once or twice is okay and that works.

That is a nice combination of how to make everybody happy. I think if you're single, it depends. "Are you having the urge to masturbate every day? Okay, great," and again, I think it's such a hard thing to nail down. If it were a vitamin, would I tell people to take it every day? Maybe but I also think that that's quite judgmental of me because I happen to think that it is linked and connected, and it does get everybody's juices flowing again. However, there are lots of people who are widely uncomfortable with that and I have to respect that and if it doesn't work for you or it makes you uncomfortable, then there's no need. It shouldn't be in your life. You shouldn't take that vitamin.

[0:45:00] JB: I guess I was just thinking like if you don't love yourself, how could you love another person? It's like, if you don't know how to pleasure yourself, are you still able to get pleasure from another person?

[0:45:09] **MF:** Yes, is the answer to that question.

[0:45:11] **JB:** Okay.

[0:45:12] **MF:** The two are not linked so tightly there.

[0:45:15] **JB:** Cool.

[0:45:16] **AS:** Well and can you say something too because I'm not an expert on this but I think there's this assumption that men love sex, they know exactly what they're doing but would you find that men are equally insecure.

[0:45:29] **JB:** Men don't know what they're doing.

[0:45:30] **AS:** Well no, that's my point. I mean some of them do and some women do but I think that women aren't...

[0:45:36] **JB:** Can I say that I don't want to say that men don't but most people, I feel like, don't know what they're doing. You have to learn and yeah, continue on.

[0:45:45] **AS:** But part of our culture and I think part of the pressure on men is like, "Oh you know what you're doing, you want sex all the time, you have to be this alpha male," and then when they experience that goes a little awkward and I think my point is that, if women know what they need, they can be more self-directive but I don't think that is a natural role that they are assumed they think they should take.

[0:46:05] **JB:** Or they think that they should be the submissive and the men should be the dominating one, right? It's just that again, it's the societal norm of like the roles that the men have.

[0:46:14] **MF:** I think we're talking about heterosexual relationships. Now, if we talk about homosexual relationships then this all goes out the window but I think that every relationship is different and again, I've seen it all. I've seen it where women want more, men want more,

everybody wants more, nobody wants more so I think it is something that we put on ourselves. I don't think it's always true.

I often see that when women come in wanting more with a partner, they feel out of the norm or the partner is scratching their head because I think societally, you are both right. Women usually don't want it more than men and we've set up that frame work. I don't think that's necessarily true and I think the difference again is that men are very visual and women are in their heads.

So when you think about that from a sexual standpoint, it becomes convoluted in the sense that men want to see stuff and woman want to be maybe the trash taken out, maybe they want to be told how lovely they are. There's all kinds of different ways to think about this but it's almost like we're not starting at the same point. So it's difficult sometimes to know who feels what, who wants what and who needs more or less.

[0:47:26] AS: Which is why you need to be able to communicate because you need to have those questions.

[0:47:31] MF: That is the other thing that I wanted to say to you that even in when you are both talking about do men know what they're doing? Even if men or women know what they're doing, every partner is different and so it's really important to remember that you might think you are a stallion in bed and you might be but if you have a new partner, you need to figure out what makes you a stallion for that person and that's a really important thing that people forget because we're all made differently. Our body parts are all in different places so to speak and everything turns different people on and so what works for one person isn't going to work for another.

[0:48:06] JB: Yeah and I am thinking, you can't really go off of past relationships and even though they influence you a lot because your next relationship could be so different and if that person have a different body, they have a different things that turn them on, they're having sex with you differently and so you can't really compare those two things but it's hard sometimes I think that you do get influenced especially on your first sexual encounters.

Do you find that, Morgan, will kind of influence a man or a woman and set them up for almost like failure in other relationships because they're holding onto something that's unrealistic or they're not communicating and open to new possibilities?

[0:48:46] MF: Yes, I think that the biggest thing is to be open and to communicate because again, I'm sort of of the belief, in some capacity, that you need to try everything once within reason whatever that means. But the reason for that is that how are you going to know what you like and don't like unless you try things? And again, that is different for every single person.

Everybody has to feel safe and know their limits but you also should be open to thinking about, "Well, this person was able to have an orgasm this way but now this person doesn't have an orgasm that way," so yes, I completely agree with that.

[0:49:18] AS: I mean it's obviously related but it just popped into my mind, what have you seen in your practice related to weight and attraction? Because I've worked with hundreds of clients at this point over the 10 years that I've been doing this and I've had clients whose partners have had affairs. I had clients who had affairs and I remember one client saying, "Well the first thing that I did was I saw the other woman was thinner than me," right?

[0:49:45] MF: That's her issue correct?

[0:49:48] AS: Well right but I mean I don't even believe affairs are really about sex.

[0:49:54] MF: They're not, you're correct.

[0:49:55] AS: Yeah, well I brought up Esther Perel, I don't know if you've heard of Esther Perel. She's a marriage and family therapist but she talks about affairs being — talk about projections. People cheating, she has this great quote, "They're going after the person that they left themselves behind," it's not really about the sex or the other person.

[0:50:16] JB: It's about desire, some but not sexual desire.

[0:50:21] MF: Well usually its really about the person. I think what you're saying is it's about the person who's cheating. It's not really about the partner.

[0:50:28] JB: Yes.

[0:50:29] AS: Right, the person who's cheating has projected that this partner will give them something that they haven't owned it themselves but I love to hear your experience about is there a connection between weight, or I mean you said men focus on the erogenous zones. I'm not sure what women are focused on but both ways, what have you seen? In your practice, have you seen people say, "We're having sexual issues because of his or her weight?" So the reality if any.

[0:50:56] MF: Yes and no is the answer to that question. I think I see that actually more so as couples age as well as new parents and women's bodies change after they have babies and what maybe you married or got together with when you were in college might look different when you were 25. So I think that people do bring that up however, I think it sometimes influences their sexual intimacy and sometimes doesn't.

I also think it depends how you feel about yourself. If you've gained weight but you're still feeling sexual and you still feel good and you still think you look good and all is well, most often it's not affecting your sexual intimacy and your sexual activity. If however for whatever reason you've gained 50 pounds and you feel terrible about yourself, yes.

You probably are also, whether you know it or not, are putting off signals to push that partner away and then there's the third category where whether it's a man or a woman, whoever is projecting onto the other partner because it's not just women who gain weight, let's remind ourselves of that.

[0:52:03] AS: Definitely not.

[0:52:04] MF: So I think there is that third category of there are some people who are less attracted to other people when they do gain weight. But again, I don't think, and this is just my own opinion, I don't think that that's related to their partner. I think that's more that it's stirring up

in themselves whether it's lack of perfection or their own concern about getting older or whatever the case maybe.

[0:52:27] AS: Yes.

[0:52:28] MF: I don't know if that answered your question fully but.

[0:52:29] AS: Yeah, what you're basically saying and which is I believe too is it's not your weight, it's how you feel about your weight.

[0:52:35] JB: Yeah, it's how you're interpreting your weight.

[0:52:37] MF: Right.

[0:52:37] AS: Right and society has given you a lot of narratives about how you should feel so it definitely takes work. I'm not one of these people to be like, "Why do you feel that way?" Well of course, I mean look at media, look at all the pressure. There's layers of it.

[0:52:49] MF: But I think again, if you've been together for, whether it's a little bit or a long time and you have good intimacy, you could number one talk about how you're feeling about your body, you could do something about it together if that's where you need to be or you can know that I just had a baby or I've gained weight because I'm on medication and this too shall pass and we're going to deal with this together and be comfortable with it together and figure it out.

[0:53:16] AS: Yeah, if you just grew a human, back off.

[0:53:20] JB: If you're in a relationship and you're judging your partner for weight gain, like you were saying Morgan, there's something there that you're projecting.

[0:53:30] MF: There's probably other things going on, is my guess, yes.

[0:53:33] AS: Yeah, it's never the thing you think it is, right?

[0:53:36] MF: That is often the case. People show up in my office as I'm sure they do for you Ali and they come to talk about one thing and what ends up happening is, and again, this is over a longer period of time, you realize you did come in for the sexual issues but there's actually many other things that need to be addressed.

[0:53:53] AS: Yeah, it's the tip of the iceberg but I think that's what I love about your approach is like, "Woah, this could be transformative," like back into your self-esteem and your power and I think about everything in this country is directed at women taking certain responsibility like birth control right? We just had Dr. Kelly Brogan on.

She has a new book coming out but talking about birth control definitely has an effect on your hormonal system, sex drive etcetera but no one is telling men like, "Look, you should be taking control of different aspects," there's so much put on women and yet, we were never taught about the pleasurable sides of sex.

[0:54:33] MF: I think that again, to go back to the adolescents, I think it would be so great if mothers and fathers could talk to their daughters and sons about the fact that again, to go back to the ice cream, I hope that orgasms feel better than licking ice cream but it is supposed to be pleasurable. Masturbation is supposed to be pleasurable, sex is supposed to be pleasurable.

Guess what? Going to the movies and holding hands with your first boyfriend, that too is supposed to be pleasurable. So I think again, if we can help everybody to reframe as oppose to sending your boobs on Snapchat to somebody, that's probably not so pleasurable.

[0:55:06] JB: It's like anything. The more freaked out we are in this country about sex, it's the more sexual abuse I feel like there is. The more...

[0:55:17] MF: Yes, it's like the younger and younger we're doing these inappropriate things and not even realizing it and that to me is what's so scary for the society.

[0:55:24] JB: There is more promiscuity. These things could actually be avoided if parents would communicate with their children and say, "Hey, this is totally normal and you can expect these things and it's going to be fun and it's going to be a great experience and you need to be

safe,” and all those things but it gets really, really awkward for people and sometimes those talks never even happen at all.

[0:55:46] AS: Yeah and its classic what you resist persists, right? And then mutates and turns into cancer and then you have all these issues for sure like children not knowing that you can get pregnant from sex when they are 13 or 14 because they’ve been just taught abstinence only education or something like that.

[0:56:05] JB: Yeah, Ali I think just to summarize, we’re saying sex is supposed to be this fun thing and we make it so serious and it’s so taboo and there’s a really negative outcome when it’s perceived that way.

[0:56:22] MF: I think that’s totally true. I mean I think that if we take any single way in there, I hope that people realize that sex is really individual, really personal and that it should be fun and if we could take the pressure off and get out of our heads that it’s going to be a better experience and it’s not about the end game. It’s not about being competitive or even the orgasm. It’s about intimacy and enjoying yourself, which I think for you guys and you can speak to this better than I can, very much related to food and how you feel about yourself and your body image.

[0:56:55] AS: Yeah, like I said, it’s all a metaphor. I mean not all of it, because not everyone has intimacy issues, but it’s really a big metaphor for intimacy and how comfortable we feel with trusting ourselves with food, trusting ourselves with sex to enjoy it or to even approach the subject. I love Juliet’s point about yeah, this should be fun, right? I mean that’s kind of biological level the whole reason we’re here. Not that everything has to end in procreation but sex was designed to be fun to continue the species.

So Morgan, do you have one or two and I’m not a big tip person. I totally love that you said it’s the process. I feel like we studied similar things. I also went to Penn by the way, I was like, “Yay!” But we both have a systems background which is like process, process oriented but do you have anything like one or two ways to start making it fun? To Juliet’s point, how do we loosen up? Because I think a lot of people after hearing this they’re going to be like, “Yes! And how do I start?”

[0:57:54] MF: I think my first tip which I love to give this tip is try something new. It doesn't matter what it is and an example I would give is take yourself or take you and your partner to a sex store. It's not taboo. It's often really fun. Go in and set a budget or not, buy one or two things, it could be a game, it could be a toy, it could be a new lube, whatever it is but go and bring something new into your life and again, you can be a single or you can have a partner.

But I really think that that's one thing that we often forget and maybe again with food, you might bring in a new food and people come to that much faster than you would ever think to go to a sex store and buy something new but I think that's one way in which you can really spice things up and also realize that this is supposed to be fun even if you end up in an aisle giggling with your partner by yourself or with your best friend, that's fun.

That lightens the mood so to speak and the other way in which I think, which again we've said a lot but the communication piece is really my other big tip that I can't say enough because if you're comfortable whether you're 15, 25, 35 or 75, talking about sex and sexual activity and how you feel about it with yourself, with your boyfriend or girlfriend with your significant others, that is really going to influence how you feel about it and how you engaged sexually which is really important.

[0:59:12] AS: I love that because that is the path towards intimacy, which is what, to your point what we're all really after and nourishes us and I love that idea of doing something fun or different because yeah, it totally defuses the light way.

[0:59:26] JB: And let go of expectations with yourself or how you're supposed to be like when you go into a sex shop and you start giggling nervously, like it's okay.

[0:59:36] MF: But here's the thing, you might think you're going in for a six foot dildo and you come out with sex communication game and I think the point of that is, is that it doesn't really matter what store I send you to, what you think is going to happen may not happen and that's the positive outcome and that's the same thing we should be thinking about, I really think in bed whether I do it in a public or the privacy of your bedroom or in the hotel room, sometimes if you

have less expectations, things can go a little bit better and if we can remember that, I think that that often takes the pressure off for everybody involved.

[1:00:10] **JB:** Completely, yeah.

[1:00:12] **AS:** And that there is no expectation about expectations, right?

[1:00:16] **MF:** Correct, yes.

[1:00:17] **AS:** Let's get it there.

[1:00:19] **JB:** So I've gathered anything from today Morgan, I'm going to do some headstands and get a six foot dildo.

[1:00:27] **MF:** Wonderful Juliet, I'm glad that that is your take away.

[1:00:30] **JB:** I will report back to you how that goes.

[1:00:32] **AS:** All of that Unite Training paying off, right?

[1:00:35] **MF:** Exactly, exactly.

[1:00:38] **AS:** I love that so one of the things that we're doing now at the end of our podcast is asking our guest what they're loving currently, something a little bit maybe less heavy than sex and we're all going to share what we're loving this week. So do you need a minute to think about it or did something come up the top of your head?

[1:00:54] **MF:** In general what I'm loving?

[1:00:56] **AS:** Yeah.

[1:00:57] **MF:** So mine is really lame and I'm very pregnant but I'm loving sweet green salads, isn't that sad but that's really what I'm loving this week.

[1:01:06] **AS:** I'm glad that you can tolerate food at this point.

[1:01:10] **MF:** That's what I'm loving. I don't know if I should have gone deeper than that but that's where I am today.

[1:01:14] **AS:** No, that's what we wanted, something very like, "woo" because all of our episodes end up being intense. What about you Juliet?

[1:01:23] **MF:** That's where I am.

[1:01:24] **JB:** I'm loving another food item. I'm loving these roasted — they're called roasted broad beans, they're actually fava beans that are roasted and they have different flavors. I really like the garlic and onion ones and the brand is called Enlightened Gluten-free Crisps.

[1:01:45] **AS:** No moral judgment there if you don't eat those.

[1:01:48] **JB:** They're really, really good and it's hard sometimes to find something that's healthy and crunchy and gives you that chip fix for my salty crunchy lovers out there, definitely try these roasted broad beans because they definitely hit that spot.

[1:01:59] **AS:** And are they called broad beans and where did you find them?

[1:02:02] **JB:** I found them at whole foods. You can get them on Amazon or luckyvitamin.com and a lot of things if you aren't close to whole foods, I find that the prices are better too if you just try to go on Amazon or online to find them.

[1:02:14] **AS:** Okay cool. I am loving, and probably why I thought of the environmental point of lighting, is I am loving this candle that I got. It's called 1820 House. They're out of Ohio and they do this reclaimed elements of nature and one of the things that I recently learned is that most candles are toxic. It's like being in a room with someone who smokes sometimes with the toxins that a lot of them put off.

So these are non-toxic and so I'm burning vintage rose and plum and the brand is 1820 House, so that's what I'm loving this week. It smells really good. So Morgan, thank you so much for being here. Where can everyone find you, online?

[1:02:55] **MF:** Yeah, they can find me on...

[1:02:59] **JB:** You can find her with her new baby.

[1:03:02] **MF:** Yes, with the moment with my new baby but my website is just my name, MorganForer.com and I love the work that I do and I'm lucky enough at the moment to do it online and by phone and in person and all of that. So if anybody needs anything, that's where I am.

[1:03:21] **AS:** Wonderful, thank you. Juliet anything before we sign off?

[1:03:24] **JB:** Nope that's it.

[1:03:26] **AS:** All right, thanks so much for being here Morgan. What an enlightening hour more than Juliet's fava beans, I promise.

[1:03:32] **MF:** Thanks guys. It was a pleasure.

[1:03:35] **JB:** Yes and I will see you tomorrow.

[END OF INTERVIEW]

[1:03:37] **JB:** Thank you so much for listening to the Insatiable Podcast. We hope you enjoy today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stand for Marie. Please feel free to also e-mail us any questions. We would love to hear from all of our listeners. You can reach us at ali@alishapiro.com and juliet@unitefitness.com. We'll see you next time.

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