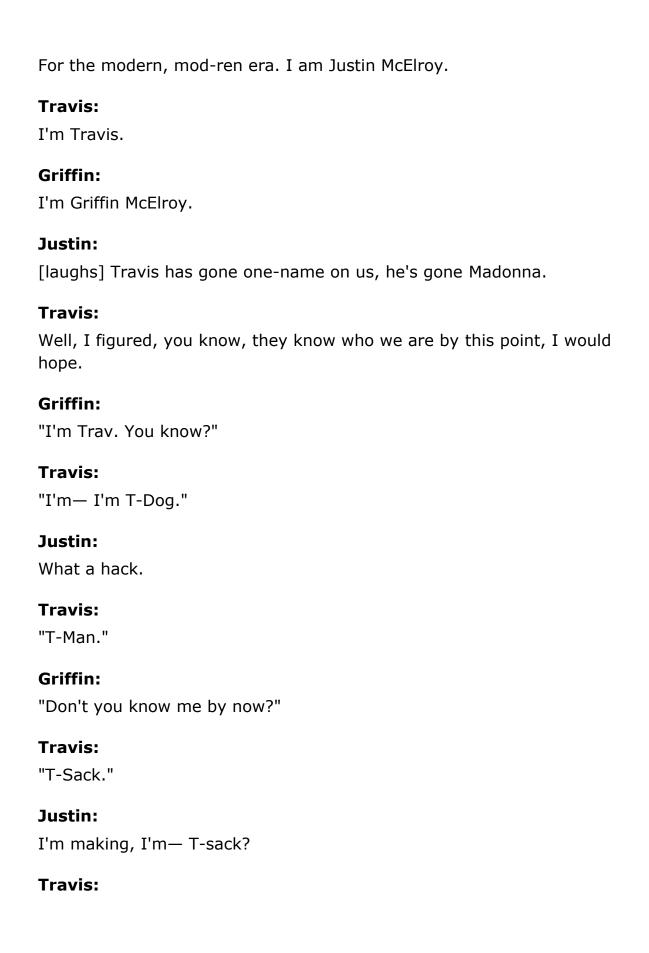
MBMBaM 004: Hey, Jeffrey

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[theme song plays]	<u>Listen here on themcelroy.family</u>
Justin:	
Jason Derulo	
Griffin: What you say?	
Justin: I wanna start every, every episode of every Derulo's—	podcast from now on with Jason
Griffin: [singing] And the roof caved in and the som	ething went out.
Justin: Oh God.	
Griffin: And I didn't know what to say.	
Justin: This is <i>My Brother, My Brother and Me,</i> it's—	_
Griffin: We're gonna auto-tune that and post—	
Justin: it's an advice show for the modern—	
Griffin: It sounds so crisp.	

Justin:



Yeah, T-Sack, that's what I said.

Justin:

It's like, it's like when a tea bag is not enough? [laughs]

Travis:

You need the tea sack.

Justin:

T-Sack.

Travis:

I'm T-bucket.

Justin:

[wheezes]

Griffin:

You're here with J-Rod, T-Bucket and the Sack [laughs].

Justin:

Mornings! [laughs] Tune in. Keep it locked. So, we are *My Brother, My Brother and Me*, we're— It's an advice show for the modern era. A lot of people I try to tell about the show, they say, "Hey, is it a— Is it, so it's just you guys talking?"

No, it's an advice show. We give advice. Uh, and a lot of it's to random people on Formspring, a lot of it's to people we don't know on, on Yahoo Answers, but it is an advice show. If you want advice, we'll tell you how to get it at the end of the show.

Um, here's our first question, uh, it's from Formspring, Anonymous, "How do you make things less awkward between you and an ex?"

Griffin:

You— You move, you move as far away from them as you possibly— You move away and you change your name.

Justin:	
Change your name.	
Travis: Pretend like they never existed.	
Justin: They never existed [laughs].	
Griffin: Pretend they never, ever existed.	
Justin: If they talk to you—	
Travis: When people bring them up, like, "Hey, how are things between you and Susan?" [slowly] "Susan?"	
Justin: "Who?"	
Travis: [more slowly] "Susan?"	
Justin: Who?	
Griffin: "Susan Sarandon? I've never met Susan Sarandon."	
Justin: Oh, oh but I know, I heard. I hear things are rocky between her and Tim.	
Travis: Oh no.	

Griffin:
I've heard that too.
Justin: They're getting separated, it's not rocky.
Travis: As far as that goes, it really depends on how things ended with you and the ex. Like, if they ended really badly, newsflash, dude, it's not gonna get less awkward.
Justin: It's a loss. Dude, there are six billion people, move on [laughs].
Griffin:
[laughs]
Travis:
Yeah, maybe meet a new friend.
Justin: Now, if you're in a regular— If you're in a regular social circle with her, and you, you have to interact with her on a regular basis, um, then the only thing that's gonna cure that is the all-healing balm of time, my man.
Griffin: Mm-hmm.
Justin: Mm-hmm.
Travis

And a lot of people have that misconception of, you know, "I wanna be friends like we were before." But if you actually weren't friends with the

person before, that's really hard to establish.

Which you weren't, if you think about it, really think back.

Justin:

[laughs]

Griffin:

Go back, back in the annals—

Justin:

Walk it back.

Griffin:

... of your history. You weren't really friends, were you?

Justin:

You weren't, were you? Were you really friends or were you trying to— kind of trying to get her to go out with you, a little bit?

Griffin:

You met her at that Dave Matthews Band concert and two days later-

Justin:

"What would you say, would you say yes to a date?" It was clever then, but now it's just...

Griffin:

[laughs]

Justin:

... in retrospect. Uh, "What are the signs that someone is interested in you, and looking for a relationship? I unfortunately found myself smitten by a girl—" And smitten! "But she seems to enjoy going to movies, dinner and spending a lot of time with me, but I was too timid to make her mine."

That's the creepiest—

Travis:

Okay, I would say the signs are, are you going to movies and dinner, and does she enjoy spending a lot of time with you? Those are good signs to look for.

Justin:

I've gotta— I've gotta piece of advice, my man, some unsolicited advice. If you wanna— If you wanna go out with this girl, stop saying creepy shit like "Make her mine."

Travis:

[laughs] And "smitten by her."

Griffin:

[creepy voice] "My pet!"

Justin:

[deep voice] "I made her mine, a bounty of flesh."

Travis:

[laughs]

Griffin:

"So do you wanna go see a movie or should I just make you into a skin suit?"

Justin:

"Mine, possess you for— I mean for life, to own you, to have you. I just want to own you and make you mine."

Griffin:

I just wanna own your body.

Justin:

Your body, that's my property, I wanna make your body—

Travis: How do you feel about man-sized jars?
Justin: [laughs]
Griffin: I will poke holes in the top.
Travis: I'll put— I'll put a twig in there and some leaves, don't even worry about it.
Justin: Don't even worry about it.
Griffin: But you're mine now.
Travis: As far as the signs you're looking for, um—
Justin: Put sugar water in the bottom—
Griffin: "Oh, sugar water!"
Travis: [laughs]
Griffin: Um, this one comes from Yahoo, uh, Answers, and I think it's great, um, because you guys are, you're professionals at this, but the question is, "Who is the founder of acting?" [laughs].
Griffin:

I would— The subtitle is "I would really like to know who is the founder of acting?" So, [laughs] uh, any answers on that?

Travis:

I think it's Aristotle.

Griffin:

I think Aristotle.

Justin:

I'm pretty sure it's Jim Varney, he was—

Travis and Griffin:

[laughs]

Justin:

He was Ernest and the dad from Beverly Hillbillies and that coil dog. Hi, versatility. I think so.

Travis:

He was the coil dog?

Justin:

Yeah, he was the coil dog, he was everybody.

Travis:

The Slinky?

Griffin:

I didn't know that.

Travis:

Aw man, good on it though.

Justin:

Exactly. 'Cause he's a fucking chameleon, he was a chameleon.

Travis:
Were there any answers to that one?
Griffin:

Uh, there was one from a guy named "Theater Doc."

Justin:

Did he say—

Travis:

So...

Justin:

Did he say something boring like—

Griffin:

"A poet named Thespus in 534 BC became the first person to play a part onstage." Jim Varney revolutionized it though.

Travis:

He perfected it.

Justin:

Perfected it. It's like how the Chinese may have invented fireworks, but... I guess the Chinese perfected fireworks too. We perfected blowing our hands off.

Travis:

There you go.

Griffin:

Uh, this one also comes from Formspring. "Hey guys, just wondering what the word 'cute' means. I hear women use the word in conversation all the time, and I am more and more confused about its true meaning, given its multitude of uses."

Justin:

[laughs] It means chubby.

Griffin:

[laughs]

Justin:

Sorry, son.

Griffin:

Chubby, but you've got a great personality on you.

Justin:

Chubby with a great personality. Sorry, Dave.

Travis:

You've gotta substitute "cute" with "non-threatening," and that's exactly what it means. "He's so cute," means "he's so non-threatening."

Justin:

And by "non-threatening" it means you, uh, you don't know what she means when she says "cute." That's non-threatening for you. That is the definition of "non-threatening." Hey, hey, um, I got a little piece of advice for you, Prom King, next time you're around someone who says "cute," flip a table. [laughs] Just flip a table, see if they keep calling you "cute."

Griffin:

Was that, was that adorable? Was that so, so cute? And then just make love to them right there.

Justin:

[laughs] They will— They will not fight.

Griffin:

They will say, "Can we flip the table back over?"

Justin:

And if they do fight, if they do fight, just, just make them yours [laughs].

Griffin:

They belong to you.

Justin:

[deep voice] They're your property. Uh, so, Adam has a problem. Adam wrote to us from Gmail, he says, um, "My friend doesn't seem to fully grasp the point of the "Would You Rather" game, he poses questions such as, "Would you rather be able to leap over tall buildings or have the ability to hear babies crying anywhere on the planet?" [laughs]

Okay, what do you say? Let me just take a— I'm gonna take a T right here, a big T-Sack right here and say, um, that's a terrible power. [laughs] Anywhere that a newborn is distressed, can you imagine what your days would be like? Just constant, like from dusk 'til dawn, wake-up to slumber, not ever sleeping, the sound of millions of babies crying.

Griffin:

[laughs] Uh, and read— Keep reading the question, 'cause I like the second one better.

Justin:

[laughs] Or, "Would you rather be on fire or not be on fire?" [laughs].

Travis:

Oh, god.

Justin:

[wheezing] I want to meet this guy. Um, "how can I teach him the proper way to play or is he a lost cause?" Um, oh Adam, I think, man, I think you've gotta jettison that one into the sun.

Travis:

Yeah. Maybe he's just not allowed to play that game anymore.

Justin:

Maybe not that game. Maybe another one.

Travis:

Maybe he's really good at checkers.

Griffin:

Would you rather be able to breathe underwater or have Lyme disease? [laughs]

Travis:

Oh, god. Would you rather win the lottery or be raped by a gorilla?

Justin:

Would you rather find a crisp, clean \$100 bill or watch an elderly loved one be pushed down a flight of stairs? It is up to you. The choice, my friend, is yours. One for the ages. A puzzler for the ages.

Griffin:

Would you rather have—

Justin:

Okay.

Griffin:

... a credit card...

Justin:

A credit card.

Griffin:

... that you never had to pay back...

Justin:

Okay, sounds good so far.

Griffin:

... or no teeth?

Justin:

Or no teeth? Well, could I have both or just the one?

Griffin:

Nope, one or the other.

Justin:

One or the other. I guess I could get those metal teeth, like the guy from James Bond.

Travis:

There you go.

Justin:

I can't, I can't decide. I can't decide.

Griffin:

It's a toughie. This one comes from Socrates via Gmail. He says "So, I was planning on getting a tattoo on my shoulder, but I'm starting to notice that everyone has one there. Uh, I have this thing about trying to be unique, so could you tell me another spot I could get inked? I have one on my right elbow if that matters."

Travis:

Your sack.

Griffin:

Trav.... Travis says sack.

Justin:

Travis says go sack.

Griffin:

But Travis, Travis has— Travis has a tat, I was gonna make a joke, none of us have tattoos on our shoulders, but you've got—

No, I have a tattoo on my shoulder blade, I don't have one on, like, my actual shoulder. I have one on my scapula, thanks *Bones*, but not on my actual, like, shoulder.

Justin:

Did you just thank your bones?

Travis:

No, I ... The show, the show *Bones*.

Justin:

No, you're not gonna turn another MBMBaM, another MAMBA, into a *Bones* fan cast.

Travis:

That's fair.

Griffin:

A Boreanaz circle-jerk.

Travis:

God, he's so dreamy. But, um, I actually have four right now. Justin, you've got two. Griffin, you've got one.

Griffin:

Mm-hmm.

Travis:

Um, as far as placement goes, dude, everyone's got tattoos everywhere.

Justin:

If you want to be original, don't get one.

Travis:

Yeah, you're not gonna come up with a place, like, "Oh, what's original? Inside the lip?" Yeah, everyone's got that. "Behind your ear?" Everyone's got that. "Back of your neck?" Everyone's got that.

Justin:

Go eyelid. Get what that, um, that girl in, in Indiana Jones—

Travis:

Oh yeah.

Justin:

... she has that right on her eyelids, do that.

Griffin:

I don't think that's— I don't think that's a tattoo, though, that's...

Justin:

Culturally—

Griffin:

... usually sort of—

Justin:

No shit, it's not a tattoo, Griffin.

Griffin:

It seemed like, kind of, a, like she had a crush on her teacher, and so she wrote it...

Travis:

[simultaneously] You know what you need?

Justin:

Oh, is that... That's finally making sense, I thought she had—

Travis:

Instead just start listening to the band T.A.T.u.

Justin:

Oh yeah.

Griffin:

That's good, ooh.

Justin:

Ooh. I always wanted to get a, um, a tattoo of Tattoo from Fantasy Island, and he would be lifting up his shirt, and he would have a tattoo of the band T.A.T.u.

Griffin:

[laughs] So there you go, uh, get that and we'll, uh—

Justin:

Get that and I'll give you a \$100.

Griffin:

Justin will give you a \$100. I think we could probably get you a guest spot on the show if you...

Travis:

If you get a Tattoo T.A.T.u. tattoo?

Justin:

Griffin, I have— I have had several people ask about guest spots, doing a guest spot on the show, and I don't think they understand the premise of the show.

Griffin:

My Brother, My Brother, and Me and Dave Coulier [laughs].

Justin:

My Brother, My Brother, and Me, and the cast [laughs] of Hairspray. Like, no, well just— Just the three of us actually.

Travis:

It's kind of a thing that we do, it's the deal.

Also, what this show needs more of is overtalk. I think we can all use a little bit more everyone talking at once. Uh, this next question comes from Evan versus, uh, versus Gmail. You guys remember when Evan fought Gmail that one time? It was totally awesome.

Evan says "I, like many, belong to a group of friends. One of the friends in this group found a guy and started dating him. They're currently living together. No one else in the group likes this guy, but now he's always around whenever she is and he doesn't have any other friends either, so we're expected to spend his birthday with him. The group has asked me specifically to not be mean to him because she is the other friend's boyfriend and we don't want to push her out of the group."

Evan didn't actually ask a question here, Evan just told us that neat little, uh, that neat little anecdote.

Travis:

That's a great story, Evan.

Griffin:

Yeah, um, I like the part about the birthday.

Justin:

Do you remember that one scene where he doesn't have any other friends and they're expected to spend his birthday with him?

Griffin:

Yeah.

Travis:

That was pretty good.

Justin:

Evan, Evan, you didn't ask for advice but let me give you some, just be cool.

Griffin:

Just be cool, dog.

Justin:

Just be cool, man. Just be cool.

Griffin:

Everyone, everyone at some point, I think, has to deal with this, right?

Justin:

Yeah, it'll shake out eventually, though. Like, that, that seems to be the way, I mean, either he'll realize he's not welcome and peel off or, you know, you guys will get to know him, but that's a very... That's a tough, uh, that's tough—

Griffin:

It could be that your group of friends are super tight-knit, right, and maybe it's not that this guy sucks, it's that you're not willing to let new people in, or maybe he's super shy, which just adds to the situation, so I think you should maybe give the guy a, you know—

Justin:

Make an effort.

Griffin:

... a second chance. Maybe try and get to know him.

Justin:

He's not so bad.

Travis:

Now, here's the thing, counterpoint to that, if he's a real douche, like if he's just not interesting that's one thing, but if he, like, is being a jerk and, you know, is mean to this friend, and you guys, like, specifically actually don't like him, that's another thing, and that's, that's worthy of you being mean right back. Don't you take his guff.

Justin:

Nah, no.

I'm behind you, Evan.
Justin: Don't set it off.
Griffin: Don't set it off, 'cause that's gonna be on you.
Justin: That's on you then.
Travis: I'm trying to instigate and that's my fault, I'm sorry, guys.
Justin: Yeah, well, you don't have to live with the repercussions.
Griffin: Don't-
Justin: It's okay, T-Bag, you just got a little T-Sack, sorry, T-Sack, you just got a little aggravated.
Travis: T-Sack, T-Sack out.
Griffin: We have a strict anti-insta-hating policy on MBMBaM, and, uh, I would appreciate it if you'd respect that.
Travis: Respect.
Griffin:

Open question from Yahoo Answers user "Deep Thinking What The Fuck Girl," uh, she says, "Poll, would you sleep with the Na'vee if you could?" Or Na'vi, sorry, Na'vi, one of the blue-skinned peeps from Avatar.

Justin:

Man, that's tough, because you would, I mean, I'm assuming you would be in the world of Avatar, who could sleep with all that fucking glowing shit and natural beauty? Wouldn't you want to just get up and scamper?

Griffin:

I wouldn't want to close my eyes.

Justin:

Who could close their eyes? I wouldn't blink. I can just-

Griffin:

I wouldn't blink. I would just drain ... Like, there's a glowing mosquito and it's three feet long. This is so much better than doing it.

Justin:

Way better than doing it. Why would you waste your time?

Travis:

What's a Na'vi?

Griffin:

A Na'vi is like the big blue people. The big blue people-

Justin:

You didn't see Avatar?

Travis:

No, I ... What's Avatar?

Justin:

Congratulations!

I didn't see it either.

Justin:

Oh, cool! Among the podcast with the two guys left on planet Earth who didn't see Avatar. I mean it's not a good movie, so I mean good on you.

Griffin:

Do you wanna know, do you wanna know why I didn't see it?

Justin:

Tell me.

Griffin:

Because of shit like this. One of the answers, one of the answers was from a guy named "Warrior's Pride," whose avatar is a "Na'vatar", or a Na'vi, I can't, I— Oh god, he says, "Yes, I would sleep with myself. I sleep with a mirror. You can sleep with me if you want, but my tail does things involuntarily, like go towards areas that make humans uncomfortable. It's a Na'vi thing."

Travis:

[wretches]

Justin:

Oh, wait, wait, let's get that last part again?

Travis:

Oh, my— Ew!

Griffin:

"My tail does things involuntarily, like go towards areas that make humans uncomfortable. It's a Na'vi thing."

Justin:

It's a Na'vi thing. You wouldn't understand.

You wouldn't get it. Us Na'vi understand the science of walnut pleasures.

Justin:

You wouldn't understand. Get that tail off my walnut.

Travis:

That's the most awkward thing because I truly believe that that gentleman believes he's answering that question legitimately.

Griffin:

You know he's got like a, like a giant bucket of blue paint and every morning he wakes up and just-

Justin:

It's a Na- Griffin, your joke just bothered me, 'cause it's a Na'vi thing, man.

Griffin:

Oh, sorry.

Justin:

How could you get it? You couldn't get it.

Griffin:

The reason I didn't see the movie isn't because I'm afraid I'd encounter people like this. What if, like, I'm afraid-

Justin:

[laughs] But if it begins deep in you-

Griffin:

What if I became one? What if it, what if I-

Justin:

You mean what if you got to live on a beautiful, beautiful forest planet? And got to just fucking swing from trees all day?

Right, but the planet is in my mind, because I actually live in, in Buttshit, Ohio, right, but in my mind I would be dancing, I would be, you know, tripping the light fantastic on, on planet giant blue alien monster.

Justin:

Hey, Griffin, the next line on that answer, was it "Oh, sorry, I gotta go, my attractive wife and kids just walked in the room." [laughs] Was that the next thing?

Griffin:

That's actually exactly... Yeah, that's how it ended.

Justin:

Um, so here's a question from Formspring, it's anonymous, as most Form-Formspring questions are, "What is the best way to approach people who are almost your acquaintances, but not quite? Like, you've talked to them a couple of times, but you barely know their names? Sadly, most of my relationships with people are like that." Okay, good one.

Travis:

I actually have a trick that I use.

Justin:

You stand near them until they get upset.

Travis:

Stand near them. Creep your way in. No, work as a team. Get someone, like a good friend or a girlfriend or a boyfriend or whatever, and tell that person ahead of time, "Listen, if I don't introduce you, it's because I've forgotten this person's name, and introduce yourself like I am being a bad friend/boyfriend/girlfriend to you. Like "Well, I'm Susan, what was your name?" And it's like, "Oh yeah, sorry," and then you can learn their name again.

Griffin:

I don't think he's asking, or she, is asking how, how to remember people's names, I think-

Travis:

Oh.

Griffin:

... he's just saying he barely knows their names. But I like-

Justin:

He needs to take it to the next step.

Griffin:

But I like the idea of a friendship wingman, though.

Travis:

Yeah, it works out really well.

Griffin:

You know what I'm saying? Like, a guy you can be like, you can have a conversation with somebody near somebody that you don't know, but you're friends with your friendship wingman, and you can talk about something that you know that person's interested in. And then suddenly, the line becomes a triangle, you know what I'm saying? A friendship triangle.

Justin:

Find out something that they're interested in. Like, you said that you barely know their names and that is a huge first step. If you address somebody by their name, um, Dale Carnegie says that the, uh, "Everyone's favorite sound in the English language is the sound of their own name."

That's a stone fact. Learn their name, use it a lot, and they're gonna warm up to you pretty quickly. And then find out something that they're interested in and, and ask them about it, talk to them about it.

Griffin:

"Hey, Jeffrey."

If you don't know what they're interested in, use the environment that you're in. If you're at a party, at a show, at a concert, reference what is going on around you, ask-

Griffin:

"Are you liking this concert, Jeffrey?"

Travis:

... if they're having a good time.

Griffin:

"Jeffrey, how did you get to this concert, Jeffrey?"

Justin:

[laughs] "What would, what would you say, Jeffrey?"

Griffin:

"Jeffrey, what's your favorite Dave Matthews song, Jeffrey?"

Travis:

"Jeffrey, how do you enjoy being the butler for the Fresh Prince of Bel Air, Jeffrey?"

Griffin:

"I love Jeff- Jeffrey Matthews Band. Oops, what did I do, Jeffrey?"

Justin:

"I just slipped that in, Jeffrey."

Griffin:

"Jeffrey, I didn't mean to say that, Jeffrey."

Travis:

And then you're best friends.

Justin:

[laughs] And then you're best friends, just like that.

Griffin:

Say their name a lot, and then at the first time you meet them say, "Hey! Nice to meet you, Jeffrey. You want to go to a wine tasting with me, Jeffrey? Jeffrey, let's look at houses."

Justin:

"Jeffrey, it'll be like that movie Sideways, Jeffrey."

Griffin:

"Jeffrey, let's go to look at open houses, Jeffrey."

Travis:

"I bought us matching sweaters, Jeffrey."

Justin:

"Jeffrey, let's wear these matching sweaters, Jeffrey."

Griffin:

"Go for a wine tasting in the country, Jeffrey."

Travis:

"Jeffrey, hug me, Jeffrey."

Griffin:

"Come to my vee-ya for a weekend, Jeffrey."

Justin:

Your vee-ya?

Travis:

You mean villa?

Griffin:

No, they roll, they roll the double Is.

Travis:

Vee-ya.

Justin:

"Come on, Jeffrey."

Travis:

"Jeffrey."

Griffin:

"My, my, [laughs] my Jeffrey and I recently discovered the website, uh, Chat Roulette. Now she's on it for several hours a day. I'm worried due to the high percentage of disgusting things and weird people on it. Is this warranted?"

Justin:

Yep, she's looking at dicks.

Griffin:

All day. Not your dick though, Jeffrey. Some strange dicks on the internet.

Travis:

Jeffrey.

Justin:

Jeffrey, it does... she's looking at dicks, I'm sorry. I don't know if you use Chat Roulette. It's literally half dick.

Travis:

You can come up with whatever excuse you want, like "Oh that dude's playing the guitar. Oh, there's a dick. Where'd that dick come from? Should I get this dick off the screen?"

Griffin:

The reason you get on Chat Roulette is either to show your prong to strangers or, if it's, if you're in a large group of people, and you've all had a few drinks, and so you're just scanning the internet on Chat Roulette, hoping that you'll see a dick so you can all laugh at it. Like, "Oh, how crazy is this dick? I didn't want to see that!"

"Check out that dick! What the fuck! A dick!" [laughs].

Griffin:

"It was so funny when we all saw that together, and now it's a shared experience."

Travis:

"Hey, Jeffrey! Jeffrey, get over here, look at this dick, Jeffrey!"

Justin:

And I, I think the bigger, the, the bigger problem is that she is, it's because of anomalies like herself that there are guys showing off their wangs on Chat Roulette. Because it's like, every one out of 20, there's that one girl who's like "Ahh! Dicks!"

Travis:

Also, dude, I want to point out if your girlfriend's on Chat Roulette several hours a day—

Justin:

Yeah.

Travis:

... there's some re-evaluating needs to go on there, because that's hours, dude. Hours.

Griffin:

"Baby, baby, dinner's... I, I made dinner tonight."

Travis:

"I'm on Chat Roulette, back off!"

Justin:

"I'm looking at wieners!"

Griffin:

"But this red cabbage, this red cabbage took me two hours to prepare and season correctly."

Justin:

"This saus— This guy's been seasoning his sausage for three minutes now."

Travis:

"Baby, we're, we're late for Grandpapa's funeral."

"I'm on Chat Roulette."

Justin:

"Babe, Babe,"

Griffin:

Uh, here's one from, uh, Yahoo Answers. Uh, I don't want any answers from us on it, 'cause it's, kind of, a creepy question, but I think the answers are better than the question. So the question is, "Do you know, do you know any good songs to have sex to?" Kinda creepy, right?

Travis:

Mm-hmm.

Griffin:

Here's some, uh, here's some, some of the responses, "Let's Get it On," Marvin Gaye. Sure. Reasonable.

Justin:

Right.

Griffin:

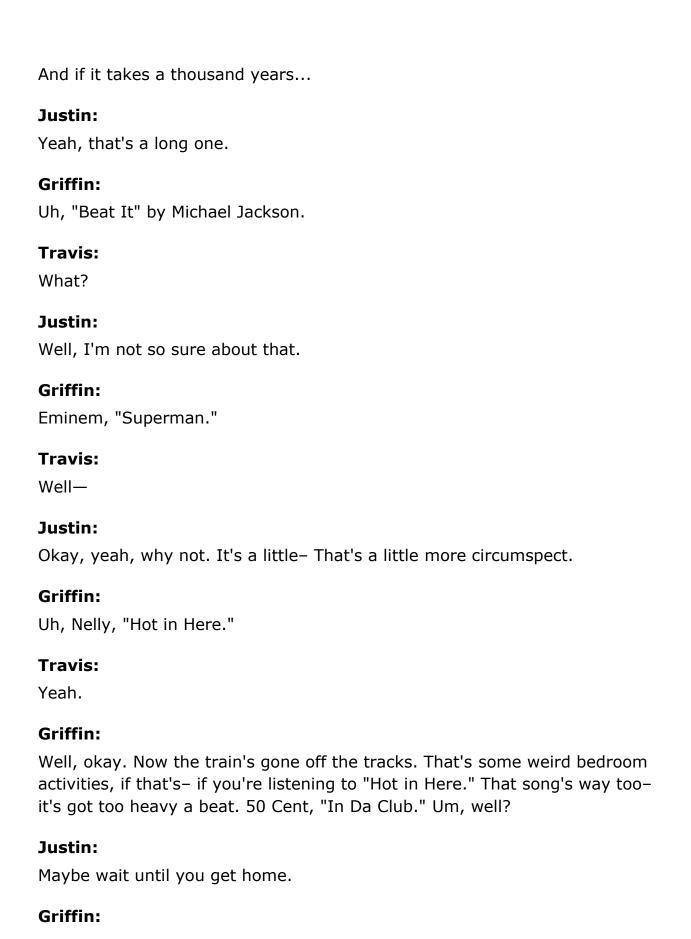
"Doin' It" by L.L. Cool J.

Justin:

Okay, a little on-the-nose for me but-

Griffin:

Right? "A Thousand Years" by Sting. Not familiar with the track, but if it's by Sting, then, uh—





Griffin:

Anything off "Boats." His seminal 1981 album "Boats."

Justin:

I, uh, I'm actually, if, if you gotta pick one song, it's gotta be "Amazing Grace", right?

Griffin:

Oh, yeah.

Justin:

Gotta be "Amazing Grace."

Griffin:

But only the first two verses.

Justin:

Got an anonymous question from a Formspring user, who says "I'm a software developer at a local semiconductor company, the pay and benefits are awesome, but the job isn't challenging. Shall I look for a more interesting job or stay and keep making a lot of money, but be really bored?" What, are you shitting me?

Griffin:

Get the money, dog!

Justin:

Get it!

Travis:

The pay and benefits are awesome.

Justin:

Get that money!

Griffin:

Get that money and then you can spend that-

Justin:

If you want a challenge, do a Sudoku. What's wrong with you? Have you seen the way the economy is now? Just keep that money and get it! Get that money 'til you're rich!

Travis:

Yeah, dude.

Justin:

I'm not—

Griffin:

Get that dream.

Justin:

Do it with one hand tied behind your back.

Travis:

Also, I just want to throw out right here. you work with stuff called semiconductors. How is that not awesome?

Justin:

Maybe pay attention. It sounds dangerous.

Griffin:

Oh, I swapped the anti-gravity field for an EMP pulse generator. If I flip the wrong switch, I destroy reality.

Justin:

No problem.

Travis:

Pretty boring.

Justin:

We're just trying to recreate the power of a star on Earth.

Griffin:

We're just trying to find the God element but... Eugh.

Travis:

It's not challenging! Hey, pass me that Sudoku, Jeffrey.

Griffin:

Oh, did you, did you read today's Dilbert?

Justin:

Aw, man.

Griffin:

We're trying to find God in this machine, this tube, this super-collider, but ah, this Dilbert's really good.

Justin:

I think... Okay. Supercollider or semiconductor?

Griffin:

A semiconductor is a common part used in a super-collider. It's what– it's what shoots the two things that collide into each other.

Justin:

Mm-hmm.

Griffin:

I took uh, I took one semester of... Well, it was geography, um, was my integrated science class.

Travis:

But you minored in semiconductory, right?

Griffin:

That is true. No, sociology. They sound similar.

That was it.

Griffin:
But they are not. "What is, what is the best way to get past the friend-zone with a lady friend?"

Justin:
Can't be done.

Griffin:
Nope.

Travis:
Nope. You gotta move in fast or not at all.

Justin:
Once you're in the friend-zone you don't, you don't never get out. That's been, that's been my experience. Unless...?

Griffin:

Unless [laughs] you're, you're in the friend-zone because they're dating one of your friends.

Justin:

Mm-hmm.

Griffin:

Um, I'm not condoning that kind of activity, unless...?

Justin:

Unless, unless you are.

Griffin:

... unless you feel that call.

Justin:

Unless you feel that call of chemistry.

Griffin:

She knows she'd be better with you than him.

Justin:

Yeah, she... He's always in there listening to Jamie Foxx songs while they're trying to knock boots. You know I'd play "Doin' it" by L.L. Cool J, something proper, something smooth, like "Amazing Grace."

Travis:

You know, it's funny to me, we keep getting questions like, "How do I move out of the friend-zone? How do I know when someone actually wants a relationship with me?" We all look for—

Justin:

Yeah, you know the question *My Brother, My Brother and Me* doesn't get a lot, like "I'm in a relationship with several women." [laughs].

Travis:

Yeah, exactly.

Justin:

"How do I terminate one of them and just get some more variety?"

Travis:

"I just have women calling me every day, and I am sick of it." Um, but my answer to all of these questions is, for some reason we all think there's this secret code, and there's body language to look for, and there's certain combinations of words to look for. Just ask them, just grow a pair and be like, "Hey, listen, I dig you. What is this?" And, and then don't let that change your friendship, or if it does, then you need to make the decision which is more important, finding that out, or your friendship?

Griffin:

I think this is such a modern, such a modern thought, like, I think you should just, like Travis said, just caveman it up. Be like, "You me, you me date, be good."

"I'll make you mine."

Travis:

Yeah, let's do this.

Griffin:

Because you... they want it too, they wanna, they, nobody wants to be friends with a person of the opposite...

Travis:

And I understand the fear that comes from, like, I don't want to push this, but-

Justin:

Yeah, I get it. I get it, but like, if you... Here's the thing, and this is, this is another— This is, kind of a different way of looking at it, maybe it'll help you, if you're thinking this way, you're not in the friend-zone. Okay? She is, you're not. You're not in the friend-zone.

And the reason that you're, like if you're friends with some- somebody, a lot of times being friends with somebody of the opposite sex, and I know everybody's done this, so, so they can't act like they can, uh, but they don't.

But I've been friends with somebody of the opposite sex, who I think maybe kind of digs me because it makes me feel good about myself. Everyone's done it, please don't think I'm a bad person. Everybody does it.

So you may, and I've been on the receiving end of that too, so if that's not working out for you, if that, if that's not, that connection isn't getting it done for you, you need to just, just pony up.

'Cause, like at this point, the point you're at now psychologically, you can't worry about losing the friendship because it, psychologically you already have, because you're out of the friend-zone. You are past the friend-zone. You're not there anymore.

Travis:

And the thing is, don't fool yourself into thinking they don't know that you dig them.

Justin:

Right, 'cause they do.

Travis:

People are very smart and pick up on stuff like that every day. They know that you do, you know, maybe you touch their shoulder a little bit too long or you've been complimenting them more than you have in the past. But people pick up on that, dude, so she probably knows that and her failure to reciprocate back tells you you're not gonna move out of that.

Justin:

Or just, just ask, if it doesn't pan out, bail. Right? I mean, bail on, not bail on the friendship, bail on worrying about it as a relationship, because then you get rid of the tension.

Travis:

Yeah or you will ruin the friendship then.

Justin:

Yeah.

Griffin:

Let me call back to, uh, an answer we frequently give out, uh, to queries like this, which is "Just get more attractive."

Justin:

Just be more attractive.

Griffin:

Maybe go—

Justin:

I quarantee you—

... go do some pull-ups, maybe just some pull-ups, work your— work your core.

Justin:

Just work that core, blast it. Just blast your core.

Griffin:

Blast it. Blast your core out, uh, pump up on some pec juice, and then...

Justin:

Just wail, wail on your pecs.

Griffin:

I'm guessing it's gonna be so much easier to get past the friend-zone.

Justin:

It'll be a lot easier.

Griffin:

It's gonna be hard for her to stay in the friend-zone when she's in the bone zone, am I right, fellas?

Justin:

My man, Matt, he writes to us from Gmail, he says he's currently looking for a new job. "What are some excuses he could use to leave his current job early to go on interviews? If he goes to any more doctors' appointments, they're going to think something seriously is wrong with me."

Travis:

Urologist appointments.

Griffin:

Um, that's a doc— That's a kind of doctor.

Justin:

That's a kind of doctor.

Travis:

Okay. That's true.

Justin:

Nice job, Travis. Sorry.

Travis:

Tanning. Tanning appointments?

Justin:

Sorry, it's all right, T-Sack. You just got a little, you got a little— Really aggressive. Um, oh man, that's a good, that's a good question. How many interviews are you going on that aren't panning out, that this is a problem?

Griffin:

[laughs] Because you may just want to stick with that job.

Justin:

Maybe just keep this job. Maybe you are not suited for other jobs.

Griffin:

Um, no, let's give him some serious real help, because we're three creative types, we can come up... I'm working on something in my mind, I haven't fully developed it, but it involves psychic powers.

Justin:

[laughs]

Griffin:

Um, I don't... Maybe say you have psychic powers and you sense that there's going to be a horrible catastrophe, but really sell it so everyone else actually thinks— You could get the whole office to leave.

And then when you come in the next morning, be like, "It wasn't today, it wasn't, it wasn't yesterday, but it's, it's definitely coming soon, I feel it in my bones."

It may be time, it may be time for Lupus. [laughs] It may be time for Lupus. I know, I don't like to break glass in case of emergency on Lupus too often, but it may be time to fake Lupus.

Griffin:

And he says that he means that in... very, very literally, because Justin has a vial of Lupus that he keeps nearby—

Justin:

Yes, under glass.

Griffin:

... in case he needs to be sick for a long, long time.

Travis:

I will give you this caution, Matt, um, if any of those businesses or places that you're going to interview for call your current employer for a reference or anything like that, you're effed, dude.

Justin:

Yeah, house of cards just comes tumbling down.

Travis:

Yeah, so watch out for that.

Griffin:

"So, how would you describe Matt as a worker?"

"Well, he was a great worker, but his productivity slowed down pretty significantly when he got that Lupus."

Justin:

"What?"

Griffin:

"When he got, when he got that what, I'm sorry?"

Justin:

"What did you say?"

Griffin:

"You know, the Lupus that he has."

Justin:

"That he definitely, definitely has, that no one would lie about."

Griffin:

"He definitely had that Lupus. Uh, I saw his wheelchair. Uh, he's messed up with the Lupus."

Justin:

"The doctors are sure of it, I definitely have breast cancer."

Griffin:

[laughs]

Travis:

They're curing that every day.

Griffin:

Yeah, so maybe, maybe don't lie.

Justin:

Wesley. Wesley, he says "Recently my wife and I wanted another dog. I wanted to adopt an older dog like we had before, but she wanted a puppy. So we got a puppy." Yeah, well, there it is, right? "Now she complains about the work involved with the puppy and complains about the puppy peeing in the house. Is it appropriate to say, I told you so, or should I remain quiet while she complains?" Oh, dude, that fixes nothing.

Travis:

Yeah, don't.

Justin:

Don't play the "I told you so" game, man, it fixes nothing. They know. Trust me, don't play that. Oh, don't do it. I can't give you a strong enough recommendation. Don't do that.

Travis:

I can give you some real-world puppy advice, um...

Griffin:

Travis, professional dog-trainer. You've wandered right, right into his wheelhouse.

Justin:

Yes, right into, into the wheelhouse.

Travis:

Um, the question between an older dog and a puppy, um, there are benefits to both. The benefit of getting a puppy versus an older dog is it is easier to train a puppy the way that you want it to be, where older dogs, any behavior problems are more ingrained and harder to train out.

Griffin:

And it won't die as quickly.

Travis:

Older dogs [laughs], older dogs usually come, um, more docile and with less house-training problems, but a puppy's gonna grow out of that, in like four months it's not going to be a problem anymore, and now you have this puppy that you can train to be the kind of dog you want to, easier than an older dog.

Griffin:

You'll have a puppy just full of vitality and life.

Justin:

You know my problem with *Old Dogs* is, uh, not enough Martin Lawrence. I really thought his character was underdeveloped.

Travis:

[laughs] Oh, god. No, that's Wild Hogs, you liar.

What?	W	/h	а	ť	?
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Travis:

You're thinking of the wrong... Old Hogs, wait... Wild Hogs. [laughs]

Griffin:

Which one is it?

Justin:

I did, I choked, you're right! Old Dogs is, uh-

Travis:

Black frogs, it's black frogs.

Griffin:

It's Robin Williams and, uh, the Scientologist guy, who named his son, who named his son after an airplane.

Justin:

By extension, it did not—

Griffin:

John Travolta.

Justin:

... it did not have enough Martin Lawrence.

Travis:

Yes. No, that's true.

Griffin:

What Justin said was completely accurate. Also, I'm sorry for making fun of Jett Travolta, he's passed and that was, that was beneath me.

Travis:

That's true. Um, so Andrew from Gmail asks—

You're gonna read a question?

Justin:

And now he...

Travis:

Yeah, I know, it's weird, right? "What are some ways to help build motivation for things like studying and working on personal projects?"

Griffin:

I didn't like that. [laughs] I wish you wouldn't do that in the future.

Travis:

No? Damn it.

Griffin:

I wish you would leave it to me and Justin.

Justin:

[laughs] Yeah, it was very uncomfortable.

Travis:

I just, I got caught up in the moment.

Griffin:

Right, right. I get—

Justin:

I get it. I get how it happened, it's just it made everybody really uncomfortable.

Travis:

Yeah. That was my bad. Listen, that's all on T-Sack.

Justin:

[laughs] That's how T-Sack does, though.

Travis:

That's how I roll.

Griffin:

You know how to answer him? Go take a shower.

Justin:

Oh, yeah?

Griffin:

Go take a shower. I've been— I've been making myself shower... Ooh, I'm actually 13 minutes past due for my shower.

Justin:

[laughs]

Griffin:

I've been doing my noon shower, um, and like I'll work and I'll write a bit in the morning, and then, like, I'll feel my energy start to... just start to be sapped from me by some unseen force, and I'll just go hop in the shower, and then I get, it's like the second cup of coffee. You know what I'm saying?

Travis:

Yeah. Oh, also, coffee. Lots and lots of coffee.

Justin:

Coffee's good.

Griffin:

That helps, but mostly just showers, 'cause showers are great, because they also keep you clean.

Travis:

Um, I also like to operate in a clean environment. Um, that being said, I usually—

Bullshit, sir!

Travis:

... have a lot of stuff, that's why I don't get anything done. People are like, "Why didn't you get anything done?"

Griffin:

"I didn't get anything done, because there's a four-month-old bowl of salsa sitting right next to my, my computer mouse. It's sitting right there, if I put my hand down—"

Travis:

Um, are you talking about me, sir, or are you talking about yourself?

Griffin:

Oh, we don't want to have this fight, do we?

Justin:

Yeah, we're not doing this, guys. Kyle, Kyle writes in, he says "I have a problem with taking girls... talking to girls—" Taking girls! He has a problem making them his.

Griffin:

"Making them mine."

Justin:

Making them mine. "I have a problem with talking to girls that I'm interested in—"

Travis:

"I keep putting them in jars and I don't know what to do about it."

Justin:

"... I have a problem with talking to girls that I'm interested in. I can never gather up enough courage to ask them out, which leads me to worry about it and develop anxiety attacks. I don't have a problem with talking to ladies in

[&]quot;'Cause I didn't clean my room."

committed relationships, or females that I am not interested in. Help me out, please."

Kyle, dude, you're psyching yourself out. You know that thing you hear where it's like, once you get married, uh, you know, that's when girls all find you attractive? That's— It's not, it's not being married, it's not giving a shit.

Travis:

Yeah, it's that confidence. I say you start dating girls you're not interested in.

Justin:

Okay.

Travis:

You'll have no problem talking to them, go with that.

Griffin:

Yeah, that's a great idea. That's a great life plan.

Justin:

Nothing bad could come of that.

Griffin:

Yeah.

Justin:

That explains so much, Travis, if that's your, if that's [laughs]... Sorry, T-Sack.

Travis:

T-Sack, that's T-Sack, that's not Travis. Let's separate. Um, Kyle, as far as that goes, um, you know, Justin's right, you're psyching yourself out, you're just getting yourself down, dude. And just, you know, talk to them like you're not interested in them, just don't—

Go take a shower—

Travis:

... try to impress them.

Griffin:

Go take a shower and then just caveman it up. I'm telling you. I'm telling you, that's not a joke. Like, if I'm at a bar, and I'm too nervous to talk to a girl, I just turn, I just flip the caveman switch and it's like "Hey! You look nice. You buy drink? We dance now. We dance now to the flamenco music."

Justin:

If you, uh, okay, first off, maybe you're not going to flamenco bars, that's the place to go to meet ladies.

Griffin:

Flamenco bars, oh, my god, you would not believe how successful I've been, strip mining at flamenco bars for ladies.

Justin:

Kyle, you have, you have to get past— This is a— You have to tell yourself this is a mental block. The problem with this is solely on you, if you start thinking to yourself, don't, don't—

You know how it's easier for you to talk to girls in a committed relationship, right? Start telling yourself, in your head, that you are in a committed relationship. That no matter what you do, you don't want to meet a girl to go out with.

You want to meet a girl to just, just say, "Hi," just to talk to a girl at a bar. 'Cause I know that thing when you're single you start, you do, you turn into, like, the Terminator, right?

You've got the HUD, and every girl you look at is like... [imitates beeping] You know, "Isn't into me." [imitates beeping] "I don't like her coat." You know? You're analyzing every...

Griffin and Travis: [laughs]
Justin:
every girl and you just gotta, you gotta let that go, it's a mental block. Let it go. Just go talk to her.
Griffin:
She's not always gonna be wearing that coat.
Justin:
She might get a new coat.
Griffin:
She might get a new coat.
Justin:
Just pretend—
Griffin:
A real nice seersucker—
Justin:
Just tell yourself—
Griffin:
Seersucker?
Justin:
Seersucker? What?
Travis:
Yeah, seersucker.
Justin:
tell yourself you're in a committed relationship. Pretend that you're in a committed relationship and just go for it. 'Cause, like what you're, what

you're trying to do is get someone who doesn't know you at all to accept you in a few minutes, and that's not gonna get you anywhere. Just go talk to people to be talking to them. Um, and if that doesn't help, prostitution, it's—

Travis:

Yeah.

Justin:

A lot of the law enforcement turns a blind eye these days.

Griffin:

Hugh Grant's doing it.

Justin:

He's down. What's up? [crosstalk] ... not good enough for you? What, isn't there anybody more relevant? Hasn't Charlie Sheen probably been busted for that?

Travis:

Yeah. I think he's done that pretty recently.

Justin:

Jordan from Gmail, "When is the right time to move out?" He's 20 years old now, I'm gonna assume it's a he, uh, 21 on the Monday this podcast comes out. Happy birthday!

Griffin:

Happy birthday, Jordan! [crosstalk]

Travis:

Boost it up, son!

Griffin:

Have one on me.

Justin:

Boost it, uh, did you say boost it?

Travis:

Send that receipt to Griffin, he will reimburse you with a personal check.

Griffin:

Send me that receipt and get boosted.

Justin:

[crosstalk] ... a commute of one hour, total, a day to school, I will be—

Griffin:

That sounds miserable.

Justin:

That's terrible.

Travis:

Yeah, that's awful, dude.

Justin:

Lots of podcast time though, loyal customer. "I'll be done with school soon, but hope to be taking a follow-up online course that will last around 18 months. If you could lay out some sort of timetable on when it's appropriate to depart the nest, I'd be much obliged. I don't have much money right now, but I do live in Canada, where hugs are currency. Thanks in advance, Jordan."

Griffin:

Jordan, you're 20 years old, now? I'm gonna say the timetable is two years ago. [laughs] I think, I'm not sure how you can make that happen, but if you can find some sort of...

Travis:

Um, I will say this, Jordan, when living at home stops your life from developing, it's time to move out. So, two years ago, um—

What, um, I do wanna— I, okay, speaking as someone who lived at home a little, uh, to, to this age, to 20, maybe 21, perhaps 22, um, the, uh...

Make sure you have some money together, 'cause, you know, if you can stay there and get together a nest egg, um, go do that and get together enough money that you're not gonna be, like, dying, or, or starving to death.

But, you know, it's— It really, I know it's intimidating if you haven't done all the stuff, like if you haven't, you know, signed the lease and looked for the apartment and done all that garbage, but it's really—

Griffin:

So easy.

Justin:

Look around, look around you, look around at the stupid, awful people that you meet every day who you still love, because that's what makes the world go round, but they're stupid and terrible.

Remember that they have done all this stuff that you are intimidated by. Assuming that you're intimidated by it, and that's kind of what it is, 'cause it's not that hard. Just make sure you have a steady income and specifically though, doing the things like setting up your gas, and crap like that. It's really not, not complicated.

Travis:

And the nice thing is once you start doing it, it's really empowering. It really does feel good. You'll be like, "I set up that electric account." And it really is... It makes you feel like an adult.

Justin:

Not even a problem.

Travis:

And it's really a great feeling.

Justin:

Yeah, just get out there and start trying it. Um, also it, it might help if you ask friends, see if anybody needs a roomie to kind of ease in that way, somebody who's already handling all this stuff.

Griffin:

Or brothers.

Justin:

Brothers.

Travis:

But as far as a timetable goes, don't rush yourself, because you don't want to do it when you're not ready and you're not prepared, and you don't have the money, but, you know, there's no reason to wait. You're not really waiting on anything.

Griffin:

No, do it, take the leap.

Justin:

Hey, did you ask Je— did you ask Jeffrey if he needed a roommate?

Griffin:

Jeffrey?

Travis:

Jeffrey?

Justin:

Jeffrey, do you need—

Travis:

Jeffrey, we should move in together, Jeffrey.

Justin:

Jeffrey, we've just met, Jeffrey, but let's move in together.

Griffin:
Jeffrey, it's a one-bedroom apartment, but it's awfully spacious.
Justin: Jeffrey
Travis: Jeffrey, how do you feel about bunk beds, Jeffrey?
Griffin: I've got a California king bed, I promise we won't touch, Jeffrey [laughs].
Travis: Jeffrey, will you hold me during the thunderstorms, Jeffrey?
Justin: Jeffrey, it's hailing.
Griffin: Jeffrey, the black clouds are rolling in, Jeffrey.
Justin: Jeffrey?
Travis: Jeffrey, let us buy a puppy together, Jeffrey.
Justin: Jeffrey, we'll name him Jeffrey, Jeffrey [laughs].
Travis: Oh, Jeffrey.
Justin: Jeffrey.
Travis:

Let's go shopping at the local market, Jeffrey.

Justin:

Too droll, Jeffrey [laughs].

Griffin:

So, uh, I've got my final question loaded up on Yahoo and it's been about 40 minutes, so let's, uh, [crosstalk] let's tell how, how all these nice people can, um, can get ahold of us.

Justin:

First, I, can I just say, can we just say thank you to everybody?

Griffin:

Thank you.

Justin:

We passed 10,000 downloads this week.

Travis:

10K.

Justin:

10K downloads this week. The show's blowing up, everybody loves it. Uh, do me a favor and, listen to me, I'm just, I'm just saying nonsense, uh, uh, not everybody loves it though, because a lot of people aren't listening, if you can believe that, they're missing out on this. Don't—

Griffin:

How many people are on the planet right now?

Justin:

Too many. Uh, don't keep your light-

Travis:

20,000.

... don't keep your light under a bushel, just-

Griffin:

You know what you can do? You can burn it on a CD. It's a short show. You can burn maybe two episodes on a CD disk.

Justin:

Have a little listening party, whatever.

Griffin:

Have a... This is great. And then you can talk about your favorite parts, and you can give each other advice. That's what I want to— I want to start up, like, I want us to start like a pay it forward-style, like, social movement, where we change the country for the better.

Travis:

Like a cult?

Griffin:

Like, kinda like a cult.

Justin:

A cult. Uh, but please do tell a friend, tell somebody, just, just right now, don't even think about it, send them a link, say "Hey, I think you'd like this, because anybody would."

Travis:

And you know what? If you're a fan, and you haven't subscribed to us on iTunes yet, please do that, that would be really great.

Justin:

Exactly. Review us on iTunes, it helps a lot and we really appreciate it, and, uh, and I can't even pressure people too much, because people have been so great so far. Everybody has seriously, um...

And also we gotta thank Justin Russo again, uh, for, for creating tons of great art. If you haven't seen, um, been on our Facebook group, and looked

at his image for "My Walnut is a Temple," you need to, because it makes you laugh.

Griffin:

What do you, what do you think the image for this episode's gonna be?

Justin:

I don't know. It's gonna be hard.

Griffin:

I think it's gonna be— It's going to be Jeffrey-based.

Justin:

Definitely Jeffrey-centric. Um, uh, so that is, uh—

Travis:

And as far as how to contact us goes—

Justin:

Yeah, yeah.

Travis:

... go to mbmbam.com and it's all on there, um...

Griffin:

I've worked so hard on building that website.

Travis:

... we have Twitter, Gmail, um Formspring, um, any of those are great ways to contact us.

Griffin:

Email us at — Email us at mbmbam@gmail.com, um, we'll get that, we'll read it and use it if it's, if it's just not dumb. Don't be dumb.

I see a lot of tweets with "MBMBaM" in the hashtag, and, uh, just people quoting stuff from the show, or, uh, remember you can ask questions that way, although I understand if you want to keep your questions private.

Griffin:

A lot of Huntingtonians up on that show.

Justin:

Yeah, people were down with it.

Griffin:

I think, uh, I think that's where our first live, live ep is gonna be. I think, um, someplace in Huntington.

Justin:

We'll go to Cincy, someplace people will actually go. [laughs] But, uh, guys, thank you for finding 40 minutes to listen to us. I really appreciate it. And, uh, and we're, we're so happy you could come out.

Griffin:

So, so, so pleased.

Travis:

So pleased.

Griffin:

Yahoo Answers user "B," just the letter B, says "Smoke coming from my belly button?"

[music plays]

Justin:

[laughs] I'm Justin McElroy.

Travis:

I'm Travis McElroy.

I'm Griffin McElroy.

Justin:

And this has been My Brother, My Brother and Me.

[music continues]

Griffin:

"I was lying in bed and my mom turned out the light, it was about 10:00 PM, and as the light was turned out I thought I heard someone speak and say, "Oh." About 30 minutes later, my belly felt warm. I looked under the duvet and saw a little light coming from my belly button.

"On closer inspection, I thought I saw something fly out and leave my duvet. I pushed my belly button, and a bit of smoke came out. What the fuck just happened? This was not a dream and has left me utterly confused."