

## Wonderful's ThirdLove Love-straveganza!

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[theme music plays]

**Rachel:**

Hi, this is Rachel McElroy.

**Griffin:**

Hello. This is Griffin McElroy.

**Rachel:**

And this is Wonderful!

**Griffin:**

It's very special episode.

**Rachel:**

It's a very special episode just for you, the listener.

**Griffin:**

We're gonna talk about grown-up stuff, like they do on TV.

**Rachel:**

[laughs] This very special episode is brought to you by ThirdLove.

**Griffin:**

ThirdLove makes the good bras.

**Rachel:**

The good bras.

**Griffin:**

They make the bras that, that fit you just right and they keep all the stuff where, uh, I, it's supposed to be, where you want it to be. And they-

**Rachel:**

[laughs]

**Griffin:**

... help you figure out all that stuff and they're great. You've heard us talk about ThirdLove a lot.

**Rachel:**

Yeah. We are very fortunate that they approached us and they said, "You have the best podcast and we have the best bras and let's work together to put something magical into the world."

**Griffin:**

Yes.

**Rachel:**

And we said, "Okay."

**Griffin:**

Yeah.

**Rachel:**

And here we are.

**Griffin:**

So, w- we, we sort of took the idea of love and ran with it and we get a lot of people saying, "Griffin, Rachel, you have the most pure love-"

**Rachel:**

[laughs]

**Griffin:**

"... that anyone's had on the planet. It's greater than Jack and Rose. It's greater than, you know, Brangelina."

**Rachel:**

Mm-hmm.

**Griffin:**

And it's-

**Rachel:**

[laughs]

**Griffin:**

That's the only two that I can think of.

**Rachel:**

It's been about 20 years since you've had any access to television.

**Griffin:**

To the, to the media. Yeah.

**Rachel:**

[laughs]

**Griffin:**

Um, and so people say, "What's your romance secret?" And we say, "We haven't done, we haven't done dated in a very long time."

**Rachel:**

Yeah. That's true.

**Griffin:**

So we don't really know how, w- what's going on out there even. So we have tapped a very special romance correspondent.

**Rachel:**

Mm-hmm.

**Griffin:**

Uh, our, our friend, fellow podcaster and, uh, master of, it says here on her portfolio, master of love, uh, Anna Roch. Welcome to the show, Anna Roch.

**Anna:**

Hello, what an intro. [laughs]

**Griffin:**

Yeah.

**Rachel:**

[laughs]

**Griffin:**

Um, I'm so happy that you're here. We've been wanting to get you on the show for, um, for quite some time.

**Rachel:**

[laughs]

**Griffin:**

Um-

**Rachel:**

We've never had a guest before, but when we thought, "Uh, let's have guest," we thought, number one, Anna.

**Griffin:**

Anna Roch.

**Anna:**

I spring to mind. I appreciate that so much.

**Rachel:**

Mm-hmm. Mm-hmm.

**Griffin:**

Anna, you, you, come to us and our friend group, I feel like, with some of the choicest nugs-

**Rachel:**

[laughs]

**Anna:**

[laughs]

**Griffin:**

... when it comes to, um, dating and finding, finding, finding romance out on the high seas.

**Anna:**

Yes.

**Griffin:**

Um, and I guess we're h- we're just here to, kind of, find out what's going on out there. What's the scene like, what's the scene like in, you know, without the, the weight of COVID hanging over it, but also, what's that all about?

**Rachel:**

Mm-hmm.

**Griffin:**

And what do you, what do you, w- what's the secret?

**Rachel:**

Well, and, and before you begin, I wanna give, uh, an intro a little bit. Uh, and just say Anna has been our friend for, uh, I mean, my friend for over 10 years and-

**Griffin:**

Oh, so it's gon- Oh, so it's gonna be like that?

**Rachel:**

[laughs]

**Anna:**

[laughs]

**Griffin:**

Anna, if we did-

**Anna:**

It is a, it's a friend competition. Always.

**Griffin:**

If we, if we did split up, Anna, me and, me and Rachel-

**Rachel:**

Oh. [laughs]

**Griffin:**

... and that would never ever happen.

**Rachel:**

Wow.

**Anna:**

Oh, no.

**Griffin:**

Who do you think you would take phone calls from?

**Rachel:**

You don't have to answer this.

**Anna:**

You know, actually, I anticipated this question.

**Rachel:**

[laughs]

**Anna:**

Um, I've been thinking about this a lot. I, Griffin, you know I love you dearly, but I am gonna have to go with Rachel.

**Griffin:**

Yup. She saw you first.

**Anna:**

Yeah.

**Griffin:**

That's all there, that's all there is to it.

**Anna:**

It's just how it is.

**Rachel:**

That's true.

**Anna:**

That's just how it is. We share a love of poetry. Um-

**Rachel:**

Yes.

**Griffin:**

Yes.

**Anna:**

It would have to be Rachel.

**Rachel:**

Mm-hmm.

**Anna:**

Yeah.

**Griffin:**

And you recently started your own, uh, podcast.

**Anna:**

Yes, I did.

**Griffin:**

Uh, with a couple of your friends called *Stab in the Back*.

**Anna:**

*Stab in the Back*. We decided, you know, there's a real void in the world of podcasting when it comes to true crime.

**Griffin:**

Right.

**Rachel:**

[laughs]

**Anna:**

We, we thought we really needed to help fill that void, so we took our love of campy television and decided to use that as a method to record.

**Griffin:**

Wow.

**Anna:**

And hear ourselves speak on it.

**Griffin:**

Um, well, I mean, knives out, you know? It's a, the, now we-

**Anna:**

That's right.

**Griffin:**

... now we're competitors for people's mind share.

**Anna:**

[laughs]

**Griffin:**

And I don't even know that you thought about that.

**Rachel:**

I dunno how much audience overlap there is, but probably more than we'd realize.

**Griffin:**

Yeah. Yeah. Um-

**Anna:**

Uh, it's in- it could be interesting. We'll have to see.

**Griffin:**

It's a, it's a delightful show even, uh, for someone like myself who doesn't care for hearing about murders.

**Anna:**

[laughs]

**Rachel:**

[laughs]

**Griffin:**

Uh, so that's really saying something.

**Anna:**

Thank you.

**Griffin:**

Anna, you, you were, um, Rachel and I got together in 2011 and I feel like-

**Anna:**

Yes.



**Griffin:**

... a lot of developments in dating technology came about since then. And I remember very distinctly you, sort of, showing us Tin- like Tinder. Like, when that, when that had just kind of started.

**Rachel:**

[laughs]

**Griffin:**

So I think that's why you sprung to mind for, for this very special episode. Can you talk a little bit about your, sort of, experience out there in the, in the field.

**Anna:**

Absolutely. I mean, I feel like what you said earlier about navigating the high seas is accurate. Um, it's a very rocky ocean. I do consider myself a captain of sorts. Um...

**Griffin:**

Right.

**Anna:**

It has been quite the journey. I feel, like, you know, I've done some really hard work in this area, because online dating is always tricky. The past year has been especially so. I think that the apps are pretty horrible.

**Griffin:**

Okay.

**Anna:**

Um, they're [laughs], there's a lot going on there that you have to navigate through all the time. One thing that I would recommend at, to everyone just hearing this right off the bat is that before you enter into that, you need to know, romance as it's been sold to us is a little bit of a scam.

**Griffin:**

Ooh. Well as, as, wow. As sales people-

**Anna:**

[laughs]

**Rachel:**

[laughs]

**Griffin:**

... for that romance, um, that's a tough pill to swallow.

**Rachel:**

Uh, now, tell me how you came to this realization, I guess, is what I wanna know.

**Anna:**

I think the culture around online dating, the culture around dating is really, you know, from a very young age, and Rachel you might identify with this as a woman, I felt like I was told from a very young age that the one is out there for me. He's waiting for me, I just have to find him. And so with apps, I felt like that it became this mission where the one is just a swipe away, you know?

**Griffin:**

Yeah.

**Anna:**

I'm gonna find him. He's, he's one swipe away, just keep going. And-

**Griffin:**

That's by the way, that is an, I dunno if that is a tagline that dating apps have used before-

**Anna:**

[laughs]

**Rachel:**

[laughs]

**Griffin:**

... but the one is just a swipe away is pretty powerful.

**Anna:**

I mean, there it is, right? And I just feel like that I really had to change my entire mindset about how I approach that because you may, in fact, find a really successful relationship through those apps, but it's okay if it's not a

forever situation. It's okay if it's not the one. You know, you might have several ones throughout the course of this journey and I think it's okay if you modify looking at this journey a little bit instead of such a long-term situation-

**Griffin:**

Right.

**Anna:**

... it's okay, maybe, if I find a really healthy happy short-term situation, right? That I'm not so focused on the outcome anymore.

**Griffin:**

It, it seems like from the outside looking in that these dating app platforms have occasionally, like, strong starts where they are actually useful in some way and then they are slowly but surely eroded away by just real, usually a, usually an influx of jag offs who render the, the-

**Anna:**

[laughs]

**Rachel:**

[laughs]

**Griffin:**

... who so thoroughly seed the field with their, with their, uh, awful, awful ways. Uh, like-

**Anna:**

Yes.

**Griffin:**

... you say- you saying, I remember when everyone was up, uh, all about Bumble for a bit because Bumble was, I for- something was different about Bumble.

**Rachel:**

It puts the agency in the, in the woman's corner.

**Anna:**

The woman. That's right. The woman has to reach out. So you, when you're swiping and you match with someone, the woman has to initiate contact within 24 hours-

**Griffin:**

Okay.

**Anna:**

... or that match goes away. So it's a little bit, you know, Bumble is interesting 'cause you do have to work at it a little bit more than a traditional app like a Tinder where you're just maybe, or an OKCupid, where you're getting a lot of contact all the time.

**Griffin:**

Yeah.

**Anna:**

You know? The messages are, at least in my case, they're flowing. [laughs]

**Rachel:**

[laughs]

**Griffin:**

[laughs] Uh, yeah. I, I, to go back to the first time that you showed us Tinder, I didn't know which way swiping, I- Swiping left means you don't want them. Sli- swiping right means you do like them, right?

**Anna:**

That is correct.

**Griffin:**

Okay.

**Anna:**

That's right.

**Griffin:**

I got those, I did have those mixed up into the switcheroo the first time you showed me the app-

**Anna:**

[laughs]

**Rachel:**

[laughs]

**Griffin:**

... and I may have hooked you up with a gentleman who-

**Rachel:**

[laughs]

**Griffin:**

And I'm not here to yuck any yums, but his yucks were yucky.

**Rachel:**

[laughs]

**Anna:**

And he was putting it out there. I do have to say, we gotta, we've gotta put some respect on this guy's name because he's a legend, I feel like-

**Griffin:**

Yeah.

**Anna:**

... in our friend group at this point.

**Griffin:**

Absolutely.

**Anna:**

Um, he put himself fully out there. He was not trying to be secretive about what he wanted and-

**Griffin:**

No.

**Anna:**

... what he was looking for, which you have to respect.

**Griffin:**

And, and what he wanted was your toenails. Needed 'em. Got to have 'em.

**Rachel:**

[laughs]

**Anna:**

He in fact-

**Griffin:**

For what purposes, I'm not-

**Anna:**

Uh, well, he was a toenail clipper, I believe, enthusiast is the word he used.

**Griffin:**

Yes.

**Anna:**

And I don't wanna invoke that word, I know that's a sacred word here on Wonderful!, but, um...

**Rachel:**

[laughs]

**Griffin:**

Yeah.

**Anna:**

That is the language that he used.

**Griffin:**

Yeah.

**Rachel:**

So, can I ask, before we get too into the apps, um, did you do, like the, the real, like, original, like, Match.com, eHarmony, OKCupid scene as well?

**Griffin:**

Yeah. How deep in the game are you?

**Anna:**

I have. I've kind of done everything. I've, I've paid for things. [laughs]  
Through the years-

**Rachel:**

Uh-huh [affirmative].

**Anna:**

... I've done paid subscriptions. I've done three-month chunks because I just couldn't bring myself to do longer than that in some cases. Um, I have done OKCupid. I've, I will say, I have had many successful dates. I don't wanna paint this like it's been a terrible journey the entire way. I have met some really nice people. I have had some really nice outings. But it just wasn't a romantic love connection for me most of the time.

**Griffin:**

Mm-hmm.

**Anna:**

We would, we would go out, I'd, I even had more than one date with some of these people, but ultimately, I have never found a actual relationship through an app.

**Griffin:**

Hm.

**Rachel:**

Do you, like, were, have you been impressed, I guess, by both the beginning and the evolution of the match technology? Like, are you thinking, like, "Hey, they're really honing this science?" or is it, like, been pretty much the same? Like, can you, like-

**Anna:**

Yeah.

**Rachel:**

... when you match with somebody, are you like, "This is impressive," or are you like, "Oh, we both, you know, put Fraser in our bio and that's why they matched us?"

**Anna:**

[laughs]

**Rachel:**

[laughs]

**Anna:**

Why would you assume I have Fraser in my bio, Rachel?

**Griffin:**

That's extremely reductive.

**Anna:**

You know, come on. I do wanna say that I think sometimes, um, it is spot on. Sometimes I get the feeling that people are being hidden from me purposefully because they want me to pay.

**Griffin:**

Ahh.

**Rachel:**

Ahh.

**Anna:**

So I do think there's a little bit of like, you know, there's different apps have different ways that you do this, but you can buy, like, roses on Hinge-

**Griffin:**

Whoa.

**Anna:**

... and it'll give you, like, a chance to, like, offer a rose to someone and like, you know, really show that you extra like them, which I've-

**Rachel:**

Wait.

**Anna:**

Yeah. [laughs]

**Griffin:**

Digi- digi-roses? Like or real rose?



**Anna:**

Yes, digi-roses.

**Griffin:**

Okay. They're not real roses that, like, go to their apartment?

**Rachel:**

[laughs]

**Griffin:**

It's like-

**Anna:**

Oh, I wish. Gosh that would be so nice.

**Griffin:**

An emoji, an emoji rose that you have to pay for?

**Anna:**

Yes. You have to pay for it and it's like a super like. Um, so you really are communicating that you-

**Rachel:**

Wow.

**Anna:**

... like that person a lot. It, I don't know what the response rate is on that for people. I've never received a rose, so I don't know if people are just mortified to pass out roses. [laughs]

**Griffin:**

Yeah, and it's the-

**Anna:**

Or if they're, you know...

**Griffin:**

The message of, "I love you so much that I've paid this company, you know, a buck 99-"

**Anna:**

Right

**Griffin:**

... to be able to really put some, put some stink behind it.

**Anna:**

I don't know about you, but I love when somebody says, "I'm in love you, but I've never met you."

**Rachel:**

[laughs]

**Griffin:**

Yeah.

**Anna:**

That's one of my favorite things to hear.

**Griffin:**

That's a strong play. It's, it's, it, from some of the stories you've told us, it's a, there's also and quite, quite frequently, and I assume this is, this is, I mean, this is pretty universal, uh, the problem hasn't been that the people that you've been matched up with have been, you know, complete jerks all the time, sometimes it is a, you know, a lack of compatibility that maybe they don't pick up on and they go way too hard in the paint, like, way too fast.

**Anna:**

That is something that I run into quite frequently and I think just the culture around app dating adds to this. I feel like that, you know, I've even shared with you two before we've had this conversation about, sort of, a fantasy being created that I-

**Griffin:**

Right.

**Anna:**

... don't have anything to do with. Right? So, they see my profile and I mean, I'm not gonna lie to you, my profiles are top-notch.

**Griffin:**

Of course.

**Rachel:**

[laughs]

**Anna:**

Um, and, you know, I put a lot of work into the profile. Like I, I really try to be, you know, funny, but also kind of lend it to question-asking so that there's things they could ask me about to get a conversation rolling. But I've noticed that we might be compatible, we might be vibing off of these shared interests that I've, kind of, tried to present through my profile and my bio, and it just feel likes sometimes they start to run with it a little bit too hard.

**Griffin:**

Mm-hmm.

**Anna:**

And I don't have any role in it, in the fantasy, you know, that sort of being created around what's happening. And I can say this, y'all, because I did that, too, at one point.

**Griffin:**

Right.

**Anna:**

You know? Like, I'm very familiar with how that feels.

**Griffin:**

Yeah I look back. I, I did online dating for, uh, half a year, maybe less than that when I was living in Chicago. Uh, and I did, I did Match and OKCupid, which were kind of the only games in town back then. This would've been, like, 2010. Uh, and Match you had to pay for. OKCupid was free. So OKCupid was very much the wild west and I was always too scared-

**Rachel:**

[laughs]

**Griffin:**

... of it to, like, find a date on there, but I remember, like, having a couple of dates with someone at, and at the end of the second date being like, "That was really, kind of, weird and uncomfortable," and then I was like, "Wait a minute." I think it's because I was, like, trying to, like, push, trying to treat it like a-

**Anna:**

Mm-hmm.

**Griffin:**

... like a relationship thing-

**Rachel:**

Yeah.

**Griffin:**

... e- even if, and that's clearly, like looking back, clearly not what it is. I just think that's a very easy mistake to make especially if-

**Rachel:**

Yeah.

**Griffin:**

... I don't know, there's circumstances where maybe you're just out of a long relationship and you don't like, you just don't know-

**Anna:**

Yes.

**Griffin:**

... what the, what the, what the normal is.

**Anna:**

And that's happened to me where I, I've hopped back online after a relationship ended and you're so desperately wanting to feel that feeling of having that true intimacy with someone-

**Griffin:**

Right.

**Anna:**

... that you will, you'll force it, you'll push it. And it's not-

**Rachel:**

Yeah.

**Anna:**

It's not right. It's too early. Um, so I've definitely been on both ends of that and I feel like lately, especially during COVID dating, um, you know, it's hard to date during a panini. [laughs] And I've definitely tried to be more aware of how a fantasy could be created and how to step back from that a little bit when I see that happening.

**Rachel:**

Yeah. 'Cause, I mean, you can already write that, like, origin story. I feel like it would be such a temptation every time of, like, "Yeah. Oh gosh. Well, how did I meet, how did I meet my husband?"

**Rachel:**

"Well, there was a pandemic. Uh-"

**Anna:**

Yes.

**Rachel:**

"And he wrote on his profile that he really liked Froot Loops and that had been all I was eating during and I just thought, 'Well, I dunno, let's, let's see how this goes and here we are today, 10 years later.'"

**Anna:**

Right.

**Rachel:**

[laughs]

**Anna:**

I mean it's, it's so, it's so intoxicating, right, to think, like, we could have this really wonderful story of how we met-

**Rachel:**

Yeah.

**Anna:**

... and we could, we could bypass, like, the horrific pieces of this app and we could find each other, you know?

**Rachel:**

Yeah.

**Anna:**

It's, it's really lovely to think about, but I think that it's been really tough to peel back from realizing that what you put out there in your profile and bio and when you feel like you're really vibing with someone, it's so exciting, but that isn't real intimacy yet. You know, you're not vibing with real intimacy just because you both like this one picture of a monkey, right?

**Rachel:**

[laughs]

**Griffin:**

Right.

**Anna:**

Like you, you have to, you have to go deeper and that takes a lot of time, you know? That takes a lot of time and a lot of work.

**Griffin:**

And it's harder to get there when you have, sort of, uh, shot the cannon indoors so to speak from, like, date one, but laying it on a little bit too, uh, a little, a little bit too thick. So it can be a real, a real problem when you find somebody, but it just doesn't fit right.

And if only there was a way to have, like, a perfect fit finder quiz for a human being, but that doesn't exist, but it does exist for bras. And from what I understand, b- bras can really act up and be real stinkers sometimes.

**Rachel:**

[laughs] Um, yeah. So ThirdLove takes out some of the guess work, uh, and makes it so that you don't have to stick with a bad bra. You know, I think when we are, we are shopping for ourselves we don't always, kind of, know what actual size we are.

**Griffin:**

Mm-hmm.

**Rachel:**

You know? And that obviously changes all the time. And ThirdLove has, kind of, put together what they call a virtual fitting room that helps you address some of those issues. Uh...

**Griffin:**

Eh, you call, you said issues. You omitted the copy right here-

**Rachel:**

[laughs]

**Griffin:**

... where they have written the words-

**Rachel:**

Bra-blems?

**Griffin:**

The, your bra-blems. And that's in, that's super strong. I can't believe you, you robbed Anna of that experience of hearing that word said out loud.

**Rachel:**

Uh, so the, ThirdLove's virtual fitting room is here to solve all of your bra-blems. [laughs]

**Griffin:**

See? It's totally natural and it feels totally good.

**Rachel:**

Uh, you can address any fit issues you're having, uh, any concerns you have about size or shape, and your personal style and it will deliver you a bra and underwear recommendations that are perfect for you.

**Griffin:**

I mean, you can't get better than that. I want that for every facet of life.

**Anna:**

That's true.

**Griffin:**

Like, I'm glad it starts here. You know, it's gotta start somewhere, but just, you know, fit find my, you know, what, what ply toilet paper am I supposed to be using?

**Rachel:**

Ah.

**Griffin:**

I don't know.

**Rachel:**

That's great.

**Griffin:**

I don't know how you do a fit find quiz for that, but ThirdLove has the technology and they're gonna fix everything.

**Rachel:**

Mm-hmm. Mm-hmm.

**Griffin:**

How can our listeners join the ThirdLove family and get great savings because they're listening to this show?

**Rachel:**

Uh, ThirdLove knows your one true fit is out there, so right now, they're offering our listeners 20% off your first order. Go to [ThirdLove.com/Wonderful](https://ThirdLove.com/Wonderful) now to find your perfect fitting bra and get 20% off your first purchase. That's [ThirdLove.com/Wonderful](https://ThirdLove.com/Wonderful) for 20% off today.

**Griffin:**

Anna, I wanna talk more about, uh, uh, I- love in the time of, of, uh, COVID, uh, um...

**Rachel:**

[laughs] I see, I see what you did there.

**Griffin:**

I wanna, I wanted to circle back 'cause I, I genuinely think this is a, this is a, a topic around dating that people don't talk about a lot. What, how, h... what are the best practices do you think for avoiding that coming on too strong vibe? 'Cause I, I, i- it's such a, it's s- such a shitty thing to be, like, enthusiastic about somebody and have that be the reason that you, kinda, spoil it. A- And I, I, I don't think I was online dating long enough or really genuinely dating long enough to, kind of, know how to temper that appropriately, if that makes sense.

**Anna:**

It does and, and I think there's a lot of side work that is important to do first. And to really know exactly what you are looking for before you enter into this scene. So, you need to really be, I think, kind of comfortable with



am I looking for a long-term relationship? Am I looking to casually date? And if a long-term relationship falls in my lap, let's roll with it?

**Griffin:**

Right.

**Anna:**

Am I looking to just maybe have some hookups? You know, kind of knowing what you're looking for is gonna help with that a lot because then you're gonna be able to make sure both of you are communicating boundaries and sticking to boundaries a lot better.

One of the things I always look for is if somebody is willing to communicate with me, kind of, how they like to be communicated with. You know, like, I work all day. I'm available to text or FaceTime starting at da-da-da time. Right? 5 PM. Because then I know, like, they're not ignoring me. They-

**Griffin:**

Yeah.

**Anna:**

... actually have a life, right? Like, this is, I think it's really kind and helpful to communicate with somebody right away, like, kind of, what my life and communication can be. It really eliminates a lot of that stress and worry about, like, am I communicating too much? Am I laying it on too thick? You know, like, just kind of let somebody know, like, here's what my life looks like. How can we work together to talk, you know?

**Rachel:**

One, and something you said too that I think really resonated was this idea that they're super invested before you have really given them anything to invest into, and how that's always, kind of, a warning sign of, like, you're really into this and you do not know me. Like, clearly, this is a fantasy that you are putting together that I'm not even involved with. You know, so it's like, getting those, those sincere questions and curiosity, like, at the front before you start deciding that this is an incredible thing, you know?

**Anna:**

And it's been a really hard with COVID because there's an element that's been kind of exciting with dating in COVID because you're, sort of, doing this, like, old-timey courting-

**Griffin:**

Yeah.

**Anna:**

... that really, like, kind of, went away and was just sort of like, um, "I matched with you. Let's meet up tomorrow. Maybe we hook up, maybe we don't, whatever," but there's always this, like, possibility to meet quickly. In COVID, you can't do that. I mean, if you're being safe and you're really trying to practice protocol, you're probably not gonna be meeting the very next day, right?

**Griffin:**

Mm-hmm.

**Anna:**

There's gonna be more talking. There's gonna be more FaceTiming. Maybe a Zoom date. You're gonna have a longer time span before you ever see this person in the flesh and that's a really unique opportunity, but I do think that it, the, kind of, flip side of it, that it's escalated for people.

**Griffin:**

Right!

**Anna:**

You, it's, like, become this like, "Oh. I met this great person. I don't wanna be alone." L- like COVID has highlighted, at least for me, like, we really want human connection. We wanna be connected so badly and that's okay. All humans want that. But I feel like because we've been alone, if you're single in this pandemic, you're really single. Just like if you're partnered, like, you're really partnered. You know what I mean?

**Griffin:**

Sure. Yeah.

**Anna:**

And it's really highlighted, like, I am single. Like, I'm alone and you want someone to have through this. Like, you know? It really feels that for people and so I think it's been great to have more time to build, but the flip side has been a little bit dangerous 'cause it's like, "Let's get married."

**Griffin:**

Yeah.

**Anna:**

And we've never even met. [laughs]

**Rachel:**

Well, and have you figured out the flip side of this? So one thing you had mentioned to us was that you've been ghosted or, like, unmatched a lot more than typical.

**Anna:**

Yes.

**Rachel:**

And, and I feel like that has definitely related to the pandemic, although I can't really figure out wh- how or why. Have you figured that out?

**Anna:**

I have given this some thought and, you know, ghosting used to really just send me into, like, a secret garden column in the bed.

**Rachel:**

[laughs]

**Griffin:**

[laughs]

**Anna:**

Drapes are closed. Like, when I [laughs], when I would get ghosted, I was like, "I can't you know. I'm not gonna be able to function for weeks." But I really, you know, taking a turn on ghosting because I feel like, especially in COVID, there is so much going on for every single person. We've all experienced this, like, collective depression, anxiety, grief over this past year and it can have so much to do with what that person is experiencing.

**Griffin:**

Mm-hmm.

**Anna:**

They could have social anxiety about re-entering the world. You know, like, thinking of going to a restaurant and just seeing a person physically could send them into a spiral.

**Griffin:**

Yeah.

**Anna:**

And i- it could have nothing to do with me. And so I have to remember sometimes that when I'm ghosted, it very rarely is me personally. It, it has something to do with whatever's going on with that person and that just helps me, sort of, remove myself from it a little bit.

**Rachel:**

No. That is, that is a really good point. Like, you are, you're constantly like I am weighing, like, should I get a haircut or not. There are certain risks associated with it.

**Anna:**

Yes.

**Rachel:**

I can't imagine, like, should I start dating this person or not.

**Griffin:**

Yeah.

**Rachel:**

Like, knowing that, like, before you're gonna have any chance of intimacy, like, you're both gonna need to be tested and, you know?

**Griffin:**

Yeah.

**Rachel:**

Like, that in itself-

**Anna:**

Absolutely.

**Rachel:**

... is like a huge barrier.

**Anna:**

And you know, if people aren't willing to have that frank conversation with me about how they have lived during the time of COVID, then it's a, kind of a, a deal breaker for me right now.

**Rachel:**

Yeah.

**Anna:**

So you know, I need to know that you wear masks, that you believe in masks, that you're safe. Um, you know, that you still care about practicing social distancing and things like that otherwise it's a no-go for me.

**Griffin:**

Is that gonna get cloudier as it, 'cause I, there's not going to be a, and this is, I think, abundantly clear at this point, there's not gonna be a day, there's not gonna be a ball drop to we don't have to social distance and wear masks anymore. You know what I mean?

**Anna:**

Mm-hmm.

**Griffin:**

It's, it is going to be, it is, it is becoming a personal, uh, decision, which don't get me, don't get it twisted, you should absolutely be still wearing a mask and social distancing, but will people continue to be, sort of, f- you know, forward at all with that stuff on dating apps when it's, sort of, more of a question mark in general. I- are, are you wearing a mask right now?

**Rachel:**

That will be interesting if, like, one of your profile pics is, like, your vaccine card. So it's like, you and a dog, you know, like, you on, on-

**Griffin:**

Yeah

**Rachel:**

... on hiking-

**Anna:**

You and a guy and a fish.

**Rachel:**

-on a mountainside. [laughs] And then, and then here's my vaccine card with both my doses on it.

**Anna:**

It's really funny that you mentioned that because I've actually seen a few bios lately that have, "I'm vaccinated. I'm fully vaccinated-"

**Rachel:**

[laughs]

**Anna:**

... in their, in their profile. They're saying it. So, you know, I think that when this started, we all started it together. Right, like, the lockdown started, we all went into this at the same time. And now people are vaccinated. Some people are fully vaccinated. We're all coming out of it at a different time.

**Griffin:**

Yeah.

**Anna:**

So it's gonna be really interesting to see how we re-emerge because we're all on different levels of it. You know?

**Griffin:**

Yeah. What do you, I mean, what do you think and we're going into full-blown prognostication at this point, but like-

**Rachel:**

[laughs]

**Griffin:**

Obviously, the, the entire system of, of dating has changed during COVID, but I also, y- you know, the optimist in me hopes that c- civilization changes a little bit coming out of COVID and I wonder how that will affect the world of dating. Like, is there going to be a, sort of, bacchanalian period where everyone's just, like, getting it or is going to be more like a slow burn than that?

**Anna:**

You know, it's so, it's interesting 'cause I do feel like if you look at history, right, like after Spanish Flu of 1918, like, we had the Roaring Twenties, people were out there, we had Great Gatsby life.

**Griffin:**

Right.

**Anna:**

I could see, I could see a little bit of that taking place where there's this excitement to be able to meet up, to not be scared to meet up. But I also feel very hopeful that this time spent alone and this time spent for people that are single, like spent in solitude, really thinking about what you want out of this, you know, it's, it's a lot harder, like what I was saying before, just to go meet up with someone.

**Griffin:**

Right.

**Anna:**

So I've had to really consider, like, is this something that is gonna work for me? I have to think about it, like, what are they actually bringing to me that feels exciting? Instead of, like, me always being so worried about how I am coming across, you know?

**Griffin:**

Right.

**Anna:**

Like I do feel that has shifted for me during COVID, like thinking, is this gonna be worth it? Is this gonna be worth my time? If I'm gonna get out in the middle of a panorama, am I excited about it, you know?

**Griffin:**

Sure.

**Anna:**

Do I wanna go on a date? It's not just like, "Oh, I have to date. I have to go out. It's a Friday night." So, I do think that people, hopefully, have taken this period to be a little bit reflective and maybe being alone during this period, people have done some work and it's gonna be really interesting to see how we emerge from that. I'm kind of excited.

**Rachel:**

Ye- Yeah. That's true. I feel like we've seen you make that choice before where it's, like, somebody that you're not particularly excited about and

maybe in a different circumstance you would've gone out with, but you've decided, kind of, "No. You know what, like, I'm not even really into this and I know already that I'm not into this. So why would I do this?"

**Griffin:**

Right.

**Anna:**

That's right.

**Griffin:**

Well, I mean, there's also an inverse to online dating which is and I, I think you mentioned something like this at the beginning of the, of th- of this very special episode brought to you by ThirdLove, thank you ThirdLove, is that it's a, it's like something you have to work at, like, online dating and knowing how to do it well. It is a social skill with s- like, social norms that are constantly changing and you need to, it takes some amount of work to know that stuff and behave accordingly and, you know, to, to, um, follow the rules and temper your expectations in the way that is healthy in situations like this. Like, and it's the kind of thing that maybe if you are not able to date as much and you're just coming out of a, you know, 20-year marriage or something like that, you're gonna be bad at it.

**Anna:**

[laughs]

**Griffin:**

Like, you're not gonna be good at it. So hopefully, you know, once the world opens back up, you'll, you'll be able to get that, that experience that you need to, to no longer, um, send 50 texts a day because you don't know any better.

**Anna:**

[laughs] Yeah. It's, it's definitely gonna be an interesting period and I, you know, I think that there's a lot said about dating sometimes that, you know, you need to be fully comfortable with yourself and you need to have done all of this work on yourself before you can love anybody else. And I think there's an element of that that is absolutely true, but I also think that, you know, kind of this, like, Instagram, toxic positivity that you see of, like, you need to be right with yourself before you can love anyone is kind of a scam, too.

**Griffin:**



Mm-hmm.

**Rachel:**

Yeah.

**Anna:**

Because you need to let people around you love you. A lot of the love that we have for ourselves is, like, defined by, well, first our, our very first caretakers, right? Like, if your, if you have that in your life and if you didn't have that, that's also a journey. But then the people in your life, you know, and you two, especially, I mean, we've had this conversation in the past year where it's like I don't have a lack of love in my life. You know?

**Griffin:**

Right.

**Anna:**

And I have to let people that already love me love me, too, and that helps me on my romantic journey in a way 'cause I know that I'm worth the love. I am lovable. I've got the love. And that kinda helps carry me through it. You know, it helps fuel me through all of the tough spots that I might encounter with some of this.

**Griffin:**

That's, that very nice, Anna. That's very sweet.

**Rachel:**

[laughs]

**Anna:**

Yeah. It's true. It's true.

**Rachel:**

Yeah.

**Anna:**

I mean, y'all, y'all being my friends and, uh, our connection, that helps me understand that there's lots of ways to be loved and carried through and I just think that it's okay to know what you want. You absolutely think about what you want, what your desires are, what your motives are, but also let, let the people around you love you, you know? 'Cause that's gonna help you a lot, too.

**Griffin:**

Uh, yeah. I think everybody's, kind of, re-evaluating that in, in the pandemic. Like we, our group of friends, you know, we've been friends for over a decade now, but we, uh, have h- sort of, intermittently had periods where, you know, we hang out a lot and then periods where, you know, we, we drop out a little bit. But we've been having this weekly call for, you know, an hour or two every Wednesday night for the last year. We just had, sort of, our one year anniversary of doing these calls.

**Anna:**

Yeah.

**Rachel:**

Yeah.

**Griffin:**

Uh, and it has, I feel like taught me a little bit more about, like, what I need from, like, human connection. Like, what I, what I actually, like, uh, what kind of friendships wh- I'm looking for. Like, what kind of, like, friendship I want to have with the-

**Rachel:**

Yeah.

**Griffin:**

... people that I, I love in my life. And I think, like, a lot of people are having that.

**Rachel:**

Yeah.

**Griffin:**

And it's, it's really interesting. It goes beyond, like, "Are you an introvert or an extrovert? You gotta be one of those two camps and here's a t-shirt-"

**Anna:**

Right.

**Griffin:**

"... that says which one you are on it."

**Rachel:**

[laughs]

**Griffin:**

Uh...

**Anna:**

Yeah.

**Griffin:**

It's, it's, uh, it, there, there is nuance to it that is hard to figure out by yourself, but like, god. If there was ever a time to s- spend the time to work on it, like, this is it. Like, we're in it. Right now. And you know, invest, invest in your, your, your, your, invest in your love. Ooh.

**Rachel:**

Ooh.

**Anna:**

Invest in your love. Very nice.

**Griffin:**

Al- you should also invest in your bras.

**Rachel:**

[laughs]

**Griffin:**

With ThirdLove. Rachel sees me pick up my phone with the copy points on it.

**Rachel:**

I knew it was coming.

**Griffin:**

And she knows that, like, a dope transition is about to, uh, about to come up. No, we are, uh, we're, we're gonna wrap on up here. Uh, but we did just wanna say one last time, a big thank you to ThirdLove. They have been sponsors of ours for a very, very long time and, uh, have, have really, uh, supported us throughout the, the run of, of Wonderful! So we, we love them a lot.

**Rachel:**

Yeah. And then they're also products that I, personally, have invested in and and continue to use, uh, because they're, they're perfect.

**Griffin:**

They're top-notch.

**Rachel:**

Yeah.

**Griffin:**

They're top flight. Um, yeah. Hey, Anna. Thank you so much for joining us.

**Anna:**

Thank you so much.

**Rachel:**

Anna, before we let you go, if you had to give, like, three things you learned in the past year from just dating and relationships, I feel like you've probably already said some of these, but you know, just, just to summarize.

**Griffin:**

Rachel needs the sound bytes for-

**Rachel:**

[laughs]

**Anna:**

I can, I can do this.

**Rachel:**

Okay.

**Anna:**

I would say number one, practice discernment.

**Griffin:**

Mm.

**Anna:**

Um, number two, communicate your boundaries. Don't be afraid to do that.

**Rachel:**

Yeah.

**Anna:**

And stick to your boundaries. Um, and number three, hm, I would say number three, don't be so worried about the outcome. It's okay sometimes to lean in and let yourself feel the joy of serotonin.

**Griffin:**

Mm-hmm.

**Anna:**

It's let your, to falling, to falling in love. You know, that's a wonderful feeling and don't be so attached to if it's the one. If it's gonna be your forever. Just let it happen.

**Rachel:**

Yeah.

**Griffin:**

Let it be, let, let it be a one. You know?

**Anna:**

There you go.

**Rachel:**

[laughs]

**Anna:**

That's right. It helps a lot. Takes a lot of the pressure off.

**Rachel:**

Yeah.

**Griffin:**

Yeah. Did we change the show are you the one that we've talked about on this program-

**Rachel:**

[laughs]

**Anna:**

[laughs]

**Griffin:**

... dramatically if it was just are you a one? It's like, "I like you." "I like you, too." All right. End of game. End of game, end of show.

**Griffin:**

Anna, thank you so much. Uh, everybody go check out *Stab in the Back*. Uh, w- what was that Insta, the Insta handle again?

**Anna:**

It is stabinthebackpodcast on Instagram.

**Griffin:**

It's a very, it's a very delightful show even though you do hear about, um, I mean, kills, killing.

**Rachel:**

[laughs]

**Anna:**

There's a little bit, there's some kills. But we try to present it in a-

**Rachel:**

There's, there's some cult stuff in there, too. There's some-

**Anna:**

Little cults.

**Griffin:**

Call with it. Yeah.

**Anna:**

Yeah. Yeah.

**Griffin:**

Um, we, seriously, Anna, we wanted to do a podcast thing with you for a while and I'm glad that, that we finally been able to, to have you on the show to, uh, wr- wr- wring from you every drop of dating expertise-

**Anna:**

[laughs]

**Rachel:**

[laughs]

**Griffin:**

... that you possess and then we're feeding it like a mama bird into the mouths of our listeners.

**Anna:**

It's my dream come true. My dream come true.

**Griffin:**

Ours, our also.

**Anna:**

I love you both so much.

**Griffin:**

We love you, too.

**Rachel:**

Love you, too, Anna.

**Griffin:**

And we love you, listeners. Thank you so much. Thank you, ThirdLove. And, uh, we'll be back at some point with a regular episode depending on when this baby comes out. It's a wild time y'all.

**Rachel:**

[laughs]

[theme music plays]

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