

MBMBaM 728: Hold-You-Down Christian Rock 'n' Roll Daddy

Published on September 9, 2024

[Listen here on themcelroyfamily.com](https://themcelroyfamily.com)

Intro (Bob Ball): The McElroy brothers are not experts, and their advice should never be followed. Travis insists he's a sexpert, but if there's a degree on his wall, I haven't seen it. Also, this show isn't for kids. Which I mention only so the babies out there will know how cool they are for listening. What's up, you cool baby?

[theme song, "My Life Is Better With You," by Montaigne, plays]

Justin: Hello, everybody, and welcome to My Brother, My Brother and Me, an advice show for the modren era. I'm your oldest brother, Justin McElroy.

Travis: What's up, Trav Nation? I'm your middlest brother, Travis big dog woof-woof McElroy.

Griffin: I'm your sweet baby brother, 30 Under 30 media luminary, Griffin McElroy. Guys, gonna be honest, take you behind the bit, it is hard to talk to you all and look at you all while there is also an Instagram reel of two adult men slopping down wet dogs also on my computer monitor.

Travis: Which one has the strategy of dipping the buns? Who dips the buns?

Griffin: They both dip the buns. Okay, so—

Travis: They both dip the buns?!

Griffin: Please. We must—there must be some decorum here.

Travis: Can we be serious?

Griffin: Can we be serious now?

Justin: Can we be serious? These are competitors.

Griffin: We didn't get to watch Joey Chestnut eat his mini dogs at the Nathan's Contest—

Justin: Don't like to watch the—it happened. Don't like to watch it happen.

Travis: Yeah! Yeah, yeah, yeah, yeah.

Griffin: I didn't know how—

Travis: Like I know surgery helps people. I don't want to watch surgery happen? Gross.

Griffin: I don't want to watch surgery videos. Unless it's like really lo-fi, 3D models of people that they would show in like the 1990s, like that level. Where it looks like a... like a sim. Like they're doing—anyway...

Travis: Yeah.

Griffin: Netflix—

Travis: Just a peek inside Griffin's thing.

Griffin: Netflix is... Netflix has done it. Netflix got these two greats in the room, Joey Chestnut and Kobayashi. And they—and but here's the problem, guys. I've never actually watched one of these things.

Justin: Okay, what are you feeling? What are you learning?

Griffin: Well, I'm learning that I like to think of myself as an investor in Netflix. As someone who has had a membership for quite some time, all the way back to the disc era.

Travis: Oh, yeah, yeah, yeah.

Griffin: I think of myself as sort of on the board. And the fact that my I believe now like \$25 a month is being spent on... so much dripping wet meat, makes me feel like my tax dollars are not being spent in the way that maybe I or god would want them to be spent.

Travis: I think that there needs to be—Netflix, if you do this again, somehow. Maybe have a puppy bowl-like alternative, where I can be—

Griffin: Something in the corner of the screen I can be looking at when it gets too challenging.

Travis: Yeah. Oh! Like have SpongeBob and Patrick show up.

Griffin: Yes.

Travis: To like comment on it, makes me feel a little safer.

Justin: That would be fun for kids.

Griffin: That would be fun for kids. What I—here's just—I have the Instagram reel right now of these two men slopping 'em down... and it sucks so bad. And I'll start here; they spill a lot of water on their bodies. I didn't think about this—

Travis: Oh?

Griffin: But they are—they don't dunk the dogs as much as they put the dog in the mouth. And then they turn their mouth into like—

Travis: Huh?

Griffin: The devil's cocktail shaker. And they put—they pour water in there. But a lot also sort of slops down their chest and tummy. And it gets them like, really, really wet.

Travis: Can I just say, there are clearly, you know, kings in this field. Is that really the best?

Griffin: Yeah.

Travis: That's the best?

Justin: I mean, the meta is constantly evolving. [titters]

Griffin: The meta is shifting all the time, Travis.

Travis: Now that there's Bloomburrow hot dogs out, it's really changing the game. [titters]

Griffin: Well, then there—we got—double-jointed Johnny sausage is really changing the game. What he can do is he can hold a dog between—he can hold four dogs at a time between each finger. Eight dogs at a time. And then he sort of does them Wolverine claws in a crisscross pattern—

Travis: Yeah, like a shuffle almost.

Griffin: And into his throat, so he can jam eight down at once. But last time he did have to be medically revived, he was dead for two and a half minutes after trying that.

Travis: Yeah. From the nitrogens.

Griffin: From all the—from all the nitrogen that went into him.

Travis: Yeah.

Griffin: They spill a lot of water. I'm watching this, guys. I'm watching. It goes basically, here's the pattern; water, dog—or, sorry. It starts dog, water, dog, water—

Travis: Dog, water, dog, water.

Griffin: Dog, water, dog, water.

Justin: Dog, water, dog, water, dog, water.

Griffin: I'm not seeing a place for the air to go in? If you're thinking about it like a—

Travis: The air's in the buns. The air's in the buns, trapped. That's why you gotta have a good bake on the bun, to have lots of like air bubbles in it.

Griffin: I see. Okay, so the sort of glutinous like pockets of air inside the buns, that's the how their body's getting oxygen in this moment? [chuckles]

Travis: Yeah, that's how they're oxygenating their blood, with the buns.

Justin: Does—it doesn't like... we—it's so hard when the other best to ever do it is in there with Joey Chestnut.

Griffin: Yeah.

Justin: And Joey absolutely flattens Kobayashi by a good 17 hot dog margin. Apparently, Kobayashi ate 67, but they deducted one hot dog's worth of leavings on the ground—of hot dog leavings on the ground savings.

Travis: The shavings.

Justin: So he was deducted.

Griffin: You gotta watch that.

Justin: And Joey came in—

Griffin: You gotta watch that.

Justin: With 83. Joey, who was notably kicked out—

Travis: 83?!

Justin: Yeah, man. It's his—he broke his own record. Perhaps to like really show Nathan's Hot Dogs, because he got in trouble with them for advertising non-meat dogs, and so they kicked him out of the competition. He shows up, stunts on his own record.

Griffin: Yeah.

Justin: Nathan's record, with this 83. And also, sponsored by Dude Wipes, which is—

Griffin: [guffaws]

Justin: A bathroom wipe brand—

Griffin: Can I just say?

Justin: Just for the guys!

Griffin: Perhaps, perhaps, mayhaps the greatest sponsorship choice of all time.

Justin: It's like Master Chief if he had a thing on his arm advertising the space Red Cross.

Travis: Yeah.

Griffin: Yes.

Justin: Like, "Yes, I am both creating the need and advertising the solution."

Griffin: [laughs] Thank you so much. Thank you so much, Dude Wipes.

Justin: "And you know you can trust me about personal wipes! I just ate 83 hot dogs!"

Travis: Yeah, "You wanna talk about a rough bathroom experience and how to recover? I'm your guy."

Justin: Yeah, ask Einstein. All that matter's coming out. [titters]

Griffin: I think—

Justin: That's how it works.

Griffin: I think it sucks that we haven't gotten a single penny of Dude Wipes money. I think it—

Justin: And how is that?

Griffin: I don't understand it—

Justin: Why is that?

Griffin: I'm a dude—

Travis: We're dudes who wipe.

Griffin: I'm a dude who wipes. We're dudes who wipe. So, you tell me why not? Did we say something or do something in the past? Probably.

Travis: Are we not dude enough?

Griffin: We're probably not wipes enough.

Travis: Oh, that's probably—that's true.

Justin: We would be a great fit for that brand. Not as great as a man who's about to have the worst shit in recorded history, but we'd be a fine mascot.

Travis: His own personal record worst shit.

Justin: Don't you think—[chuckles] okay, I don't want to get too puerile on this show. I want to keep this tasteful. So if we could try to keep this tasteful.

Griffin: Okay?

Justin: But don't you think that if they're gonna have a competition about who gets it in the best, they should have a competition about who gets it out the—who is making best use of all the—

Griffin: Yes. Dude Wipes.

Justin: Who's cleanest?

Griffin: Yeah.

Justin: Who's most efficient?

Griffin: Yeah.

Travis: Now this is interesting, because—

Justin: Who's tidiest?

Travis: Because now—

Justin: Best wiped?

Travis: You might lose time. Whereas like every two dogs, get some roughage in there. Right?

Justin: Right.

Travis: You're like trying to balance out—

Griffin: I won't win the eating contest, but I can sure as hell win the—

Justin: Digestion.

Griffin: Extraction process.

Travis: The digestion—yeah.

Griffin: I can't imagine this juice that they are basically creating in their mouth, coming out of a human body, that in any kind of traditional manner—I have to imagine that at the Chestnut labs, they have been working on a sort of dialysis machine for digestion. Or perhaps maybe even they grow clone bodies of Joe Chestnut that they can transfer his brain into. And then they throw the old hot dog filled one in the ocean or something.

Justin: Joe Chestnut is like one of the chickens that we've genetically modified so much, it can't fulfill its base purposes. It's just like, "I feel—hey, listen, I ate 83 hot dogs and I feel great. But if I lie down, I'll die."
[chuckles]

Griffin: [chuckles] That's it, yeah.

Travis: Well, it's—rumor has it there are some who believe that wild chestnuts used to be able to fly. They used to have the capacity to do it.

Griffin: [laughs]

Travis: But we've bred them now too heavy.

Justin: The reason we found out that we don't need some of our internal organs that we started getting rid of, is we started cutting them out of Joey first.

Travis: Yeah.

Justin: He lost his appendix first just to get more gut room.

Travis: More room, yeah.

Justin: Like this is—he's fine.

Griffin: Yeah.

Justin: Apparently he's fine.

Travis: He's doing great. He's operating with half a spleen at this point, and he's doing okay. Not great.

Griffin: And if you eat enough of 'em, the liver will start doing hot dog stuff.

Travis: Yeah.

Griffin: Like the liver mostly processes other types of stuff, but if you eat enough hot dogs, eventually your liver will be like, "I guess I gotta fucking

chip in around here. It is all hands on deck, getting these through the human body."

Justin: I can never remember which organs we need and don't need.

Griffin: Yeah.

Justin: So I really—it's just another really—I really hope the aliens don't take me. I don't want to be the one.

Travis: Yeah, man.

Griffin: That would be so fucking embarrassing.

Justin: I don't know.

Griffin: Yeah, they would have you like exploded on a table, and they hold up a lung and they're like, "Do you need both of these?" And you'd be like, "Fuck, guys, I don't know."

Justin: "I don't remember... I don't remember if I need those."

Travis: This is how I feel when I worry about being accidentally traveled backward in time, where you'd like to think that all of your skills and abilities and knowledge from the future would benefit you well. But then I'd get back there and it'd be like the Plague or whatever, and I'd be like, "Oh, guys—"

Griffin: It would be like 1691 and you'd be like, "Did fucking anything—like what happened then that I can—"

Justin: Did you guys look at Reddit?

Travis: Yeah, you guys—

Griffin: Yeah. In like 300 years, I can give everyone a pretty good heads up about... 9/11. Like I remember some of the big ones.

Justin: Yeah.

Travis: I just, I imagine that I'm back there—

Griffin: I think that's it.

Travis: Right? And somebody's like, "Yeah, we think the bad smelling air causes the disease." And I'm like, I don't know if that's right or wrong. I mean, bad—I don't want to be in bad smelling air. It probably isn't good.

Griffin: Yeah, they're like pooping on themselves and they're like, "We keep dying." And it's like, "I can help, actually, with this one. Does any of you know how to invent a toilet?"

Travis: Yeah, you got a toilet? What's in soap? I remember seeing Fight Club a couple times. And—

Griffin: You see, a toilet is a chair with a bowl, and it has a pipe that goes like this. And then it goes down into a big tube that all of your guys' stuff goes into? Shit, hold on, I don't actually know how plumbing works.

Travis: Hold on. Hold on. I got this. I got this.

Justin: You can know—you will know that I was never sent back far enough in history to invent the toilet. Because if reality ever changes and everyone starts calling them griffins? That's what happened. I'll be like, "I invented this, I call it a griffin. It's the greatest invention."

Travis: I like that.

Griffin: How do you know that there wasn't like a Michael Toilet who went back in time?

Travis: Oh my god. John Toilet.

Griffin: It's tough to think about.

Justin: Yeah.

Griffin: So—

Justin: This is an advice show.

Griffin: Yeah.

Travis: I would have just invented the dirt—

Justin: "I've just had my first—"

Travis: The dirt toilet, by the way, should have been a dirt toilet. Oh, it's the first Wednesday of the month!

Griffin: How does this keep happening?

Travis: We record on Wednesdays?

Griffin: I guess we record on Wednesday, so this is when the air raid siren happens. Yeah, sure. Naturally.

Travis: It's not an air raid siren, Griffin. I'm not worried about the blitz. It's the tornado siren! [chuckles]

Justin: [chortles] We need Porkopolis to be under constant supervision of air attack—assault! Kim Jong Un has mobilized against Cincinnati! Scramble the fighters!

Griffin: The terrorists hate our chili!

Travis: [chuckles] As does everyone else!

Griffin: As does most people.

Justin: Everyone else! I like it, for the record.

Griffin: I have to close this video of fucking Joey Chestnut.

Justin: Griffin, how did you find that, man? Don't leak it. [chuckles]

Travis: [titters]

Griffin: Should we wait for the tornado siren to end before we continue?

Travis: It'll end it just a second, it's fine.

Justin: Nah, nah, nah, it'll end eventually. "I just had my first cavity filling a few weeks ago. My dentist loves classic rock and plays it rather loudly when working on my teeth. He had to stop the fillings to tell me I was head banging to the music and I had to stop." Nice. "I didn't even realize I was doing it, it's just what happens in my body when those tasty tunes are on. I'm getting my next filling in a few months. Brothers, how do I stop my body from uncontrollably, automatically head-banging to those crisp classics?" That's from Head Banger, Head Scratcher.

Griffin: That's incredible. I don't think I'd be able to do that at the dentist when I'm like down on the table and dreaming.

Travis: I assume it's not like full-blown head-banging? This is like a muted, like my head's just kind of bopping a little bit, right?

Griffin: Like a little—like a boppin'. Yeah, sure.

Justin: That's enough though, isn't it? [chuckles]

Travis: Yeah.

Justin: When someone's got a sharp thing in your mouth?

Griffin: Yeah, it doesn't take a whole lot. Can you just have some sticks in your hand? And just like bust out a few paradiddles on the armrest?

Travis: Oh, I see.

Justin: I would probably let you do that three times as a dentist, before I'm like, "That's also bad."

Griffin: Yeah.

Justin: "Just don't do anything. Let me do the teeth stuff."

Travis: I think you just ask—just ask them to Clockwork Orange you. Right? Put a strap across my forehead, but a strap across my chin. Maybe put some things in to keep my eyes open if you need to.

Griffin: Yeah.

Travis: Whatever is holding it still—

Griffin: Yeah, if memory starts, yeah, in Clockwork Orange, that scene was the guy was like, "I'm sorry I keep wiggling so much while you guys are doing important dentist work to me."

Travis: [titters] "My bad!"

Griffin: "My bad. Yeah, put the straps on! I want that. I want this. Yahoo!"

Travis: That happened, I—when I got a tattoo—let's see, two tattoos ago, on my chest. My old, frail body is now no longer able to take that physical pain. And my tattoo artist had to put one elbow down across my chest. It was only my chest.

Griffin: Hell yeah.

Travis: Because my body was instinctively, maybe correctly, trying to escape.

Griffin: Yeah.

Travis: And he had to like hold me down. So maybe just give your dentist permission. Like, "If you need to put one hand on my forehead and just keep me down, I'm—I give you full consent."

Griffin: Don't—oh, sorry, don't ask your dentist to hold you down. Don't tell your dentist to hold you down.

Justin: Yeah, that's not in his job description—

Travis: Not tell him to—

Justin: He doesn't have to do that.

Travis: But give him the option. [titters]

Griffin: You—oh, okay, cool. Yeah, yeah, cool. Next time my dentist comes up and is like, "You need to get another one of your crowns replaced?" And it's like, "Yeah, man, I don't know what the fuck keeps happening." And he's like, "I told you to stop eating so many Dorito chips!" And I was like, "Yeah, man, I'm doing my best over here. But hey, good news. This time, you can hold me down. If you want—if you wanna."

Travis: "If you want to. If it makes your job any easier."

Griffin: Mm-hm.

Justin: I'm not sure I want a dentist with a hard rock attitude to work on my teeth.

Griffin: Ooh...

Justin: I'm not sure if I hear someone like... shout at the devil, or like no rules, or breaking the law? I don't need that.

Griffin: Yeah.

Justin: I want you just—I want—if you're singing it with like a good Christian rock song, where like I know that I can stand behind your values. But like, I don't want to hear you like talking about how you love chaos or dead bodies or anything like that. I want it—

Travis: It would be—

Justin: Just like chill.

Griffin: Yeah.

Travis: It would be nice though to finally have like a cool father figure in my life like that. Who comes in and like they're gonna teach me how to like take apart an engine, and they're gonna like do fillings and stuff? That kind of thing. Like instead of—like yeah, if dad was a dentist, he would play, you know, musicals and stuff.

Griffin: Sure.

Travis: And that's fine, if that's what you're into. But I do like the idea of like, "Oh! He tore his dentist sleeves off and he's got cool dentist tattoos."

Griffin: Yeah. That's too much,

Travis: And he comes in wearing sunglasses. I'm kind of into that. That would make—I'd feel comfortable with that.

Griffin: So basically, in summation, we want a hold-you-down Christian rock and roll daddy as our dentist, is what we're talking about.

Travis: Well, I don't know if I would—

Justin: Right.

Travis: Necessarily—

Griffin: You would call it a hold-you-down Christian rock and roll daddy!

Travis: I don't know about all this.

Griffin: If I can just get that in a dentist—can I get that in a dentist form, please? Thank you.

Travis: Well, you're making me really revisit some of the things I've said in the last five minutes, Griffin, that maybe I'm not coming endorsing.

Griffin: That you want a hold-you-down Christian rock and roll daddy? You're just, you're figuring—it wasn't even—Travis, honestly, it was like 90 seconds of time between those two—

Travis: Yeah, but you've just codified it with vocabulary in a way that maybe has made me rethink this. And maybe I want a very distant. like does the job and gets out—

Griffin: A hygiene-focused professional? Is that what you're looking for?

Travis: Yeah. That might be the—

Griffin: Yeah, yeah, a straight—

Travis: Terminology.

Griffin: Sure. That's kind of what I'm looking for in a dentist too, Trav. I'm glad to see that you've—

Travis: Yeah, you kind of get me there—

Griffin: That you joined the winning team here!

Travis: With your word choices or whatnot. Kind of made it clear to me that my priorities were maybe off base.

Griffin: Yeah.

Travis: Thank you for that service. Thank you for your service.

Griffin: Thank you so much. What's wrong, Juice?

Justin: Can you just say like—

Griffin: Juice also wants a Christian hold-you-down rock and roll daddy!

Justin: No, I think you should just say like, "Eh, this old-man music is embarrassing. Get TikTok. Learn some new songs." [chuckles]

Travis: You want to say that to the person—

Justin: Like—

Travis: Who's got sharp—

Justin: Yeah, you shame the dentist—

Travis: Implements in your mouth?

Justin: No, you start with like, "I want to announce one thing. You better not start with any that trash you played last time, because I'm the one getting work done. Put it in your ear buds."

Griffin: Yeah. "Pass the aux, doctor."

Justin: "Pass the aux. I'm in control of the stereo now, and I'm gonna play Enya."

Travis: I think that if my—

Justin: "I wanna play water droplets falling."

Travis: If anyone's gonna wear any kind of headphones or earbuds, it should probably be you. Because I want my dentist to be able to hear me reacting to things. I think it is important that at least I'm able to communicate with my dentist.

Justin: That's why he plays it so loud, he's like, "Yeah! I'm sorry! I play it loud or otherwise I hear the drill and it freaks me out!"

Travis: [laughs]

Justin: "Bleh! Gorrs!"

Travis: "Oh, the screaming haunts my dreams."

Justin: "Ew, can you smell your teeth?! Ugh!"

Travis: "Disgusting!"

Justin: "I was Iron Maiden made smells! This sucks!"

Griffin: The music is for the patient, because the dentist is just screaming at what he is having to do in your mouth.

Travis: Ah, no!

Justin: [laughs]

Griffin: Oh, god!

Travis: Every room has a popcorn machine in it just to cover the odors.

Justin: [laughs and sings] The smell of teeth! The smell of teeth!

Travis: [mouths guitar riff]

Justin: [chuckles] It's metal. "I've been going to therapy for four years now, and it's great. However, when I'm in the waiting room, every time the door opens, I immediately look thinking it's my therapist picking me up. But typically, it's another client leaving." Yes. "Brothers, how do I be cool and not frankly look at the door like a small dog that's home alone?" That's from Uncool In The Waiting Room. Wow! Do I ever—yeah, I feel this one a lot.

Travis: Yes.

Griffin: Huge.

Travis: Every waiting room I've ever been in. Any situation—this happens like if I go to my children's school and I need to drop something off or like pick my kid up or something, and I'm waiting for my kid to come in. Especially weird when it's not your kid that comes in, but a different kid. And you're like—

Griffin: "I don't know that kid."

Travis: And you're just like—now I'm just looking at that kid like, "Not that one."

Griffin: It's especially acute though in the vulnerability zone, which is what this sort of waiting room is. It's a—

Travis: Of like emotions? Is that what you mean? Like a—

Griffin: A ready room of emotion. Yes.

Travis: Ah.

Justin: Right. Because you are—I'm sorry, but if you're in a therapist's office in the waiting room, and you're not looking around trying to clock everybody's thing, I don't know what to say, man! Because we all are!

Griffin: [chuckles] Yeah.

Justin: We're kind of like, "I gotta pass the time somehow, I'm gonna try to clock these people's thing." And everybody's trying to clock your thing, so I get it, it is an awkward scenario.

Griffin: And—

Travis: That's why you're going to come in dressed as a delivery driver. You're holding a package. You're not waiting for an appointment! You're doing great! Everyone's looking at you being like, "That delivery driver's got it all figured out. They don't experience anxiety or depression or ADHD or anything."

Griffin: Yeah, you can—

Travis: They're just here to hand deliver a package to the therapist.

Justin: So the unwind of the grift looks like—the therapist is like, "Jack, it's your time." And you like kick the box across the room and you're like, "I do feel sad! All right, doc!"

Travis: [chortles]

Griffin: [chuckles] Yeah, sure.

Travis: "I've been anxious this whole time! Ha-ha, suckers!"

Griffin: You could also just dress up like a therapist. And when they—you walk into the room like, "And I'm the one doing the—"

Travis: [guffaws]

Griffin: And then you shut the door. "Yeah, that's right, even therapists need a therapist sometimes."

Travis: "I'm your therapist's favorite therapist."

Griffin: "I'm the one doing them!"

Justin: "It's a big package, it's gonna take me about 50 minutes to set it down. I hope nobody listens too close."

Travis: I'm gonna have to unpack this package! [titters]

Griffin: Isn't it just the biggest package?

Justin: [sings] 'I hide in the bathroom until I'm almost late. That is when I decide to enter my therapy date. If someone needs to use the potty, then they're out of luck. Because if someone saw me there, that would really suck.' And I don't really feel the way the last one, but it rhymes, so I just—

Griffin: It rhymes real good, yeah, sure.

Justin: I went with it.

Travis: I'm proud to take care of my mental health, and I want to be—

Griffin: Oh, for fuck's sake. Of course.

Justin: It's like not—yeah, like—

Griffin: It's like good, but it's like—

Travis: It's just, I'm saying like I think that my mental health journey is healthy and I'm proud of it. And I'll show off—

Griffin: I'm less worried about—I'm less worried about people seeing me than I am seeing people. If you've just had a very important moment, and you are having a response to that very important moment, I can't stress to you, I don't feel like I should be a part of that moment. And yet, if I'm in the waiting room and I see you come out and you've clearly just had a big, important moment, and in my mind I'm gonna have to go, what do they need right now? What affirmation can I—

Justin: I do that already. You know what I find the answer is 99 times out of 100? Just a big hug. I just stand there with open arms and I'm like, "I'm here for you."

Travis: Proud of you.

Justin: I don't have to go in for five minutes. What do you need for the next five minutes? Unless, can I go ahead in early? Because I do have things to do.

Travis: If I could get started? How many notes do they have to take after what you said before I can go in?

Griffin: Right.

Justin: Right. I go to a very small therapist's office, so like the—it is very clear when the last appointment has ended and when mine has begun. So there is like a, how long do you need to unpack what just happened to you

there? Because I think that my therapist very rarely is like, "Let's bang you out, McElroy. Come on in, man."

Travis: [chuckles]

Justin: "Let's get it started early and we'll get you out of here."

Travis: I don't need to psyche myself up for this at all! [chuckles]

Griffin: No.

Justin: I have had times where I go in and I'm just like, "I feel so good today. I don't want to waste your time." And they're like, "You should probably stay anyway." And I'm like, "All right, well, we can chat." 45 minutes later, [spoofs sobbing sounds] "Aah! You're right!"

Travis: [chortles]

Justin: "You're right, I suck!" [chuckles]

Travis: [laughs]

Justin: I don't go to a good therapist, I should mention. [chuckles]

Griffin: Whoa! Yeah, man!

Justin: It's like, it's so bad. [laughs]

Travis: [laughs] Just more of a bully is what it sounds like.

Justin: That's why I don't like seeing other people at the therapist's office. Because when I wake up my therapist is like, "All right, guys, I did as much as I could with this cook. Who's next?"

Travis: [chortles]

Justin: "See you next week, sucker! Don't try to fall on your stupid ass on the way out!"

Griffin: But that's part of the journey, isn't it?

Justin: Part of the journey!

Griffin: Is to have them yell—

Travis: Break you down.

Griffin: So loud at you, "Don't fall on your stupid ass."

Travis: They gotta break you down so they can—

Griffin: They have to shatter you, absolutely.

Travis: Rebuild you.

Griffin: They don't need to do that.

Travis: When the person comes out of the office, just do exactly what will make them feel most comfortable. Cover your eyes, like kind of shield yourself from them and pretend like they're not there. That's gonna make them feel so good and so comfortable that you're like, "Ug!" When they walk in the room. That's what's gonna make them feel like it's all been worth it.

Griffin: I was ruined by The OC, because every time I walk into the therapist's office, I think there might be a chance that a handsome, preppy, distant, rich boy is gonna call at me from the corner and be like, "So what kind of fucked up are you?" Like, "So what's—so how are you broken?"

Justin: "What's your damage?"

Griffin: "What's your damage?"

Travis: And then, now—

Griffin: "Is it pills? Is it you stole daddy's car for—" Like and then—but then like he's doing it in a way that's like, what's this rich kid's deal? But then he invites me out to like a Killer's concert.

Travis: Yeah, yeah, yeah.

Justin: Ooh?

Griffin: He invites me out to see The Killers play. And it's like—

Travis: And there's only like 30 people there, which is weird.

Griffin: Yeah. But then it turns out that he actually does have some pretty serious unaddressed kind of problems, that do then become actually quite dangerous for Marissa and Ryan and the crew. So maybe that show didn't do a great job with its depiction of like mental health?

Travis: Well, I do think—

Griffin: I'm just now realizing this, guys! Maybe it didn't do so good at—

Justin: Wait, The OC?!

Griffin: I think maybe it did it not so good. That's so weird!

Travis: I do think—

Justin: There was definitely—

Travis: That there is an underlying, Griffin, instructional aspect there. Where if you are in a therapist's office and another patient leans forward and says, "Like what's your damage? What brought you here?" You probably—that's not a green flag. That's not a green flag.

Griffin: Yeah, but he's so handsome and so rich, though. And like—

Justin: He is.

Travis: He wasn't that handsome! Compared to Ryan, are you fucking kidding me?

Justin: Don't you dare. Don't you dare talk about Oliver that way on this show. That's a real human being, Travis.

Travis: No, Ryan! I'm not saying—I'm just saying—

Griffin: Do you hear that, actor who played Oliver? Travis, doesn't think you're as handsome—

Travis: I'm saying he was unattractive, I'm saying you can't say over Ryan he's gonna steal your heart. Come on!

Griffin: You mean actor Ben McKenzie. Looks good!

Travis: I don't think of him that way, I think of him as Ryan.

Griffin: Okay.

Travis: Personally. That's how I think of him.

Griffin: Just saying, keep your head on a swivel, guys. Half of every therapist's office has an Oliver in it and he's gonna ask you, "So, how are you?" He'll say to you the words, "It's beautiful how you're broken."

Travis: Ah...

Griffin: And that's when you—that's when you know, he'll take you to a Killer's concert, for sure. There will be some stuff after that at his family's house in Palm Springs—

Travis: Not wild, yeah.

Griffin: He's gonna make things really fucking uncomfortable.

Travis: Was that the guy who played Oliver? Fuck, I'm wrong. Yeah, yeah, yeah, yeah, I'm wrong. That's a handsome—

Justin: Yeah, Travis! That's Taylor Handley! So what were you saying?

Travis: That's a handsome man.

Justin: Look at that hunk of man meat.

Travis: That is a very handsome, cool—that's a cool looking dude.

Justin: Yeah, he is!

Griffin: Cool looking dude.

Justin: God...

Travis: But let me also just say, don't—this isn't necessarily germane, but if we're talking about an instructional thing, don't count out the—

Justin: No, it's not germane! It's Taylor Handley!

Travis: Yes. Don't count out the Seths in your life, because they might grow up to be like their dad, Peter Gallagher. And you don't want to count that out. Don't miss your chance. Invest in a Seth now. He might—

Griffin: Yeah.

Travis: Justin—

Justin: He grows up to be Shazam's cousin!

Travis: Your camera froze. Your camera froze while you were doing a fist pump in the air like the end of an episode of Saved by the Bell. You were so proud of your it's not germane joke that you literally—

Griffin: That was his—

Travis: Your camera froze.

Justin: That's good, it was good! Your guys' froze when you were laughing your asses off at it, I think.

Griffin: Yeah. Every episode of Justin ends with him going, "Peter Gallagher!" And then freeze framing in the air, so excited is he. Should we go to the—

Justin: Can we take a break, please?

Griffin: Yeah, please.

Justin: Oh my gosh, we're so in sync!

Griffin: We're so in this drift.

Travis: Can we take a break? Sorry, just, there was lag.

[theme music plays]

Griffin: Tell you who's been helping me out a lot as we transition into these chill fall months. And that is the stitch—

Travis: Is it us?

Griffin: The stitch—you guys are my rocks. You're the rocks upon which I have beached my ship of opportunity. [titters]

Travis: Huh.

Griffin: But Stitch Fix has been helping me out sort of with the weather and stuff, because they sent me a box of clothes. And you know what they've been hooking me up with a lot lately, is high-quality, stylish workout gear. That's right, I work out sometimes now.

Travis: Okay?

Griffin: And it's great to have a pair of shorts that don't look like shit, that I can wear to school drop-off, hang with the other parents in my cool workout gear, and then I go to the workout zone. Which is usually in my office.

Justin: Yeah. And that's great because they know you're about to go work out.

Griffin: They know I'm about to work out, so like it's huge for me. But I don't—I'm never gonna go buy that stuff myself. Stitch Fix knows that about me, and they have been hooking me up. But you can tell them to send you whatever. You give your stylist your size, your style and budget preferences, and you pick the—how often you want to get the boxes in.

There's no subscription or whatever. And they pick out pieces to send you, and you keep what works, and you send the rest back. No problem! It's something we've all been using for a long time, and I think it's transformed all of our... all of our fashions. The shirt and pants I'm wearing right now are both Stitch Fix. So, thank you, Stitch Fix. Make style easy, get started today at stitchfix.com/brother. That's stitchfix.com/brother.

Travis: I want to lay out a little scenario here, Justin. Imagine you're a farmer. You've been raising chickens. And those chickens lay eggs. And I come to you one day and I say, "Hey, do you need any tomatoes?" And you just had a really good tomato recipe and you're like, "I do actually need tomatoes."

And I say, "Okay, good deal. I'm going to bring you tomatoes whenever you ask for them. And in response, in return, every month, I'm going to come and just take some eggs from your chickens." And you're like, "Okay, sounds good." But then you don't end up needing tomatoes again. But here's the thing, Justin, I've still come and—I'm still coming into your coop. I'm still taking those eggs. Do you like that?

Justin: So it's like a subscription service, kind of?

Travis: Yeah. Justin, yeah, it's—

Griffin: Is man not entitled to the sweat of his brow?!

Travis: The eggs of his chickens?

Griffin: Sorry, Trav, I thought that was the direction this was about to go.

Justin: That's... all right.

Griffin: That's the government—

Justin: I could say—

Griffin: That's, Juice, that's the government! That's what the government does every year! It's not right.

Justin: That's—yes. Right. Welcome to libertarians.com, where—[chuckles]

Travis: Wait.

Griffin: [titters]

Justin: A new subscription service that is free. No. Listen—

Travis: No, Justin. My thing wasn't making a big political statement, Justin. I was talking about Rocket Money. Rocket Money! Because sometimes a thing comes up and you're like, I'm—this new mobile game is my identity forever, and I'm never gonna stop playing this mobile game. And yeah, I'm totally cool paying \$20 a month or whatever for this mobile game, because it's my whole identity. And then three days later, you forget it exists. But you know who doesn't forget?

Justin: Who?

Travis: Rocket Money.

Griffin: No.

Travis: Because they're like, hey, you're—

Griffin: Rocket Money's like, "I know you're not still playing Fart Piano DX, Travis. And you're spending \$20 a month for not playing Fart Piano DX."

Travis: Yeah.

Griffin: "And please let us—please let us set you free from this prison you've made for yourself."

Travis: And that's true, because not only will they remind you that you're paying that, they will also help you cancel unwanted subscriptions and save you money. Rocket Money is a personal finance app that helps find and cancel your unwanted subscriptions, monitors your spending and helps lower your bills so you can grow your savings. They have over five million users, and have saved a total of 500 million in canceled subscription. Saving members up to \$740 a year when using all of the app's features.

I'm a big fan of Rocket Money, I've been using it for a couple months now. And it has saved me lots and lots of money, kept me honest, as it were, with reminders and analytic tools of where I'm spending my money. And am I spending less week to week and month to month, all of those things. So, cancel your unwanted subscriptions by going to rocketmoney.com/mybrother. That's rocketmoney.com/mybrother. One more time, rocketmoney.com/mybrother.

[break]

John: One thing we all have in common, we all have a mind.

Guest 1: It makes me so scared. Because I'm like, when is the bad thing going to happen?

John: And minds can be kind of unpredictable and eccentric.

Guest 2: Everybody wants to hear that they're not alone. Everybody wants to hear that someone else has those same thoughts.

John: Depresh Mode with John Moe is about how interesting minds intersect with the lives and work of the people who have them. Comedians, authors, experts, all sorts of folks trying to make sense of their world.

Guest 3: It's not admitting something bad if you say this is scary.

John: Depresh Mode with John Moe, every monday at maximumfund.org, or wherever you get podcasts.

[break]

Ed: Sound Heap with John-Luke Roberts is a real podcast made up of fake podcasts. Like, if you had it cupboard in your lower back, what would you keep in it?

Guest 1: So I'm going to say mugs.

Guest 2: A little yogurt and a spoon.

Guest 3: A small handkerchief that was given to me by my grandmother on her deathbed.

Guest 4: Maybe some spare honey?

Guest 5: I'd keep batteries in it. I'd pretend to be a toy.

Guest 6: If I had a cupboard in my lower back, I'd probably fill it with spines.

Ed: 'If you had a cupboard in your lower back what would you keep in it' doesn't exist. We made it up for Sound Heap with John-Luke Roberts, an award-winning comedy podcast from Maximum Fun, made up of hundreds of stupid podcasts. Listen and subscribe to Sound Heap with John-Luke Roberts, now!

[break]

Griffin: It's time again.

Justin: [mouths Munch Squad riff]

Griffin: All right.

Justin: [continues riffing]

Griffin: Yeah!

Justin: [continues riffing and sings] I wanna munch!

Griffin and Travis: Squad!

Justin: Whoow!

Travis: Oh?

Justin: [sings] I want to munch! Ha-whoow!

Travis: Uh-oh. Spooky.

Griffin: Squad.

Justin [as Count Donut]: Welcome to Munch Squad.

Griffin: Now hold on.

Justin [as Count Donut]: A podcast within the podcast, profiling the latest and greatest in brand eating.

Griffin: So—

Justin [as Count Donut]: I'm your guest host, Count Donut.

Griffin: You're just wearing what Justin was wearing, though. Like you didn't put a cape—

Justin [as Count Donut]: Yes, thank you for having—

Travis: But you turned off your camera for a minute?

Justin [as Count Donut]: Listen. My cat pissed on my cape again.

Travis: [laughs] No!

Justin [as Count Donut]: I keep buying more and more expensive, elegant capes and my terrible cat piss on them. I hate my cat!

Travis: [chortles]

Justin [as Count Donut]: I hate my cat, Reginald. He is the worst cat, and he is the devil!

Griffin: It's so funny you say that, Count Donut, because—

Justin [as Count Donut]: He's adorable, I cannot stay mad.

Griffin: It's funny you say that, Count Donut, because Justin actually has a cat that has pissed on two of my winter coats, not a joke. And had to get rid of those.

Justin [as Count Donut]: It is a weakness we both share.

Griffin: Is for piss cat.

Justin [as Count Donut]: We forced animals to piss themselves from fear!

Griffin: Okay. All right.

Justin [as Count Donut]: At our very presence. This is a Munch Squad I wanted to tell you about, some donut news.

Travis: Ooh?

Justin [as Count Donut]: It was sent in by an informant who shall remain unnamed.

Travis: Why?

Griffin: Okay.

Travis: Did they request that? Or you just don't want to give them the credit?

Justin [as Count Donut]: Both. The Second City partners with Dunkin' for a unique comedy collaboration!

Travis: What?

Griffin: This is absolutely in our fuckin' wheelhouse, Count Donut.

Justin [as Count Donut]: Yes, welcome. Chicago's iconic Comedy Theater, The Second City and Dunkin', which is Dunkin'.

Travis: Uh-huh.

Griffin: Yeah.

Justin [as Count Donut]: Are teaming up for a wild and wired live comedy show partnership, The Second City and Dunkin' Present: Ring Lights & Lattes.

Travis: Huh.

Justin [as Count Donut]: That's the full title of the experience.

Travis: Ring lights—

Griffin: And lattes?

Travis: And lattes.

Griffin: Okay. What's that mean?

Justin [as Count Donut]: It blends The Second City's legendary style of improv comedy with brand-new original material, infused with big Dunkin' energy! And written exclusively for this unique comedy project that can only be experienced live at Second City for a limited time.

Griffin: If we could step inside of big Dunkin' energy for a second? Because it really felt there like Dunkin' Donuts was writing this press release about a comedy partnership. And was like, "You know what else is funny? Is big dick energy. So what if we did a joke? What if we just like hopped in here and we're like, we can be fun." Like Aunt Dunkin' can get crazy too, like—

Justin: Yeah, "We'll just have some fun too. Like we have a thing, we do jokes too. We're like a beloved joke brand."

Griffin: Yeah.

Justin: Well, don't worry, because they let the real joke masters from Second City do this quote. "This isn't just a show, it's a celebration!" Said Second City Works creative director, Tyler Dean Kempf. "Stacked with hilarious sketches, improv and perhaps even a cameo from America's favorite cup-shaped mascot, anything can happen, and no two performances will be the same!" [as Count Donut] So I ask you, who is this mascot?

Travis: Dunky? I assume that they have some kind of cup?

Justin [as Count Donut]: The idea that this man would reference a beloved cup-shaped Dunkin' mascot, as though we all know this character. This unnamed—who do you mean?!

Griffin: [titters]

Justin [as Count Donut]: Who?!

Travis: Here's—

Justin [as Count Donut]: Telly Savalas? Ronald McDonald? What do you want?!

Travis: We—

Justin [as Count Donut]: The cup-shaped mascot? What do you mean?!

Travis: The three of us, by which I mean Justin and Griffin and Travis, we're—

Justin [as Count Donut]: And Justin—and not Justin, because I'm Count Donut.

Travis: That's why I said the three of us when I scooted over here. We are, surprisingly, comedy professionals. And I know in my life a lot of people who do improv, a lot of people who do sketch comedy, the idea that this would happen and that these people would have to constantly fight the urge to openly mock Dunkin' Donuts, that—

Justin [as Count Donut]: Right, yes!

Travis: It must be overwhelming.

Justin [as Count Donut]: It's the—yes, exactly, it is the Kessel Run of corporate jokes! [snickers]

Travis: The amount that they must be getting prepped by some kind of Dunkin' PR person who's like, "And just—hey, guys, so excited—"

Justin [as Count Donut]: On stage for the entire performance!

Griffin: [laughs]

Travis: Yeah, "So excited for this. Just a quick list—"

Justin [as Count Donut]: Like an ASL interpreter, but just going, "Eh, I don't know."

Travis: "Eh?"

"Just a quick list of things, we do want you to stay away from this. Anything about donuts. Anything about like the coffee and how it tastes. Just anything—"

Justin [as Count Donut]: "The flavor of any products."

Travis: Yeah. "Just don't mention us, at all."

Justin [as Count Donut]: This next paragraph is bereft of content.

Griffin: Awesome.

Justin [as Count Donut]: "Whether you're a fan of The Second City's comedy fueled by Dunkin' Donuts, or both, this collab is next-level."

Travis: What?

Justin [as Count Donut]: "After all, America runs on Dunkin'. And now it laughs with The Second City." What do you mean?

Griffin: What the fuck are you talking about?

Justin [as Count Donut]: What is that even talking about to me?

Griffin: You can't—

Justin [as Count Donut]: What is this talking about to me?

Griffin: You can't just make it sound like those two things are at all related! Because you paid each other to do the thing. You can't make—you can't trick me into thinking those two are the same!

Travis: Well, I don't think they paid each other, Griffin. Let's be honest here.

Justin [as Count Donut]: No, I don't understand why the Dunkin' money is now, "America laughs with Second City." I feel like Second City, you know about it.

Travis: Yes, I think America has been laughing with them for a while. But I also—did... did like... did quarantine hit Second City so hard that they have to take this money from Dunkin' and pretend like—

Griffin: It's possible.

Travis: What a perfect collab.

Griffin: Do you know what, Count Donut? Do you know about—

Justin [as Count Donut]: Listen, I would the—listen. Hey, listen.

Justin: Hey, it's Justin. [titters] Listen.

Griffin: [snickers]

Justin: If you guys want to do this, you know the real—I'm just jealous, honestly, guys. You know who to come to if you want to do this exact thing again.

Travis: I don't know—I don't want to do that.

Justin: For I will guarantee 1/20th of whatever they're charging you.
[chuckles]

Travis: I don't want to do—I don't want to take that challenge, Justin. The idea that that check would ever actually make it into our hands once the content had been produced? That's a very small chance we're actually getting that money, bud.

Griffin: I would—I disagree. If Dunkin' wants to give us anything, anything—if Dunkin' wanted to give us free donuts. If they wanted to give us some of their—

Justin [as Count Donut]: Oh, no, I wouldn't accept free donuts. And not just because of my gluten intolerance.

Griffin: Do you know what Second City is, Count Donut? Are you... do you like know about Rick Moranis?

Justin [as Count Donut]: Second City... it's not very funny. If I don't—

Griffin: Okay. Yeah, I guess that's true.

Justin [as Count Donut]: In fact, I am so aware of their work, I took the liberty of going ahead and writing a skit for them to perform.

Travis: Oh?

Griffin: Oh, awesome, dude. I'm so glad you did.

Justin [as Count Donut]: And I was hoping if you two could give sort of the first performance of it?

Travis: Oh my god, I'd be honored.

Griffin: Ah, that's so exciting.

Justin [as Count Donut]: And you promise to be kind?

Griffin: Yeah, sure.

Justin [as Count Donut]: Okay, Travis?

Travis: Yeah?

Justin [as Count Donut]: I'm going to send it to both of you. Travis, you'll play the first role, and Griffin, you'll play the second role.

Travis: Okay, and where are you sending it to?

Justin [as Count Donut]: I have emailed it.

Travis: Oh, electronic mail. Dunkin' skit, I see it here.

Justin [as Count Donut]: Okay, good, yeah.

Travis: Is this written in blood?

Justin [as Count Donut]: You're going to be—I got to turn on my headphones. You'll be playing—Griffin, do you have it? Don't read—

Griffin: I've got it. No, don't read it.

Travis: So I'm playing Dunkin'...

Justin [as Count Donut]: You—yes. And you—well, yes. The characters—the character's name is Duncan.

Griffin: Okay?

Travis: "Hey there, Lenny! How's life? How's the missus?"

Griffin: Ah—

Justin [as Count Donut]: Now already we've—now hold on, already.

Travis: Oh, sorry.

Griffin: Yeah, it wasn't—yeah.

Justin [as Count Donut]: You have to bring your whole self to this.

Travis: Okay, okay, okay.

Justin [as Count Donut]: It took me 17 hours.

Travis: I'll bring my, I believe the kids would say my trussy? My—my track—yeah?

Griffin: Put your trussy in it. Put your ectussy in it, Trav.

Justin [as Count Donut]: Yes, your donut hole self.

Travis: "Hey there, Lenny! How's life?! How's the missus?!"

Griffin: "Ah, you know, I can't complain. How's about things with old buddy of mine." I just felt like dad harder than I ever have in my whole life, and that was a challenge.

Travis: "Oh, I'm finer than frogs hair split four ways and sanded down, Lenny."

Griffin: "Yeah, that's just great to hear. Great to hear. Oh, Duncan." Is ad libbing okay?

Justin: No, it's absolutely not. This is a well-honed—

Griffin: Oh, okay, sorry.

Justin: Absolutely, sorry—

Griffin: I didn't know how many passes had gone—

Justin: I don't mean to over speak for Mr. Donut, but it's—

Griffin: Yeah, no, no. I thought it was gonna be a sort of jokeathon sort of like... Okay, anyways—

Justin [as Count Donut]: I want them to be able to play in the space!

Justin: He really doesn't. I'm sorry, please don't.

Griffin: Okay, I gotcha, I gotcha.

Justin: No matter what that guy says.

Griffin: "Ah, that's just great to hear. Say, you in the mood for a quick bite?"

Travis: "Oh, Lenny! That sounds swell! I tell you, I missed breakfast, but I'm still in the mood for a place that serves breakfast sandwiches all day."

Griffin: "Dunkin'?"

Travis: "What is it?"

Griffin: "A restaurant?"

Travis: "Yeah, yeah! That's what I'm trying to pick! You see, I'm wanting a breakfast sandwich, but I'm also looking for the perfect iced pick-me-up! Full of robust coffee flavor! But just the right amount of sweetness. But where's a guy supposed to find that kind of combo?"

Griffin: "Dunkin'!"

Travis: "Yeah? What do you need?"

Griffin: Did we set up that the guy's name is D-U-N-C-A-N, Duncan?

Travis: Not in the scene.

Justin [as Count Donut]: Mentioned at the beginning. I said at the beginning—

Travis: I mean, I said it.

Justin: [as Count Donut] And also, there's a line in there where it's—

Griffin: But he says how—well, it does say, "How's things with old buddy?"

Travis: No, I see—

Griffin: You know Duncan.

Justin [as Count Donut]: Where he says, "Oh, you know, Duncan, I can't complain."

Travis: You've just typed that in. Don't—

Griffin: You just added that in. You looked at me like I was an asshole.

Justin [as Count Donut]: Because you promised to be kind!

Griffin: I know, I'm trying to give you notes kindly. *So, Duncan.*

Justin: [titters]

Griffin: Oh, sorry, he's fuckin' hissing at us, Trav. We've really messed up.

Justin [as Count Donut]: No, I'm covering my eyes with my cape so you don't see me cry.

Griffin: I'm so sorry.

Travis: He's gonna piss on your coats. Okay.

Griffin: Okay.

Justin [as Count Donut]: That was improv. I'm not sad. You are mortal.

Travis: Oh?

Griffin: Okay. [chuckles] All right.

Justin [as Count Donut]: You can't hurt me with a thousand swords.

Travis: Okay, "Yeah! What do you need?"

Griffin: "All the stuff you mentioned—"

Justin [as Count Donut]: You have to back up. You've lost the rhythm.

Griffin: Okay?

Justin [as Count Donut]: Take it from, "Hey there, Lenny. How's life—"

Travis: No, that's the beginning!

Griffin: That's the beginning of the script, I really don't wanna do that, Count Donut.

Justin [as Count Donut]: Excellent! Yes! Yes, you've lost the rhythm!

Griffin: Let's do it—let's do it—

Travis: No, we're just gonna take it from the second Duncan.

Griffin: Okay, yeah. "Duncan?"

Travis: "Yeah, what do you need?"

Griffin: "All the stuff you mentioned sounded great to me, pal."

Travis: "So why you interrupting me if you ain't gonna suggest a restaurant?"

Griffin: "I'm telling you, Dunkin'!"

Travis: "You ain't telling me anything, pal! You're just running your mouth, yammering my name like you're my ex-wife trying to get me to take her a frosty."

Griffin: "Wendy's?"

Travis: "Her name was on Caroline!"

Griffin: I don't know that—timeout, pause.

Justin: [titters]

Griffin: Count Donut, I don't think—

Travis: Hey, can I just say, Count Donut, I'm having a hard time working with Griffin here.

Justin [as Count Donut]: Yes, he's not playing in the space.

Travis: I feel like I'm getting into a rhythm. I'm getting into a rhythm, he's—

Griffin: If you want to do a—listen, we're recording content right now, Count Donut. And I want you to also respect that. This is very much—this is very much meta humor that we're doing right now. And I—

Travis: Okay, what—

Justin [as Count Donut]: If we would read it perfectly, they won't be busting up!

Griffin: I don't—

Travis: Sorry, hold on. Count Donut, I just had a knock at the door. Yeah, come on in. Ah! Griffin sent me a box of dead fish? Griffin, why—are you getting in character again? I told you, I don't like this method shit.

Griffin: Look inside of the—look inside of the fish.

Travis: Oh, it's donuts.

Griffin: Look inside. Yeah. So, but I don't think Dunkin' wants us to say Wendy's.

Justin [as Count Donut]: So, if you would just finish reading my skit. You keep ruining it!

Griffin: Okay, cool. Sure, all right, let me try. "Wendy's?"

Travis: "No, her name was Caroline! And you know that goddamn well! Now pick a restaurant but before I plug you full of lead, you big galoot."

Griffin: "Dunkin' Donuts!"

Travis: "So now you tell me, donuts too? So now we gotta find a place that sells breakfast sandwiches all day, ice-cold, super satisfying coffee, and donuts too? Whose ass am I supposed to pull that from?"

Griffin: Just pause, just a quick timeout. Pause. Is ice-cold modifying the breakfast sandwiches or the satisfying coffee?

Justin [as Count Donut]: It's improv, I—

Travis: I read it?

Griffin: You read it and I was confused if you were describing ice-cold breakfast sandwiches—

Travis: "Ice-cold, super satisfying coffee, and donuts too?"

Griffin: But there's also a read on—

Justin [as Count Donut]: You promised you would be kind.

Griffin: There's also—this is kindness! This is work! I'm giving you this for free! "That sells breakfast sandwiches all day, ice-cold?" You hear it that way too though, right, Trav?

Travis: But I didn't read it that way, Griffin.

Griffin: Okay.

Justin [as Count Donut]: I improved this.

Travis: Wait.

Griffin: Okay.

Justin [as Count Donut]: So I should not be held responsible.

Travis: Do you know—wait, I'm—no, I need the time out from the time out.

Justin [as Count Donut]: I wrote it right away as I came up with it, and I didn't stop to think about it.

Travis: But that's not improving though, you wrote it, is what you're talking about.

Griffin: You wrote it.

Justin [as Count Donut]: I improved it out and I wrote it as I came up with it, and I didn't change it.

Griffin: Okay, but what we're doing right now is—

Travis: My I finish my line, please? I'm getting—

Griffin: Sure.

Travis: Stymied.

Griffin: If you could give me 'whose ass am I supposed to pull that from' again.

Travis: Yeah. "Whose ass am I supposed to pull that from?!"

Griffin: "Dunkin'?"

Travis: "That's it. You're dead!" Bang, bang, bang. "Fuck, fuck, fuck! Not again! Fuck, god damn it, not again. I can't go back." Duncan hardly tries to press the revolver into Lenny's blood-soaked hand. "Hello, police? I need to report a violent crime. My friend, he's been hurt. Come quick! And I'm standing outside the..." Duncan peers up to read the sign above him and reads Dunkin' Donuts. The growing horror of his situation slowly peels across his face. He opens his mouth to beg forgiveness from the gods, knowing full well they've already turned their back.

Justin: [whispers] Dunkin'.

Travis: [gasps] Fade to black.

Justin [as Count Donut]: Well, what did you think of my skit?

Travis: Hilarious.

Griffin: Is the skit—

Justin [as Count Donut]: It also makes you feel things.

Travis: Yeah, and think!

Griffin: Is the skit a commercial? Is the skit going to be performed on stage at the Second City Theater main stage, or small stage?

Justin [as Count Donut]: Griffin, the role of the improvisational artist is not to contextualize.

Travis: Yeah, beautiful.

Justin [as Count Donut]: I simply improvise the work. It is up to the audience to see what they make of it.

Griffin: Okay, but it's—but what we just did was not improvisational in nature.

Justin [as Count Donut]: It was improv when I wrote it down!

Travis: Yeah.

Justin [as Count Donut]: And you just read what I came up with!

Travis: Can I say—

Griffin: Okay.

Travis: Can I just say, Count Donut, I thought it was moving and powerful. It made me hungry for donuts. It made me think.

Justin [as Count Donut]: That is the only point of the whole thing!

Travis: Yeah, it made me think. I liked that my character survived. I think as far as I could tell.

Griffin: I didn't like that mine died. Did not like it.

Justin [as Count Donut]: Your performance was flawless, if you could say.

Travis: Thank you very much.

Justin [as Count Donut]: Do you think at the concession stand, Second City was like, "Well, we gotta serve Dunkin'." And Dunkin' was like, "Well... there's no need to be hasty." [chuckles]

Griffin: Let's not go crazy.

Justin [as Count Donut]: Let's not—no, no, no, no, no, no, no, no. For money? Of course. No. [chuckles]

Griffin: I don't know that Dunkin', as part of this partnership, wants there to be such a heavy emphasis on gun violence. I don't know that that's—

Justin [as Count Donut]: Okay?

Griffin: Was part of Dunkin's original kind of like—

Justin [as Count Donut]: I think if I had scripted this, I would 100% agree.

Travis: Maybe we can make it a crossbow?

Justin [as Count Donut]: But I just take what the muse gave me.

Travis: A crossbow, maybe? Or swords? Would that be better?

Griffin: Have him kill him with a sword, and then it can be a Highlander thing, because the name is Duncan.

Travis: Yeah.

Griffin: And then you don't have to set the joke up so much earlier, because people will see a man with a sword being confused and they'll be like, "That must be Duncan from the Highlander."

Travis: Maybe he kills him—

Justin [as Count Donut]: You know—

Travis: With his bare hands?

Justin [as Count Donut]: You know, it's very easy after the lights are off and the janitor is sweeping up the peanuts and donut crumbs, it's very easy to say, "Here is the jokes I would have made up in the moment."

Travis: Mm-hm.

Griffin: Yeah.

Justin [as Count Donut]: But until you're under the intense pressure I was writing this, you won't know what you'll generate. I can't make sense of it. It's just a direct conduit from the muse to me.

Griffin: It's close.

Travis: It's close.

Griffin: It's close.

Travis: Can I just say—and once again, huge fan. Huge fan of the work. I loved it. Maybe one of the best performances of my career. Maybe there's another twist at the end where this is all in a VR simulation, and Lenny has now figured out like, oh, okay, Duncan can't be trusted. Duncan's arrested for thought crime.

Griffin: Yeah.

Travis: And this is like 3000 years in the future. Maybe something like that?

Justin [as Count Donut]: That's great.

Travis: Yeah?

Justin [as Count Donut]: Of course, yes. I will write down yours too, and you can be part of the improv. Absolutely.

Travis: I love that, thank you very much. And maybe something about—

Griffin: It's a very generous—

Travis: Like the cyclical nature of time and how a donut's a circle?

Justin [as Count Donut]: Oh! You're an artist. That's your soul

Travis: And something—and I think saying cream-filled in there would get a good laugh too. Cream-filled somewhere.

Griffin: Yeah... Yeah. Say like—when he's like threatening him to kill him with a gun, say like, "I'm gonna fill your ass so full of cream."

Justin [as Count Donut]: [titters] We'll think about it.

Travis: Also, I think, was there any fucks? There was a couple of fucks in there. I like that. That was good. That's powerful.

Griffin: They don't cuss at Second City, so you'll need to cut those. You'll need to take those out.

Travis: We might need to take this bigger than—

Griffin: They have a pretty strict no-cussing—

Travis: We might have to see if like maybe Broadway? See if like the public—

Justin [as Count Donut]: I will go—if I must go to the first city, I will—

Travis: Yeah, see—

Justin [as Count Donut]: If my material is too edgy.

Travis: Is there anything going on in the public right now? We might be able to get this onto the public.

Griffin: Let's get Matt and Trey!

Travis: Yeah. Oh?

Griffin: Because this seems a lot like them. In South Park, they're always cussing and shooting each other.

Travis: What if I played both parts?

Griffin: What if it was a one hander? Yeah.

Travis: Yeah.

Justin [as Count Donut]: A True West—

Travis: Yeah, except it's like if—

Justin [as Count Donut]: Kind of deal where you switch.

Travis: If Malkovich had played both parts. No need for Sinise in there, just Malkovich stepping to the left, saying the line, stepping to the right, saying the next line.

Justin: [chuckles]

Griffin: That's cool. Get Travis on there, he's doing both parts. Malkovich is on stage, but he doesn't say shit.

Justin: Yeah, he's the puppeteer!

Travis: Oh, yeah.

Justin: He's controlling Travis.

Travis: Yeah!

Griffin: That feels good.

Justin [as Count Donut]: Wouldn't that be something?

Travis: And if you can get Sinise there to represent like the specter, the grim specter of like the pressure that society puts on us?

Griffin: Yeah. He won't be on stage, but people should know that he's in the building.

Travis: Yeah, yeah, yeah, haunting—

Justin [as Count Donut]: He's downstairs writing Apollo 14: The Day We Fight Back.

Travis: Yeah.

Griffin: [titters]

Travis: Take this, space.

Griffin: You fucked up our air conditioner? We're gonna blow you up, the moon!

Justin: "I didn't get a chance to go into space last time, but I'm coming this time, because I don't have a cold or whatever it was!"

Travis: "And hell's coming with me! Hell's coming with me!"

Justin: "It's a solo mission!"

"We've told you, we don't do that." [titters]

Travis: No.

Justin: "You heard me!"

Travis: "I'm riding a pale horse, space!" No, you—

Justin: "Get him, Forest! We're doing this thing!" It's a Gary Sinise meta project. Hey, thank you so much for listening to My Brother, My Brother and Me, a comedy advice show that should not be taken literally.

Griffin: All right.

Travis: I think if Gary Sinise made a one hander, it would be called like Sinisesthesia or something. I think like that would be where he would go.

Griffin: Yeah, that's really good, Trav.

Travis: Or like seven deadly Sinises.

Griffin: I get annoyed sometimes Travis—

Justin: Seven deadly Sinises is freaking great, but it's seven different characters that he does.

Travis: Yeah. Yeah.

Griffin: Yeah.

Justin: And there's like a teen boy who's like worried about his first date. And there's like an old man—

Travis: Oh, and he's like—maybe he's shooting hoops on his back porch?

Griffin: Yeah. Hey, we got some shows coming up. Next week, we're gonna be in Orlando and Atlanta doing MBMBaMs in both places. And if you want us to do a question there, if you're coming to those shows, if you go to email it

at mbmbam@maximumfund.org, and put your city in the subject line, we'll be able to consider those. We also got tickets on sale for shows in Denver, Phoenix, Indianapolis and Milwaukee. And Travis and dad are heading over to MCM in London in October. So, go to bit.ly/mcelroytours for tickets and more information about all that stuff.

Also, we got some new merch. There's a dope Munch squad apron designed by Tyler Reed up in the shop. Some really great stuff up for the month of September. And 10% of all proceeds this month will go to the Equal Justice Initiative. So, go to McElroy Merch and check that all out too. And thanks to Montaigne for the use of our theme song, My Life Is Better With You. If you haven't listened to more of Montaigne's work, you should do that, because there's a lot of it and it is all extremely good.

Travis: Oh, also, the like preview trailer for the new season of The Adventure Zone is up in the McElroy Family YouTube. Go check that out. With some art of the characters there, the new theme song, all that stuff. Go check it out.

Griffin: You should probably say what it is then?

Travis: Oh, Abnimals, yeah!

Griffin: Yeah.

Travis: We're doing an Abnimals season, you know, as an homage to like Teenage Mutant Ninja Turtles, Biker Mice from Mars, Cowboys of Moo Mesa, that kind of stuff. Go check it out.

Griffin: Yeah. How about that wish? I can do it if you guys hum?

Travis: Yeah, let's do it. [hums] Huymm-mm-mm-mm-mm—

Justin: [hums] Oohmm-mm-mm-mm-mm-mm—

Griffin: I wish my cat could know what it means when I flip him off.

Justin: [laughs] My name is Justin McElroy.

Travis: I'm Travis McElroy.

Griffin: I'm Griffin McElroy.

Justin: That has been My Brother, My Brother and Me. Kiss your dad square on the lips.

[theme song, "My Life Is Better With You," by Montaigne, plays]

Maximum Fun.

A work-owned network...

Of artists-owned shows...

Supported directly by you.