

Daniel Z.: Hello, I'm Daniel Zomperelli, and I am afraid of everything. And I want to know what scares you. So I've invited people to tell me what they're afraid of. Then I talk with experts to dig a little deeper, and get tips on how to deal. This is I'm Afraid That.

Daniel Z.: I had this birthday when I was 10 years old. I had a close group of friends and this other friend who I guess no one wanted in the group. He was my neighbor who loved Mortal Kombat as much as me. For my birthday, we were all supposed to go see the Mortal Kombat movie at the second run theater, the Dolphin Cinema. When my neighbor friend asked about my birthday I told him, but I guess somewhere along the way, my friends said they didn't like him. And I, being a very stupid child, told him he wasn't allowed to come. And this really tore him up.

Daniel Z.: I called to apologize. But his mother answered, said he was disappointed, and threw away my gift. He ended up going to that same showtime. And I remember feeling awful. So much so that I think about it every birthday when it comes time to invites. Which makes me fluctuate between wanting to invite everyone, and my true desire of having no birthday at all.

Daniel Z.: Our next guest, Keep It's Ira Madison III has a very specific fear of the ever stressful birthday RSVP. We then talked with psychological astrologist Danielle Beinstein to talk about fears from the astrological perspective. I'm sitting with Ira Madison III, a television writer and social media darling as well as the host of the super successful podcast, Keep It. Thank you for joining us on I'm Afraid That.

Ira Madison III: Thank you for having me.

Daniel Z.: Can you tell us what your fear is?

Ira Madison III: Getting no responses to things. So it's this weird thing where say you invite someone to a party. You send out a bunch of invites, right? And then emails start coming in from people. I sort of don't want to check the email to find out that someone's not coming

Daniel Z.: Very specific.

Ira Madison III: Yeah. Is that a weird fear?

Daniel Z.: No. The other weird thing is that I was like, okay, when you sent it I'm like, okay. And then I thought about it. I'm like there's several people I know who have this exact same fear.

Ira Madison III: Yeah.

Daniel Z.: And it causes them deep anxiety to the point where they will put out a kind of a messaging to be like don't do this. Like come or don't come.

Ira Madison III: Yeah.

Daniel Z.: When did this start happening?

Ira Madison III: I mean I feel like it probably stems, right, from being worried that people aren't coming to the things that you throw. Which is weird, because it's, I don't know, I have a summer birthday, for one. So that was always weird as a kid because less people would come to your parties, obviously. It was the summer.

Daniel Z.: I thought summer was the birthday to go... is it because people are on vacation?

Ira Madison III: I guess people are on vacation. And I guess it was different because when you have a regular birthday in school, it would get celebrated.

Daniel Z.: Oh yeah, I remember that. Yeah.

Ira Madison III: At least in class. Everyone would know it's your birthday.

Daniel Z.: Yeah. You get the special treatment day at school.

Ira Madison III: Yeah. And summer kids just, they don't get that. And then I guess through Facebook and things, when you first were using Facebook, and likes and things, right? That you would get the big just no, we're not going from someone and, I don't know, it's still hard to look at.

Daniel Z.: Right. The no feels more hurtful than it-

Ira Madison III: Is.

Daniel Z.: ... really is intended. Yeah.

Ira Madison III: Because they're just clicking, no, I'm not going, right? But you know realistically they're not going because that friend of yours is out of town.

Daniel Z.: At what point does this fear play throughout your mind? When you're thinking about doing the event, or when you're starting to actually write out the invite?

Ira Madison III: When your putting down names of people that you're inviting, that's when you think about it. You're like, this person's not going to come. So I'm throwing a party, and usually it was because it's like my birthday, or something, or it's a holiday. I like New Year's parties too, weirdly.

Daniel Z.: I feel like it's like also the summer birthday parties.

Ira Madison III: Yeah. Yeah.

Daniel Z.: You're really testing.

Ira Madison III: Because people aren't there. That one is hard to compete with. But I like competing. I like competition. No, I think of the party, and then I sort of think immediately who am I inviting? I adopted this from a friend of mine actually. I have a spreadsheet.

Daniel Z.: Of guests who normally would attend.

Ira Madison III: Guests who you normally invite to parties.

Daniel Z.: Is there an note of if they attend or not?

Ira Madison III: No, I haven't gotten that crazy.

Daniel Z.: I was hoping it was that crazy.

Ira Madison III: I know, right?

Daniel Z.: Just for the future.

Ira Madison III: Maybe so. Maybe I'll do that after this birthday party.

Daniel Z.: I have such the opposite fear where I'm like, hopefully nobody comes to my... the smaller the better so that I can just change the format to being going for dinner.

Ira Madison III: Really? I like a party.

Daniel Z.: I like going to people who are popular's parties. So it's like that I know a bunch of people who will be there versus, I guess, I also on the same side of thing, don't want to see where my friendships lie in an event.

Ira Madison III: Yes. I guess because I didn't have that regular school year birthday, right? I had the summer one. Then I sort of became into inviting a lot of people to events. It's weird to me when I go to other friends' parties. Right? And it's like, oh, it's just like a little gathering, what, there's like 20 people who are invited. I constantly feel like I have to invite more people each year.

Daniel Z.: And that's to prevent the no attendees.

Ira Madison III: It's to prevent the no attendees. To make it be packed, to feel liked.

Daniel Z.: Right. What's like the worst case scenario that has happened in that situation?

Ira Madison III: I mean it's been rare. I mean, I'm hard pressed to remember a moment where someone was like, "I'm not coming," because they were like, "I don't want to come."

Daniel Z.: Oh yeah. That would be a very rough-

Ira Madison III: I know, right? But people don't say that.

Daniel Z.: So then events become like a reminder of where your friendships lie?

Ira Madison III: Yes. Right? I mean I feel like I take stock in friendships depending on who comes to parties. Is that a normal thing? I feel like people do that.

Daniel Z.: I think that's normal.

Ira Madison III: Yeah.

Daniel Z.: Yeah. I guess I do feel weird when friends who I just assume are an automatic, don't show up. And it's like they have normal reasons for not going.

Ira Madison III: Of course.

Daniel Z.: Every human has their own life going on. But still, I still get those hurt feelings from the one in my head that I'm like, that's person's for sure coming.

Ira Madison III: Yeah. I mean and then it manifests in when I get invited to things. Right? If it's a friend who I'm like, I want you to know that I was thinking about your event, but I can't really spend all the time I want there, at least pop in for five minutes.

Daniel Z.: Do you then-

Ira Madison III: You saw me at a party once where I literally showed up for five minutes, and then left.

Daniel Z.: So you obviously feel obligated to go to as many parties as possible.

Ira Madison III: I feel obligated to go to a lot of events. Yeah.

Daniel Z.: That is so stressful.

Ira Madison III: Yeah, it is.

Daniel Z.: Why do you feel obligated?

Ira Madison III: Because I feel like then you have face time with people, and they remember you.

Daniel Z.: What about the actual event you're hosting itself? Does that scare you? Does that create an anxiety?

Ira Madison III: Yeah. Yeah. I mean sometimes looking around for whatever in your mind, and what specific people you're like, this person is coming, or. Oh, I'm excited that this person might be coming. Sometimes you get a surprise confirmation. Oh. That person's coming. Then the anxiety comes of looking towards the door to see if that person's going to show up.

Daniel Z.: But does that alter how you throw a party? Do you get concerned about having an interesting party?

Ira Madison III: I mean, yes, but I feel like I throw theme parties all the time.

Daniel Z.: Okay. So you do... okay. That's-

Ira Madison III: Yeah. I feel like that's just a me thing. I try and top my birthday every year, for instance. This year my birthday party is Grease themed.

Daniel Z.: All right. Greece 1 or 2?

Ira Madison III: In a perfect world, Grease 2.

Daniel Z.: Thank you. That's great.

Ira Madison III: Just like 50s. Last year was a 1980s Italian theme.

Daniel Z.: Okay. I like that.

Ira Madison III: Yeah. I mean Call Me By Your Name had just come out. Right? So it was very-

Daniel Z.: Right. Okay.

Ira Madison III: Yeah. Come dressed like you're in the 80s in Europe. And then I was serving aperol spritzes all night.

Daniel Z.: That's a dream case... That is a very good one.

Ira Madison III: Yeah. I think theme parties help more people attend a party because people get excited about a theme. I think if it's a just a meetup at a bar, it's easier to not go.

Daniel Z.: It also shows that you're invested in the party.

Ira Madison III: Yeah. It that shows that like, oh, Ira puts an effort in. I mean I feel like a theme party is, like I always say, it shows you put extra effort into it. Right? So if you're

trying to make your party interesting every year, it's to keep people excited about coming to just a regular old birthday.

Daniel Z.: Right. I'm the worst, and I always find theme parties to be a slight deterrent because I don't like to dress up in any way.

Ira Madison III: It's so easy to dress 50s though.

Daniel Z.: Do you feel disappointed when people don't dress up?

Ira Madison III: Sometimes. I'm like, that's a little lazy.

Daniel Z.: Most of my clothes look like greaser clothes, so I'm fine.

Ira Madison III: But no, I mean sometimes people come from other events and stuff. So it's nice when people dress up because that means that your event was the thing that they were planning for all evening.

Daniel Z.: Another column on your Excel spreadsheet.

Ira Madison III: I know, right? Okay.

Daniel Z.: The day of the party, your phone, the text messages, is there an anxiety around that?

Ira Madison III: Oh yes. So that's really the time when you hate getting, I can't go messages. Right? Because the most I can't go messages come the day of a party. Those you're afraid of getting because of like normally if a friend's like they can't go, the people you're actually really close to, if they're out of town, or they can't go, or they have a work thing, they will let you know immediately as soon as you send it to them. Right? It's the other ones when you get the message an hour before the party, "Oh sorry, I can't make it."

Daniel Z.: Is there one you're more afraid of coming in a text message, email, or maybe even a phone call?

Ira Madison III: I think a phone call would be interesting because who calls anymore. That would feel personalized, right? Maybe those initial emails are worse I guess. When you're first sending out the invite before people have really confirmed that they're coming.

Daniel Z.: Does it make you feel like you want to cancel the event if you get too many?

Ira Madison III: No. I mean, I feel like, I'm a Leo, so once I pick a date, we're sticking with it.

Daniel Z.: Right. What is the best case scenario for your birthday, or party. Sorry. It doesn't have to be your birthday.

Ira Madison III: Everyone I've invited shows up.

Daniel Z.: And not too many people.

Ira Madison III: Yeah, but also people come in waves to parties too.

Daniel Z.: That's true.

Ira Madison III: That's a thing. That's a party tip when you're inviting people. Depending on the event, you can invite more people than you may want in a space at a given time. Because there're the friends who come as soon as the party starts and then they leave, and then there are the people who show up within the last two hours of a party too.

Daniel Z.: Which one are you?

Ira Madison III: It depends who it is. If it's a very close friend, I'm at the party within the first hour, and then I'm usually there most of the evening. If it's a regular party that's like, oh, this is going to be fun, a lot of people I know are going, then you show up within two and a half hours of when the party starts. If it's a party that you really want to go to, but you have a thing to do before, or you're at another party, but you know a lot of people are there, then can show up at that one within the last two hours because that's when it will be really going, I guess. If I show up to your party within the first 30 minutes of it being thrown, that means I am leaving very shortly. It means I have somewhere else to be.

Daniel Z.: That's fair.

Ira Madison III: Yeah, and here you go. I've arrived. Let's have a conversation. I'll have one drink, and then I'm gone.

Daniel Z.: Do you do anything to circumvent this fear?

Ira Madison III: Invite a lot of people. Too many people to be honest.

Daniel Z.: Okay. But that feels like piling on to circumvent it.

Ira Madison III: Yeah. It's like a band-aid.

Daniel Z.: Yeah. Is there anything you're doing to not bandaid it?

Ira Madison III: No. I mean, how can you prevent that, to be honest? Take Xanax? How can you prevent being afraid of people not coming to a party because you have no control over it.

Daniel Z.: In my head I'm thinking, okay, you have this anxiety, fear, say what if it was your wedding? Because that invite list is going to be giant, and you have to RSVP.

Ira Madison III: This is so rude.

Daniel Z.: I know.

Ira Madison III: First of all, you are sitting here married, with your ring. I am sitting here single, imagining having met someone, imagining getting to the point of we're getting married.

Daniel Z.: You don't have to answer this question at all.

Ira Madison III: This is very hurtful, Daniel. No. I mean yes, I feel like weddings would be in theory different. Because a birthday party is, I like Ira, I have something I might have to do, or I might be out of town. I might have a trip planned. I can't make it. Weddings are things that you tend to miss other things that are local that you might want to go to because you have a wedding to go to.

Daniel Z.: Right. So it really is very specific to a party.

Ira Madison III: Yeah.

Daniel Z.: It's very laser focused.

Ira Madison III: Yeah.

Daniel Z.: I like, yeah-

Ira Madison III: Because it's a public display, right, of how much people care about you. I feel like the best way to combat is to become successful enough to have an assistant who deals with invites, and then-

Daniel Z.: I did not even think of that.

Ira Madison III: And then I don't know who's coming.

Daniel Z.: I'm like, how do you get to an emotional level of yourself that isn't bothered by people coming or not?

Ira Madison III: No. I'd rather fix things with money, or other actions than actually-

Daniel Z.: But I wonder if it's like you'd have-

Ira Madison III: ... excavating my emotions.

Daniel Z.: Yeah. But I also feel like maybe you have to be more sociopathic to not care.

Ira Madison III: That's true.

Daniel Z.: It'd be almost weird to not care. Okay. So it's fine. See?

Ira Madison III: Oh good. Good. It's a normal thing to have.

Daniel Z.: So you're just waiting until you have enough money for an assistant.

Ira Madison III: Yeah.

Daniel Z.: Okay.

Ira Madison III: And then they'll deal with rejections and I won't have to.

Daniel Z.: Well, I'm glad we solved that.

Ira Madison III: Thank you.

Daniel Z.: Well, thank you so much for joining us on I'm Afraid That.

Ira Madison III: Thank you for having me.

Daniel Z.: That was Ira Madison III, and his fear of an invitation response. Before we check in with our psychological astrologist expert, Danielle Beinstein, let's listen to some of the voicemails you left on our fear line.

Lexis: Hi, my name is Lexis, and one of my fears is I'm actually really scared of blowups helium balloons. I don't like being around them. I've been at events where people open something and the balloons fall down, which is pretty much my idea of hell. I also really don't like it when balloons are around and kids are rubbing them and just about to pop them. Popping balloons are really, really frightening to me.

Lexis: There is a happy side to this story in that I was online dating about seven years ago. And saw a nice guy who matched with me on OkCupid, and we were about an 90% match. And he wrote that he didn't like balloons and was scared of them. And so I messaged him right away, and that was the first thing I messaged him about was the mutual fear of balloons. And I'm happy to say that it is almost seven years later, and we own a house together, and have been together

ever since. And he's awesome. And if you ever come to a party at our house, you are not allowed to bring balloons.

Daniel Z.: Welcome to the podcast.

Danielle B.: Thank you.

Daniel Z.: And you identify as an astrologist, correct?

Danielle B.: Psychological astrologer.

Daniel Z.: Psychological. Okay, great. Psychological. It's hard to say. Psychological astrologer.

Danielle B.: Correct.

Daniel Z.: Great. Okay.

Danielle B.: So astrology is really just archetypes and understanding different archetypal patterns that we hold in the human consciousness. And then what I do is help my clients navigate whatever is present through a deeper understanding of archetypes, through a deeper understanding of their inner child, and what may be arresting their progress.

Daniel Z.: Okay. So the weird thing is that after we had recorded with him about that, I had actually randomly ran into a couple Leo's within that same week. And they were all talking about birthdays, and how loaded birthdays are for them. Do you know if that's a Leo trait to be concerned about your birthday?

Danielle B.: Well, the Leo trait, the kind of classic Leo trait is the kind of performative quality.

Daniel Z.: What does that mean?

Danielle B.: Of being a Leo? Meaning the feeling that they're on stage. So if they feel in some way that they aren't being validated, that's going to hurt their ego. Leo is associated with the ages between 28 and 35 traditionally. So one has kind of entered into the realm of adulthood. In astrology, adulthood relates to the Saturn cycle. And when one has their Saturn return, just around 29 years old, they begin living as an adult. That's why so many people at 29 feel the rush to get married, or to up level in their career, or switch careers, or if they're in a relationship that isn't working, get out of that. You'll notice that pattern of 29 being a really significant time in life. One could say it's 30 approaching, but it's also the Saturn return.

- Danielle B.: Leo represents that first kind of entry into adulthood, but actually the core essence of Leo is the ability for the child to express its unique contribution, it's personality without shame or fear. Other people have likened Leo to a kind of teenager perspective, and I think that relates to the social atmosphere that teenagers have to experience, and they start relating to themselves through social experiences. Right?
- Danielle B.: So when I heard that the first thing that I thought was when, was the first time he either didn't get an RSVP, when was the first time he had a trauma related to that, what was his social experience like? Because the Leo, it's very generous energy. People often think Leos are narcissist, but actually they're very heart centered energy. They just want to be able to express themselves, and live from the courage of their heart. But often they have a fear of that because there's some kind of trauma. So people might jump to say, "Oh, it's because I'm a Leo," but it's actually because they have a fear of expressing their pure Leo energy and being rejected for that.
- Danielle B.: So a lot of times Leos will come to me if they have other things in their chart that indicate that that Leo is being blocked, and their parents might have said, "You're too much," or, "You're dramatic." So then anytime they make it about them, i.e. at birthday party, there's trauma.
- Daniel Z.: Right. Ooh, that's so much. So I'm just flashing through all the Leos I know. I'm like, uh oh. Yeah.
- Danielle B.: So that's just Leo energy in a chart.
- Daniel Z.: I'm so basic about this. How does a chart work?
- Danielle B.: So a natal chart is a snapshot of the sky the moment we were born, and it's divided into 12 pie slices. And each of those pie slices represent a different aspect of life. And each one is associated with one of the 12 Zodiac signs. But then there are the luminaries, the sun and the moon, and then there're celestial bodies. So that includes Mercury, Venus, and Mars. Those are personal planets. Those are how you express the energy. And then there's something called outer planets. So that would be Jupiter, Saturn, Uranus, Neptune, Pluto. And so where those all fall and the geometric aspects they're making to one another reveal our personality. And I know it sounds bananas, but it's accurate.
- Daniel Z.: I'm pro bananas.
- Danielle B.: Yeah. I would venture to say something else is going on. Something else in his chart is obstructing that Leo energy. Because one could say that the shadow of Leo is dramatic.
- Daniel Z.: What does the shadow mean?

Danielle B.: So every sign has a, I don't like to say high or low, but it is a higher vibration or a lower vibration. And then there's also the kind of positive expression of it, or the shadow, the thing we keep in the dark. The thing we judge. So if for example, a Leo child was told growing up, "Oh you're so dramatic," right, they're going to hold that expression of themselves in shadow. They're going to judge it. It's the part of ourself that we judge. Now there's the collective unconscious shadow. So we push things into the dark. But that's because we judge the darker aspects of our own psyche. And the more we judge it, the more it remains hidden, the more it festers.

Daniel Z.: Is it mostly unhelpful to keep something in the shadow?

Danielle B.: It is because what happens is shame develops. And then we can form addictions based on that shame rather than taking those parts of us that hurt, or that are in judgment and putting them into the light, meaning sharing them. That's why programs like 12 step or AA are so powerful because it creates, in theory, it's a nonjudgmental place to express one's fears, and one's hopes and desires. But it takes something that one has held in shame and brings it to the light. So there can be healing.

Daniel Z.: Is there kind of fears associated with each sign?

Danielle B.: Well, fear is actually-

Daniel Z.: Or is it too complicated?

Danielle B.: No, it's more shadow than fears. So fear is actually associated with Saturn. And the sign-

Daniel Z.: Tell me more.

Danielle B.: ... that Saturn rules is Capricorn. Saturn is that planet that it takes about 28 and a half years to go around the Zodiac. So when we have our Saturn return, at least our first one at around 29, that's why so many people are paralyzed. They feel fear. So they'll either, it's really cliché, but there's only two ways to make a decision, either through love or through fear. So Saturn also rules structure, establishment, the aspects of physical world reality, the limits of being in a body in mortal time. So the ultimate fear is usually fear of death. Remember that thing that came out I feel like decades ago, but more people are afraid of standing up in front of people than of dying.

Daniel Z.: Yeah. We did a public speaking episode. Yeah.

Danielle B.: So there's a similar thing here with the RSVP because he's publicly put himself out there, and he's awaiting a response. So the fear of public speaking is the immediate response, which you cannot run from.

Daniel Z.: Right. It's right there.

Danielle B.: But what he's experiencing is a delayed version of that. Yeah. So for most people, that's scarier than death. But-

Daniel Z.: No, I get it.

Danielle B.: But it is, right?

Daniel Z.: I get it.

Danielle B.: So Saturn rules fear. So there can be fear of establishment, fear of authority. It can show up in a million different ways. But usually when we're talking about fear in the chart, it's because of Saturn's placement.

Daniel Z.: I like that Saturn has such a control over it.

Danielle B.: That's an interesting word, control. Yeah. I mean it does because so many of us are controlled by our fears. But that's what I would venture to say, and that there's some memory. And it could be he was seven and he had a birthday party, and it was the summer. And because it was in the summer, kids were away and didn't come.

Daniel Z.: Yeah, that came up. Yeah. Quite a few of the things you've said have come up.

Danielle B.: Interesting.

Daniel Z.: Very good. I have told you none of this information, and you're saying everything he said. Great. I'm a Scorpio. I started this podcast because I'm afraid of so many things. So is that-

Danielle B.: Your own shadow. So Scorpio is actually a sign associated with the shadow, and the psyche, and subconscious depth.

Daniel Z.: Is that why I'm constantly anxious?

Danielle B.: Yeah. So the thing with Scorpios is that they will usually go through a series of transformative experiences in their life. They're associated with the Phoenix rising from the ashes.

Daniel Z.: Very cool.

Danielle B.: Yeah, it's very cool. But a lot of times they hold their own shadow in a negative way instead of recognizing that, wait a second, I have an ability to explore and see things that other people don't see. So that can lead to its own kind of

anxiety because you're aware of all the darker aspects of life subconsciously. So that can create a catastrophic thinking.

Daniel Z.: Okay, that's fair. And makes sense.

Danielle B.: Try to make sense.

Daniel Z.: Would there be a sign that would be associated with the most fear?

Danielle B.: Well Capricorn. But Capricorn's a sign also associated with climbing the mountain and setting goals. So sometimes their desire to get somewhere is arrested by their own fear. But the only way to walk through that fear is to walk through it.

Danielle B.: It does usually go back to my childhood. And even something that maybe feels minor as an adult is not minor to the child. We don't know what the child will pick up. Even if the intent of the outsider, the parent, the caregiver, the teacher, the friend, was nothing the way it was interpreted. The interpretation is self is the thing to heal. So a lot of times people will be like, "Oh, but I understand why my parents did what they did." That's beautiful. But that's intellectual. The only way to heal it is to go back and give that younger part of you a voice.

Daniel Z.: That's the shadow that would be-

Danielle B.: Yeah.

Daniel Z.: ... built on. Would you refer to somebody's sign as energy the same way you do with Leo? Like Scorpio energy.

Danielle B.: Yeah.

Daniel Z.: Okay.

Danielle B.: So that's it. That's exactly it.

Daniel Z.: So then the shadow would reduce the sign energy.

Danielle B.: Yes.

Daniel Z.: Okay. I'm getting it.

Danielle B.: Yeah. Yeah. That's exactly it. But we all have multiple aspects of our psyche, and it's just a matter of being conscious of which aspect of ourselves is driving the bus. It's really important too to give that inner child a voice. So the way that inner child healing works, and a really great way to learn more about it is John Bradshaw wrote a book called Homecoming: Reclaiming the Inner Child. And

there's all kinds of tools and practices in there, but the first thing is to go back to the original memory. Really helpful if you can find someone who can hold a loving neutral space for you to do this. Go back to that original memory the first time you remember feeling it. And then allow that younger part of you to speak or share its frustrations. And then to hold space, and lovingly walk them through that.

Danielle B.: Let's say it's summer, no one came and his parents brush it under the rug, but he didn't actually get to process all of those feelings. Most of us don't get a chance to process all of our feelings right as children. It's very rare. The child then becomes less burdened, and remains kind of connected to that sense of openness and possibility. As humans, we're so focused on the past and the future. So if you can get back to that present moment of that inner child, you can then free them to be present now with whatever's happening. So his subconscious is actually blocking a new experience. And the key is to heal that subconscious block.

Daniel Z.: Okay, well, if someone would like to work with you, how do they do that?

Danielle B.: They just find me on my website, daniellebeinstein.com, or Instagram, [danibeinstein](https://www.instagram.com/danibeinstein). Yeah.

Daniel Z.: Okay, cool. Well, thank you so much. This was so fun. I loved it.

Danielle B.: Oh, thank you so much for having me. It's so nice to meet you.

Daniel Z.: Nice to met you.

Danielle B.: And I always love exploring this stuff, so I'm really grateful.

Daniel Z.: I'm Afraid That is produced by me, Daniel Zomperelli, Gabe Leidman, and Little Everywhere. If you have a fear you'd like to hear on this show, please share with us that imafraidthat.com, where you can get more info on the guests and experts. That's imafraidthat.com. If you enjoyed the podcast, please subscribe, review, and share. It helps other people find the show, and thank you for listening. Next time on I'm Afraid That.