

Ep 48_ Meg O'Neil and Rebecca Minor

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SPEAKERS

Meg O'Neill (she/her), Adam James Cohen (he/him), Rebecca Minor (she/her)



Adam James Cohen (he/him) 00:09

Hi there, welcome to the Second Adolescence podcast here we talk about all things queer healing and Second Adolescence. So what is Second Adolescence you might ask? Second Adolescence is a sort of developmental life stage queer people navigate in our post coming out adult years after growing up within an anti queer world. For many, Second Adolescence is about healing the wounds of our younger queer selves, gaining the experiences they missed out on and unlocking what it means for us to exist as our most free and true selves. I am your host, Adam James Cohen, psychotherapist and human who went through his own Second Adolescence. On this week's episode we have two guests joining us: Meg O'Neill and returning guests to the pod, gender specialist therapist and educator Rebecca Minor. They are the women behind b+(in)visibility a community and supportive space for folks who are discovering their biness and queerness later in life. In this conversation, we chat about the group they run, Meg's own personal story of coming to understand her bisexuality in her late 30s, and about the wide variety of experiences folks can have when uncovering, navigating and integrating their experience of being bi into their greater life. We chat about the experience of bi folks, Pan folks and queer folks who are in straight presenting relationships, how compulsory heterosexuality can become so deeply ingrained and becomes such an obstacle for people to acknowledge and validate their queerness the ways our culture seems more permissive and inclusive of women and femmes to be by, but not so much for sis men, the experience of feeling not queer enough navigating the privilege of straight passability. And the need to not have one's identity erased and so much more. This was such a great conversation. I am so grateful to Meg and Rebecca for coming on. And it was just so fun. It's such a great time, just want to hang with them all day. And I'm just really excited to invite you all into the conversation. And as with each episode of Second Adolescence, I really want to invite you as listener to listen with open curiosity, knowing that each of her stories are different and unique, you might hear some guest share things that really differ from your experience, whereas other guests might share things that really speak to what you went through or are currently going through. And I really hope that all of this happens and that together, we can continue growing and expanding our awareness of what life and queerness and healing can be for folks, if after the show you want to connect further, feel free to head on over to secondadolescencepod.com

for show notes and more. Or you can follow the show on Instagram at @secondadolescencepod. All right. Welcome to the conversation. Thank you so much for being here. Welcome to Second Adolescence. I'm so excited to have you both here. This is really cool.

R Rebecca Minor (she/her) 02:56
Thank you so much.

M Meg O'Neill (she/her) 02:57
Thank you so much for having us.

A Adam James Cohen (he/him) 02:59
First time I'm having two people on at the same time. So this is a big one, and first repeat guest in Rebecca, you were episode 36! So thank you both. And I guess before going anywhere, I like to kind of ground the listener and a little mini intro to who the guests are. So I'm wondering if you could just give a little intro, you know, thinking about where you're at today in this space? How would you want to answer that? Here's who I am question. Let's start with Meg. Okay.

M Meg O'Neill (she/her) 03:25
Hi, everybody. I'm so excited to be here. My name is Meg O'Neill. I am a professionally marketing coach and community expert. I help women in their business create community through their digital presence, which makes a lot of sense of how I met Rebecca online. And we have created a community together. So I also am the mom of three I do a lot of volunteer work I have my oldest child is autistic, and he is 12 years old. So I've been on that journey for a long time and help a lot of other families and teach them to advocate for themselves within our school district. Yeah, that's me at this moment in life.

A Adam James Cohen (he/him) 04:04
Love it. Rebecca?

R Rebecca Minor (she/her) 04:06
I'm back. My name is Rebecca Minor. I use she her pronouns. I am a gender specialist, which means I spend the bulk of my time working with queer and trans youth in their journey of becoming and am a guide to their parents in affirming it. So I offer parent coaching. And I'm also starting to do more and more consulting and speaking on a bigger scale to try to affect more generational change. So that's me.

A Adam James Cohen (he/him) 04:22

A Adam James Conen (ne/nim) 04:33

Love it. Love it. Love it. Cool. Okay, so you guys work together. I'm curious to hear both how you first got connected and then can you share with our listeners really what you are offering and what you're up to?

M Meg O'Neill (she/her) 04:44

I'll share how we got connected. So this is Meg and we have a mutual adult in their life who is using Rebecca's services. And through that person sharing her work. I started following Rebecca and I loved what she shared and before I came out as bisexual to some of the people on the internet, not all of them, I just looked like an extremely supportive ally, and would just like share a ton and also just having other people in my life who are trans and I wanted to just show up for them. So that's how I connected with Rebecca. But then as I was going through my own, like journey of coming out more slowly would share that with Rebecca. And when she would share something and say, Oh, my God, I relate to this so much. And through those conversations, that's how we said we should come together because there's all these other women in her DM saying the same thing.

R Rebecca Minor (she/her) 05:38

I have so many women in my DMs! So when I was last on the podcast, you and I talked a little bit about how I'd been kind of quiet online about the fact that I was married to a sis man, even though I was very loud and proud about being queer. I hadn't really shared that part of my personal life, until I started having more conversations with folks like Meg, who were really responsive to anything I put out about being bi or coming out later in life, or just identity exploration in general. And I realized there's actually a large group of people that I'm neglecting to some extent by not showing the reality of what my life looks like, because they're seeing this packaged idea of me on Instagram. And if I can be like, Yeah, I actually have a husband too. And yeah, it's really confusing. And sometimes it's messy. And sometimes it's amazing. And everywhere in between. So I started to do more of that. And as Meg and I were talking, and I don't think Meg even realizes how much that helped me in my process of sharing more, because I was like, if people are gonna keep reaching out to me, saying, like, this allowed me to have this conversation myself, or like, this allowed me to consider talking to my parents, or coming out to my children, or whatever, this is what I need to be doing, even when it's scary and weird, and I worried that I'm gonna lose my queer street cred. And like, if I did, I'm not really sure, honestly. But it hasn't dramatically impacted me. And I feel passionate enough about the fact that there shouldn't be by erasure that I don't care now, if I lose some of that queer street cred, because I think that's an unproductive framing of who we're allowing in the community.

M Meg O'Neill (she/her) 07:26

And so many people in the group have experienced that too. Exactly. It comes again, back to a binary of oh, I either have to be all of this or all of that in order to take up space.

R Rebecca Minor (she/her) 07:37

And you know, how I feel about binaries? Not good. But wait, we're getting ahead of ourselves. You just said "the group"!

M Meg O'Neill (she/her) 07:44

Yes. Yes. Oh, about the group.

A Adam James Cohen (he/him) 07:45

Yeah tell us about the group.

R Rebecca Minor (she/her) 07:48


So, Meg, and I kept talking, and I was like, Alright, I put up this one reel around Pride and was like, surprise, I'm married to a man and it like broke the internet. And I got so many messages and comments. And I was like, Oh, wow. Okay. Like, there is an audience here. And a group of people who time and time again seem to think they are like the only one experiencing that. And on a therapeutic level you and I know like when people can feel connected and like they are not alone. In an experience, we can dramatically speed up the healing process, right, and have that opportunity to see ourselves reflected back in that way is so so healing. And so Meg and I kept chatting, and then it was like, wait a minute, there's all these people. And there seem to be some themes, right. And so it was mostly sis women who were contacting me, in part because of who my followers are, who had been married for a good chunk of time. Many of them were moms, and were like, you know, I feel like I'm bi, but I've never had the opportunity to really explore that I got married young, I had kids young, or like, once I had kids, I stopped really thinking about myself as a sexual being and haven't really allowed myself to kind of go there. And there was that chunk of people who COVID gave them an opportunity to like turn inwards and really get curious about themselves. Yeah. And I think societally, like we're just getting to a place that's a little more comfortable around people exploring their queerness. So we were like, okay, clearly, this is a thing. So we were like, what if it's just like a one time thing. And so we started playing with ideas of what this group would look like. And there was a trending audio on Tik Tok that was called by wife energy, which in retrospect, is actually about men who have the energy of someone who has a buy wife, but I just like it and it's catchy. And so I impulsively bought the domain designed a t shirt and mechanized started a group.


A Adam James Cohen (he/him) 09:49


Yes, called "By Wife Energy"?


R Rebecca Minor (she/her) 09:52

Yes. And it got way more traction than I at least anticipated. I think we both were like, alright, this is happening. And what were we three meetings in when we decided maybe the name wasn't right?


 Meg O'Neill (she/her) 10:07
I think so.


 Adam James Cohen (he/him) 10:08
Yeah. Tell me about that process. What was that, like in those first three meetings and what came up?


 Meg O'Neill (she/her) 10:12
We had over like 40 people purchase tickets to the first meeting. And then they just felt so seen. We get such good feedback. But during a lot of the conversations, it was people saying, like, I don't really identify as bi identify as queer, but I'm married to assess that man. We actually also have a few women that are married to women that


 Rebecca Minor (she/her) 10:32
I loved. I was like, Thank you!

 10:33

 Rebecca Minor (she/her) 10:35
We haven't had any men come yet. We can unpack later.

 Adam James Cohen (he/him) 10:39
Definitely. Yeah.

 Meg O'Neill (she/her) 10:41
So we're like this name isn't as inviting as we want it to be. So we wanted to cover more of how people see themselves. And so we did a survey we just did had some conversation and have landed on but I even forget how to say it-

 Rebecca Minor (she/her) 11:00
It looks really good in writing and it doesn't roll off the tongue. Yeah, yeah. But it encompasses, but it makes everyone feel good

but it makes everyone feel good.

A Adam James Cohen (he/him) 11:14

so yeah, what do we call it? So bi+visibility? Right?

R Rebecca Minor (she/her) 11:19

I think we could probably just say, bi invisibility, and the plus is just like, there, you know, because I've never used the word by for myself, but I made up the, you know, and but then there were plenty of people who were like, I think Maggie included, who when I said, you know, what, if we call that queer invisibility, people were like, Well, I wouldn't have come to that, or I wouldn't have initially thought that was for me. Yeah. Which was so interesting to be like, what feels different about that language? And a couple of people were like, well, it just feels more gay, which I thought was interesting.

M Meg O'Neill (she/her) 11:50

I think it's also the age demographics that we have to I'm absolutely an elder millennial. I'm 40. So I feel like some of our younger millennials or Gen Z, right would be are more comfortable with the word queer. Yes. So it is really dependent. And I think we have a lot of people who have been impacted by religious trauma. That word is really like unsettling to the nervous system, because of just what we still have to unpack and heal from.

R Rebecca Minor (she/her) 12:17

that's so real. I forget that sometimes. Thank you, Meg.

M Meg O'Neill (she/her) 12:19

And we had a long conversation about Judaism and Christianity and how that impacts identity,

R Rebecca Minor (she/her) 12:26

myself and the one other Jewish person in the group are like the most comfortable and sex positive, probably. And we were like, Is this part of it? And I think it's part of it. Yeah. I just never got that messaging. And I don't think all Jews are abundantly sex positive. But I think there is a real difference in how I was taught about my body and my pleasure. And yes, those things. So not to take us off on a tangent...

A Adam James Cohen (he/him) 12:50

No, no, no, I mean, totally. I'm curious to go there. But I'm just in this moment, I'm feeling so appreciative you both are here because we really haven't had a ton of conversations on this

appreciative you both are here, because we really haven't had a ton of conversations on this show. Definitely about bi experience, but like really kind of naming what it's like for by folks who are navigating kind of the invisibility of their identity as they exist in the world, like how that can be complicated and finding their own identity when I just like, I'm so curious to dive in this conversation. So I'm noticing so much excitement in my body right now. So thank you, I love it. And so like, in the group, I'm curious, like what has come up in terms of how people relate to their own identity, how they have to navigate the world relating to their identity, like really curious to hear about the themes that have come in the group,

M Meg O'Neill (she/her) 13:31

there's a lot of questions around like how to tell your partner how to bring it up with your parents or in laws, whether or not you even want to. So we do talk a lot about that how to bring it up with your children has been a popular one, this last meeting, whether or not again, you want to or it's just like a kind of known thing. The religious trauma, I feel like is a very popular topic. And then also, we've been having more questions around opening relationships and whether or not people do that, or how do you when you realize your identity later in life, and you're already in a committed relationship? What does that look like? Yes.

R Rebecca Minor (she/her) 14:05

Yeah. Like, how can you honor your queerness while still honoring your relationship?

A Adam James Cohen (he/him) 14:10

Yeah. How do you find folks are exploring answering that question, which I'm sure it's different for everybody. But I can imagine that is a real tricky one.

R Rebecca Minor (she/her) 14:19

I think we see a real range of folks who are like, I have zero intention of changing my relationship structure as it stands. One that has come up a couple of times is like reading novels, and especially YA novels. Because I think there is that adolescent piece to this that people are kind of allowing themselves to relive a chapter that they didn't get to have. Yes. So I think that I think getting involved in whether it's some online communities or people have voiced just coming to this group, has felt them feel like I have a thing on my calendar that I do every month. That like reminds me who I am and puts me in front of others. people to say, This is who I am. And I mean, we have people coming internationally, which is so cool. So there, I mean, there are people like all over the world now who see you as who you are. So there's that all the way through people who are like exploring, maybe just having emotional connections with other people or queer platonic connections up to folks who, you know, are practicing ethical non monogamy and everything in between total.

M Meg O'Neill (she/her) 15:27

And we've had a lot of like transparency and honesty for the people who are ready to share

that and share the experiences of that. It's tricky, and it's not super clear cut. And I think that that helps the other folks who might have a few toddlers and they're having these conversations, like maybe this isn't the time for me, you know, it kind of feels that part of like, what am I missing out on and saying, like, yeah, it's just made up. And you know, I'm getting to hear from somebody with a similar experience in life that I have. And maybe that's actually not a road that I can even go down right now. And I think that's really nice, because we don't get to have those conversations. Yeah, in our everyday life,

R

Rebecca Minor (she/her) 16:06

I think there's an opportunity for kind of vicarious experience of like, you might not be in a place in your relationship where you're going out on dates or something, but it might feel kind of fun to talk about it with someone else and cheer them on and like, be like, Okay, what happened last time, like we're all waiting to hear, which in its own way, is I think revisiting of some like, early, what could have been more openly queer experiences of like, going to the school dance and coming home and being like, Oh, my God, I dance with her. Except you. None of us did that. Because we were all still either pretending or didn't even realize or wherever we were in our process.

M

Meg O'Neill (she/her) 16:48

Or you went to an all girls high school like me, and that's all yeah, that's all you have is pretended? That's

A

Adam James Cohen (he/him) 16:56

my gosh, okay, wait, can I just jump in right there about your experience in high school, and also your own journey of like, coming to awareness about your identity, like, at that time, all girls high school? Was this something you were conscious of? is a thing in hindsight, you see? Oh, I can see. So yes, they are. Okay. Yeah. Tell me about that. Yeah.

M

Meg O'Neill (she/her) 17:13

So I was not conscious of it. So this is the first time I've ever like, actually verbally spoken about this out loud. So just to preface that, but I grew up in a very, very religious, Catholic household. And I'm the oldest of five kids. But I went to an all girls high school, I played sports. And there was always like, an older girl that I was like, Oh, my God, she's so pretty, she said, and I just thought, like, everybody felt that way. You just like, maybe I wanted an older sister or less, I just thought about myself. But then I did have a relationship with a woman, she was a girl in high school, obviously, but my. But at the same time, I still was searching for what I thought future was supposed to look like I thought that was supposed to be you're supposed to be married to a man, and have all these kids and life was gonna be happy. And that was, and sexuality was a sin if it wasn't within marriage, and all of those things. So there was no space in my brain. I don't even know how to describe it. But like, there was no other reality. So even though I was in this relationship, essentially, with no name on it, there was no space in my brain that that would ever be what my future was, right. So now, you know, it took a long time

to even get to a point where I talked about that, or where I was able to see like, a wildlife could have been different, but I'm happy with my life and you know, all those conflicting feelings. But I was recently watching a movie, I can't even remember what movie it was. And the woman character in it, I had loved when I was younger, I was like, Oh my God, that's what I was feeling like, it's a very interesting place to be to not be able to name something and not be able to name it until 20 year or 25 years after, and to say, well, that's what I was feeling, but never had the words for it. So a lot of other women I feel like expressed similar sentiments in the group too. And right now, this isn't something that like I needed to share or wasn't gonna like, maybe we'll build a by Empire one day. That was most definitely not the intention, you know, we want to just bring people together. But my driving force was like, I want other children in my life to not have that feeling. There's one experience that I think maybe other people who are by or have been in this space before can kind of touch upon but I was such a people pleaser, such a good girl, such a religious person, all these things that I didn't even know what my favorite color was until I was like 39 years old. And this sounds like such a trivial conversation with the color. The two therapists are like no, no.

A

Adam James Cohen (he/him) 19:56

Heads are shaking. No. Yes, big. Yeah,

M

Meg O'Neill (she/her) 19:59

I said to him, like, I love the color purple. I love that color. But I wasn't allowed to no one ever told me not to write but like, in my head, I interpreted my mom's favorite color was blue, that should be your favorite color. So when you think about something, so you know, small as color, I didn't feel like I was allowed to even feel that for myself. So how can I trust the feelings that I had about? People? Like no, like, you just could? That's not how you feel right? You just have to, I don't even think I ever consciously put it away. I just didn't feel it, or I didn't let it you know. So that has been really interesting to say to myself, like there is value here to unpack this. And this doesn't mean that anything in my life or relationship has to change. This is part of who I am. And this is healing for me to just like, name it.

A

Adam James Cohen (he/him) 20:55

Yeah. Wow.

M

Meg O'Neill (she/her) 20:57

I don't remember what the exact question was.

A

Adam James Cohen (he/him) 21:01

Oh, my gosh, think I just feel thank you so much for sharing all of that. I feel



Rebecca Minor (she/her) 21:06

That story. Yeah.



21:08

it's never put it in words.



Adam James Cohen (he/him) 21:10

And it's like, it might sound small, like, what's my favorite color? But in that it's like, who am I really? What is my true desire, kind of like giving yourself full permission to take up space with all of your wants and needs, like there's so much in that. Whoa, goosebumps.



Meg O'Neill (she/her) 21:27

And that was something that I didn't even explore until I was like 37 or 38. Wow. Which is wild. Yeah.



Rebecca Minor (she/her) 21:34

And those kinds of stories are the stories we hear over and over and over again, in just really slight variation. How many people are having these like aha moments. And so much of it has to do with like, the way we're socialized around gender, right. And I think about that, also, when Meg and I meet in person, it's like the only one of the few times I'm around a woman who's as tall or taller than me. So like, we take up a lot of space. Right, but growing up, that was not something that was like welcome or celebrated. Like it was like, not only am I like, too big, the things I want are too big, My desire is too big, like considering my own pleasure would be too big like, and I think about those things in the context of this group for what is predominantly femme folks who are really just coming around to the idea of what that would look like for them.



Meg O'Neill (she/her) 22:33

That part of the conversation to me so interesting, too, because like I said, like, I played four years of varsity sports, I am a big presence as a woman. And as a human, actually, because there's not a lot of people that I had long blonde hair, I was very thin. And that in me was that was what my value was. Because you know, you look like a model. My value was in, if I'm going to be big, I'm going to take up not a lot of space with my thoughts and my words, but I'm going to take up a lot of space with my beauty. And we have conversations, my sisters and I about this a lot. Because everywhere we went it was oh, you're you're they're so beautiful. They're so beautiful. And when you start getting older, and you start letting your hair grow Gray, and you start letting the blonde go out and you don't lose weight the same way and you look different. Where is your value in this society? And you either run away from that, and you drink a ton of wine at night with you for it like that's, or you embrace it, and you say like, where

is my value? Well, I'm so much more than this. What else do I like? What else do I desire? What else? Yeah, and that was my favorite fucking color. Right? Yes. And let me wear it and tell you about it. Yeah. Do I even like, like, that's a second adolescence, in and of itself, like salutely?

A

Adam James Cohen (he/him) 23:59

Yeah,

R

Rebecca Minor (she/her) 23:59

I think about how many people say like, I was hesitant to come to this group, or even in conversations that you and I had Meg and I had with myself over and over again, of like, why should I come out? If I'm not going to change much? If I'm not going to leave my spouse? If I'm not going to be public about it? Why shake things up? Is this just selfish? Is this just fill in the blank? And I think the answer that I continually come back to when folks bring that up in the group and eventually like, and had found for myself was the idea that like, I believe intimacy requires really knowing each other. And so even if you don't plan on opening up your relationship, or you don't plan on dramatically coming out in a public facing way, having your partner really get you still feels important. Yeah. And before you even get to that having you who really know you? Yes. Right. And that's what I feel like we're hearing with mag too. Is this like permission to just get curious personally, of like, What do I like? Do I even like these like and so much of compulsory heterosexuality was just like, well, here's the next thing, like, I'll just get a boyfriend, and then I'll marry him. And then we'll have kids and like, it's like, wait a minute, do I even like any of this? And I think for some people in the group, that's a really scary question to ask, because the answer isn't always yes. And then what do you do? And so it becomes easier and safer to not ask the questions, right, and just kind of keep it moving. But I think witnessing other people asking the questions is so important. And it's pushed people in just a couple sessions, like people have come back and been like, this is my third time and like, my spouse, and I started seeing a couples therapist, and like, we're talking about this. And the other thing, and like, I don't think we're like causing world peace or anything. But that's huge. If one person feels like they can be more fully themselves, and be more open and honest with their spouse, or this one always gets me like when parents talk about like, I can't keep looking at my kids and telling them, You can love whoever you love, or be whoever you are, and know in the back of my head that I'm not honoring that for myself. That's not a thing I want to keep doing. So like next year, we're literally going to have a whole session dedicated to just like, how do you talk to your kids or kids in your life about who you are? And how do you make yourself a like, safe and affirming adult for them to come to? Because clearly there's a need for that space? Yes. Right. And like Mexican, like kids are on to adult like the stories about kids crack me up like,



26:55

Whoa, my son said, Why do you love gay people so much? Why like, not in like, not in a mean way. He's like, Mom, you're really doing a lot, like going hard on the. And I always say to that, I'm always like, well, maybe you're gay, maybe. And my 12 year olds, like, I am not gay. I'm like, alright.

R

Rebecca Minor (she/her) 27:23

But like, someone asked, like, how do I let my like, niece and nephew know that like, if their parents aren't going to affirm them, or they don't feel comfortable talking to their parents about this stuff that like, they could come to me as an aunt, even if I'm married to a man and they might not know that like, Auntie so and so is actually pretty cool. Or, like, gets it kind of how do you exist in your relationship as it stands, while still signaling to the right folks that you're with them? And then also, where's that opening for you to be welcome in queer spaces?

A

Adam James Cohen (he/him) 27:58

Yeah, I mean, I imagine the experience of feeling not queer enough comes up a lot for folks. I'm curious. Yeah, you, you can speak to that.

R

Rebecca Minor (she/her) 28:08

Yeah. queer enough, actually. Probably would have been a good name for the group. Yeah, we can't rebrand and we can't

M

Meg O'Neill (she/her) 28:18

see how we flip flop our identity.

R

Rebecca Minor (she/her) 28:21

But see, this identity is fluid as it is,

M

Meg O'Neill (she/her) 28:25

yeah, that's actually what the name should be.

A

Adam James Cohen (he/him) 28:29

Okay, by the end of the conversation, we're gonna have 10 Other names.

R

Rebecca Minor (she/her) 28:33

That when we can't do people would be like, Oh, what are you doing? Yeah,

M

Meg O'Neill (she/her) 28:36

right. Well, it does come up a lot about not being and a lot of people have their own personal

right. well, it does come up a lot about not being and a lot of people have their own personal stories of being like, kind of ousted out of the queer community, whether it's by gay men or by a lot of it's by gay men. Yeah. But there was one person that did share a lot about lesbian women, too. Yes. And here's the other thing is somebody who is like, not professionally, in the sexuality space, it kind of felt to me like I'm taking up somebody else's space like as like trying to be an ally to everybody. Like, I have privilege because of who I am. And I don't want to like cause more harm by taking up this space. But then again, like the eraser part is so important, because like, think of all of these people who have felt the same way and have like, literally lost years of their lives being somebody else, because they erased it. So the whole thing is messy, right. Like in every aspect of it, there's no like, we can't say to somebody, and we always start our group saying this to like, even though Rebecca is a therapist, and like, Thank God, we have that. But like, we're not gonna be able to solve the problems or like, we're not here really saying like, Oh, where are these experts? I'm bisexuality and we're gonna give you the roadmap that you need to have the perfect life. Like, we're just creating this space to be seen and to create this community. And we can talk about the things that we've done and other people can share. But it might not necessarily be right for you, you might not be in the time in life where you can say to your niece and nephew, like this is who I am yet, so it feels very clear and linear.

R

Rebecca Minor (she/her) 30:11

Or you can be like me and by like really bold books for every and all and any children in any form of relationship with you. Where I'm like, this is a board book because you aren't even three yet, but we can start talking about pronouns. Yes, totally, totally. And I have my professional identity to fall back on in that way, right? Like, it's like, oh, that's just Auntie Becca, you know, she does that for work, as opposed to like, oh, that's Auntie Becca. She's just being super open about sexuality, which is also cool. Which is also so cool. We love those aunties and yes, auncles and every other gender neutral variation on auntie and uncle of which I find it challenging. We say nibbling, nibbling is so cute, but uncle is not. What is the no shade to the neck? Like no offense to the uncles out there. It's a combination of aunt and uncle. It just doesn't roll off the tongue. I think we have work to do we

A

Adam James Cohen (he/him) 31:10

For sure.

R

Rebecca Minor (she/her) 31:13

auncle mag over here? Yeah, see, you gotta stay open. Yeah.

A

Adam James Cohen (he/him) 31:23

Okay, I'm thinking about I mean, there's my brain is spinning so many different ways. There's so many places to go in this convo. But it was mentioned earlier, kind of how you know, a lot of people who come to your group are femme, female presenting, assigned female at birth, and

the experience of by folks who are men, cis men. Culturally, it seems like there's more permission given to them to be bi. Right? Yeah. I'm curious, your thoughts on why?

R Rebecca Minor (she/her) 31:53

Yeah well, in part by calling the group bi wife energy, we closed off opportunities to folks in a way that I didn't feel good about. And I'm glad we changed. I think there's something really special about having a like femme centered space that because of those shared experiences, and what's different about them in some ways, and I think there is a grave lack of support for by mask, folks. And I think, again, so much of it has to do with our expectations around gender and the way we've been socialized by men are probably the most overlooked in the kind of community in terms of their visibility. And I think sis, women have a lot to do with that. I think women do a lot of policing of masculinity and identity and often don't make it feel safe for men to share that with us. I check in with my spouse probably in a way that's annoying about that, where I'm just like, any shifts in your how you feel about that. just like, you know, we're just getting curious.

M Meg O'Neill (she/her) 33:01

That other podcast we are man enough -

R Rebecca Minor (she/her) 33:05

I love that show.

M Meg O'Neill (she/her) 33:06

They have had been having this conversation in a way that is really impactful. And having people like not Johnny Knoxville, the other guy from that show? Oh,

R Rebecca Minor (she/her) 33:18

I'm so bad at names.

A Adam James Cohen (he/him) 33:20

Steve-O

M Meg O'Neill (she/her) 33:21

yeah, yeah. Right. These people who were like this view of masculinity that so many men grew up with that were like, we do dumb shit. Yeah. But they're stripping down having these conversations actually getting naked while they're having the conversation and like, it's really,

really powerful. And I think it's like a proof that people are taking in this content, and they want more support around it. And there's a call for some bi man to step forward and say, Yes, he wants to create his own group.

R

Rebecca Minor (she/her) 33:52

Please call us please. We shall advise you and so much of that is also the way in which bisexuality is hyper sexualized, right? Yeah. And so it's like, cis men love watching threesome porn. Statistically speaking porn hubs stats for this year just came out. I always find those fascinating. I don't know. I don't know if anyone else looks at those but to see what people are searching and I think there always have been and there always will be men who are interested in sexual experiences with other men or experience attraction to other men and do not allow themselves to go there in any way other than on the internet. And so unless we start talking with men about that and making it okay, and welcome, it like makes me sick. I can't help it. I'm like, I scrolled the comments when I shouldn't on things but like, I'll see posts about like, you know, would you date a man if he told you like, he was into this or like he would sleep with another man or whatever. And these women like poor in the comments like I would never like That's nasty, and like ideas about cleanliness and relationship to like STDs and I think what's probably a deeply ingrained thought about like from the AIDS epidemic, like, totally, it's messy, but at the same time, I also know from some of my gay male friends how much action they get from Yes, straight men on Tinder. Oh, yeah. So like it's happening. It's just not a public conversation in the way that it needs to be?

M

Meg O'Neill (she/her) 35:23

Well, it comes back to also us that we're not going to, like solve world peace here. But I would challenge that we could try exactly in the fact that like, if you got to be who you were, think of all the scandals in politics that we have seen, right, quote, unquote, scandals, because these people are so forced to be some of them. They're not, you know, imagine if you were doing your job while also feeling so solid and who you were, like how that can impact like, what the ripple would be, maybe not solve all the problems, but we would be a lot kinder and a lot less traumatized.

A

Adam James Cohen (he/him) 35:59

Yes, yes.

R

Rebecca Minor (she/her) 36:00

That's a really good point.

A

Adam James Cohen (he/him) 36:07

Yeah, just more authenticity and like less suffering under like the oppression of the structures that limit people from feeling free to be who they are, whether that's toxic masculinity, like homophobia, misogyny, like all of that is contributing, particularly sounds like for bi cis men, but

normophobia, misogyny, like all of that is contributing particularly sounds like for cis men, but like, for all of us.

R

Rebecca Minor (she/her) 36:25

Exactly. Now I'm just like ping pong in my brain. But like, that also brings us to then what it means for the identity of the spouses of all of us. And the folks in the group. Yes, like, what does that say about me as a man, if my wife wants more, or something different outside of our relationship? Like how does that impact sense of self and identity, and the ways in which toxic masculinity has been ingrained? And also, then like, back to the whole hyper sexualization of like, the assumption that they'll be cool with it? Because like dudes, like watching girls make and

M

Meg O'Neill (she/her) 37:00

Oh, I knew this already about you. But other ones are like, well, we make it mean something about us, and like, Well, why am I not good enough? Or why am I and I think that seems to be typically what comes up more in the conversation.

R

Rebecca Minor (she/her) 37:14

And even certainly, Meg, you shared with me in your coming out experience, like some of the responses have been focused in a way that implies that it is inherently sexual.

M

Meg O'Neill (she/her) 37:24

Yeah. When I just shared about the group, the first text my husband got was from a college friend being like, Oh, does that mean, you get to like, hook up with whoever you want? or something of that nature? Oh, yeah. This is, there's a grown man, right?

R

Rebecca Minor (she/her) 37:38

Like, No, it just means that my spouse is more comfortable being who she is. Thank you. Right? No further questions

M

Meg O'Neill (she/her) 37:45

that threatens people, because it shakes up what you think about yourself, when you have a partner and you tell them this, it has nothing to do with your partner, right? But we make all these things about us. And it challenges us to then say, Oh, my God, like they are authentically being themselves. Was that mean, for me? What if I had these thoughts? Is that mean, I actually, I think that is where the real work lies. Is that how do you then explore that as yourself? And that can feel really tricky.

R

Rebecca Minor (she/her) 38:14

Wow, what an invitation though. Yeah,

A

Adam James Cohen (he/him) 38:16

Exactly. There's such a need there too. For people who are coming into their BI identity in adulthood who are partnered, in a what looks like a straight relationship, there's a need for these partners to have a lot of support as you're trying to make sense of it.

R

Rebecca Minor (she/her) 38:31

And that was the request in the last group was, can we get all of them in one place? Yeah. Because also, how powerful would that be to be like, Hey, you're in the same boat as me. Like, it's not just me, whose wife or spouse or whatever is exploring their identity. And I'm questioning what that means about me. Like, I could also have a bunch of other guy friends or whomever, I don't want to gender this so much. But I think there is a reality of the fact that like, a lot of people in our group are sis women married to sis men. And like for those guys to be in a space together, where they can be like, Yeah, it's cool. And at different stages in the process, too, right? Like to be like, Oh, my wife came out like six years ago, and everything's like, chill. But like, maybe right, when you find out like, it would be nice to have a soft landing of like some other people that talk to you about that. Right. And that space, I have not seen no.

M

Meg O'Neill (she/her) 39:21

And it's interesting, too, because most of us within the group have been thinking about this for you know, 2030 years, right, like, in some way. But these partners haven't, you know, it took some of these people 30 years to get to this group, right then to say to somebody, oh, here's this group that you can go and talk to, they might be like, Wait, like, this is like, now I need a group now. I mean, there's like so much right or so much, but there's definitely space for that conversation. I haven't really seen that conversation being held much.

R

Rebecca Minor (she/her) 39:54

No, because again, like just the assumptions that come up around these identities like it would be great to just like debunk the idea that like when when your spouse comes out, it automatically means you're gonna get texts from your college friend like that. It doesn't have to be like that. Or when I've shared with some colleagues actually that I was like, Wouldn't it be so cool to have a retreat for this group of people, and we could call it the sleepover? Because like, so many of us had these early experiences, and everyone was like, Oh, my God, Rebecca, you can't do that. Because like, everyone will have sex and leave their husbands. And I was like, Oh, my god, wow, you don't know that. And like, adults or adults is not my problem. But like, do you think the assumption is like, if you all were in one place, you wouldn't be able to

resist each other? Like, so many people in the group are just like, I'm just so glad to like, talk to somebody. Like I'm not trying to flirt with anyone. I'm not trying to hook up with anyone. I just like, want to feel seen.

A

Adam James Cohen (he/him) 41:01

Yes. Wow, goodness. Well, okay, y'all, I'm looking at time. I know, we gotta I gotta let you go soon. I don't want to I wish I could cancel all your plans. We could just keep hanging, I guess. Okay, so this episode is gonna come out in January, what's going on next year with this group? What's happening? If people want to know more about what you're offering? Give us a little rundown.

M

Meg O'Neill (she/her) 41:21

Sure. So we have a monthly meetup together, it is virtual. So anybody across the globe can attend. Our next one is on January 18. And it will we switch between evening and day, because we've had people from all different time zones. So the January meeting is going to be free and open to anybody. And it will be at 7pm. Eastern time. And it usually runs for an hour and a half. Some of the questions we've gotten are like, is it very explicit, like no, no one talks about explicitly, you know, it's very safe space, as safe as we can make it, we can't promise it, you know, and we do do introductions. And then also we introduce a bit of nervous system support into it too, with a little visualization and meditation just because so many people it is really activating for it's activating to kind of be witnessed in this way. So we'd like to ground in that. It'll be every month, except for July in December with

R

Rebecca Minor (she/her) 42:20

We're gonna start selling packages. So people can come to chunks of them are pick ones that work for you or don't like if you're like, I don't have kids. So I don't want to go to that one about coming out to my kids, then you don't have to, but maybe you want to come to one about exploring ethical non monogamy as an out person, whatever. So yeah, I think there will be lots of different opportunities for people to move at their own pace and be as involved in the community as feels comfortable and available to them.

M

Meg O'Neill (she/her) 42:48

We have speakers coming to so we're bringing other professionals and to kind of talk on these topics, too. Yeah, right.

A

Adam James Cohen (he/him) 42:54

Okay. Well, I'll put in the show notes, links to all that.

R

Rebecca Minor (she/her) 42:57

R REBECCA MINOR (she/her) 42:57

Thank you.

A Adam James Cohen (he/him) 42:58

Y'all, I'm so grateful. You took the time to come on. I think this is such an important conversation. I almost feel like we're just scratching the surface. There's so much more right to go. But I just really appreciate you both sharing your personal experiences sharing about this group just then opening up a larger conversation here. It's so important.

M Meg O'Neill (she/her) 43:15

Thank you so much for having us.

R Rebecca Minor (she/her) 43:17

I'm super proud of you, Meg.

M Meg O'Neill (she/her) 43:18

Thank you. I'm proud of me.

R Rebecca Minor (she/her) 43:20

You shared some big things today.

M Meg O'Neill (she/her) 43:22

Yeah, it felt good, though.

A Adam James Cohen (he/him) 43:23

Yeah. How was that?

M Meg O'Neill (she/her) 43:24

It was really good. I'm really excited. I like it's it's funny, because like when I talk about all this, and we come together, I'm like, there's so much more that can be said there's so much more that we can do. And I never ever thought that this would be something I'd be talking about. So thank you for the space.

R

Rebecca Minor (she/her) 43:38

Yeah, following Meg is fun because you get see these little glimmers where you're like, Oh, she's doing like, as we talked about her soft launch of her sexuality.

M

Meg O'Neill (she/her) 43:50

Here's some more. Today your podcast and it was pretty hard.

A

Adam James Cohen (he/him) 43:56

Yeah, hard launch. I love it. I love it, Hey, thanks for joining us for today's conversation. Feel free to head on over to secondadolescencepod.com for show notes and more, and you can connect further by following the show on Instagram at [@secondadolescencepod](https://www.instagram.com/secondadolescencepod). If you're interested in being a future guests on the show and you want to come on and share about your own Second Adolescence visit secondadolescencepod.com/beaguest and you can submit your interest there. Alright, that's it for me for now. Whether it's morning, afternoon, night, wherever we're finding you and your day, go on out there and keep doing things that would make younger you absolutely thrilled. That is what it's all about. All right. Take good care.