

# The Date Podcast

## Episode #13 - You've Never Been "Notebooked?"

First Date, netflix and chill

Emma and Zorric discuss ways to manage anxiety and calm nerves before the first date. What is mindfulness and how can you implement this practice into your daily life? Do you need to practice "Netflix and Chill," or is it an outdated phenomenon that needs to disappear?

### Transcript:

Zorric: Hey, everyone! This is Zorric and Emma, hosts of The Date Podcast and we're so excited to do another show for you. We've got a few thought provoking topics we'd like to discuss, and the first is "11 Tips For Calming Your Nerves Before A First Date." How do you just calm yourself down, you know?

Emma: Ooh.

Zorric: So, we're going to tell you guys who do that. And also, "Netflix and chill." The feared phrase, maybe. We'll talk about what to do if someone says that, and where it came from, and just how to deal with "Netflix and chill" in general. But first, we like to ask for your help for a brand-new podcast on iTunes and Google Play. So, if you like what you hear, subscribe to the podcast and please, please, please leave a review. Hopefully, raving review, if you guys can. And also, tell your friends about the podcast. We appreciate all the feedback and support. To contact us if you have any topics, or questions, or comments for Emma and I, you can find us at [hello@datepodcast.com](mailto:hello@datepodcast.com), or on "@datepodcast" on Instagram and Twitter. Alright, Emma, are you ready?

Emma: Yes.

Zorric: Okay. So, Blake Shelton.

Emma: Ah, yes.

Zorric: Just tweeted something that alludes to Miranda Lambert's rumored relationship drama. How do you feel about that?

Emma: You know, Blake is now with Gwen. They both chose to separate. Leave it alone.

Zorric: I think that's a rule. You should not talk about your ex in public.

Emma: Right.

Zorric: Yes, it's kind of tacky.

Emma: Unless, I mean, even if they ended things on really good terms, and you know, maybe are secretly still friends, and they hang out, they go hunting together. I don't know. Look, this is your ex-wife.

Zorric: Yes. Wait a second, could there be something wrong with Blake Shelton's relationship?

Emma: Relationship with Gwen?

Zorric: Yeah.

Emma: Does he want to go back to Miranda? Miranda--

Zorric: Maybe he does!

Emma: I love y'all together, but you better think twice.

Zorric: Okay. I guess to be continued, right?

Emma: Right. She did show up to the CMA's by herself. So that was like a big deal. "Miranda Lambert showed up at the CMA's, on her own."

Zorric: Yeah.

Emma: It's okay.

Zorric: Was it the first time she was anywhere?

Emma: I think so. She hadn't posted about him in a while, so it was speculation and I think that like officially confirmed it.

Zorric: She's a big deal, too.

Emma: It is.

Zorric: So, she's not a small bean. She's a big deal.

Emma: She is a big deal. Team Miranda Lambert.

Zorric: I agree. I'll be on your team, too. Okay, so, the first dates. The nerve wracking dirt.

- Emma: Oh, for sure.
- Zorric: It could be an interview. I know before I meet somebody, you know. You're nervous.
- Emma: Yeah, because you're thinking of all the things that could go wrong, or all the things that they're going to hate about you, or all the things that you're going to hate about him or her. You're thinking about all the red flags, what could happen—you're just thinking negatively.
- Zorric: Yeah, yeah. Like our minds are crazy because it just go in the most negative, what you just said.
- Emma: Oh, my gosh. I love the brain so much.
- Zorric: Yeah, and it's probably--it's definitely not as bad as we always think.
- Emma: No, it's not. I think we really do catastrophize in our minds. Our brains are amazing at that. The anxiety is normal, though. So, if you're freaking out, it's okay. So, this article says like realize why you freak out, because it's really realizing like what is actually causing your anxiety. Where is the root of the anxiety?
- Zorric: Yeah.
- Emma: Are you nervous because you think he's not going to like you, are you worried--or her. Are you worried because you're not like them, like what is actually going on in breaking it down?
- Zorric: Yeah, and that is the first point here for "11 Tips For Calming Your Nerves Before A First Date," by Eva Taylor Grant in *bustle.com*. *Bustle.com* has a lot of good information on relationships. But you're right, Emma, our brain blows things out of proportion. And you know what else, I think is maybe it's because I had--my last date was terrible. He turned out to be a stalker. He turned out to be some MLM guy, trying to sell me some stuff. I mean there's--and during the day, you just felt like stabbing yourself in the eye because it's just so terrible. But I think maybe if your last one was bad, I think we could kind of play a part, right?
- Emma: It does. Because again it's your expecting it to go bad because the last experience that you've had is bad, and so your brain is trying to make that connection of the last first date I had is bad and that means that this first date will also be bad.
- Zorric: So, they say that, okay meeting someone new can be an anxiety-provoking experience. But instead of thinking about that, figure out again

where is it coming from. So, try to figure out where it came from and then you can kind of, hopefully, re-frame your mind somehow.

Emma: Yeah, which she definitely can. I mean again like when you start finding the root cause of the anxiety, it allows you to be more willing to problem solve and your brain is sort of like, "Okay. This is not realistic. I know this now," and then your brain begins to make you feel the anxiety's more manageable.

Zorric: Yeah, and sometimes whenever I'm doing something and I feel anxiety or some sort of panic, it could be presenting at work, or during a show, or something like that, from Mel Brooks. The book called, "The Five Second Rule." She says instead of thinking of anxiety, think of, "I'm excited." Associate these feelings with excitement.

Emma: Yeah. It's the same.

Zorric: It's the same as what you're saying.

Emma: It's the same as just we experience. Our brain has allowed us to separate them and think about them as two different things. We consider anxiety as more negative, versus excitement as more positive, and it's really the same thing and so you bridge the gap of, okay, yeah, anxiety is excitement. What am I looking forward to?

Zorric: Yeah, exactly. And that's exactly what I say before anything I'm like, "No, I'm not anxious. I'm just excited. I'm excited," you know. I'm alive! That's how I deal with it. I don't know how you do it.

Emma: I will just say like I'm anxious about something and I try to figure out like what it is that I'm anxious about. So, I--but I'm also a lot more aware of my anxiety.

Zorric: Yeah. Yeah, because obviously you're a professional. Okay. So, the next one here, it says let yourself make plans that are safe and comfortable.

Emma: For sure. I think, yeah, I mean that's also a way that you manage your anxiety about the situation, is if you are able to put your input and you are able to control part of the situation, and so that. just lessens the anxiety a bit more.

Zorric: Yeah. So, the recommendation here is to choose something that's very--a place that's familiar to yourself. Maybe a restaurant that maybe you have friends that work there, were maybe you're regular there. You go there all the time, so you kind of know the ins and outs of the place. That will definitely turn down the anxiousness just by a little bit.

Emma: Right, yeah.

Zorric: The next is plan the date to be relatively short. What do you think? Because I don't agree with this one.

Emma: I'm okay either way. I think that planning the date to be short is playing it safe and I think that sometimes if we look back about, you know, the planning process, it has to do with safety. I think, if this is what you need, this is but you need. So, I'm fine if you're planning a short date because what happens if you are on a date, you're not getting along and now you're stuck on a boat ride.

Zorric: What--that's against the rules.

Emma: Alright, you know.

Zorric: You're on a roller coaster. You're like, "I'm stuck!"

Emma: On a roller coaster with this person. I'm stuck with him for 20 seconds.

Zorric: You're on this space, like, a Reunion Tower here in Dallas.

Emma: Yeah, you know. You're stuck with person and you can't even make a connection with them. So, definitely see both sides. What do you think?

Zorric: I would say you should have an exit plan. I can say, you should have an exit plan. Right, exit plan. Like a friend calling or a fake emergency, but why don't you just stuff your face with your burger and just end it quickly? Why does it have to be so gross? Just eat faster, right? I don't know. I feel like that's kind of dishonest, Mrs. Eva Taylor-Grant.

Emma: Totally, I agree with that point. I think that if you're not and your date is longer than what you wanted it to be, I think it's like, "Hey, you know, thank you so much for the evening. I'm not feeling a connection," and you know, whatever it is that you have to say.

Zorric: Yeah. Why don't you do that? That's good.

Emma: Be honest. Yeah.

Zorric: Because like what if you're playing putt putt, right? It's like 10 holes.

Emma: That's not a short first date.

Zorric: I'm on the first hole, I'm like, "Oh, my gosh. This is going to be terrible."

Emma: I can't stand her anymore.

Zorric: You know what I would do? If I was woman I'd be like, "Hey! I'm pregnant."

Emma: Oh!

Zorric: Drop the bomb.

Emma: No!

Zorric: I guess not, right? Okay, okay. Alright, speaking of putt putt--

Emma: Which is just what we said that goes against this one.

Zorric: Oh, yes! Oh, my gosh. The next one says, don't just go to dinner or drinks. And I don't know if I like that one because the first date, you're really trying to get to know somebody.

Emma: Right.

Zorric: And if I'm playing putt putt, I'm focused on getting a putt in the hole. The ball in the hole. I'm not talking to you, right? So, I get kind of distracted. I like to see somebody one-one, talk to me one on one. What do you think about that?

Emma: Yes. Again, I see both ends or both sides to this one. I like the other suggestion that they have which is going to an art gallery, because I think you can still have those moments of intimacy and you can still, you know, talk to them and ask them questions and still get to know each other, and at the same time you're doing something that's not just dinner and drinks. You're at an art gallery, experiencing art.

Zorric: You're pondering of the "The Mona Lisa."

Emma: No, that's in Paris.

Zorric: What if--? That's a long date to Paris, by the way.

Emma: Yeah. Don't go to Paris on your first date.

Zorric: Don't do that. Okay. The next one says: go on a date with yourself first. This is more of like self-reflection. Right, Emma?

Emma: Right. Yeah.

Zorric: Tell me what you think that means.

Emma: You know, just kind of like knowing who you are. Not judging yourself. You know, figure out--you know, I think for me it's like figuring out what you like about yourself, not putting pressure on yourself. You know, not critiquing, not judging.

Zorric: Because we all have flaws.

Emma: Right. We do.

Zorric: And, so does your date.

Emma: Yes.

Zorric: And so, if you accept yours--

Emma: And sometimes, they might have more flaws than you.

Zorric: Oh, yeah. You might be winning. So, yeah. Accept all your flaws whatever they may be.

Emma: Exactly.

Zorric: And because it says here, we perceive even the smallest flaws that our peers never recognize our own smallest flaws.

Emma: For sure, yeah.

Zorric: Right? Yeah. Go on a date with yourself in which means just realize you have flaws and so is everybody else.

Emma: And accepting them. Like, okay, cool.

Zorric: Accepting them.

Emma: Moving on.

Zorric: Yeah. Gotcha. The next one is really important to me. Stress. Manage stress levels on the day of.

Emma: Yes.

Zorric: Because you don't want to have a date at the end of the day, but have a super stressful big presentation for like the board of directors in the morning, because--

Emma: Oh, my gosh.

Zorric: I don't know if I would make it to the date, because of all the stress that I'm going through at work.

Emma: At the end of that day, I just want to go home and lay on my couch.

Zorric: Yeah.

Emma: In fetal position and cry a little bit.

Zorric: And watch "The Notebook" or--

Emma: Yeah. Or "The Office." Makes me feel better about myself.

Zorric: I was thinking of something with some chuckles.

Emma: Seeing Michael Scott ruin his presentation would make me feel better. You know?

Zorric: Oh, yeah, yeah. Because you'll be like, "I'm better than Michael Scott."

Emma: Yes.

Zorric: "Way better."

Emma: Yes, but I'm not. Michael Scott is the best.

Zorric: He is. They also say: schedule a date on days when you aren't working. So, maybe take off or you're not going to school, and that would definitely kind of turn the stress down. And, the next one here says: get a playlist going, so--

Emma: Which I think goes back to like managing your stress level the day of.

Zorric: Yeah, because I think music really--it says here: music really affects your mood.

Emma: It does.

Zorric: Just like when I'm about to, you know, go on a run or workout. I was in like heavy metal. I scream and yell, and in this way, you can play something relaxing, maybe some jazz, or maybe some classical music, or--

Emma: Or like maybe if you have your playlist of songs that you play whenever you're anxious or when you have to motivate yourself, do it.

Zorric: Should it be like love music? Like Mariah Carey?

Emma: No. I'm saying far away from that.

Zorric: Okay. What's on your playlist? Like what's number one?

Emma: What's my go to? I love gangsta rap. So, I need A Tribe Called Quest. I need Biggie. I need Tupac.

Zorric: Oh, okay.

Emma: I need old school.

Zorric: I thought you'd more like a Drake or maybe Taylor Swift.

Emma: I can put a little bit of Drake in there and Taylor Swift, not when I want to manage anxiety.

Zorric: Yeah.

Emma: No.

Zorric: Okay. Mine would be T-Swift probably. Play that over and over and over again, and I'd sing along, during the drive and that will get me in a great mood, okay.

Emma: Wonderful. I'm not judging.

Zorric: Don't.

Emma: I appreciate your honesty.

Zorric: That's one of my flaws.

Emma: Thank you for being vulnerable with us.

Zorric: Definitely. We all have flaws, okay. So, also realize the other person is nervous, too.

Emma: Oh, yeah, for sure. I mean anxiety is something that we all experience. Anxiety used to be useful back in the day. I think, now, we view it more negatively. It's still useful. It still puts us on alert. It still keeps us safe.

Zorric: Yeah.

Emma: So, anxiety is fine. It's fine if we're anxious.

Zorric: Yeah.

Emma: We just don't know how to manage it.

Zorric: Yeah. The person across from you is probably feeling even more anxious or less anxious like you said. So, realize that. The next one is: don't talk about it with too many people.

Emma: Oh, yeah.

Zorric: I think that's not good because it puts expectations and pressure.

Emma: Yes.

Zorric: Because the next day, everyone's going to be like, "Oh! How is your date? How was he?" You know?

Emma: Do you remember--? Okay, I'm going back to "The Office." Do you remember "The Office" episode where Pam goes on a date for the first time after she broke up with Roy?

Zorric: No.

Emma: Okay. So, she goes on a day with this guy, I think Kelly set her up with. And so, the people from the office find out and Stanley and Phyllis were like, "You have to order the most expensive item." Stanley was like, "But if you do, you have to put out." And, Pam's just like, "What?" You know. So, I think a lot of people like you're starting--you're getting plenty, like a lot of point of views, and you know a lot of opinions, and then you're already anxious. Now, you're having people tell you more things. So, it's adding to your anxiety. It's snowballing.

Zorric: Yeah, and it says here that you might get a lot of that. It said it might contradict and, like you said, you get more confused. So, I just think it just puts more pressure on the next day. Because what if it was my worst date ever? Then all your friends are going to crowd you in your cubicle or office and ask you, and it's just going to be kind of a walk of shame.

Emma: Yeah. I mean, unless you're really comfortable being honest about how horrible the date went. I don't think many people are that way and you want to share like a different experience like, "The day was so amazing! It

was so great! It was wonderful and beautiful.” Not, “He was absolutely the worst and I never want to see him again in my life.”

Zorric: You know what you can do? You can just call in sick.

Emma: Yeah.

Zorric: That people will forget maybe, you know.

Emma: Maybe.

Zorric: The next one is: think of friendships first. Which I kind of, I don't know if--

Emma: This is my mantra.

Zorric: Yeah?

Emma: Yeah. One of my good friends always brings me back to this. She'd say, “Hey, remember? Friendship could come out of it.” Right. Friendship could come out of it. So, a lot of--this is my mantra when it comes to dating is, “Hey. Friendship could come out of it.”

Zorric: But are you looking for friendship?

Emma: I am not.

Zorric: Okay. I understand.

Emma: However, this is a helpful mentality, because it lessens the pressure and the anxiety.

Zorric: Anxiety, yeah. Okay, yeah. Because I think once you're a friend, it's just hard to come back.

Emma: Yeah.

Zorric: Right. I don't know if you agree with that.

Emma: I do, but it's not like it's--but I'm not thinking of, “I'm going into on this date just to be friends with him.” I'm telling this to myself as it's a way to calm my nerves down, and then, if the date doesn't go well and maybe I see myself being more friends with him than in a romantic relationship. Then, allowing myself to be okay with that. Then if he agrees, then okay. It's fine.

- Zorric: Yeah, maybe it's setting expectations low. So then, if you guys do become romantic then it sparks and it's better than you thought it would be. And the last one here says: if you start to spin out, be mindful.
- Emma: Yes.
- Zorric: So, what are your thoughts on being mindful?
- Emma: I practice mindfulness daily.
- Zorric: Okay. For us who don't know what the heck is mindfulness--
- Emma: Oh, right.
- Zorric: What is that?
- Emma: So, mindfulness is allowing yourself to come back to the present moment. If you're spinning out, if you're, you know, thinking of all the situations I could go back, it's about coming back to the present moment. So, what's going on in the present moment?
- Zorric: Oh, I was checking my phone. Did you just say something? Is that what you mean?
- Emma: No. That's you needing to work on your mindfulness. That's the example of what we're trying to avoid.
- Zorric: Oh, okay.
- Emma: It's focusing on your five senses. That can be one of those things like what's something that you can smell, what's something that you can taste; what's something that you can touch; what's something that you can see; what's something that you can hear. Can you focus on your breath? Are your breaths shallow? Are they deep? Are they even? Are they uneven? Can you try to get your breath to be even? Name five things that are the same color. Pick a color.
- Zorric: Oh, really? Okay.
- Emma: Yes. It's a lot of things just to bring you in the moment. And so, if you're noticing yourself like freaking out on the day and you're out with someone, it's more about, "Okay. What can I see right now? What can I taste right now? What can I smell?" And it really brings you down to like the moment again, so that you're not spinning out.
- Zorric: What I'm getting from that is you kind of push away all the distractions.

Emma: Yes.

Zorric: So, when you focus on like a sense that, whatever it is, it's just focused on that one thing and it kind of decreases your stress or anxiety just a little bit more than it was, which is great. Just great.

Emma: And the purpose is if you use it on a daily basis, you're always able to calm yourself down when needed.

Zorric: Okay, okay. So, those were 11 things to do to calm your nerves before a date, everyone. Try these out. Emma, what's your main takeaway from all of these?

Emma: Allowing yourself to be anxious and just kind of figuring out like where your anxiety is and learning how to manage it, and in using your mindfulness skills that I've just taught you.

Zorric: Okay.

Emma: Yes.

Zorric: Everybody. Not just me, everybody.

Emma: Yes. Zorric included even though he was checking his phone, and it's fine. It's fine.

Zorric: I think my main takeaway is putt putt golf isn't the best first date. It's at least guaranteed two hours.

Emma: I like how mine was like serious and legit, and yours was like putt putt golf.

Zorric: Mine was legit. Don't diminish that, please. Please don't.

Emma: Alright. I won't minimize. I apologize for minimizing.

Emma: Hi, everyone. This is Emma. I've recently found a dating app I've enjoyed using. Bopsee. Simply, it's video speed dating. Bopsee give you the ability to meet six guys through live video. At the end of each session, I pick either "See" for like or "Bop" for dislike. When we both like each other, we continue the connection over chat messaging. Check it out today at [Bopsee.com](http://Bopsee.com).

Zorric: And it's time for our next one. So, when you get a text message or message on Tinder or Bumble that says, "Hey, girl. Let's Netflix and chill."

Emma: Ugh!

Zorric: What? How do you feel?

Emma: I'll roll my eyes, and I'm like, "Oh, my gosh. Are we in middle school? Are we in high school?"

Zorric: Yeah. Actually, I have never ever uttered that name or that phrase to anybody or received it. So, maybe I'm in a different era.

Emma: Yeah, maybe. Actually, I take it back. We used to call it, "The Notebook." Back in my day, when I was in high school and in undergrad. So, it was more of a—the guy would ask you, "Hey, do you want to come over and watch 'The Notebook?'" So that was like our "Netflix and chill."

Zorric: Okay. I see.

Emma: But way before that it was like the "Titanic."

Zorric: Okay. That's funny.

Emma: That never happened to you?

Zorric: No!

Emma: Like being invited over and watch Notebook?

Zorric: No. No.

Emma: No one "notebooked" you. Okay, cool.

Zorric: No. Plus it would be like "Hey! I don't want to watch that "The Notebook." I want to watch something else," or like, "Let's watch sports," but then I'd probably--

Emma: Kill the mood? Oh, yeah. That's probably why you were never asked.

Zorric: Definitely. I see now. So, it says here--so, this is an article called, "Students divided over 'Netflix and chill', online dating phenomena," and this is in thevermillion.com blog by Aaron Gonsoulin. So, the term "Netflix and chill" was popularized on Twitter. It was first coined back in 2014 as slang for relaxing and watching TV according to Splinternews.

Emma: I think it's evolved, right? Now, it means, "Let's watch Netflix and hook up."

Zorric: Yeah. Air quotes.

Emma: Yeah.

Zorric: Yeah, because it says here, because of the growth of technology though, as well as a lifestyle that comes with online dating, it was eventually used in a sexual connotation for couples. So, to me, I mean I feel like “Netflix and chill” is just a dirty joke. Like, “Oh. Netflix and chill. Did you guys hook up?”

Emma: Uh-huh.

Zorric: So, it's just using conversation not really in a date setting but more of a friend setting and kind of just coins, you know, just kind of gives an update on what you guys did.

Emma: Right. Because what if we legit Netflix and chill? Like what if the person just came over and watched Netflix with me?

Zorric: Yeah! Like literally Netflix and chilled.

Emma: Yeah. That's what I do by myself sometimes on the weekends.

Zorric: Yeah?

Emma: Just Netflix and chill by myself, yeah. It's great.

Zorric: I'm actually an Amazon prime member, and I like those Amazon prime shows, so yeah. It's Amazon prime and chill.

Emma: They have really good shows.

Zorric: Yeah, they do. And then the article goes into just different--everyone's different take on Netflix and chilling.

Emma: Do you think it's generational?

Zorric: It definitely, yeah. Definitely. This one person said: “Me personally, if I want you, I'm just going to take you!” Oh, my gosh. So very direct and very forward, but I do agree on that, too. If that's going to happen, it should happen naturally. There shouldn't be some sort of situation.

Emma: It shouldn't be forced.

Zorric: Yeah. Netflix and chill show sounds kind of forced, and maybe I think is overused. And then it just goes on to talk about online dating.

Emma: Right.

Zorric: Different ways and the benefits of online dating. How it's safer than meeting someone in person, which there's, you know, there's a debate about that, too.

Emma: Yes, there's a debate about that.

Zorric: That was this article. So, if someone says to you, Emma, "Let's Netflix and chill," what should we do?

Emma: Block the person.

Zorric: Block the person? Okay. But what does that tell you about somebody?

Emma: If I'm having a guy message that to me as for, you know, sending messages over whatever app or if I've given him my number, and that's one of the first things that he texts me, it's just letting me know that he just wants to hook up and I'm, you know, going to go find another person.

Zorric: Yeah. I think that if someone utters that phrase out of their mouth or out of their fingers, it's just move on.

Emma: Right.

Zorric: Move on, and they're not serious, like you said.

Emma: They just want to hook up. It's not worth your time.

Zorric: Yeah. So, what I say if you see that, I would say run for the hills. Anyways. So, that was that. Emma, these are really loaded articles.

Emma: Yeah, they are.

Zorric: Do you have any last kind of takeaways from both of these? Anything?

Emma: No. No, I think I've said what I wanted to say for both of them. What about you? Do you have a takeaway?

Zorric: I think, to me, I think also that Netflix and chill also gives an expectation of something.

Emma: Oh, yeah.

Zorric: So, maybe there's like a connecting kind of a thing here, but just on a first date, set your expectations low.

Emma: Yeah.

Zorric: Even with Netflix and chill, but I don't know.

Emma: Well, I think that like--I don't know--I think maybe the purpose of Netflix and chill is to lessen the anxiety because you're in the comfort of your house, you're doing something, you're watching something that you know. However, at the same time, it's again, you know, it's more of a hook up than anything else.

Zorric: Yeah.

Emma: So, is it really lessening your anxiety?

Zorric: Yeah. I don't know, to be continued. Alright! So, that's all we have for today. We hope you enjoyed our show. If you have any questions or comments, you can contact us at [hello@datepodcast.com](mailto:hello@datepodcast.com) or on “@datepodcast” on Instagram and Twitter. Alright, see you guys later.

Emma: Bye!

**Mentioned Sources:**

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