

## Queerology 73 - Episode Transcript

### On Second Adolescence with Sarah Kessler

Air Date: 3/5/2019

- Matthias: [00:00](#) If you enjoy listening to Queerology then I need your help. Here's why, I create Queerology by myself on a shoestring budget, recording and editing every episode in my tiny closet. How's that for irony? That's where you come in. Will you help keep Queerology on the air by supporting it financially? By tipping as little as one dollar a month, you can help me improve and keep making Queerology every week. All you have to do is jump over to [Matthiasroberts.com/support](https://matthiasroberts.com/support) to make a pledge and listen away.
- Matthias: [00:29](#) Hey friends! This is Matthias Roberts and you're listening to Queerology, the podcast on belief and being. This is episode 73.
- Sarah: [00:40](#) I think sometimes for folks they can feel socially stunting and can sometimes still discouraging because it feels like we're almost doing right back into puberty decades beyond when most people experience that.
- Matthias: [00:52](#) Sarah Kessler is a life coach, speaker and writer who is passionate about connecting with individuals and empowering them to live a life marked by radical self-love freedom and endless possibility. As a certified professional coach specializing in core energy coaching. Sarah engages in highly creative research based methodologies to bring high end awareness to her clients while equipping them with tools to shift internal blocks and just happened to new possibilities.
- Matthias: [01:22](#) Sarah resides in Denver, Colorado with her wife Stacey and their new puppy Kamari who is so cute like oh my gosh. Sarah is one of my best friends. I was so excited to have her on the podcast today, she's someone who has had profound impact on my life. We've been friends for years. She just recently started working with Candice Czubernat in the team over at The Christian Closet. So if you're looking for a life coach Sarah also does a little bit of spiritual direction, join her over at The Christian Closet. We're talking a lot about this idea of second adolescence, which we define in the episode, but it is kind of this idea of having to go through adolescence again -- what feels like adolescence after you come out.

- Matthias: [02:11](#) That experience of trying to date or figure out like all these new feelings that are happening once you're being honest with the world, really good conversation about that. Before we dive into all of that, I know this last week has been a particularly hard week for so many of us especially those of us who are part of the United Methodist Church with their ruling to uphold their ban on LGBTQ clergy and blessing of same sex relationships and marriages.
- Matthias: [02:40](#) It's a really unfortunate choice on their part and I know that, that has hit so many of us really hard. In light of that, I am really excited to talk about this new campaign that a whole bunch of organizations have come together to do for lent this year. Tell your pastor I'm affirming campaign, is being spearheaded by the folks over at Generous Space Ministries which is a Canadian organization working for LGBTQ equality up in Canada and a worldwide. A ton of organizations including Queerology, QCF, The Reformation Project, I know Kevin Garcia has been onboard, Susan Cottrell, the people over at Free Moms Hugs like we're all getting together to show our support and hopefully impact some change.
- Matthias: [03:35](#) So this Lenten season we're inviting Christians to give up fear and silence to step into the light in support of LGBTQ plus siblings in Christ. This may mean repentance for past action or belief that's excluded in harmed LGBTQ plus people, and it may mean acknowledging that silence and an action contributes to that injustice. So we're inviting you to tell your pastor that you support full participation and full affirmation of LGBTQ plus people in the church.
- Matthias: [04:07](#) It can be scary for a pastor to speak out on LGBTQ plus justice if they feel like their churches and a place to process that well. But imagine the difference it might make if they heard from you. Sometimes during the 40 days of Lent, we want you to make a concrete plan to talk to your church leadership about your support for LGBTQ plus people.
- Matthias: [04:28](#) This is an especially good thing to do if you're a straight ally, I know for those of us who are LGBTQ plus, it can be a little bit harder especially if we're not out and I would hope that you would consider your safety above all. So don't just jump into this, just because everyone else is doing it. But for those of you who are straight this would be a really good thing to do over lunch.
- Matthias: [04:52](#) There's gonna be more information coming out about this as Lent starts, so watch my social media, watch Generous Space's social media, any of these organizations social media will be

posting about it. There's Facebook banners, there's all kinds of stuff that's gonna be happening basically so that we can show the groundswell of how many people are out there who are affirming and maybe spark some conversations to change things in some of our churches.

- Matthias: [05:20](#) Okay, let's go ahead and dive in. Sarah, hi, welcome.
- Sarah: [05:24](#) Thanks, Matthias. It's so fun to chat with you today.
- Matthias: [05:29](#) (laughter) Yes, it's so weird jumping from like having a conversation right before to like, "Hi!"
- Sarah: [05:35](#) I'm just talking to one of my closest friends with everyone listening, it's great.
- Matthias: [05:40](#) We talk on the phone all the time, so we're doing this. Anyway, welcome! So to start the question I ask everyone how do you identify and how would you say that your faith has helped form that identity?
- Sarah: [05:53](#) So I identify, first of all, my pronouns are she and her, and I would say I identify spiritually as a Christian mystic if I use any language at all and I identify as gay, I am married to a woman Stacey and we got married this past August. And I would say ultimately I identify as an empath, as someone who has a lot of compassion for other people I identify as a coach. I identify as a friend and something over the years that I've learned is my identity is not necessarily tied to one specific description of myself, but rather the ways in which I show up and the different ways of being that I'm able to embody.
- Matthias: [06:45](#) You mentioned coaching and I feel like we can just dive right into conversation because we're gonna start getting into some conversation around this concept of second adolescence which I feel like it's something, that's talked about a whole lot but there aren't a ton of resources out there around it. But maybe before we get into all of that, could you describe like I know you say you're a coach, like what does that mean?
- Sarah: [07:09](#) Yeah, great question. Because I think that coaching kind of has this different connotation in different circles. I'm married to a therapist and when we first started dating and she knew I was doing coaching it was just kind of like what does that even mean for me, what it means is a few years ago I went through a coach certification program it's an internationally recognized program. So the kind of coaching I practiced is called core energy coaching, and just to kind of make a distinction I know a lot of people are familiar with therapy.

- Sarah: [07:42](#) But the difference between therapy and coaching at the most basic level is a lot of times therapy is moving people from a place of past oriented behaviors or thoughts or just trauma that they need to get through into the present. So kind of helping people come from some sort of place of dysfunction to functionality. I love therapy, I've seen my therapists kind of on and off for the past five years. I'm all about it, and I don't really adopt this either/or methodology around coaching or therapy.
- Sarah: [08:16](#) I think it can be really valuable to have both. However, I think what therapy does is it catches us up to the present, so that then when we're ready to kind of be action oriented to kind of move from functional to optimal coaching kind of takes it to that next level of, "Okay, what can we create now?" So a coaching does have a goal-oriented method to it. I am not the kind of coach that's like okay let's set a list of goals and let's make it happen.
- Sarah: [08:46](#) It's first really getting underneath and saying, "Who are you based on your values, based on your beliefs, based on who you've known yourself to be? How are you showing up in the world and how does that compare to how you want to be showing up in the world? And then what needs to shift in order to make that happen so that you're fully integrating all of who you are. So I'm so passionate about helping people discover that for themselves, and I've done lots of my own work over the past several years that I think just pushed this passion forth even more, so yeah I love it.
- Matthias: [09:23](#) Yeah, it's such a needed thing, especially I think for people who are queer because we don't have a lot of that ... I don't know if it's fair to say that we don't have that support system but I feel like we do need, we need that in our lives people who are helping us move forward. I'm really curious about this concept of second adolescence, because there's something that I feel like it comes up in conversations at least in the circles that I run in all the time, online, I think in the Facebook groups that I'm a part of, I see it everywhere.
- Matthias: [10:03](#) There's this idea of once we come out we kind of have to go through adolescence again, because we didn't get to experience that and this is specifically for like queer people. We didn't get to experience like maybe dating in high school, or we didn't go through some of those "normal experiences" and we feel at a loss, we're going through it in our 20's, in our 30's, in our 40's.
- Sarah: [10:24](#) Absolutely.

- Matthias: [10:26](#) I'd love to hear you kind of talk about that, and what it is in some of the work that you're doing in that area?
- Sarah: [10:33](#) So second adolescence as you've described, it's kind of this feeling and this experience of having these ideas about romance or kind of feeling. Sometimes it's feeling more comfortable with our own bodies or self-expression that a lot of cis straight folks experience in middle school and high school. So it could be something as simple as, "Oh I'm having butterflies for the first time and I am feeling this experience of being in love for the first time," that happens for me for the first in my life when I was 23, and I dated before I dated guys before. And that had never been my experience and so it's like this whole world opened up to me but it can feel confusing.
- Sarah: [11:18](#) I think sometimes for folks that can feel emotionally or socially stunting and can sometimes feel discouraging because it feels like we're almost certain right back into puberty decades beyond when most people experience that. But my encouragement to people who are experiencing and who are experiencing or have experienced that would be this. So while this experience of second adolescence can make us feel like we're maybe reverting in our growth, in our emotional social maturity, this really beautiful thing happens for LGBTQ folks that is really unique to our community I think.
- Sarah: [12:01](#) And it's that in the coming out process and so far I have not been able to think of anything socially that compares to this coming out process. So if you have anything please feel free to throw it out there, but it's so unique because at some point in our lives instead of just saying, "This is the way I've always been, this is the way I'm always gonna be," there's this juncture where we transition from this is just the way things are to this is what I'm choosing to let you in to. I'm sharing this part of myself, I'm choosing honesty, I'm choosing authenticity and I'm inviting those of you in who are able to take this journey with me. And I'm setting boundaries for myself for those of you who can't.
- Sarah: [12:51](#) And it's such a unique experience because it's really taking ownership of our lives, asserting ourselves placing self-care and authenticity really at the top of our values. And it's not something that is common in the adult experience other than in this framework of coming out. And so while the beginning might feel like the second adolescence, my encouragement to those of you who felt this or are feeling it, or hearing about this for the first time is that coming out grants us access to a way of being that most adults do not experience until the second half or towards the end even of their lives at times.

- Sarah: [13:38](#) Because what it does is it connects who we are to a deeper why, I'll speak from my own process, I didn't come out until it was after Africa, it was like after college after Africa. And for me my 'why' was I could no longer sustain the physical, mental, emotional and spiritual toll of my own silence. I could no longer sustain feeling split and dishonest. I mean, I remember there is one week actually where I had hives all over my body and everyone's like, "Did you change your laundry detergent? Did you eat something new?"
- Sarah: [14:20](#) I was kind of at the beginning of my coming out process and I was like, "No, it's stress it's an extreme amount of stress," and my body was breaking down and my emotions. I mean, it just wasn't sustainable. And so my 'why' when I came out was I want to be fully known, fully seen and fully authentic in my life. I do not want to hide anything, I do not want to be in prison as shame as I have been for years just because of the weight of secrecy.
- Sarah: [14:50](#) And in that process, I started realizing that in my life and in my relationships without knowing it I started to become a leader of self-care, of intentionality, of doing things on purpose, of really connecting to a deeper why because the way that we work as humans as we keep doing something until it stops working for us. But we don't just stop doing stuff when it's sort of it's uncomfortable. It has to get pretty bad before we have changed things.
- Sarah: [15:24](#) And it's because we're used to things that are familiar that are comfortable. And so what LGBTQ folks who feel like they're in a safe space to come out, who feel like they're in a space where that is something they can offer and I totally realize that not everyone has a safe space to do that, so please hear me say that. I actually moved all the way across the country before I could do that for myself.
- Sarah: [15:52](#) I moved to Denver, I didn't know anyone, I had a couple of acquaintances but that's what I needed to do for myself. And what it gave me access to was this way of being, that is very much connected to why I'm alive, why I do what I do. And it gave me access to this intentionality and this freedom that I never had access to before.
- Sarah: [16:18](#) So while coming out can feel like you're walking through this doorway, we'll just use the closet analogy. Okay, so you're walking out of this closet right, and you're leaving behind this familiar space. And even if that familiar space was scary, was isolating, did not feel genuine. It was still familiar, we all knew how to navigate our pre coming out days because we did it until

we didn't. And walking through that door into this new unfamiliar world where we're not even really sure how to walk around, how to navigate it. That's second adolescence part.

Sarah: [16:58](#) Actually, gives us access to this wide open world of possibility and of opportunity because now that we've learned kind of how to use our voice and how to say, "This is who I am, this is how I'm showing up in the world," we get to create that in every space in our lives.

Matthias: [17:17](#) I feel like that's such a beautiful take on what the communal experience is because you're drawing a connection between coming out being a way of diving deeper into our souls finding that why, like I feel like for so many of us who do come out like we have to work ourselves up so much and really be certain before it happens because it's such a big thing to come out.

Sarah: [17:42](#) It's almost like we're coming out of shame, we're coming out of fear, we're coming out of hiding and we're coming into truth authenticity, vulnerability, actually having access to the full spectrum of emotion. I don't know if you've experienced this but for me what I started to realize when I moved through the grief aspect of coming out of losing people, of feeling the pain of what I perceived as rejection, I suddenly had access to all of these emotions that I had stuffed for so long.

Sarah: [18:15](#) I did a three-week silent retreat that was brutally painful but also one of the most transformative experience of my life, actually a few years ago. And when I realized there is I went deeper into my journey, all of these emotions maybe what I'd interpret it as anger or just sadness before, they had all of these different faces to them. Anger was sometimes regret, it was sometimes disappointment, it was sometimes fear, my sadness actually. Sometimes it was just this experience of tremendous loss this deep grief.

Sarah: [18:54](#) Sometimes my sadness was just exhaustion. And so this whole coming out process and coming into myself gave me access to just so many more experiences, because once I started practicing honesty in one area of my life suddenly I gained access to honesty in every area of my life. And I was no longer content to settle for how fascinating things to be honest with you. I was no longer content to say, "This is the part of myself I'm going to offer, but I'm not going to offer this other part." Yeah, it helped me become a more integrated person which is part of why I'm so passionate about helping other people kind of move through this because the cost of authenticity, well great, well deep, well excruciating painful at times.

- Sarah: [19:49](#) In my experience and in the experience of other LGBTQ folks kind of on this other side of that, cost does not outweigh the joy and the gain of being able to completely integrate all parts of myself. And it's not to say that it always gets to be perfect, I mean, and even marriage that doesn't solve everything. We still have some things that we work through in terms of family members that are not fully on board, or just having conversations with people that are still hurtful at times.
- Sarah: [20:25](#) But I will say it does get better and part of what makes it better is not how other people respond, or how they choose to do something different. It's how you choose to show up differently and I will say that me showing up differently started to shift how my family showed up years ago. They were all at our wedding, my dad built crates and he cut down a tree and made wood tributes for the tables at our reception. I mean you saw them you were there.
- Sarah: [20:54](#) And that is not something I could have fathomed at Salt Lake five years ago at all. That was not where they were, but as we started to offer each other our honesty and our intentionality, I see another people's walls come down too of, "Wow, if you can really live into the space of truth and being real and self-love what is possible for me?"
- Matthias: [21:19](#) I love that because you're inviting people to experience the same kind of like truth, like you're inviting people into you using the word authenticity and authentic way of being, which I feel like for a lot of us like coming out is stepping into that. Because I feel like you're talking about what we can be which is such a beautiful picture of it.
- Matthias: [21:46](#) For those of us who are in that space of where we feel like we're back in high school.
- Sarah: [21:53](#) Yeah, what happened and I still there. Absolutely.
- Matthias: [21:53](#) Totally, like all these like because I know like when I first started, when I first came out and started trying to date like all of a sudden, I mean you mentioned having access to all of these emotions.
- Sarah: [22:03](#) Well, that took a while, that was not immediate thing.
- Matthias: [22:05](#) But I remember being flooded with all of a sudden, like all of this anxiety, all of these feelings that I didn't know I could even experience, all centered around like this one guy that I was trying to talk to. And that just that being so overwhelming and so like, "What is going on? Why am I feeling all of these things?"



I mean, it feels like adolescence, it feels like puberty all over again that sense of I don't know how to deal with any of this. How did you work through some of that in your own life?

- Sarah: [22:41](#) So first of all I want to say, it is completely normal to have those feelings so if you are somewhere where you're listening and thinking, "Oh my gosh, I'm kind of the odd person out." Not at all. This is absolutely totally normal for those of us who've had this experience. There is a place where it doesn't jump right to being, "Oh I have access to all these things and I didn't mean to gloss that over earlier because that was a process of years."
- Sarah: [23:08](#) But what I would encourage you with is be in it, don't try to change it, let those feelings be in you and move through you. Everyone who experience adolescence the first time around they had to move through them. I mean, they just let themselves be with it. And it's unfair to us to try to force ourselves to be in an emotional place that we're just not in.
- Sarah: [23:35](#) That in itself is an authentic. And so I'd say be with it for me something that helped I've been writing songs for, gosh, that's a couple decades at this point. And I wrote a lot of songs, when I first started coming out, I wrote a lot of songs. The first woman ever I fell in love with. I mean, oh my gosh, talk about second adolescence. I was writing songs all the time, I was nervous all the time, I'd run to the bathroom every five minutes when we were together.
- Sarah: [24:07](#) I mean my stomach was just in knots and it's kind of fun, I know it doesn't feel fun, adolescence the first time around probably. It didn't feel fun for folks but it's just kind of socially expected. But there's this I would say just lean into it in the moments like this is how we were created to experience kind of all of these physical and physiological and emotional experiences, when love or even just having a crush is something that's there for us. This is kind of how we were designed and what I felt, it felt like an awakening for me. Oh my gosh, how have I lived this long?
- Sarah: [24:51](#) I never had this experience. I mean Matthias, it was kind of ridiculous, I would turn on the radio and love songs that come on and all the sudden I'm like, "Oh my gosh, I understand this now."
- Matthias: [25:03](#) Totally.
- Sarah: [25:04](#) I feel this, "Oh my gosh, I need to go to the store and get chocolate right now." I mean, it was this crazy thing if I love, love. And I mean, any of my friends from college, my best friend especially can attest, I was the love skeptic in college. I

remember this beautiful time where we all watched the movie Fireproof and held hands and prayed for each other's, the future spouses because [inaudible 00:25:29] each other's marriages.

Matthias: [25:30](#)

Oh my gosh.

Sarah: [25:31](#)

And I don't think we prayed for women for me at that time to be honest. But like I was like the biggest skeptic is like, "Why are we doing this? I'm never going to get married." All these things because I turn myself off to that possibility, and I think this is part of why this happens. Excuse me. When we're younger and we see all of our peers having this experience around love and we realize it's not connecting with us for some reason, maybe we are an adolescent like I don't know we're middle school, high school we're not out yet, maybe not even out to ourselves we just know we're different.

Sarah: [26:07](#)

And so what do we do, we flip that switch off when we are young and we don't even think about turning it back on, until all the sudden. Oh my gosh, look at that person over there that I would never have allowed myself to even have this thought about before that I'm really into them and this is just a normal human experience but now I'm actually giving myself permission to feel these things and to consciously process through it. And oh no, what just happened, I just flipped the switch on right? And now I'm having all these feelings like I'm in adolescence again, and it's totally normal.

Sarah: [26:44](#)

Of course, we turned that possibility off. How do you cope with something that you want but you don't feel like you can have? We numb them often, or sometimes people dive into it more, I mean we all have different reactions. But I think it's totally normal because if we turned off that part of ourselves, and that part of our emotions, and I'm not even talking about sex right now, I'm not even talking about the physical part, I'm just talking about that emotional connection to another human being if you like me, where someone who said this is never possible for me but then all the sudden oh no, what if it is, oh my gosh, what if this is a thing. Of course it's going to kind of dominate all of our senses.

Sarah: [27:29](#)

That's when you just have to make a Spotify playlist and just have a lot of songs, so that's what I did. I made a lot of Spotify playlists and then I wrote a lot of my own songs, and now it was a way for me to process through it. But also just to be in it, there's like something kind of fun to it, when we're not focused on how scary it is.

- Matthias: [27:48](#) Totally. And I feel like that's such an important thing because I feel like sometimes when we're in the middle of it we can go the direction of, "Oh, this shouldn't be happening to me," like all of these other people figured this out years ago, like what's wrong with me. So that's a place to share. Or we can try to jump forward and get ourselves out of it by just like, by ignoring and pushing down all those feelings. And neither of those actually help like you're saying like we have to stay in it. We have to experience it and move through it.
- Sarah: [28:20](#) And that's what creates the access, I know earlier I was talking about I started getting access to all these emotions that were still a few years later. But the reason I was able to get access to other emotions is I stopped ignoring my own heartbeat, I stopped ignoring the thoughts that were swimming in my mind, I stopped ignoring my own physicality. And, okay, what happens if I acknowledged these things? If I am consciously aware of my emotional, physical, spiritual experience and with those realizations, what is now possible for me to experience and create?
- Matthias: [29:00](#) I remember I still do this so I'm not passed this yet, but like I remember hearing someone talk about like anytime you're feeling that kind of flattery, anxiety, however it shows up like that adolescence feeling to like you mentioned writing songs, I would just write in my journal. And this person that had kind of given me this advice was like just write down everything that comes to mind and she was like, "Sometimes it will sound like you're a five-year-old like."
- Matthias: [29:30](#) And that gave me the freedom to just write it all down and look over and it does look like reading over something a five-year-old would write. Like this person hates me or this person is in love with me or like whatever but like being able to write it down and then look at it was so helpful and calming to just get it out of my body and somewhere else.
- Sarah: [29:52](#) Yeah, and the other thing I would say is it doesn't have to mean anything. They're just body sensations, they're just feeling that are moving through us. It doesn't have to mean anything about you, it's just something that's happening to you in the moment. So I think where we get stuck in this is when we say, "Oh my gosh, this means I'm not emotionally mature, or this means I'll never be ready for a committed relationship." That's where we get caught.
- Sarah: [30:22](#) What's happening is, "Oh, I have butterflies. Oh my gosh. I don't feel like I can eat because I'm so nervous. Oh my goodness, I am thinking about this person all the time. I'm twirling an apple and

the stem does she love me? Does she loves me not?" It's okay, that's just what's happening, but it doesn't have to mean anything about who we are or inform our identity other than, "Okay, this is this thing."

- Matthias: [30:46](#) Yeah, because it's so easy to get stuck in that place of should's and shouldn't's. I shouldn't be feeling this way. I should have gotten past this, I should have figured this out years ago. That's not true.
- Sarah: [30:58](#) Right. That's actually something I talked to with my clients a lot about is, what would it look like if there was a spirit of nonjudgmental over your own life? This is not right or wrong, it just is. What does that change? What does that open up? And it doesn't mean it's throwing out your total moral compass, but what happens if this kind of judgment we keep on ourselves, like we're analyzing ourselves as we go along.
- Sarah: [31:22](#) What if that is removed for just a second? Then we could just see something as, "Oh this just this." And if I don't like it I can change it, but what does that free us up for if we're not applying all this extra meaning to what's happening for us?
- Matthias: [31:38](#) I'd love to hear your love story because you're married. Stacey's amazing.
- Sarah: [31:45](#) She's amazing. You guys are like kindred spirits.
- Matthias: [31:50](#) I want to hear what that was like especially with this idea of second adolescence and the butterflies and that ... Because I think like those feelings like anytime you meet someone new that you're like interested in, those aren't going to go away.
- Sarah: [32:04](#) Yeah, for sure.
- Matthias: [32:06](#) But yeah, your love story.
- Sarah: [32:09](#) So Stace and I, her name is Stacey, I just call her Stace. So we met I think in 2015 this was actually funny, and she picked me up from the GCN conference at the time, QCF now. She's a friend of a friend and this friend and I had gone to the conference together and Stacey picked us up, and I was just like totally disinterested in her as a person because it was that thing where it's like, "Oh, my really good friend like also has this other really good friend. And what does that mean about our friendship?" I was a little dramatic about it. I was also really tired after the conference.
- Sarah: [32:49](#) But I do remember that she picked us up and then she moved over in the passenger seat, my friend drove, and she was

reading this book called, I think it's called How to Understand Rap. And it's really funny and it takes a line from a rap song and then explains it in like layman's terms but I mean it's hilarious, I'll have to send you a screenshot.

- Matthias: [33:11](#) I think I've read it in your apartment-
- Sarah: [33:13](#) You probably had.
- Matthias: [33:14](#) Yeah, it's like the whitest thing.
- Sarah: [33:18](#) Yeah. So if you've met Stacey, she comes across it, I mean she is very nurturing but comes across as just like, really reasonable and sensible. And then just to see this whole other side of her right away of like, "Hey, here's some of my favorite rap songs and here's what they mean," like it was just really funny.
- Sarah: [33:36](#) And so Stace, Stace had the token I'm using air quotes "Straight girl in the friend group and the mostly all gay friend group", and literally her nickname was Straight C. So she had never dated a woman before and there was something about like she knows I'm gay, she knows all the people I'm dating or thinking about dating or have whatever. So she knew all my stuff and we were operating under these two different labels and it just seems like it wasn't, like it just was off limits so it didn't really cross my mind.
- Sarah: [34:18](#) However, as we started hanging out there were a couple times and I'm like, "There is definitely a vibe here. And if I didn't know any better, I would think there was a vibe here." But like she was just kind of shut it down I'm like, "Okay, that's fine." So she was my best friends for like a year before we started dating, and we definitely were a lot more affectionate that I am with any of my other friends.
- Sarah: [34:46](#) So I'm sure there were signs along the way but it was like this label thing right? Of like, straight, gay, gets it, like that never gonna be a thing. And over time we just kind of had this little come to Jesus conversation I was like, "What is actually happening here?" And again she had never dated a woman and her story is different than mine. She does not identify as straight, she doesn't really use a label but I think she would use Bi, if if anything in her experience was different than mine although I don't want to tell too much of her story.
- Sarah: [35:20](#) But it wasn't like totally out of left field that she was attracted to me and we started dating, but it was completely a new experience. And there was actually one point at the beginning of our relationship where I was like, "Hey I'm not going to ask

you to do this for me, so we can pretend we never had this conversation if you want, because I know what it's going to be like. I know what you are now gonna have ahead of you if you choose this path. And like obviously I care about you so much, but I'm willing to step back if this isn't our process like you want to go through."

Sarah: [35:58](#) And we had some challenges, I mean just stuff with family, stuff with some friends. It was kind of not totally a second coming out process for me but it was a unique experience and I wouldn't have done it any differently. I mean, to be able to marry my best friend is the coolest thing ever. And we dated for I think like two and a half years before we got engaged and it was just wonderful.

Sarah: [36:30](#) I think the thing that was so great about and still is wonderful, but the thing it was so great about dating and I remember I would chat with my therapist I was like, "Okay, I'm concerned because this feels too easy. Is this right? Is it supposed to be like this? Because it feels really easy to be with her." And I was under the impression that relationships are supposed to be stressful.

Sarah: [36:52](#) Then my therapist kind of laughed I was like, "That's actually great. That's really good. That's healthy." I was like, "Oh, this is great." So she's amazing, we're pretty opposite in a lot of everything and you could probably speak to that even more than I can knowing from an outside perspective where she is reasonable and organize and nurturing. I am a little bit chaotic and creative and spontaneous and kind of like this ball of scattered energy.

Sarah: [37:25](#) And she's more linear and it's great, like I think we balance each other out really well and then it's really fun for me when she gets in spontaneous mode, and it's really fun and confusing for her when I get in planning mode like I did for our honeymoon where I mapped out like every day in Europe. She was like, "Who are you? Who did I marry?" So I love her so much, she's amazing. And yeah, it's really fun to be married. Marriage is never something I saw it was, was for me.

Sarah: [37:56](#) And to be able to get to life with someone that you care about so much and that challenges you, and that you can laugh with, it's really fun. We do a lot of mundane things like go to the grocery store across the street together. And I try to have us get as much sushi as possible because they have great sushi. And so we do just one damn thing, we do fun things to our honeymoon, it was blast but yeah it's great.

Matthias: [38:24](#) I love that. I mean it's just been watching you to come alive together as this relationship has turned into a marriage like, it was just ...

Sarah: [38:35](#) You're going to answer all of it.

Matthias: [38:35](#) For the whole thing.

Sarah: [38:36](#) Like, oh my gosh, Matthias, the weekend we stayed together at TRP, she was it that weekend? No, it was the other TRP but like that's part of how we knew she was so mad at me at the first TRP, when we were just friends because I wasn't like texting her back fast because I was hanging out with all these like LGBTQ folks that were amazing. And I'm like, "Why is she so mad?" I didn't know until I got back. And then we started dating shortly after the one where you and I were roommates. So you've been there the whole time.

Matthias: [39:09](#) Yeah, it's been fun to watch. So how can people find your work, Sarah?

Sarah: [39:15](#) Well, my website is coachkessler.com and that's going to have links to speaking to organizational trainings and one on one coaching. But primarily you can go to The Christian Closet and you can find me there, you can connect with me there. I love working with Candice and the whole team, they're incredible. So right now that's the best place to find me and get a hold of me, and yeah.

Matthias: [39:42](#) Instagram and Twitter?

Sarah: [39:43](#) Oh yeah. Instagram and Twitter @thecoachkessler, K-E-S-S-L-E-R.

Matthias: [39:50](#) Awesome. Well, this has been so much fun. Thank you for joining me.

Sarah: [39:54](#) Absolutely. This is so amazing, I love having this conversation with you, Matthias, and I'm so proud of you and love what you do so much. You're inspiring so many people.

Matthias: [40:04](#) You're so sweet. You can find Sarah over at coachkessler.com and explore her work over at The Christian Closet at thechristiancloset.com. She's on Twitter and Instagram @thecoachkessler. Queerology is on Twitter and Instagram @queerologypod, or you can tweet me directly @Mathiasroberts. Queerology is produces support from over 230 patrons supporters to find out how you can help keep Queerology on the air. Head over to matthiasroberts.com/support. A really easy way to help support Queerology is by leading a rating and a review. You can do that right in your

podcast app or head over to [Matthiasroberts.com/review](https://matthiasroberts.com/review) and we will take you right there.

Matthias:

[40:47](#)

As always, I'd love to hear from you if you have ideas of what you want to hear in the podcast or just want to say hi, reach out, I'll get back to you. And until next week y'all! Bye.