

# Redefining Health & Wellness

## #12

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, Tiffany Cunningham

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**Shohreh Davoodi:** Today, for episode number 12 of the Redefining Health & Wellness podcast, you get to meet two of my very best friends and the members of my Girl Gang, Ally Ridnour and Tiffany Cunningham.

It is fitting that yesterday was Bisexual Visibility Day because all three of us happen to be bisexual, and today's episode is all about our experiences with bisexuality, myths and misconceptions about being bi, queer crushes and clothing, and more.

To access the show notes and a full transcript of this episode, head to [shohrehdavoodi.com/12](http://shohrehdavoodi.com/12). That's [shohrehdavoodi.com/12](http://shohrehdavoodi.com/12).

Let's queer things up.

[music plays]

**Shohreh:** Hey y'all. Welcome to the Redefining Health & Wellness podcast. I'm your host, Shohreh Davoodi. I'm a certified intuitive eating counselor and a certified personal trainer. I help people improve their relationships with exercise, food, and their bodies so they can ditch diet culture for good and do what feels right for them.

Through this podcast, I want to give you the tools to redefine what health and wellness mean to you by exposing myths and misconceptions, delving into all the areas of health that often get ignored, and reminding you that health and wellness are not moral obligations. Are you ready? Let's fuck some shit up.

Alright y'all - I'm super excited because, today on the podcast, I have invited my personal Girl Gang to join me. These are two people in my life who I can talk about literally anything with. And I've had many girlfriends in my life and many close friends, but there were definitely topics that I would say were still off-limits, and so these are maybe two of the first people that I've been in a friendship with where I really felt like I could talk about fucking anything and, like, it would be welcomed and accepted.

So Tiffany and Ally, thank you so much for being here today.

**Tiffany Cunningham:** You're so welcome.

**Ally Ridnour:** You're so welcome.

[laughter]

**Shohreh:** That was, like, in unison, and it was very cute.

**Ally:** You are also so welcome. And also, how sweet of you to say, my goodness.

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**Shohreh:** Well, I love you both, and you're adorable.

**Ally:** Aww.

**Tiffany:** Aww.

**Shohreh:** Just to tell people, so the three of us are all bisexual. We all identify as bisexual and queer, and we didn't know this when we became friends with each other. Like, Ally and I became friends first, and then we became friends with Tiffany. And this was something that we kind of figured out about each other along the way. It wasn't like, "Oh. Let's all be bi best friends." That would have been really cute, too, but that's not what happened.

So today is gonna be all about bisexuality and the many ins and outs of that journey. So let's start out with something super light though. From the two of you, I want to hear; who are your current queer crushes? And this can mean either, like, an actual sexual attraction or just, like, you're attracted to their spirit. So I'm going to start with Ally.

**Ally:** Okay. You said this was, like, a light question, and I'm, like, not prepared for this.

[laughter]

**Shohreh:** I can also start if you prefer.

**Ally:** Well, I know yours, but why don't you go ahead and tell the class?

**Shohreh:** Fine. Rude.

[laughter]

**Shohreh:** So two came to mind for me. No one will be surprised when I say Megan Rapinoe is number one. If you don't know who that is, I feel bad for you. But also just, like, go look up the beautiful, lilac-haired goddess of the U.S. Women's National Soccer Team because she's a babe.

So her, and she's a lesbian. And she's dating Sue Bird, and they're, like, the most adorable couple. And then also, I would say Brendon Urie who is the lead singer of Panic! At The Disco. And he has come out as pansexual. And not only is he ridiculously hot, but he's also ridiculously talented.

**Ally:** Yeah. Fair.

**Tiffany:** That's fair.

**Shohreh:** Yeah.

**Ally:** I'm ready with mine. Okay. Do you guys know who Florence Given is?

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- Shohreh:** No.
- Tiffany:** Mmm mmm.
- Ally:** Okay. I, like, recently started following her on Instagram. She's amazing. She's an artist, and her art is, like, incredible, you guys. Like, seriously, go follow her. Also, I love her. So that's mine.
- Shohreh:** I just looked her up on Google. I'm very intrigued now.
- Ally:** She has, like, a 70s aesthetic which I'm very into.
- Shohreh:** I like it.
- Ally:** And she makes like-- she sells art, like shirts and shit that say like, "It's a beautiful day to dump him." And I'm like, "Yeah. It is. Isn't it?"
- Shohreh:** [laughs] How is your entire wardrobe not made up of those yet?
- Ally:** Right? That's what I'm saying. So that's mine, for now.
- Shohreh:** Okay. What about you, Tiff?
- Tiffany:** Okay. I didn't realize they had to be famous. All of my, like, queer crushes right now are, like, real people.
- Shohreh:** I mean, if you want to out yourself as having crushes on those people, you're more than welcome to.
- Tiffany:** Yeah. No. I'm going to keep it on the DL.
- Shohreh:** Fair.
- Tiffany:** Let's just say I love everybody.
- Shohreh:** Because you're a bisexual slut.
- Ally:** Yep.
- Tiffany:** I am such a bisexual slut, it's terrible. No. As far as people who I admire and find sexually attractive, it really is a like, "everybody," but if I were to say, like, my type, it's probably, like, okay, Tilda Swinton. Number one.
- Ally:** Love her.
- Shohreh:** Mhmm.
- Tiffany:** And then probably-- It's hard to say because Brendon Urie is a really good one. I'll have to think about this. How about we just, like, sprinkle

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the conversation with, like, LGBTQ people that we admire and find sexually attractive and be like, "Okay. I've figured one out."

**Ally:** Okay. While we're talking about Tilda Swinton though, can we talk about that vampire movie that stars her and Tom Hiddleston?

**Tiffany:** I love that movie.

**Ally:** Do you know the one that I'm talking about?

**Tiffany:** Yeah.

**Ally:** Because my bisexual heart did not know what to do with that movie. Shohreh, do you know it?

**Shohreh:** No. I guess I need to see this movie.

**Ally:** Oh my God. It's called like "Last Lovers Alive" or something like that.

**Tiffany:** Yes. "The Only Lovers Left Alive."

**Ally:** Yeah. Yeah. Yeah. Yeah. And it's Tilda Swinton and Tom Hiddleston, and they're vampires. And they're sexy vampires, okay?

**Shohreh:** Yeah. That would have been like right in the middle of the vampire craze because this looks like it came out in 2013.

**Ally:** It was so good. I mean, I already knew I was bi at that point, but that, like, confirmed it for me.

**Shohreh:** So clearly, I need to watch that movie. Clearly, we all need to watch this movie together. But Ally, you just mentioned knowing you were already bi at that point which is a good segue to...why don't we all just start by sharing, like, when and how we knew when we were bi/queer?

**Ally:** Yeah. So I was kind of talking about this with Tiffy a second ago, but, like, it's hard for me to pinpoint when I knew because I feel like I've kind of always known. And I feel like that is because I was raised in a very, like, liberal household. I contribute a lot of it to the fact that I went to hippie church AKA-- I'm a Unitarian. If you're not familiar. It's very open-minded.

So from like a super young age, I was just presented with like, "Hey. You might not be straight, and, like, that's totally cool." And like, young me was like, "Hey. I don't think I am." The first instance I can remember, like, really thinking that I wasn't straight, I had a dream when I was maybe 11 where I was, like, kissing a female friend, and I was like, "Hmm, that's interesting. I still like boys though. That's interesting."

It's hard for me to find, like, a defining moment because it just feels like something that's always been present for me and also was always, like,

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an option for me if that makes sense. Like, nobody was ever telling me like, "You can't be this," or, "You're definitely not this." Like, it was, "Hey. I think I'm bi," and my parents were like, "Okay. Cool."

**Shohreh:** Yeah. Which I think is a wonderful experience for you to have had to have that kind of support. And that's definitely one way that this happens for people, right? Just kind of, like, always knowing. It's very similar to people who are gay or lesbian, and they're like, "Yeah. I just kind of always knew." Like, bi people can be very similar in that way.

**Ally:** Yeah. Absolutely. I think, particularly for me because, like, it wasn't just that I always knew. It was that I was always allowed to express it as well. It never was something where, like, I even felt conflicted. Like I wasn't ashamed. I wasn't like, "Oh. I think I'm bi, but, like, I don't want to tell people."

My friends even were all very, like, open about that kind of stuff. So I just was like, "Hi. I like to kiss girls now." And they were like, "Cool. Sounds great." And I was like, "But, also boys." And they were like, "Okay. Cool. Sounds great."

**Shohreh:** Both. Both.

**Ally:** Both. All.

**Tiffany:** Always both.

**Shohreh:** Tiffany, what about you?

**Tiffany:** I would say, if we were talking about moment that we realized we had attraction to both or all genders, I didn't realize it. I think, looking back now, I see a lot of the relationships I had, the friendships I had, with female friends. And it was the, "Do I want to be her, or do I want to do her?" kind of things.

**Ally:** [laughs]

**Shohreh:** Age-old question.

**Tiffany:** I mean, I think that the earliest one that I can probably remember, I was in, like, seventh grade which would've probably put me at what? Like, 13-ish. I don't know.

But I was always, for lack of a better word, boy-crazy. And I think I would have probably also have been classified as girl-crazy if I had realized that that's what I was doing because, you know, you have the friends that you kind of felt really close too, and you had very physical, intimate relationships with, and you made excuses to sleep with them even if it's not sexually.

**Shohreh:** Right. Just, like, sharing the bed and things like that.

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**Tiffany:** Yeah. Just, like, that closeness and that intimacy just-- You don't really put a label on it until later on when I was older and I had friends that were queer and that were more open to talking about sort of that thing.

And it gradually just evolved into this, like-- I would be pursuing female relationships, and I would have female sexual encounters. And it was, like, right along the side, the same thing happening with male relationships and male sexual encounters.

And it kind of goes along with how my expressing myself as a bi person is kind of a non-issue. My family and I don't really talk about it. I'm in a straight presenting marriage even though my husband is bisexual.

And so I grew up in a fairly liberal household also except for the part where I had fairly religious parents. So it was always like, "Accept everyone, but the things that we don't accept, we just don't talk about."

**Shohreh:** Yep.

**Tiffany:** [laughs] I think I didn't actually put a label on it until I was probably in my thirties. And it was a little bit before I started dating my husband. But I had had some relationships with a few women, and I'd had some sexual experiences with a *few* women.

[laughter]

And I had just sort of finally become comfortable with the fact that if I wanted to do that, it was okay. It wasn't like, "Oh, if I want to pursue a female relationship, I'm automatically a lesbian." It just wasn't the way that I felt. I always liked men and male-presenting people, and I always liked female and female-presenting people. It's like, both. Always both.

[laughter]

**Ally:** Always. Always both.

**Shohreh:** So my experience was a little bit different from both of yours. I think most people know by now that I came out publicly only this year, in this past spring. And I came out to people that I was close with including my partner and you guys just last fall. So this is all much newer to me than it is to either of you.

And there are a lot of reasons for that. Because I grew up in not the most LGBTQ-friendly household. Like, I grew up in one of those households where my parents were like, "It's okay to be gay, but not for you to be gay" which I think was pretty common, you know? Like, my mom – and their views have changed a lot over time - but at the time that I was in high school, my mom was one of those people who was like, "I understand why gay people want to get married, but, like,

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they should just have civil unions because, like, marriage is sacred and religious" and blah, blah, blah. You know, like, she was carving out, like, "You guys should be able to have some rights, but not all of them."

**Ally:** Not all of them.

**Tiffany:** Not all of them.

**Shohreh:** So my mom would probably hate me for saying this, but my mom literally said to us in high school that if we were gay, she would kick us out of the house. Like, that was literally the message that I received. And again, like, my parents have come a long way between then and now. But it was not, like, an open option for me.

And the thing is, like you Tiff, I was also very boy-crazy. So, like, I never questioned that I was a lesbian. Like, that was not something that I was concerned about. Like, I really, really loved boys growing up, and I loved being with them, like, in relationships and sexually and everything else.

But I think the reason that I didn't get in touch with and recognize that I also was interested in girls and women is because I lived in this household where, like, that was not encouraged. I was in a very religious household as well. Like, both my parents were members of the Baha'i Faith, and that was like a big part of my upbringing.

And so I just, like, didn't explore that. I didn't really have any bisexual role models. Like, looking back, I don't think I even knew anybody who identified as bisexual. I mean, amusingly, Ally and I actually went to the same high school, just at different times. But, like, at my high school, like, almost everybody who I now know is gay or lesbian was not out in high school because we live in Texas, and it was very conservative.

And most people, like, that was a risk to come out. So it's not like I was meeting a bunch of people where, like, this was the norm. I'm sure there are a bunch of other people I went to school with who were bi, and they just didn't know it as well or knew it and didn't want to talk about it.

So for me, the way that I actually kind of realized it was [laughs] through the two of you which is amusing to me. But we were having a conversation at a restaurant, and you guys-- I already knew that Ally was bi, but Tiff, I don't think that I knew that you were. So I think that in this conversation is when I found out that you were.

And I just started asking y'all some questions about it, and I realized that my thinking about bisexuality had been wrong. Like, in my head, I think I always imagined that being bi meant that you had a 50-50 split and attraction between men and women. Like I didn't realize that there were other ways to be bi which is something we can talk about in a little bit. But I had this very rigid viewpoint. And so in kind of, like,

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researching, getting in touch with my own feelings, I was like, "Oh. I think that this word actually describes me."

But it took me a little while to come to terms with it because I definitely had imposter syndrome around that. And we'll talk about that, too. Like, "Does this apply to me?" Like, "can I be this thing?" Like, I really had this feeling of like, "Am I trying to just be a part of something, like, for fun or because it's cool," versus like, "Am I really this thing?" Like, I was very cognizant of that. Like, not taking advantage of something if it wasn't really true to me.

But it's so funny because once I allowed myself to take on that label, it was like a switch kind of went off in my brain where, like, giving myself that permission to be attracted to women and feminine-presenting people, like, all of a sudden, it's, like, all around me, right? I'm just like, "Ah! She's hot, and she's hot, and she's hot." Like, it's been delightful.

And it's something that was always there, and it was just, like, simmering under the surface. And, like, there are events in my life that now I can look back on and be like, "Oh. You felt that way or you did that thing because you were bi, and you just tried to explain it away at that time," and that now that I've kind of been like, "No. You can identify as this." I'm like, "You can have this sexual attraction." Like, it's like a whole new world has opened up for me, and it's really cool.

But it is different for me as well, because I also was already married to a man, my husband, when I realized that I was bi. And that has been tricky for a lot of reasons that I won't get into on this podcast. But, you know, that's something that he and I are working through and figuring out like, "Hey. What does this mean for our relationship? Does it change anything?" Etc.

**Tiffany:**

Can I add something too? You were saying that your parents were very religious. And they said, "It's okay to be gay, but not for you"? And it made me actually remember. Like, I remember my mother asking me if I liked girls. And I remember telling her, "Oh God. No. No. I couldn't like girls."

And it was this tacit sort of understanding that it was okay to be gay, but it wasn't her opinion, it was my opinion saying, "It wasn't okay to be gay." And I don't know what internalized feelings that came from, but that didn't go away until, like, after college because there were still experiences with women that I was having in college that I had feelings of shame for because I had that feeling of, like, "It was okay to be gay but just not for me."

**Shohreh:**

Mm interesting. That really sucks though that you were even having experiences with women, but you were like, "Ahhh I don't feel good about this. I shouldn't be doing this."

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**Tiffany:** Well, it was like the "Am I gay enough?" feeling because at that time, like you said, there weren't a lot of bisexual role models. There weren't a lot of people saying that you could have your cake and eat it too.

[laughter]

**Tiffany:** The idea that you were talking about of being...labeling yourself as bisexual and having that switch turn on, it really kind of resonates with me, too, 'cause once I did sort of just say, "Okay. Hey. I like girls. I like boys. Everything's cool," then it did really start to feel less shameful. And I started to give myself permission to be in queer spaces because, up until that point, I felt really uncomfortable. Like, I felt like I was intruding. Even though I desperately, desperately wanted to be there, I felt like I was intruding.

**Ally:** I feel like if we want to get into imposter syndrome being a bi person, that's like a whole thing, right?

**Shohreh:** Right. This is the whole, like, never feeling gay enough, never feeling straight enough. So yeah. Ally, go ahead. Why don't you talk about your personal experiences with that?

**Ally:** I definitely experienced a lot of imposter syndrome for a while especially I would say, my first, like, really sexual encounters were all with boys. And so even though I knew that I was attracted to girls and, like, I liked kissing girls, for a while I was like, "I mean, I can't be, like gay. I can't be queer. I can't be bi" because I've never even, like, slept with a girl, so how could I even, like, know that? And how do I find that out, and I don't deserve to call myself bi because I've never even touched a vagina, right?

[laughter]

**Ally:** How could identify as bi? And I don't know. It's hard for me to say like when I finally accepted that I was like, "No. I'm definitely queer," and it's okay if, at that point in my life, I hadn't had, like, a sexual encounter with somebody who was female presenting.

I don't know. I wish I could think of there being, like, a defining moment for me, but I don't think that there is because I think it's still something that I struggle with, that imposter syndrome. Especially because I think all of the, like, very long-term relationships that I've been in have been straight relationships or straight-passing relationships.

And so, even now, right, I'm still like, "Am I really gay enough, though 'cause the last person I was with was a man, so basically I'm just straight, right? Like, am I actually gay enough?"

So I don't know. I don't really have any, like, good insight there other than it's a shitty feeling. And I have to, like, remind myself constantly that like, "No. I deserve to, like, call myself whatever I want to call

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myself because I know what I feel. Regardless of my experiences, I know, like, how I feel.

**Shohreh:** It's such a common myth I think, too from people who aren't bisexual that, like, you can't possibly know that you're bisexual unless you have, like, sexually been with people of your gender and other genders and if you have, like, dated people of your gender and other genders. And, like, well, like, hello, again. I'm married to a man. And I have kissed girls in the past which is another story, but as far as doing anything besides that, like, as of this podcast recording, I have not been with any women.

**Ally:** Are you gonna keep us updated?

[laughter]

**Shohreh:** Perhaps. Currently, all of my experiences, sexually, have been with men, and I still, like, know that I'm bi, but I absolutely feel that same sort of pressure of, like-- It's funny 'cause, like, for me, it's actually not really internal anymore. It's, like, external. It's, like, this feeling that other people are judging me and questioning my bisexuality. And I think that's really stupid because, like, here's what I always liken this to is people know they're straight before they've ever had sex with anybody.

People know they're gay before they've ever had sex with anybody. Like, you just have a sense of your own sexuality. And, like, yeah, sexuality can be fluid and can change and things like that. Again, we each know ourselves, and we can figure this out for ourselves. Like, it doesn't have to be confirmed by being with another individual.

**Ally:** Right. But, like, what you were saying about, like, external pressure, right, is-- I definitely feel that as well. I, for definitely a while, had this, like, guard up where I felt the need to be like, "Well, I'm bi. And here's why I know why because, like, I've done this with a girl, and I've done this with a girl." And, like, you know?

**Shohreh:** The receipts.

**Ally:** Yeah. Yeah. Yeah. Like, oh, "And then I slept with this person, and then I did this." So here's my resume. Here's how you know that I'm bi. I have proof.

**Tiffany:** You get a little pin after your first time you've been down on a vagina.

[laughter]

**Ally:** Yeah. I just have a badge. It's, like, a girl scout vest, and you get, like, badges.

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- Shohreh:** I'm totally down for this project.
- [laughter]
- Tiffany:** I think I actually mentioned doing that one time. I was like, I'm just gonna make LGBTQ scout badges and sell them on Etsy, and that's gonna be my dream.
- Ally:** Okay. I would love that. But also, I just want anyone out here to know, you don't have to earn those badges-
- Tiffany:** No you don't.
- Ally:** -to, like, to know what you know about yourself. You don't have to eat pussy.
- [laughter]
- Shohreh:** You can!
- Ally:** I mean, you can if you want to. You totally can if you want to. You don't have to have already experienced it, though, to know that it's something that you would maybe want to do.
- Shohreh:** Right, exactly.
- Ally:** But if you want to, by all means.
- Tiffany:** I was thinking, like, as far as, like, internal/external acceptance and, like, being around people who are accepting of your identity and being around people who are accepting of your sexuality, like, if you have people that you-- like, you make your own community of people that you can feel comfortable with.
- Between you two, and my husband, and his friends who are also bisexual, and I have my Baby Gays. Shout out to my Baby Gays who I actually met through an online Discord, LGBTQ gaming community.
- Ally:** I love that.
- Tiffany:** And they are my precious Baby Gays. And because they come from a younger perspective, and a lot of them are transgender, they have a lot more experience validating people I think because people come into those communities looking for people to feel safe with. And between all of these people that are surrounding me, it's become easier and easier and easier to actually feel comfortable and confident in being bisexual that it comes up in common conversation now.
- Like, if I hadn't have had that community before I met you two, that conversation at that restaurant probably wouldn't have happened. But that community is really, really important I think in order to combat that

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imposter syndrome because, yeah, it's easy to feel you just either aren't gay enough or aren't straight enough.

**Shohreh:** I think that's definitely true, especially about having actually bisexual or pansexual friends because, obviously, there's a lot of bi erasure from within the LGBTQ community, and there's a lot of biphobia within the LGBTQ community because there's this myth that bisexuality is just a stop on the way to being fully gay which, granted, some people, it is. It is their way of kind of getting to that place.

But I think I saw a study that said, after 10 years, 92 percent of people who had identified as bisexual at the beginning of the study still identified as bisexual. So that's pretty great evidence that, for many of us, this is the permanent train stop. This is where the train fucking ends.

**Ally:** Right. But

**Tiffany:** I mean, it just keeps going.

[laughter]

**Ally:** No. I totally remember, like, as a young adult, maybe, like, 20/21 being told by a gay man, "I don't believe in bisexual people. Either you're straight and you're just trying to, like, fit in, or you're gay and you just don't want to say that you're, like, all the way gay. Which-- Can we talk about the phrase "all the way gay" because [laughs] the amount of times someone has referred to me as that, like, "Oh. So are you, like, all the way gay now?"

**Shohreh:** Oh my god.

**Ally:** I...had a boyfriend a while ago who, like, when things started going a little bit south, said to me, like-- knew that I was bi and was like, "You know, it's okay if you want to, like, sleep with other girls."

Well, two problematic things here is that our relationship was supposedly monogamous, but that it was okay for me to sleep with other girls because he, I guess, didn't view two women having sex as, like, valid sex, but also was like, "As long as you don't turn all the way gay, it's okay for you to do this."

**Shohreh:** Ughhh.

**Tiffany:** Ughhh.

**Ally:** As if, like, I didn't know myself well enough at that point in my life to know that, like, sleeping with a girl was not going to turn me off of dick for the rest of my life. Lord knows I wish it would have, honestly, because--

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[laughter]

**Ally:** The fact that I, like, dick is tragic, you guys.

**Shohreh:** Yeah. What's that saying that's been going around on Twitter that, like, the way that you know that sexuality is not a choice is the fact that any women are still interested in men in the year 2019.6+

[laughter]

**Ally:** Yeah. Exactly. Like, y'all know if I had the choice, right, like, I would not.

**Shohreh:** You know someone's out there shouting, "Not all men."

**Ally:** Oh my god. If you're somebody that says "not all men", this is not the podcast for you.

**Shohreh:** Are we like the Loch Ness Monsters of the LGBTQ community—

**Ally:** Yes.

**Tiffany:** No, no, no.

**Shohreh:** --where they're like, "We can't see it. Supposedly it's in there somewhere."

**Ally:** It does not exist. I don't believe in it.

**Tiffany:** Oh no, Shohreh. Shohreh. We're not *that* mythical creature. We're the unicorn.

**Shohreh:** Oh God. Argh.

**Ally:** Argh. No.

**Shohreh:** Okay this is Ally's time to shine because she has some fucking thoughts about unicorns. So first of all, Ally, I think not everybody knows what that term means, so please define it.

**Ally:** Okay. So a unicorn is somebody who is basically a-- typically, this is my experience. So if this isn't, like, the definition that you know, I apologize. But as I know unicorns, a, like, straight or straight-passing couple will seek out basically just a third to have threesomes with or whatever sexual encounters they want.

They basically just want a third to come and have sex with them, and, like, you can't get emotionally involved. You can't, like, form a relationship with these people. They just want to, like, use you for their little sexual experiences, and that's all that they want.

**Shohreh:** And you have some thoughts on that.

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**Ally:** I have thoughts because I somewhat recently was, like, getting into the dating apps. They're horrifying, let me tell you. But you know, because I'm bi, I have my settings so that I see, like, male-presenting and female-presenting people. And the amount of times that, like, I'll come across a woman on a dating app and I'll, like, look at her bio, and it's like, "I'm looking for a unicorn." I don't want that. I don't want to be your unicorn. Like, I want to form an actual relationship with another human. I don't exist just to be, like, your sex toy or whatever because you want to feel interesting.

**Shohreh:** And it's, like, in most contexts, I love unicorns. You guys know this. And this is, like, the one context where I'm like, "Why you got to fucking besmirch the unicorn name?" My God.

**Ally:** I remember coming to you and being like, "Listen. I know you love unicorns, but I just need to tell you that, like, in this context, they suck" because I think that maybe these couples don't, like, think about-- if that's something that, like, you want to do, no shade to you at all. If you're somebody that's like, "Yeah. I love to go fuck another couple and then, like, leave and not be involved at all."

But it's, like, this idea that especially--'cause they're always looking for bisexual women in my experience, always looking-- They don't want a bisexual man. And it's this idea that, like, bi women will fuck anybody, and, like, they're just horny, and they just want to, like-- They don't care about feelings. They just want to, like, get in and fuck anybody because we're all a bunch of sluts. And that's it. You don't get to be, like, emotionally attached to any of these people. That's it. That's the end. Bye.

**Tiffany:** I was gonna say, I have so many feelings about some things that you said there, and they're not-- I don't know. It's-- yeah.

**Ally:** Go for it. What are your thoughts?

**Tiffany:** First of all, the last time I was, like, on a dating site was 10 years ago, and things have not fucking changed. It was like that. The other thing that kind of struck me is that, when I was on those dating sites and I hide my profile listed as "bisexual", the other thing that I got was if I started to approach a woman who was listed as a lesbian, they wouldn't usually respond because they would always-- Like you said, it was like a pit stop on the way to a straight marriage. But that was 10/12 years ago. Things have not changed.

**Ally:** So these women that identify as lesbians, like, their idea is that you weren't gay enough for them? Is that--

**Tiffany:** Mhmm.

**Ally:** Oh my God.

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**Tiffany:** Yeah.

**Shohreh:** This is still definitely happening because I have, my bi friend told me that this happens to her all the time that lesbians, like, can be especially mean to bisexual people. Shout out to the cool lesbians out there who aren't mean to bisexual people. It's not all of you, but there definitely are some who are like, "I don't fuck with bisexual people."

**Tiffany:** Well, there's so much internal conflict within the LGBTQ community because there is internalized homophobia and there's this sort of gatekeeping sense of, if you are a transgender person, if you are a transgender woman and you identify as a lesbian, there are people who say, "Oh. Well, you're not a lesbian. You're just a man who is trying to get into women's pants." There's gatekeeping like that all over the place.

**Shohreh:** No TERFs are welcome here as the Redefining Health & Wellness podcast. No fucking TERFs.

**Ally:** Yeah. Get out. We don't want you.

**Tiffany:** And you know, it's, like, regardless of who-- I was actually having a conversation with my Baby Gays about this today because it was like-- you know, whenever you're in an exclusionary-- Like, whenever you're trying to be exclusionary, you're basically trying to contract the circle and not expand it. Why would you ever want to do that? Why would you ever want to limit your pool of people? Like, my thought? Maybe this is just a bisexual thought which is, "More is better. Open the circle. Expand it." You don't want to limit who you can learn from and be with. And I don't know. I just have feelings about that today.

[laughter]

**Shohreh:** That's definitely a bisexual thought, though, 'cause, like, honestly, when I realized I was bisexual, it was, like, this amazing feeling of, like, I am the luckiest person in the world because I can, like, be attracted to and be interested in anybody I fucking want to. Like there are no--

**Ally:** Everybody is sexy.

**Shohreh:** Everybody is sexy. [laughs]

**Ally:** Wait. Okay. Can we-- Sorry. I just remembered another. This person is not, like, canonically bisexual, but I maintain that they are bisexual. And that's Wesley from The Princess Bride.

**Tiffany:** Oh. I would totally go for that. Yeah.

**Ally:** Right?

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- Tiffany:** Yeah. No. Like, threesome, you know, with him and Buttercup and Inigo? Come on.
- Ally:** Oh, hell yeah. But you can't tell me-- He sword fights with both hands, alright? Tell me that's not a metaphor, right? He is bisexual.
- Tiffany:** I think it's a metaphor. I think it's valid.
- Shohreh:** Let's also note, too, I feel like this is a good time to bring up Freddie Mercury who is, like, so bi, and everyone-- but he is, like, the gay icon. I'm like, "No. No. No. Freddie Mercury is a bi icon."
- Ally:** Don't take this away from us.
- Shohreh:** I know. Like, the movie that just came out about him and Queen, like, they basically were like, "Let's just skim over this bi stuff and, like, we'll focus on his relationship with another man." I'm just like, "He's bi."
- Ally:** We only have, like, so many icons, okay?
- Shohreh:** We do only have so many. And I want to mention a recent favorite of mine who is Kyrsten Sinema who is the first openly bisexual senator and a total badass because I was like, "Oh my God. We have a bisexual senator now. Like, what is this?"
- Tiffany:** Oh. I've remembered another one. Okay. So this is me sprinkling the podcast with me remembering, like, LBGQT people who I both admire and find sexually attractive. Janelle Monae.
- Shohreh:** Yes.
- Ally:** Yes.
- Tiffany:** My God.
- Ally:** Love her. Love her so much. Shohreh and I saw her last year, and it was a religious experience.
- Shohreh:** An experience. Yeah. It's like, she is just so, so talented, so cool.
- Ally:** I died. When she put on the fucking vagina pants, you guys, uh.
- Tiffany:** Ohhhh.
- Shohreh:** They were amazing. I guess, technically, they're vulva pants, but, you know,-
- Shohreh:** -whatever they are, I'm into them.
- Tiffany:** Lips.

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**Ally:** Yes.

**Shohreh:** I wanna go back to something that you said, Ally. When we were talking about eating pussy and how you don't have to but you can if you want to, that reminded me of, like, a really important bisexuality myth, which is the myth that you have to be both sexually and romantically attracted to people of the gender that is not your own, which actually is not the case. People identify as bisexual who are either only sexually attracted and not romantically attracted, or vice versa, or both.

So this kind of fits into the "there are so many different ways to be bi, and they're all valid" category.

**Tiffany:** Mmhmm.

**Ally:** Yeah. I feel like you could also tie that into-- You brought this up earlier. A lot of people think bisexual means, like, you're 50 percent attracted to men and 50 percent attracted to women, which is not the case.

And also, just, you know, if there's anyone out there that doesn't know, a lot of people who identify as bisexual are also-- not always, but are also attracted to, like, anyone on this gender spectrum wherever they may identify. Because that's something we've talked about before. Like, it doesn't just mean I only like cis men and cis women. It's like, "Oh, I like everybody."

**Shohreh:** Yeah. So you often hear that bisexuality is inherently transphobic and that it excludes trans and non-binary people. And while I am sure that there are some bisexual individuals who are transphobic, that's not how certainly the three of us view the term and how I think most of the bisexual community doesn't view it that way.

**Tiffany:** And I know that there's a lot of people out there who-- they will call themselves pansexual because they are afraid of the association of being transphobic bisexuality. So shout out to anybody who's calling themselves pansexual because you are also valid.

**Ally:** Yeah. I just use the term "queer" often-

**Tiffany:** Yeah. Me too.

**Ally:** -'cause, yeah, I know what I mean when I say "bisexual" and I am sure that a lot of other people know what I mean when I say "bisexual," but, like, just to cover all my bases because I like everybody.

**Shohreh:** Yeah. And I think most of us use "bi", "pan", "queer" interchangeably just depending on the context and who we're talking to and stuff like that, but I mean people hear "bi", and they're like, "Oh. Well, you're saying that there are two genders." And no. The way that I've always described this is, like, "No. I'm saying that I am attracted to members of

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my own gender and other genders. Including non-binary and trans people.

**Ally:** Yes, all of them. For me, it's almost like a day-to-day thing where, like, one day, I might-- Or even for, like, a month, I might be like, "I'm really interested in men right now." And then, I might be like, "I'm not interested in men at all right now. I don't want to see another man in my life." Sometimes, it's more like 50/50, and sometimes it's more like 90/10, and sometimes it's like 0/100.

And that was something I think that once I, like, realized that that was okay, I can still call myself bisexual and still identify as that even if I'm 75 percent leaning toward male-presenting people right now. Like, that doesn't make me any less gay, right? Like, I still am who I am.

**Shohreh:** Another thing, too, that comes up for me a lot is this idea that if you're a bisexual person in a relationship with a heterosexual person, or in a relationship that appears heterosexual, so for example Tiff because your husband is also bi, but it appears heterosexual from the outside, like, there's this idea that, like, you are either no longer bi/that you have quote-unquote chosen a side which I find absolutely ridiculous.

And, like, for me, like, the way that I like to describe my relationship is like straight-passing or heterosexual-passing because I am a bisexual person. That identity doesn't disappear just because I am in a relationship with a man.

So my relationship, while it appears straight and yes, there is absolutely privilege to that that I recognize and I want to honor, that doesn't mean that I am no longer bisexual or that, like, I've chosen a side. Like, it doesn't turn off, like, my gayness or whatever.

[laughter]

**Shohreh:** It's still raging all the time.

**Ally:** I feel like people totally are open to the idea if you are like a straight person and you're in a heterosexual relationship, people are accepting to the idea that, like, you're probably still going to find other people attractive because that's pretty normal for most people. Like, even if you're in a monogamous relationship.

**Shohreh:** It is? What?

**Ally:** [laughs] It is. I'm here to tell you, it is totally normal to be in a monogamous relationship and find other people attractive.

**Shohreh:** [gasps] Blowing my mind.

**Ally:** I know. So wouldn't you then also, by default, assume that somebody who is bisexual and in a monogamous relationship maybe still find like

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people of all genders attractive and maybe, like, feel attraction towards those people?

**Shohreh:** Umm, Ally, didn't you know that bisexual people cannot have a monogamous relationship without cheating? Have you not heard the gospel on that?

**Ally:** [laughs] It slipped my mind. I'm so sorry. [laughs]

**Shohreh:** Yeah. So if you're out in the world, and you think that bi people cannot be in like happy and healthy monogamous relationships, you're wrong. Of course, there are also bi people who are in polyamorous relationships and open relationships. There are also straight people in polyamorous and open relationships and gay people because it turns out, that no matter what your sexual orientation, that you can choose to either be in a monogamous relationship or an ethically polyamorous relationship. Woo.

**Tiffany:** Hurray! [laughs]

**Ally:** Yay. I like to say everybody thinks that bisexual people are sluts. Well, not everybody. But that's a common misconception, that we're sluts. And I like to tell people, like, the fact that I'm a slut has nothing to do with the fact that I'm bisexual, okay? I was one well before.

**Shohreh:** Once a slut, always a slut.

**Ally:** Yeah. Those two identities, to me, are very separate, okay?

**Shohreh:** It is very, very true. I mean, again, it's wonderful that there are so many people that we can be attracted to, but that doesn't-- Like, people think that literally means, like, it doubles our level of horniness or something like that. And they're like, "Oh--"

**Tiffany:** No, no, no. That's completely separate for me too. I have ADHD hyperfixation, so it's like-- [laughs] Just because I'm always horny doesn't mean that's because I'm bi.

[laughter]

**Shohreh:** Exactly.

**Ally:** Or that you're not capable of being monogamous.

**Tiffany:** Yeah. And first of all, we don't have anybody here to come from this perspective, but shout out to the bi boys 'cause they don't get enough love.

**Shohreh:** They don't. It's true.

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- Tiffany:** I know coming-- trying to look at it through my husband's eyes and having-- before me, I think the majority of his relationships were with men. You kind of have that expectation that-- If you think that bisexual women will have sex with everybody, bisexual men are really just gay. And, I don't know. I just wanted to shout out to the bi boys 'cause they don't get enough love.
- Ally:** We see you.
- Shohreh:** We do see you.
- Tiffany:** We see you. You're valid.
- Shohreh:** I want to also end on a lighter note as well because I was thinking about how, in coming out as queer, one of the things that has been really fun for me is, like, how this has kind of opened up my fashion a little bit more.
- And with queer signaling and, like, having certain pieces in my wardrobe that I now feel kind of tell you what I'm about which is really fun for me. So tell me if you have a favorite or a couple of favorite items in your wardrobe that are like your gay clothes that make you feel really awesome.
- Ally:** My problem is that my style is not very queer signaling. I tend to dress in all black. [laughs]
- Shohreh:** You're signaling for the goth gays, okay? [laughs]
- Ally:** Yeah. Yeah. Yeah. No. For sure.
- Tiffany:** They exist, Ally. They exist.
- Ally:** No. I am 100 percent aware that they exist 'cause I'm one of them.
- Tiffany:** [laughs]
- Ally:** I feel like my go-to if I need to let people know real quick is that I wear, like, a snapback backwards.
- Shohreh:** Have I ever seen you do this? I don't know if I have.
- Ally:** I don't know if you have.
- Tiffany:** I think I have.
- Shohreh:** I didn't even know this was a gay thing, you guys. I'm still learning.
- Ally:** Oh my God. We have a lot.
- Shohreh:** I'm the baby gay of the group, you guys.

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- Ally:** You are.
- Shohreh:** Like, I'm still learning.
- Ally:** I mean, I don't know a lot of straight girls that wear backward snapbacks.
- Tiffany:** I don't mean to call anybody out here, but if you ever meet a very attractive woman wearing basketball shorts and a snapback, then you could probably go home with them.
- Shohreh:** Wait. Okay. I'm an idiot. So here's the problem. I didn't realize when you said "a snapback" that you were talking about, like, a hat.
- Ally:** Yeah. What else would a snapback be?
- Shohreh:** Okay. So in my brain, for some reason, I thought that you were talking about-- Think of, like, a plaid shirt with, like, the snap buttons. Like, that's what I was thinking of.
- Ally:** Oh. A pearl snap?
- Shohreh:** Yeah. And I was like, "I've never seen anyone wear one of those backwards."  
[laughter]
- Ally:** Have you never heard of the backwards pearl snap?
- Shohreh:** I was like, "I am so confused right now." [laughs]
- Ally:** It's for the country gays, okay? That's why you don't know.  
[laughter]
- Shohreh:** I get it now.
- Ally:** Oh, also my other answer-- And this isn't something I do a lot, as you guys know because I'm an aerialist, but party nails are my favorite way to queer signal which, if you aren't familiar, is when-- I like to get acrylics, so I get all of my nails very long to be like claws, and then I leave my pointer and middle finger short. If you know, you know.  
[laughs]
- Shohreh:** Some people do not know.
- Ally:** It's so that I can touch pussy, okay? [laughs]
- Shohreh:** Touch it good.

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- Tiffany:** I literally, literally said today that you can tell how much of a pillow princess I'm feeling depending on how short my nails are, and I said, "Right now, they're really, really rough." They're, like, really short, but really rough which is that, "I am feeling in a giving mood, but I am also a hot mess."
- [laughter]
- Shohreh:** Tiff, what kind of stuff is in your closet that are your favorite items?
- Tiffany:** So I have my queer jean jacket which is covered in pins. And I have made them pretty specifically queer. I have a couple of favorites and, you know, I've kind of peppered them all over this jacket so that when I wear it, people are like, "Oh shit. She's gay."
- [laughter]
- Shohreh:** It's such a cute jacket. I love that jacket.
- Tiffany:** [laughs]
- Ally:** It is super cute.
- Tiffany:** I feel, like, I should take a picture of it so you can put it with the show notes.
- Shohreh:** I will. If you give me a picture of it, I will put it in the show notes so that the world can see it.
- Ally:** Do you want a picture of me in a snapback?
- Shohreh:** Yes. Yes I do.
- [laughter]
- Tiffany:** The other item of clothing that has gained particularly successful attention are my pink glitter Docs which I wore to the pride parade a couple weeks ago and literally got stopped on the street with people telling me how much they love them. I say people. There was just, like, one or two. But, you know, it made me feel good inside.
- Ally:** That's people.
- Tiffany:** [laughs]
- Shohreh:** Yeah. You and I both have those glitter Docs. Mine are, like, this sort of pastel-ombre, and you have the pink ones. And those are definitely an item for me too, I would say. Those Docs, I feel amazing when I wear them.

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And recently, I got this floral blazer which was, like, a huge hit. I wore it on this panel recently, and it got all these people, and, like, all the queer people in my life were like, "That blazer is fire." And I was like, "I'm doing it. I'm doing the thing."

**Ally:** That's so funny because I would have guessed your rainbow dress.

**Shohreh:** Yes. Oh, I do love my rainbow dress, but for me, that's more for, like, a special occasion thing. Like, I wore it to pride, and I wore it for, like, my website photoshoot. But like, that's not something I'm probably gonna like wear out and about around Austin necessarily. So I think that's why that didn't, like, come up right away.

So usually, at the end of my podcast, what I ask is, like, how do you define health and wellness for yourself at this moment in your life? Yada, yada, yada. We're not doing that question today. Maybe we'll do it when the girl gang comes back because if you are listening and think that the girl gang are not going to have, like, a million episodes on this podcast, you are wrong because we are going to be-

**Ally:** You can't get rid of us!

**Shohreh:** Yeah. It's like, you're not gonna be able to get rid of this friendship here. But what I was going to ask instead was what does being queer mean to you at this moment in your life?

**Ally:** Oh my God. Tiff, do you want to go first?

**Shohreh:** Gettin' deep.

**Tiffany:** Okay. So I have thoughts. Remarkably, the first thing that comes to mind is something that I was talking to my therapist about which was that, like, at my moment in my life, I have all of these mentor-mentee relationships. And whether it's me being a mentor to someone who has less experience, or me being a mentee of someone who has more experience.

So I have been affectionately given-- somewhat given myself but also been given this nickname of the "Gay Fairy Goth Mother." And that's kind of where I'm at right now is, like, I have queers in my life who are mentoring me, and I am mentoring queers. And so I am trying my best to basically lift everybody up that I can, and then have people lift me up because that's kind of where I'm at right now is I've become comfortable enough that I have confidence that I can share with people.

**Ally:** I think you have earned the title of "Gay Fairy Goth Mother."

**Shohreh:** I second it.

**Ally:** You're mine for sure.

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**Shohreh:** Exactly.

**Tiffany:** I like it. But anyways, that's how I'm answering that question.

**Shohreh:** Beautiful. What about you, Ally?

**Ally:** Okay. I guess to me, right now, being queer means, like, being really in touch with myself as somebody that has been doing a lot of work on myself in the last, like, year after exiting, like, a very serious relationship and, like, getting back into dating.

It's basically just, like, being honest with myself, not being hard on myself. Coming back to the whole imposter syndrome thing, like, not feeling like whoever I want to pursue, that means that I'm like, you know-- if I want to pursue a man, that means that I'm definitely straight. I'm not gay enough. Or if I wants to pursue a woman, like, "Oh. Well, maybe I'm just a lesbian now."

So, I don't know. I guess just being, like, kinder to myself and just, like, accepting myself for who I am, that's how I feel about it right now. And I feel like that is, like, a lifelong struggle of being bi. But I think I'm doing better at being nicer to myself. So that's where I'm at.

**Tiffany:** That's good.

**Shohreh:** I like that.

**Tiffany:** I like that, too. I like that you're being kind to yourself.

**Ally:** A lot of work with my therapist on that.

**Shohreh:** Thank god for therapy.

**Ally:** God, right?

[laughter]

**Shohreh:** Yeah. I agree with you on that, Ally, because what came to mind for me when I was thinking about like, "Well, how do I define queer for myself?" is, like, for me, it's just about being my most authentic self which, in general, has been sort of the mission of my 20s I think which has meant that I've made, like, a lot of changes in my life because I've been on this constant journey of like, "Who the fuck am I, and how do I want to present that out in the world, and, like, what feels most true to me?"

And being queer felt like a way of expanding on that. Like, I've actually heard some bisexual people say, like, "Oh. I don't identify as queer," or, "I don't identify as being in the LGBTQ community because--" Like, again, it's that imposter syndrome of like, "Oh. I don't really feel like I

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belong," or like, "I'm not discriminated against, so I don't feel like I should take up space in that community."

But for me, identifying as queer actually felt like coming home—

**Tiffany:** Mmhm.

**Ally:** Aww.

**Shohreh:** --and it felt like, "Here's this phrase that, like, really, truly speaks to my essence as a person which has been really, really nice.

Well, thank you guys so much for being here. This was super fun. obviously, we're definitely gonna do this again, a lot. So everybody can look forward to that. How can people find you if they want to, like, follow you and see what's going on in your lives? I mean, obviously, in my Instagram stories.

**Ally:** My Instagram is just @ally\_ridnour. I'm sure that's linked somewhere.

**Shohreh:** Yep. It'll be in the show notes.

**Ally:** I post a lot of butt pics, so don't come to me if you're not looking for that.

**Shohreh:** [laughs] Tiff, what about you?

**Tiffany:** I have the same handle pretty much everywhere which is @tilliphont. I'm on Instagram mostly, but I haven't been really active lately, but yeah.

**Shohreh:** That was really cute, "Mostly."

[laughter]

**Shohreh:** Thank you to you both for being here. This was delightful, and it's fun to bring-- I know that you're obviously so deep part of my personal life, but it's also fun to bring you into my business and podcasting life in this way. So thank you.

**Tiffany:** Yay.

**Ally:** Thank you for having us.

**Tiffany:** Yeah. This was fun.

[music plays]

**Shohreh:** And that's our show for today. I appreciate you listening to and supporting the Redefining Health & Wellness podcast.

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Hope to see you for the next episode.