

# Conjuring Up Courage

## #130

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

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**Shohreh Davoodi:** You are listening to episode #130 of Conjuring Up Courage. Your friendly neighborhood Girl Gang has returned to the pod to discuss the grim and glory of getting older. The three of us chatted about wrinkles, gray hair, alcohol, memory loss, having less fucks to give, and more in our usual chaotic fashion.

To access the show notes and a full transcript of this episode, head to [shohrehdavoodi.com/130](http://shohrehdavoodi.com/130). That's [shohrehdavoodi.com/130](http://shohrehdavoodi.com/130).

[Music plays]

This is Conjuring Up Courage, and I'm your host, Shohreh Davoodi. As a self-trust coach, I help people come home to themselves so they can be more of who they are and less haunted by who they think they're supposed to be.

I created this podcast to celebrate what's possible when you commit to being brave. You'll hear from diverse guests who are refusing to let fear and self-doubt stop them from building fulfilling lives and creating a better world for everyone. I'll also teach you my favorite tools, strategies, and mindset shifts so you can do the same.

Consider this your invitation to stop living according to "shoulds" and to step into your motherfucking magic instead. Stay open, get curious, and let's grow together.

[Music fades]

Hi Girl Gang! What's up?

**Ally Ridnour:** Helloooo.

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**Tiffany Cunningham:** Hellooo. [Ally laughs lightly]

**Shohreh:** Thank you for joining me on the pod once again for shenanigans. I am excited.

**Ally:** We're all excited, I'm sure.

**Tiffany:** Yeah.

**Ally:** You, me, us, the audience. Everyone.

**Tiffany:** Me.

**Shohreh:** Everyone.

**Ally:** Riot Grrrl for sure.

**Tiffany:** Yeah. [Ally laughs lightly] Please tell us if you're a fan of us because I think we need some reassurance—

**Ally:** My ego needs...[Laughs]

**Tiffany:** —to be perfectly honest.

**Shohreh:** Yeah, you know, actually, prior to our last episode there was a long gap between Girl Gang episodes, and so it's been a while since I've implored the audience to leave reviews. Just in general, but also you can totally specifically leave reviews about The Girl Gang because we love them. And it also helps with the ratings of the podcast so that more people find it.

**Ally:** Yeah!

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- Tiffany:** Yeah!
- Shohreh:** Leave us reviews unless you want to leave a mean review, and then you could write that on a piece of paper and rip it up and throw it in the trash.
- Ally:** If you want to leave a mean review, this podcast is called "The Joe Rogan Experience." [Laughter]
- Shohreh:** Yep! Yes, it is.
- Ally:** Find us on Spotify [laughter].
- Tiffany:** We don't need any of those vibes here.
- Shohreh:** Nu-uh. Nu-uh. No. And we're gonna be on a totally different level of vibes tonight because tonight's topic is aging.
- Ally:** What what!
- Shohreh:** What? And I feel like we need to remind our listeners of our different ages so they know the perspectives that we are coming from. So we'll start with our oldest: Tiffany.
- Tiffany:** Hello. I [laughter] am 40.
- Ally:** Yeah!
- Shohreh:** Tiffany just turned 40! We celebrated her birthday with a goth night party and PowerPoints and it was amazing.
- Ally:** We had the Tiffany birthday extravaganzaaaa!

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- Tiffany:** It was indeed an experience.
- Ally:** It was.
- Tiffany:** And I feel like after you guys introduce your ages we should return to this because I feel like my [Ally laughs lightly] obsession with my aging experience can be summed up in how I felt *after* that night.
- Ally:** I love that.
- Shohreh:** Okay, we're coming right back to that then. So I am 32. I turned 32 in December, and I look forward to turning 33 because I like that the numbers are the same.
- Ally:** Yeah, it's kind of like an angel number.
- Shohreh:** Yeah, it's fun.
- Tiffany:** Yeah. 33's a good one.
- Shohreh:** I feel like 33 is gonna be a good year for me; I don't know why.
- Ally:** Yeah!
- Shohreh:** But I just feel that, so.
- Ally:** [Laughs lightly]. I am 29. 29 and a half.
- Shohreh:** Da baby.
- Ally:** Mhm, the baby of the group [laughs lightly]. I'll be 30 this year in December, so between the three of us, we really have all the decades covered [Ally and Shohreh laugh lightly]. Just barely—we barely have

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the twenties, we barely have the forties, but we do have them all covered. So...

**Tiffany:** I feel like from a generational, like, standpoint, we are all millennials, though.

**Shohreh:** Yes. Officially we are.

**Tiffany:** Yeah.

**Ally:** We're just kind of on opposite ends of the—

**Tiffany:** On opposite ends of the spectrum. Like, I'm an elder millennial.

**Ally:** Yes, and I'm a, like, almost Gen Z.

**Tiffany:** Yeah.

**Ally:** So.

**Shohreh:** And I'm just a motherfuckin' millennial, so.

**Ally:** You're, like, the millennial of millennials [laughs lightly].

**Shohreh:** The quintessential millennial.

**Tiffany:** You're like the platonic ideal of millennial [Shohreh laughs lightly].

**Ally:** Yes.

**Shohreh:** It me.

**Ally:** [Laughs lightly]. So, sometimes we're, like, totally on the same page, and sometimes we're, like—

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- Tiffany:** Not.
- Shohreh:** Mhm. Well, okay, Tiff. So you just turned 40, so let's hear your thoughts about having just turned 40. 'Cause people tend to freak out about turning 40.
- Tiffany:** I'll be honest, like, on the one hand, it was kind of a non-event in that, like, it didn't necessarily feel like the milestone to me as I think it did for other people in my life. I feel like my family definitely made a big deal about it. My friends. You guys were amazing and indulged my need to celebrate in style. But it wasn't like the odometer ticked over and I needed to take a picture. It was very much like I just woke up and it was the same as it ever was, as the Talking Heads so eloquently pointed out. As the days go by [light laughter].
- I feel like any cultural significance to 40 being so-called, like, your entrance into middle age is completely manufactured because I think that aging is definitely a state of mind and I have quite a few younger friends. Actually, I would say I am probably the oldest out of all of my friend group because I have a very young heart. I don't know, that sounds corny.
- Shohreh:** Someone has to be the gothmother.
- Ally:** Yes.
- Tiffany:** I mean, that's true. I find it really interesting because, on the one hand, I feel like if you were to ask someone that was in my same age group that was living a different life experience from me—you know, I'm

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childless, I'm living on my own. My current partner is long distance and quite a bit younger than me. And I just don't feel connected to a lot of the experiences that I think probably "age" someone. It wasn't like a huge thing in that way that like, I think people are terrified of? Like, you just automatically become, like, an old person.

**Ally:** Decrepit?

**Tiffany:** Yeah, like, suddenly you're just this old crone [Shohreh and Ally laugh lightly] sitting and knitting and talking about how things used to be. I don't know.

**Shohreh:** Yeah, I mean, I am 32, right? And so, like, I'm not super, super close to 40 yet, but I also don't really see myself having that 40 fear that a lot of folks have, including Jessie. And Jessie is, like, turning 39 this summer. And like, if I even mention it, she's like, uggggh, like, don't talk about it [Ally laughs lightly]. And I'm just like, but you're so young! I don't know. There is just something about it.

**Ally:** Something about being 40 as a millennial is just very different than being 40 as, like, a Gen X-er, or, like, a Boomer. I mean, number one, life expectancy was shorter, but also, like, people just did things at, like, a much younger age because of, like, economics, and you know, all that. People would get married when they were, like, 19. So by the time you were 40 it was like you were, like, yeah.

**Tiffany:** Well, like, I have peers that are, like, grandparents right now. You know?

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**Ally:** Yeah. Yeah.

**Tiffany:** The idea that you have to do things at a certain age, or, like, if you haven't done XYZ by a certain age, then somehow you're a failure.

**Ally:** Yeah.

**Tiffany:** I don't abide by that; that's garbage.

**Ally:** Well, and, so, Tiff, you're not my only friend who's 40. I have another very close friend who's 40. My partner is like Jessie.

**Tiffany:** Yeah.

**Ally:** Gonna be 39 this summer. And, like, when I was probably—like I said, I'm 29, and I would say maybe, like, 23, 24 is when I started really making friends with people that were in different, like, age groups than me. Because previous to that, most of my friends were college friends. So it was all everybody in, like, the same basic age group as me. And so it was, like, kind of astounding to be making friends who I was, like, 24 and they were, like, 36, 37. And I was, like, we're the same! We have the same, like, interests, hobbies, like, I think for me, that was kind of the eye-opening thing where I was like, being 40 is nothing. Like, you're just the same person, just a couple years older.

**Tiffany:** Just a little older [Ally laughs lightly]. I hurt a lot more. It can take a lot longer for me to recover from things.

**Ally:** Yeah, we'll get into the physical aspects of it, but mentally...

**Tiffany:** [Laughs lightly] Oh god. [Ally laughs lightly].

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**Ally:** Mentally, we're all pretty much the same [laughs lightly].

**Shohreh:** Yeah, and I think that, speaking of, like, mental effects of getting older, like, the only thing for me is really just my memory. But I honestly don't know how much of that is age versus ADHD because I've never had super great memory.

**Ally:** Oh, I was gonna say drugs.

**Shohreh:** [Laughs] Uhhhh It could be the drugs, too. [Ally laughs] Umm. Okay. So, really funny story is that I was starting to struggle more with, like, memory, particularly word recall, maybe a couple of years ago. And my dad's a doctor. And I, like, texted my dad, and I was just, like, hey, um, I've just been noticing I've been struggling more with word recall lately. Just curious what you think about that or if I should be concerned or if there's anything I should be doing about it. And my dad, who I have never talked to about the fact that I smoke pot, like, writes me back and he's like, well, if you smoke too much weed that could be contributing to it [laughter].

**Ally:** Oh god.

**Shohreh:** And I wrote him back and I was, like, um...I definitely don't smoke enough weed for that to be a contributing cause. But thank you for that tidbit, sure.

**Tiffany:** Thanks for the concern, pop.

**Ally:** Yeah.

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- Tiffany:** Oh god, the drugs. I definitely have a lot of, like, anxiety about the mental aspects of aging. The family history of, like, Alzheimer's and Dementia aside, it's really scary, like, to think that that could be taken away from you. That, like, mental acuity, and... I feel like there's, on the one hand, like, I find that memory is sort of it, but also, like, intake of information is also another thing. And, again, I don't know how much of that is aging and how much of that is ADHD.
- Shohreh:** Mhm. We're not the best sample [Ally laughs] for this question [laughs].
- Tiffany:** Yeah. I have no idea. I also feel like as I get older, just lived experience means that from a mental perspective, I know shit.
- Ally:** Yeah.
- Tiffany:** Like, I do know shit.
- Ally:** Yeah, the more you live, the more you have to fill your brain with stuff. So then you have to start dumping other stuff.
- Shohreh:** Yeah, you've gotta prioritize.
- Ally:** [Laughs lightly] You've got ten more years of memories and you're like, hmm, I guess I need to start dumping, like—
- Tiffany:** Oh man.
- Ally:** —shit that doesn't matter. Which in my case is, like, U.S. History.
- Tiffany:** God.
- Shohreh:** Everything I learned in law school.

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**Ally:** I cannot retain, you guys, like a...

**Tiffany:** Most of my childhood.

**Ally:** Yeah [laughs lightly].

**Tiffany:** Not to tangent too much, but like, I was having a conversation with my parents and they were talking about, like, when I was younger and, like, we were trying to talk about our neighbors, like, the kids that I played with when I was a kid. And, like, my mom kept asking me, like, do you remember this person? Do you remember this person? Do you remember this person? And I was like, mom. I was fucking four years old. [Ally laughs lightly] How am I supposed to remember these people? Like, I did not have the full capacity of a brain at that point, let alone, like, that was 36 years ago. [Ally laughs lightly]

She's like, oh, but you have to remember. I'm like, no. Nope.

**Ally:** No.

**Tiffany:** I do not.

**Ally:** I can't remember anything before, like, seven, maybe.

**Shohreh:** Same. And it's also not, like, a fun game to play now where I calculate back to, like, big events. And I'm like, oh, I graduated from high school this many years ago.

**Ally:** Oh [laughs lightly].

**Tiffany:** Mhm.

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- Shohreh:** This thing happened to me this many years ago. 'Cause I'm like, that number is getting bigger and bigger.
- Ally:** I'm still kind of in the sweet spot. I had my ten-year high school reunion, was last year. I didn't go, shockingly. To me, ten years is like, you know, I'm firmly an adult. I graduated high school ten years ago. I was a child ten years ago. Now I'm an adult. But I feel like 15, 20 years, like, that's gonna be, like...or maybe when I hit, like, ten years post-college or something, I'll be like, okay, I'm getting up there.
- Shohreh:** Yeah. 'Cause I'm past ten years' post-college now and I'm just like, dang.
- Ally:** Post-college? You are?
- Shohreh:** Yeah, I graduated in December of 2010.
- Ally:** College?
- Shohreh:** Yes.
- Ally:** How is that possible?
- Tiffany:** It's gonna be 20 years for me in 2024.
- Ally:** Oh my god. I'm like, you're not that much older than me. I graduated college in 2015.
- Shohreh:** Yes. But recall that I graduated a year early from high school, and I graduated a semester early from college. So the combination of that is how I graduated from college in December of 2010.

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- Ally:** I don't think the math ever occurred to me that you were done with your undergrad and I was still in high school [laughs lightly].
- Shohreh:** Yeah, because I graduated college and I turned 21 the next day.
- Ally:** Mmm.
- Tiffany:** Wooow. [Laughter]
- Ally:** Wow.
- Shohreh:** Yeah, it was fun times. Fun times in my life. 'Cause at this point I'm getting decently close to ten years out from law school, and I'm like, fuuuuck that noise [Ally laughs lightly].
- Tiffany:** Okay, but can we just all, like, take a moment to reminisce about how much energy and emotional energy and just, like, mental energy that we had when we were young and in [Ally laughs lightly], like, high school and college? I mean, my last semester of college, like, I was working full-time at the newspaper and I was doing, like, 15 hours of classes—
- Ally:** Yes!
- Tiffany:** —and I was working on, like, three hours of sleep every night.
- Ally:** Oh my god. I literally had a job and was in—was a full-time student and also was on Sixth Street, like, four nights a week. Hello? [Laughs lightly]
- Tiffany:** Yeah. But, like, now, I'm like, if I don't get to bed before midnight—
- Ally:** [Laughing] Yes.

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- Tiffany:** —I can't function the next day. Like, that's aging for you.
- Ally:** Yeah.
- Tiffany:** Not to jump forward to the physical, but, like, man, physical aging, like, can really suck balls [Ally laughs].
- Shohreh:** No, I mean, let's jump forward 'cause when I was writing my notes for this episode, I literally have a whole section, on, like, functioning loss [laughter].
- Ally:** Yeah. First of all, you can't fuckin' do anything if you've had two drinks the night before.
- Shohreh:** Oh my god. And the thing is, it gets harder to tell. Like, for me, it's not, like, a straight line of just, like, you have this much and, like, you're fucked. It's like, sometimes, maybe depending on what I drink or how much sleep I've had or whatever, I can, like, have my two drinks and it's like, I'm okay. And then other times, it's like, I drink one thing, I get fucked up, and then the whole next day is destroyed.
- Ally:** Yeah.
- Shohreh:** 'Cause I'm like, alright, well, now I feel like I got hit by a truck.
- Ally:** Okay. When I was in college working a job—a full-time job—and in school, I, at one point, had to get trained as a lifeguard. Which, if you don't know, lifeguard training is, like, you have to take this, like, intense program that lasts, like, a week, and you're in the pool for, like, eight hours a day. You have to do all this shit. And at the time, I was, like,

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very physically weak, so it was very difficult for me. You have to, like, swim across, like, a 50-yard pool holding, like, a 15-pound dumbbell. It's a lot.

Anyway, I did my lifeguard training and then would, like, go out to Sixth Street and get, like, blackout hammered. Would be up until, like, 4:00 AM throwing up with my friends, and then get up at 8:00 in the morning and go to lifeguard training. Last weekend I had two glasses of wine and I had a headache for two days [light laughter]. Like, that shit, I will never be in that condition ever again. And again, I am 29. So it happens fast, everyone. It happens very fast.

**Tiffany:** I never punished my body in that particular way, but it definitely does, like, sneak up on you, especially if you're not active. Over the last two years, like, I haven't been nearly as active, in—like physically—and my knees hurt so bad. And I've been doing, like, home repair stuff. And I was climbing some stairs over and over a couple weekends ago. The next day I woke up and I was, like, I hurt so bad I think I'm gonna throw up.

**Ally:** Awwww [laughs lightly].

**Shohreh:** Oh my gosh.

**Tiffany:** When I was in my twenties? God, that would have been nothing! Nothing. Even after, like, months of not doing anything. It's like, god. It's just amazing, like, the little things that you lose so fast.

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**Shohreh:** Yeah. Bodies are fuckin' weird in general. And then, like, aging in bodies is a whole thing. Because, I don't know, it's just, like, all these little things that happen. It's like, everybody warns you about it. When you get into your thirties, like, stuff starts happening. But, like, something that's been happening more and more for me recently is, like, all of the parts of my body just, like, making popping sounds all the time [Ally laughs lightly].

**Tiffany:** Mm. Yep.

**Shohreh:** Even in college, I remember my shoulders had already started to do that. But now, it's like, my knees, my wrists, my neck, my jaw. Things that have literally never popped before are just starting to make sounds just from me doing normal things, just moving about my day. And I'm, like, this is depressing. It is very depressing [laughs lightly] to constantly hear this happening within my body where I just, like, sound like a bag of popcorn, [Ally laughs lightly] just goin' in the microwave as I go about my day.

And what's ridiculous is, so, Alamo—one of my dogs, for those who don't know—is about to turn nine this summer. And a couple of years ago, every time she stood up, her joints would crack. And so I talked to the vet, and the vet was like, oh yeah, that's really common for black labs. Like, you can start giving her, like, a joint supplement. And so I've been doing that for a long time now, and she doesn't have any of that cracking anymore. And I'm like, do I need a joint supplement? [Light laughter]

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- Ally:** Probably.
- Tiffany:** Probably, yeah.
- Shohreh:** Do me and Alamo need to take our daily joint supplement together?
- Ally:** Yeah. Do you need to get, like, collagen or something?
- Tiffany:** No, seriously, I have started taking, like, daily vitamins. I feel like I'm, like, one step away from being in an Activia commercial [Tiffany and Shohreh laugh]. Like fucking probiotics, Vitamin D, Vitamin C [Ally laughs lightly]. Like, I've got, like, my women's multivitamin.
- Ally:** The difference between me and my partner's, like, daily supplements is I take Vitamin D when I think about it [laughter], which is not every day. At our apartment, we have a supplement drawer for him because—
- Shohreh:** Oh boy.
- Ally:** He takes—there's like 15 different supplements that he takes every single day. And I'm like, okay, well, I have that to look forward to at 39, apparently [Shohreh laughs lightly].
- Tiffany:** I mean, I recently added one to my repertoire. I, like, started taking, like, urinary tract cranberry supplements because I was kinda like, man, this peeing thing is getting out of control [laughter].
- Shohreh:** I'm sorry, can you just clarify, like, were you peeing too much? Were you not peeing enough?
- Ally:** Yeah, what's the peeing thing?

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- Shohreh:** Like, what's this peeing thing? [Light laughter]
- Tiffany:** Okay, so. I mean, okay, so, it was partly, like, I was getting UTIs a little bit.
- Shohreh:** Okay, okay.
- Ally:** Aw.
- Tiffany:** I pee a lot. And I have found that I also have a little bladder incontinence. Like, if I really have to go, I really have to go.
- Ally:** Awww.
- Shohreh:** Okay, but, like, also, a part of aging, I swear to god, is that you are much more likely to need to pee in the middle of the night than you needed to before.
- Tiffany:** Oh, absolutely.
- Ally:** Yes.
- Tiffany:** Yes. Yes.
- Shohreh:** Which is so fucking annoying when it's like, 4:00 AM and my bladder is full and I need to get up. And I'm like, this is going to mess up my sleep because it's also harder to get good sleep the older you get.
- Tiffany:** To go back to sleep.
- Ally:** Yeah.
- Tiffany:** Yeah.

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**Shohreh:** So when you get up to pee, you fix that problem, but now you have a new problem, which is that your brain is awake and you can't go back to fucking sleep.

**Ally:** Yeah, that has started happening to me. I never used to wake up, and now it's like, I wake up and I'm like, I have to pee so bad. I'm like, hello, you can hold it.

**Tiffany:** I completely understand. You know, there comes a certain point where you, like, start looking at the Depends aisle and you're like, okay, this makes sense to me now. [Laughter] Like, I'm not there yet. But it makes sense to me now.

**Ally:** Yeah.

**Tiffany:** I've gotten to the point where like, I will often wear panty liners if I know that I'm gonna be out somewhere. Because I know that there's that slim chance that, like, if I need to go and I can't get to the bathroom in time, I'm going to drip a little bit. Just, like, a little bit. As someone who has, like, peed their pants, pooped their pants, I have vomited all over myself.

**Ally:** Aw.

**Tiffany:** All of these things have happened to me. Not necessarily because of aging [laughter], but, like, it's just happened to me.

**Ally:** Okay, that's fair.

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- Tiffany:** Like, the idea of your body just sort of, like, rejecting this control that you have, like, imposed upon yourself from a young age in order to, like, maintain the control of your bodily functions. Like, aging just sort of, like, says, all of that effort that you put into, as a child to, like, learn how to do these things, no. Like, not gonna happen.
- Ally:** It's, like, terrifying to me that all of that stuff just starts, like, failing after a certain point.
- Shohreh:** I mean, yeah, that is, like, literally the human condition [laughs lightly]. And it's the worst.
- Ally:** Yeah, it's terrifying. I hate it.
- Shohreh:** It's the worst.
- Tiffany:** I mean, on the one hand, like, yes, it is very terrifying. And I think that, like, people don't talk about it enough because I think for a lot of people, it comes as a surprise, somehow. I think as I'm getting older and, like, I watch my parents get older and I watch, like, other older friends, or, like, coworkers, like, as they get older and they're having to deal with their parents or their family members. Like, seeing how aging kind of, like, impacts your whole life, like, and not just your own aging.
- Ally:** Yeah.
- Tiffany:** Like, I don't know, it impacts other people's lives.
- Ally:** Yeah, I'm definitely getting to that age where—my parents are in their sixties. So, you know, they're not geriatric, but they're definitely getting

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there. And, like, I'm starting to have to think about, like, I'm gonna be the adult and you're gonna be, like, the old person [laughs lightly], you know?

**Tiffany:** Oh yeah.

**Ally:** And I've definitely noticed that shift in the last few years, where it's starting to be, like, you know, I'll wanna do something with my dad and I'll be like, hm, will he be able to handle this? 'Cause he's, you know, in his sixties. Which, I will say, my dad is a little hardcore.

**Tiffany:** Yeah, mine is too.

**Ally:** I feel like my dad is gonna not accept aging for himself, which, we'll see. But, [laughs lightly] I don't know, just, like, traveling and stuff, I'm like, you know, can my dad be on a flight for that long? Can he be out in the sun for that long? Like, doing all that kind of stuff. So, that's something I've definitely noticed in the last few years. And as I continue to age, they will continue to age, so I'm sure that will just get more and more.

**Shohreh:** Mmhm.

**Tiffany:** Yeah.

**Ally:** And before I know it, they'll be a hundred, hopefully [light laughter].

**Tiffany:** Yeah. It's weird. Like, my mom was literally over at my house this afternoon and we were, like, talking about how she's, like, I think I wanna name you as my medical power of attorney. And I'm okay with that. But it's like, you have to start having those conversations.

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**Ally:** Yeah.

**Tiffany:** Like, with people? That idea of as you get older, you're like, kind of losing a lot of the agency that you had. I remember when they took my grandparents' drivers licenses away [light laughter].

**Ally:** Aww.

**Tiffany:** No, seriously, it was not a bad thing. They were bad.

**Ally:** Oh, okay, okay [laughter]. Well, it's probably for the best, then.

**Tiffany:** That's just the thing. I don't know.

**Shohreh:** Okay, but on the topic of medical powers of attorney, let me just give my former estate planning lawyer PSA to all of our listeners. Which is that, I am so glad that you and your mom are having this conversation. *And everyone, all of you, should be thinking about this now. Whatever age you are when you're listening to me, those documents are incredibly important. Even if you don't wanna, like, deal with a will thing right now because maybe you don't have a lot of stuff.*

All of the other stuff, I highly recommend getting: medical power of attorney, property power of attorney, living will. All of those things, they're really easy to get those, because those are pretty much form documents in most states. So you could go on Legal Zoom or one of those places online, pay a flat fee for that slate of documents, and then just sign them in front of a...whatchamacallit.

**Tiffany:** Notary.

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- Shohreh:** Word recall. Thank you! Notary.
- Tiffany:** It's okay. I just had this conversation earlier so I'm, like, right on top of it.
- Shohreh:** Yeah.
- Ally:** Hey, I used to be one.
- Shohreh:** Yeah, I used to be a notary too, for my job. So yeah, I just wanna throw that out there because people are always like, oh yeah, that's not something you have to think about until you're old or until you have a lot of property. But definitely think about it now. Think about who you wanna give those powers to because it is such a mess when you don't have them. And, like, the reality is that, like, there's all kinds of things that could trigger a medical power of attorney. And the last thing you want is, like, your family fighting with your significant other, fighting with whoever, about who gets it. And especially if you have kids. If you have kids, get those documents in order.
- Tiffany:** Yeah.
- Shohreh:** Because it's just a mess if you don't do it. And those are relatively inexpensive to put together regardless of the state that you're in compared to wills, which can definitely be more costly.
- Ally:** Thank you for that PSA. Good to know.
- Tiffany:** Yes, thank you.
- Shohreh:** You're so welcome [Ally laughs lightly].

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- Tiffany:** Well, it's an important thing to think about. Like, to think about it in, like, terms of aging, I think as you get older, the idea of these are the things that you would technically call, like, adulting, right?
- Shohreh:** Mhm.
- Ally:** Mhm.
- Tiffany:** And it becomes more important. But also, I think that for many people—not all, but many people—you start to be able to see the wisdom in having these things in place.
- Ally:** Mhm.
- Tiffany:** You start to be able to see the wisdom in the things that say, like, you used to make fun of your parents for [Ally and Shohreh laugh lightly]. Like, the old, like, you are becoming your parents joke, right?
- Ally:** Yes.
- Tiffany:** Which, for some people, is, like, terrifying. For some people, it's not. But I don't know, you start to see the value in some of these things that you didn't see when you were younger.
- Shohreh:** Mhm. Um, should we talk about aesthetic changes while we're talking about the physical effects of aging?
- Ally:** Oh my god [laughs lightly]. I would love to talk about Botox.
- Shohreh:** Yes. Ally, the one of us who does not have a forehead wrinkle to speak of [light laughter], is ready to talk about Botox.

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**Ally:** I don't know, am I supposed to get preventative Botox though? I don't know. Somebody tell me. Somebody DM me and tell me if I'm supposed to get Botox or not.

**Tiffany:** Why would you want to have Botox? What's the idea there?

**Ally:** Because Botox lessens the effect of, like, the wrinkles that happen. Because as you age, of course, like, wherever your skin wrinkles or folds, like, whenever you make expressions, the more you age, the more those wrinkles start to set in and become, like, permanent, because your skin loses its elasticity as you age. So, my understanding, and maybe I'm wrong here, is that if you get the Botox before the wrinkles even start to form, then they don't form. Or, it takes, like, longer for them to form.

I don't think there's any way to completely not have wrinkles unless you're Kris Jenner, maybe. And I don't think that's that she doesn't have wrinkles, I think that's FaceTune, but... [Ally and Tiffany laugh]

**Shohreh:** Yeah, there's definitely no way to not end up with wrinkles, even preventative Botox doesn't keep you from not getting wrinkles.

**Ally:** But it's interesting, right? This idea that, like, first of all, especially us as women-presenting people, like, that we're expected to, like, defy age and, like, not ever develop wrinkles, right? Which is why I have this idea in my head that I should even be getting Botox.

**Shohreh:** Right, because now Botox is so common that they've started advertising it to people at younger and younger ages because they're

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like, oh, we can go into a whole new demographic if we can get 19-year-olds and 20-year-olds to start using Botox and fillers, which a lot of folks are doing.

**Ally:** Is this something I even want? Or is it just, like, I just think I should do it because I know that when I look at my face and I raise my eyebrows and I see wrinkles, I'm like, hmm...hmm...I don't know about this. But also, like, admittedly, I don't really have any wrinkles because I am 29. So, somebody tell me. Somebody DM me and say if I should get Botox.

**Shohreh:** I mean, I think you know that the answers are not gonna be [Ally laughs lightly] found in your DMs [laughs].

**Tiffany:** I would say that, like, not that you're asking for my opinion, but, like...

**Ally:** [Laughing] I am literally crowdsourcing the answer.

**Tiffany:** From my perspective, I would consider myself someone who does not have a lot of wrinkles. I think I have a fairly young face.

**Ally:** I don't think you do, yeah.

**Tiffany:** I can definitely see the effects of my age in certain ways. Like, if you go back and you look at pictures of me younger. And the thing is, I don't necessarily think I look better in those pictures. My opinion was always, like, when I am aging, I want to be able to see the effects of my life on my face. Like, I would like to be able to, like, say, like, well, I got these smile lines from smiling a lot. Or I got these eye wrinkles from crinkling my eyes when I smile a lot, or whatever.

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But that aesthetic sort of also terrifies me a little bit. It's not that I think that people are gonna be, like, oh, you're too old to be doing the things that you're doing. It's more of, like, there's gonna be this public outcry of, like, you are too old to be hanging out with the people you hang out with.

**Ally:** If anyone's saying that, I'll beat them up, first of all [light laughter]. But I do get you. I do understand.

**Tiffany:** Yeah. The thing that has been driving me crazy, personally, in my aging, is not my wrinkles, it's my gray hair.

**Ally:** [Gasps] Yes!

**Tiffany:** Which I did not think was going to bother me as much as it did. One, it's in a very inconvenient spot. It's at my temples, so it's really hard to dye [laughs lightly]. It's like, this physical reminder of, like, you are old, and you are older than everyone around you. Except for the people who you aren't older than, which doesn't make any sense [Shohreh laughs lightly]. But logic doesn't apply to anxiety.

**Ally:** Also, your hair graying, it's like so random and genetic and, like—like, I am graying at an alarming rate for a 29-year-old [laughs lightly]. So I'm sure there are people who would look at my hair and be like, this person must be in their thirties or forties. I'm also graying, like, along my part, which I think makes the gray hairs, like, stand out a lot. Because, like, between myself and my partner, I have far more gray hairs than him.

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- Shohreh:** Interesting.
- Ally:** Yeah. Like, far, way more. But I also have more hair than him, so.
- Shohreh:** Yeah. Well, it's like the opposite here, 'cause I think I've found, like, two gray hairs so far?
- Ally:** Two?!
- Shohreh:** Two. Yeah.
- Ally:** Oh my god, I probably have over a hundred. Like, I have so many.
- Shohreh:** But, you know what? My dad, who has black hair, it took him a really long time to go gray. So I don't know if I've taken after him or what. But, like, Jessie, she definitely has a lot more grays than I do, which she's about to turn 39, so that makes a lot of sense. I think her grays are fuckin' adorable. Um, she disagrees and she dyes them [Ally laughs lightly]. But I think they're so cute. It's interesting how we can find it really attractive on a partner, but it's like, on your own head, you're like, nooooo, fuck this!
- Tiffany:** Oh yeah.
- Ally:** That concept is so wild to me. I hate every sign of aging on myself. I'm trying to be more cool with it, but I hate every single sign. And, like, one of the first things I noticed on my partner was that he has, like, smile lines, like, around his eyes. And I just thought it was one of the most attractive things I've ever seen because I was like, this person is clearly, like, such a joyful person. Like, they smile so much. Obviously,

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like, they love laughing, love having a good time. I just thought it was, like, soooo attractive. I thought it was, like, incredible. And on myself, I'm like [gasp], a wrinkle?! No! Never! [Light laughter]

**Tiffany:** Oh yeah.

**Ally:** So that's, like, so weird.

**Shohreh:** It is weird.

**Tiffany:** I find it incredibly attractive on other people. Like, my partner, for how young he is, like, he has gray hair, and it's amazing. I love it. Like, I don't get to see it very often because he dyes it, like, all wild colors, but... [Shohreh and Ally laugh lightly]

**Shohreh:** I do feel like now, that skincare is almost, like, the new diet culture, in some ways.

**Ally:** Yes.

**Shohreh:** Like, I just feel like in the last few years there's just been this huge rise in skincare accounts, in skincare expectations, in like, the regimens and the products and all of this stuff. And maybe it's just because, again, as I'm getting older, this is more what's being advertised to me and more what people are talking about. But I don't know. It just seems like skincare didn't used to be as much of a thing as now it is. And it is also being advertised to people younger and younger.

And I love skincare, okay? Like, I learned way too late that I needed to be putting on sunscreen much more regularly than I had been.

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**Ally:** Yeah, every single day.

**Shohreh:** Yep, every day. And I learned about the miracles of moisturizer and things like that much later. I have prescription retinol, and I fucking love it. I started using it at the beginning of the pandemic, and it made a huge difference in, like, my forehead wrinkles and on my face.

Well, first of all, I just have resting bitch face [Shohreh and Ally laugh lightly]. And so I have some fairly deep-set lines for my age because I just kind of have that natural sort of frown. And, like, when I'm concentrating, my forehead furrows. And I'm just someone who has a very expressive forehead that moves a lot, and so I've always had those lines.

But it's crazy 'cause I'll look at pictures from before the pandemic compared to now, and I actually look younger because I started using prescription retinol. Some people might be like, oh, should you really be using prescription retinol at the age of 32? But I'm also like, it's really cheap and it made a huge difference. And so, for me, rather than, like, buying a billion different skincare products that I don't even know what they're doing, I'm like, this is one particular skincare product that actually has, like, tons of science to back it up that we know works. And I've actually seen it work on me.

So I'm like yeah, I will put money towards that. 'Cause the single tube, like, because of my health insurance, I think it cost me like \$10, and the tubes last literally two years. Because you only put on a pea-sized

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amount and you only do it a few times a week. So I'm like, easiest decision of my life when it comes to skincare.

**Ally:**

I would totally agree with you that skincare is way more prevalent than it was even just five or ten years ago. Like, I would say that people are, like, equally interested in skincare as they are makeup. Whereas, like, it used to be people would be, like, into makeup, not so much into the skincare.

I don't know where that came from, but certainly there has been this, like, trend of, like, lighter makeup and what people call, like, "the clean girl" aesthetic. Which puts, like, much more of a focus on your skincare and, like, this whole, you know, no-foundation look is, like, super trendy. So of course people are gonna turn to making their skin look better without foundation.

And skincare can be really great. Like, I'm not super old, but, like, investing in the products that are right for me has made a huge difference in the way that my skin looks 'cause it looks more, like, buoyant and hydrated, which makes you look younger. 'Cause I look like I don't have any wrinkles [laughs lightly].

**Shohreh:**

I like the ritual aspect of it, too. I have, like, my little morning routine. I have my evening routine. I will admit to the fact that I have one of those little skincare fridges because I like when some of my products, like eye creams and stuff, go on cold.

**Ally:**

Yes.

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- Shohreh:** It actually feels really nice and soothing, especially in the summers here in Texas when it's so fucking hot. Like, it's actually really luscious to, like, put cold skincare products on you.
- Ally:** It's like the epitome of luxury [laughs lightly].
- Shohreh:** It is, it is. You know, the skincare fridge thing, it cost me like a hundred dollars or something. I'm like, it was worth it. It was worth the hundred dollars. But, like, I know people who, like, they have like 15-year-old daughters who do a ten-step skincare routine every night. And on the one hand, I'm like, holy fuck, like, that's kind of hard to imagine at 15. And then on the other hand, I'm like, well, if I had started at 15, imagine what my skin would look like [laughs lightly].
- Ally:** Well, that's getting a little bit into the, umm, I don't know if either of you watched Euphoria, but the Cassie Euphoria scene of, like, the 20-part skincare routine where she's, like, getting up at 4:00 AM to do her skincare routine.
- Tiffany:** I have not, but that sounds horrifying.
- Shohreh:** Right, and so that's like the diet culture to skincare jump there.
- Ally:** Yeah. Look that up. Just look up "Cassie Euphoria skincare scene" [laughs lightly]. I mean, largely the opinion has been, like, if you're getting up at 4:00 Am to do your skincare, like, you're losing out on the benefits of sleep [laughs]. So, like—
- Shohreh:** Right, it's not gonna help very much.

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**Ally:** Which is what I was gonna say, like, skincare can be like a really—not just good mentally in the ritual aspect, but it can help with a lot of the effects of aging. But also, it’s not a miracle. You know, you’re still gonna age. I think, for me at least, coming to terms with the fact that, like, I’m doing what I can to take care of myself, and also, I am still going to age, and, like, no amount of hyaluronic acid is going to stop that [light laughter]. It might slow it down a little bit, but it is not going to stop me from aging completely and that is okay.

**Shohreh:** Well, and that’s the thing for me with, like, stuff like Botox and fillers. ‘Cause it’s not that I haven’t been tempted. Like, I absolutely am very tempted. Especially with fillers because I just love the idea of, like, makeup going on smoother and, like, not having to, like, fight lines and stuff to put on eye makeup. Especially because I have very deep-set eyes. So I am very tempted by the idea.

But the problem is, again, I am 32. If I start Botox and fillers now, I’m like, when will I stop? I won’t want to. So all of the sudden this becomes an expense that I need to be able to afford and keep up with forever, and that just sounds exhausting to me.

And so that’s, like, one of the main things [Ally laughs lightly] that I’m just like, I don’t know if I wanna go down that road. Because I’ve seen a lot of people go down that road and it’s not just, oh, I’m gonna do Botox. Oh, I’m gonna do fillers. Like, there’s always something more you can add, and that’s really tempting.

**Tiffany:** It’s not sustainable.

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**Shohreh:** Yeah, it's not sustainable. It feels like it could very quickly turn—not that it does for everybody, but it could very quickly turn to feeling really bad about yourself. Again, this is sort of this diet culture-y aspect of it where it's just like, you're trying to meet a standard that's impossible to meet.

**Ally:** Yeah.

**Shohreh:** And so you're throwing more and more time and money at it to make it happen. But it can't get there.

And it's like, I know what it's like to have been in that mental space, having been someone who used to be in diet culture and who struggled with that. And it's like, I don't want to take myself back there. So I'm very wary of making any kind of decision that could potentially put me down that path.

**Tiffany:** I find it really interesting, 'cause I would say from a skincare routine, which mine is pretty nonexistent, to kind of hear y'all's opinions on this. And it's funny because, like, a lot of the stuff y'all are talking about is facial. Like I said, my skincare routine is pretty nonexistent. I wash my face and sometimes I put on moisturizer. And I think it's not necessarily, like, I don't see the value in it. It's more of the time consumption and, like, energy consumption. I'm sort of looking for the return on investment.

**Ally:** Yes.

**Tiffany:** The ROI on this is not great [light laughter]!

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When I think about, like, skincare routines and, like, the physical effects of aging, and, like—the thing I’m most terrified about is, like, saggy arm skin. Or, like, body saggy bits [Ally laughs lightly]. I don’t know.

Elephant skin makes me really scared. I keep meaning to add, like, putting in, like, body lotion in my daily routine, but I never get that far.

I think it is still interesting to think about, like, Shohreh you said, like, you were entrenched in diet culture and you were part of that and you didn’t want to go back into it. Like, I’ve done a lot of work on body acceptance. And, like, part of that I think is becoming at ease with my body as it is, and, like, as it ages, and, like, the physical aspects of that are tied into that. Like, becoming okay with my saggy arm flaps and my double chin.

**Ally:** Yeah.

**Tiffany:** So when I think about Botox, I think about fillers, I think about, like, ten-step skincare routines, it doesn’t seem like something that’s necessary to me. And I think some of that might be because of some of that work on body acceptance and body neutrality.

**Shohreh:** Yeah, for sure. I think aging tests that.

**Tiffany:** Yeah.

**Shohreh:** One of the interesting things about learning to accept your body is that you can’t just learn to accept it as it is in that moment when you’re working on it. Like, you have to actually learn to accept it in whatever version your body becomes as time goes on.

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- Ally:** Right.
- Tiffany:** Mhm. Mhm.
- Shohreh:** And that's the hardest part because all of the sudden, like, you gain some weight, or you get some new wrinkles, or any of these other things that happen to your body.
- Ally:** Your boobs start sagging.
- Shohreh:** Your boobs start sagging.
- Tiffany:** Oh yeah.
- Shohreh:** You're being tested again. And it's like, oh, wait, maybe I need to do more work on this because I was actually accepting of *that* body, but I'm not fully accepting of the fact that, like, my body is gonna continue to change over the course of my life because that's literally just what bodies do.
- Tiffany:** The idea of spending so much time trying to stop my body from changing feels Sisyphean [light laughter].
- Shohreh:** 'Cause it's gonna happen. It's gonna happen no matter what.
- Tiffany:** Yes.
- Ally:** Ugggh. I clearly have some work to do there, but... [light laughter]
- Tiffany:** But I mean that's the thing though. Ally, you're 29. You're turning 30 this year, right? You've got time [Ally laughs lightly]. You've got time to work on it. I don't think that it happens overnight. Like, if you ask me in

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ten years when I'm turning 50, it definitely might change. I don't know, I could be more scared of 50 than I was of 40.

**Ally:**

Yeah, that's true. And I'm very excited to be 30. But also, like, relatively speaking, 30 is quite young. I'm not trying to pretend like I'm, like, so at peace with aging when I'm literally turning 30 this year [light laughter]. I'm at peace with turning 30. And there was a time where the idea of turning 30 terrified me. And now I'm like, can't wait to be in my thirties. I feel like they're gonna be better than my twenties.

**Shohreh:**

The thing about getting older that I have loved—and again, I'm 32—is that every year older that I have gotten, the more confident I have gotten in myself. Which means the less fucks I've given to what other people think. And I only see that continuing to increase as time goes on.

Like, I look back to me in my early twenties or even mid-twenties and I'm like, was so unsure about everything. About my sexuality and about life. And I just feel a lot more solid now because I've had a lot of time to work on it. I've had a lot of therapy. I've had plenty of trauma that I've needed to deal with.

I mean, it hasn't been easy to get to this point. But I'm just like, oh, thank god that this is where I am now because I'm just like, I'm gonna wear what I want, and I'm gonna do what I want, and I'm gonna seek out what makes me happy and brings me joy and live my life the way that I see fit.

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And I used to care sooo much about what other people thought. And I was constantly worrying about judgements and fitting in and just, like— I have different worries now, but, like, I don't have those ones anymore. Like, that stuff is just not weighing on me because I've done so much work to trust in myself and to know myself.

Which is not to say you can ever fully know yourself; we're always changing, and so I'm open to the evolving and I'm very excited and curious about myself continuing to evolve. But, like, that's a fun thing for me now. Like, I'm like, ooh, I wonder, like, who I'm gonna be when I'm 40. I wonder who I'm gonna be when I'm 50. I wonder what new paths that I can't even imagine now may have happened in my life. Like, I'm open and excited about that idea instead of, like, clinging to, like, trying to be one thing.

And so if I had to pick, like, a favorite thing about aging, is that, like, I think if you do it right, you get more confident as time goes on about who you are. And I think if you're finding that your confidence is decreasing, then that may just be, like, a sign that you need to go back inward and, like, figure out what it is that you want and who you are. And maybe you're struggling in that piece.

**Ally:** Yeah, truly. At this point, I feel like you could not pay me to go back to my early twenties [laughs lightly].

**Shohreh:** No.

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**Tiffany:** Oh, no. God, no. Well, and like, I agree totally in that, like, as you get older, the fewer fucks you have. And I don't mean, like, I have fewer fucks of energy. I mean, like, that in that I give a shit.

**Shohreh:** But also that [Ally laughs].

**Tiffany:** Also that. But, no, I feel like the idea that as you get older, you're less concerned about what is in vogue, or in style, or you wear what you want, you do what you want, you just give less of a fuck about what other people think. And, like, do you remember when there was a thing, it was called, like, The Red Hat Club?

**Ally:** [Gasps] Yes! I wanted to be one of those ladies, when I was a child, so bad.

**Tiffany:** Okay, so, The Red Hat Club is, like, a bunch of older women that would wear red hats and purple dresses.

**Ally:** Yeah, they wore red and purple.

**Tiffany:** Yeah, and they would, like, go have lunch together. And I'm sure that I'm getting some of this wrong [light laughter], but there was, like, a poem that was like, I shall wear my red hat and my purple dress and I will do what I want!

**Shohreh:** If this poem exists, I will put it in the show notes.

**Tiffany:** [Laughs] Okay.

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**Ally:** A club for older women and I—they were so incredible because I can remember, like, going out to restaurants and seeing the Red Hat ladies there and being like, I wanna be one of those ladies [laughs lightly].

**Tiffany:** I wanna be a cool old lady

**Ally:** Yes.

**Tiffany:** I have old ladies who I aspire to be [laughs]. Like, there was a movie in the '70s called *Harold & Maude*. And it was this, like, literal May-December Romance where it was, like, Bud Cort, who I'm sure neither of you know who Bud Cort is.

**Ally:** [Laughs lightly] No.

**Tiffany:** He was in his twenties and she was in her eighties and he was this really, like, obsessed-with-death goth kid and she was, like, this vibrant, free spirit and it was really, like, cute and sad. And, like, I don't wanna spoil the movie, but it came out in 1971. But, anyway, that movie, she's, like, turning 80 and she commits suicide because she's like, I've reached a point in my life where I feel like my life is done, and he was really sad about it.

**Ally:** Aw.

**Tiffany:** But anyways, she was, like, one of those, I am going to suck the marrow out of life kind of characters, where she did what she wanted, she dressed how she wanted, she hung out with who she wanted. And like, to me, at a very young age, she was an ideal of, like, this is how I want

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to experience old age. And I feel like people who embody that—that spirit of, like, fuck-you energy? Does that make sense?

**Ally:** Yes.

**Shohreh:** Yeah!

**Tiffany:** I look at those people and say, that is who I aspire to be when I am older.

**Shohreh:** I think about, like, the TikTok baddies who have like, sleeves of tats and they're, like, in their seventies and eighties. That's my current equivalent to that where I'm just like, yes, that's what I want. Or, like, there's some amazing, like elder fashion accounts that are out there. Which is like, people are just putting forth that.

And, like, that's what I love, right? Because I do think we have this idea in society that, like, you reach some age, whatever it is, 70, 80, and, like, you just don't care anymore, right? Like, you just stop dressing any sort of way. You, like, stop being cool. Like, any of those things. And I'm like, that doesn't have to be true. Like, it can be if you want it. If that's, like, what you're feeling when you're in your seventies and eighties, by all means. But, like, you can absolutely be, like, a badass.

And especially, I think, like, in the queer community, you know, we've been robbed of a lot of our elders, and so I'm, like, extra respectful and into hearing from older queers who are in their, like, sixties through their nineties, because I'm like, that's our history. And y'all are amazing. All the things that you've lived through and, like, the discrimination that

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you've had to put up with, and, like, you're out there, you're doing the thing. Like, I don't know. It's exciting to see that that exists.

And it does make you more excited to grow old 'cause, like, it's a privilege to grow old in the queer community

**Ally:** Yeah

**Tiffany:** It is.

**Shohreh:** It's a privilege to grow old at all. And so I'm like, please, let me live to be old and experience that.

**Tiffany:** I love hearing from, like, queer— 'cause it's so rare to actually hear voices from, like, elder trans folks or elder queer folks. And like, I love seeing those people who have, like, lived those experiences and had the experience of being queer in the past. But, I love, love watching older people who are coming into their identities as they're older. Like, people who are in their fifties and sixties and seventies realizing like, oh, hey, I'm nonbinary. Or, hey, I'm a lesbian and I'm, like, 60.

**Ally:** Yes!

**Tiffany:** I love seeing it because it means it's never too late to figure out who you are and, like, come into your identity. 'Cause that never stops. Like, you said that earlier. It's amazing to watch people really jiving with themselves.

**Shohreh:** Yeah, and I just wanna say in general, like, it's never too late to do almost anything. Like, if your body and mind are capable of it, like, you

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can do it. Because I so often hear people be like, well, I'm too old to go back to school. I'm too old to, like, switch careers or do this thing. And it's like, you're not. You're actually not. Like, yes, things can get more difficult and more complicated to do it. But, like, especially now, people don't just stay in a single career, usually, for like, 50 years. It's far less common.

Like, people are doing all kinds of shit when they're older. They're starting to write books in their forties and their fifties. They're, like, getting into the movie industry when you're in your sixties. Really, you can live a lot of lives in all the years that we get, if you get to live, you know, kind of within the average lifespan. There's just so much stuff that you can do. There's so many relationships you can have. So, you don't have to settle just because you're like, oh, well, I'm this age. And, like, it's just too late for me. Like, if you have the drive to do it, you can change.

**Tiffany:** Yeah. I haven't followed up on this in a long time but I remember seeing a video story of, like, a woman in her eighties, I think, who started weightlifting.

**Ally:** Mhm.

**Tiffany:** Do y'all remember that one?

**Ally:** I've seen her.

**Tiffany:** I don't know how she's doing. But I remember seeing that and thinking, like, that is something that should be terrifying to kind of try and take

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up as you get older. Like, the idea that you're pushing your body in this very specific way and your body has already lost a lot of its mobility and its muscle mass. But, like you said, if you have the mental and physical energy to pursue something like that, it is still within your power, at 80, to take up weightlifting.

**Shohreh:** Yeah, you basically just have to get over your own shit [laughs]. What I mean by that is, as we get older, we get more grumpy about being beginners at things because stuff doesn't come as easily. And we like to be seen as competent. And like, truly, the faster you can figure out where that's coming from with you and get over it, like, the happier you will be. Because that opens up so many doors for you in life about all the new things you can try if you're not obsessed with, like, being perfect at it right away. Because nobody is perfect at anything right away.

So if you can just, like, be okay with that, all of the sudden, you can do anything. But if you're like, oh, I can't lift this amount and I'm in my eighties, well, why even bother? It's like you miss out on all the amazing potential benefits to do that or anything else.

**Ally:** Right.

**Tiffany:** Yeah. I will say it's fun trying to keep up with the youngins [Ally laughs lightly].

**Shohreh:** Oh god.

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**Tiffany:** I mean, like, I say this as somebody who has spent the vast majority of my adult life on Tumblr. And watching memes happen in real time and, like, watching language change in real time. And, like, seeing people who are, like, 19 and 20 being like, god, when I turn 26 I'm gonna be ancient! [Ally laughs]

I, as somebody who is just watching this happen in real time, and, like, connecting the dots between the younger generations and the older generations. I feel like having young people in your life to push you to do things is so beneficial. 'Cause I think if you only hang out with old people who don't give you any sort of...not motivation, but like, there's no diversity there. Nobody in my 80-year-old friend group is weightlifting so that's not something that's within my power. Like, if you're hanging out with a bunch of younger people who are weightlifting, then, you know, you might get the gumption to try it.

**Ally:** From the flipside of that, Tiff, I would say, as like, when you're younger, it's nice to have friends that are older. I mean, it's just nice to have a wide variety. But I don't know, the wisdom [laughs lightly] that comes from, like, having older friends, not just in a life sense, but also just in a practical sense. Especially, like, a few years ago, I feel like I really relied on my older friends to, like, guide me through just kind of logistical aspects of life that I was like, I have no idea how to do anything [laughs lightly]. Because life is scary and I'm 25 and I don't know how to do anything.

[Light laughter] So I feel like it's just a good life practice from all ages to, like, have a different variety of people in your life that you can, like,

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learn from in both ways. Like, older folks learn from younger folks and vice versa.

**Shohreh:** Right. I mean, if not for the youngins on TikTok, I wouldn't know which emojis are out [Ally laughs lightly], and, like, which phrases I shouldn't say, and how I should part my hair [Ally laughs lightly]. Like, it's very important to surround yourself with angsty 18-year-olds who will tell you how wrong you are about everything.

**Ally:** Oh my god. And I can remember being 18 and thinking I knew everything.

**Tiffany:** Oh god.

**Shohreh:** Yeah, and being 18 and thinking that, like, 30 was old.

**Ally:** Well, okay, when you're, like, 20 years old and then 30 is ten years away and at that point in your life, ten years is half your life.

**Shohreh:** I know! It feels crazy. Like, I remember when I was in undergrad, we had a, like, a doctoral student in my oboe studio, and I remember when she turned 30 and I was like, man, I hope I'm that cool when I'm 30 [Tiffany and Ally laugh]. Like, thinking it was, like, a million years away. And now, here I am 32. Jesus Christ, I can't believe that was what I thought.

**Tiffany:** Yeah.

**Ally:** The classic 13-going-on-30. I want to be 30, flirty, and thriving. And of course, me at 13, I'm like, 30-year-olds can't be flirty. Like, they can't be—

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- Shohreh:** [Laughs] 30-year-olds are disgusting! They're so old!
- Ally:** I'm gonna be so old when I'm 30!
- Tiffany:** That's funny. To circle all the way back around to the beginning when I was talking about, like, living a different lifestyle. I feel like there are certain lifestyles that definitely do age you faster.
- Ally:** Sure. I think that having kids is definitely something—
- Shohreh:** Sex, drugs, and rock n' roll, Tiff?!
- Tiffany:** Sex, drugs, and rock n' roll.
- Shohreh:** Is that what you're referring to?
- Ally:** I was referring to, like, people that have kids in their twenties and—
- Shohreh:** Yes, yes.
- Ally:** —all of the sudden you are the adult and you're like, I have to figure it out. Versus me, who's at 29, like, what am I doing again?
- Tiffany:** Well, it's definitely like, I feel like there's a certain point when you get to the old-man-shaking-fist-at-clouds meme [Shohreh and Ally laugh lightly], where you, like...
- Ally:** That is me.
- Tiffany:** It's always me. Like, it's just, like, you look at the absolute chaos that young people are up to and you're just like, I know better now.

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**Shohreh:** Okay, but this, like, happens regularly. I was just talking to Ally about this recently because Jessie and I got invited to a show that started at midnight. And we went because it was one of her friends and we wanted to support her. But I was like, who starts a show at midnight?!?

**Ally:** That's so late!

**Shohreh:** This doesn't make any sense! And people make this joke about, like, 9:00 PM, right? They're like [gloomily], oh, the show doesn't start until nine. And, like, I'm not at that point yet. But midnight?! Come on, people!

**Ally:** Yeah, yeah.

**Shohreh:** What starts at midnight?!

**Tiffany:** Okay, starting a show at midnight doesn't make sense because the venues close at two.

**Ally:** Yeah, that's like a one-hour set.

**Shohreh:** That's what I'm saying! Yes.

**Tiffany:** I'm okay if it's like one of those venues that stay open, like, a long time. But, like...I don't know. I feel like doors open at nine, opener starts at ten, main band goes on at midnight. Venue closes at two. That's a good set.

**Ally:** I would call that a late-night show for sure.

**Tiffany:** That's a late-night show!

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- Shohreh:** Okay. But let me clarify that, like, the band we were seeing was a Def Leppard cover band [Ally laughs lightly] where everyone in the audience was, like, pretty much in their forties and fifties. So does it make sense to start a show at midnight for a Def Leppard cover band?
- Ally:** No. They should be starting at 6:00 P-.
- Shohreh:** Nu-uh. Nu-uh. Bad decisions were made.
- Ally:** Yeah.
- Tiffany:** I have lots of respect for people who are older in bands. Like, clearly, like, sex, drugs, and rock n' roll, the drugs play a large part, in, like, keeping the band going.
- Ally:** [Laughs lightly] Yeah.
- Tiffany:** I'm pretty sure that Keith Richards was not sustained on [Shohreh laughs lightly], like, kale.
- Ally:** No [laughs lightly].
- Shohreh:** Also, it's like, I can fuck up my neck just from sleeping weird now, so these people that are, like, head banging in, like, their forties and fifties and stuff, I'm like, how are you doing this?
- Ally:** Yeah.
- Tiffany:** Like... [sighs]. Man, I was gonna say something, and now I can't remember what it was. Truly.
- Shohreh:** That feels like the right way to end the episode.

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- Ally:** Yeah. I've had many thoughts, but I wanna end on a positive note. I wanna say my favorite part of aging.
- Shohreh:** Okay.
- Tiffany:** Okay.
- Ally:** For me, as a 29-year-old, is that I, five years ago, feel like I had absolutely no confidence that I could handle any situation. And every year that I get older, I feel more confident that I can deal with anything. Even if I don't know how to do it, I'm, like, confident that I will figure it out. So that's all I wanna say. Aging can be really cool.
- Shohreh:** I will end on the note that I'm hot as shit, and I'm pretty sure with every year that I get older, like, I'm just getting hotter. And so I'm just gonna ride that train out until I die [Ally laughs lightly].
- Ally:** That sounds right.
- Tiffany:** Yeah. I would say that my favorite part of getting older is having people think that I know what I'm talking about [Ally laughs].
- Shohreh:** The gravitas, yes.
- Tiffany:** Because a lot of times, I do not, but I do have that gravitas and people think that I... [Ally laughs] "Tiffy, you know shit." I'm like, yes, I know shit. And then I proceed to Google it.
- Ally:** People be like, "respect your elders," and it's just Tiff being like, "Hi guys!" [Laughs]

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**Tiffany:** That is my favorite part of getting older is having gravitas [Ally laughs].

**Shohreh:** I love it.

**Ally:** That's totally fair. That is totally fair.

**Tiffany:** You guys think that I know what I'm talking about, right?

**Shohreh:** Yes.

**Ally:** [Laughing] Yes.

**Tiffany:** You're wrong! [Laughter]

**Ally:** I don't know, Tiff. I think the curtain has been drawn back a few times [laughs lightly].

**Shohreh:** Yeah. Yeah.

**Ally:** But I won't tell anyone. I won't tell anyone, don't worry.

**Tiffany:** Oh, I'm totally full of shit. We can tell everybody.

**Ally:** [Laughs] I'm your hype man. I'm like, Tiff knows. Tiff knows everything 'cause she's 40, and when you're 40, they give you a...

**Shohreh:** Handbook?

**Ally:** Yeah.

**Tiffany:** I'm not supposed to tell anybody, but I got, like, a secret key.

**Ally:** What?!

**Tiffany:** And it opens up this vault.

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- Ally:** [Laughing] And what's in the vault?
- Shohreh:** Yeah, tell us more.
- Tiffany:** You'll find out.
- Ally:** Damn it!
- Shohreh:** Oh shit. Well, everyone, look forward to that.
- Ally:** I have so far to go.
- Shohreh:** If you're already in your 40s and you wanna spill the secret—
- Ally:** Yeah, tell us what's in the vault.
- Shohreh:** —we'll be waiting to hear what's in the vault.
- Ally:** I'll give you \$5 [laughter].
- Shohreh:** Alright, Girl Gang. Well, speaking of being old, it's 10:00 PM, and that is our cut-off for tonight's episode because—
- Ally:** We have bedtimes!
- Shohreh:** We have bedtimes and we started recording late tonight. So, we will leave it at that. Aging is a mixed bag, is pretty much the message of this episode.
- Tiffany:** Life is a mixed bag.
- Shohreh:** Life is a mixed bag. But overall, things are on the up and up, I feel like, as we're getting older. So we'll take it.

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**Tiffany:** Yeah.

**Ally:** Assuming there's a planet left.

**Shohreh:** Alright.

**Tiffany:** Well, that's a whole different show. Goodnight guys. [Ally laughs]

**Shohreh:** That's a whole other episode, so... Thanks for listening, everyone. We love you if you made it through the whole thing. And if you didn't, well, you won't hear me say, go fuck yourself [Ally laughs]. And that's all. So, byeeeeeee!

**Tiffany:** Byeeeee!

**Ally:** Byeeeee!

[Music plays]

**Shohreh:** And that's our show for today. If you're enjoying Conjuring Up Courage, don't forget to subscribe through your podcast provider of choice so you never miss an episode. Additionally, if you haven't left a rating and review in the Apple Podcasts app yet, you can do so from any Apple device to help more people find and benefit from the show. I also love hearing from listeners, so feel free to take a screenshot from your podcast player, post on social media, and tag me. My username is @ShohrehDavoodi on all platforms. Finally, you can sign up for my email newsletter, The Sunday Share, and get more details about how to work with me by going to [ShohrehDavoodi.com](http://ShohrehDavoodi.com). Thank you so much for listening, and I hope you'll join me for the next episode.

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[Music fades]