

00:00:00:00 - 00:00:33:12

Dani Bowman

I'm a 29 year old woman seeking a mature relationship, one that seeks intimacy without the need for a wedding ring as a prerequisite for it. Consent is the key. I'm empowered to make my own choices.

00:00:36:14 - 00:01:00:06

Eileen Lamb

Welcome to this special edition of our podcast, *Adulting on the Spectrum*. Tonight, we're going to call it "Loving on the Spectrum." I am Eileen Lamb, an autistic author and photographer. And tonight I'm very pleased to welcome Dani Bowman and Jennifer Cook. They are both autistic on the spectrum, and they're also featured in the Netflix's show "Love on the Spectrum"

00:01:01:01 - 00:01:04:10

Eileen Lamb

Dani, Jennifer, thank you so much for joining me tonight.

00:01:05:04 - 00:01:06:04

Jennifer Cook

Thanks for having us.

00:01:09:12 - 00:01:15:13

Dani Bowman

We're both so excited to be here and especially all three of us are women on the autism spectrum here.

00:01:16:02 - 00:01:16:13

Jennifer Cook

That's right.

00:01:17:06 - 00:01:18:09

Eileen Lamb

I know. And I love it.

00:01:18:09 - 00:01:19:09

Jennifer Cook

That it's.

00:01:21:14 - 00:01:36:05

Eileen Lamb

So. Speaking of that, Dani, that's a that's very good. You are on the spectrum, and so is Jennifer. But you have different diagnosis journeys. Dani, do you want to go first and tell our listeners a little bit about your diagnosis journey?

00:01:36:15 - 00:02:07:03

Dani Bowman

Sure. I mean, so I received my first diagnosis at the age of five while attending elementary school. Initially, my inability to speak in complete sentences raised concerns among the school staff, despite assurances from the quote unquote, professionals that I would eventually grow out of it. The school intervened to address the issue. Surprisingly, my mom chose not to disclose my diagnosis to me.

It wasn't until I moved in with my aunt and uncle and I became aware of my autism at the age of 11. At first I viewed it as a disease or a cure. However, my aunt enlightened me explaining that autism is simply a part of who I am. Understanding my diagnosis allowed me to make sense of my experiences, such as being in special education since elementary school and noticing the strange looks from others.

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Dani Bowman

Embracing this aspect of my view of myself fueled my determination to succeed even further. A couple of here on my couple of strengths and weaknesses. My strengths are the ability to hyperfocus on on tasks that have tight deadlines, and I have eagle eyes for the attention to details when especially when I work. One of my weaknesses includes that, for example, my brain tends to move faster than my mouth when I'm trying to talk, which means sometimes I say the wrong words and I have some sensitivity to certain loud noises.

00:03:16:12 - 00:03:17:11

Eileen Lamb

That was perfect. Jennifer?

00:03:18:12 - 00:03:43:14

Jennifer Cook

Yeah, So, so Danny and I definitely come to the knowledge of being autistic women in very different ways. I was identified as being on the spectrum in 2011, so that was after my three kids were. I jokingly say, if I had had a neurotypical child, I don't know what the heck I would have done with them, because obviously I know what I'm dealing with with neurodiverse kids, right?

That that's home. So I was identified after them and for me it was very much kind of make everything make sense, you know, click it into place sort of thing. Kind of was able to look back at my life and make sense of that line that I've said often. But it's really true is how often I could feel so, so darned smart and so darn stupid at the same time, which is a lousy feeling to feel.

00:04:11:12 - 00:04:42:02

Jennifer Cook

And this sort of filled in the valleys. It made things, you know, it wasn't a lack of effort, it wasn't a

lack of, you know, it wasn't just a lack on my part. It was simply a difference. So, yeah, so for me much later and I think it's wonderful now looking at my my kids are now 2017 and 14 and I think just how great for them that they get to start off kind of understanding themselves.

00:04:42:02 - 00:04:51:00

Eileen Lamb

And Dani, I'm sure, you know, 11 is harder than even, you know, five, but certainly that's great that you got to grow up. Then having that perspective on yourself.

00:04:51:12 - 00:05:01:08

Dani Bowman

Indeed, yes. Thank you, Jennifer. And you've made me feel like not alone, because you said of mentioning that we on the spectrum sometimes of smart stuff while at the same time have, like dumb stuff.

00:05:01:15 - 00:05:08:03

Jennifer Cook

Yeah, totally. Totally. And that's exactly how it felt for me. So. Yeah, Yeah.

00:05:08:03 - 00:05:30:05

Eileen Lamb

So yeah, that was the most relatable thing I've probably ever heard. Like, so much as you, Jennifer. I was diagnosed as an adult. It was 25 and it was really like everything made sense because, yeah, I've always felt like different, but I couldn't explain why because, you know, I like, I get by, you know, and that's my skin is a big part of it.

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Eileen Lamb

You know, I hear a lot. I don't look autistic. Which was great. And at the same time, it's like you want people to know that, you know, it took a lot of work to get to the point where, like you, you don't look autistic. So both not great. Great.

00:05:44:10 - 00:05:49:03

Jennifer Cook

And autism doesn't even have a look, right? I mean, I think that's a beautiful part of it that we get to learn to.

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Dani Bowman

It's an invisible disability, which I actually call different ability.

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Jennifer Cook

Mm.

00:05:57:11 - 00:06:13:03

Eileen Lamb

And so you both were part of the fantastic Netflix show Love on the Spectrum. It seriously puts a smile on my face every time I watch it.. You want to share your favorite moments from, from filming? Dani?

00:06:13:03 - 00:06:20:04

Dani Bowman

Well, there are so many favorite parts from filming and one of my new reports was getting help and advice from you, Jennifer

Jennifer Cook

I liked like working with you too.

00:06:24:04 - 00:06:54:09

Dani Bowman

Thank you so much. It really helped, especially on how to approach intimacy. The reason why it was important for me to bring up that subject to a don is because I have a lot of friends on the spectrum that are asexual, which means they they want a relationship. But no intimacy. Don't get me wrong. That's so. But that's okay for them, for me, I was looking for a relationship that includes intimacy, and I wanted both of us to be on the same page.

I knew it was going to be an awkward conversation for people to see me asking the question, but I felt it was an important conversation to have Adan.. To be sure we are on the same page as far as we would like from a relationship eventually, of course. So we are good, but we are taking it slow.

00:07:18:08 - 00:07:26:06

Dani Bowman

I know I opened up the conversation and I expected some trolling, but sheesh, come on people grow up. We are adults.

00:07:26:10 - 00:07:32:06

Jennifer Cook

Oh no. How do you really had any net you've had negative response to to that whole part of the conversation.

00:07:32:13 - 00:07:50:13

Dani Bowman

Well I looked at some yes I did look at some comments, especially like on Reddit. Some some people say that not the favorite or some people say that I just want sex or some people

considered me like a Debbie Downer. But I'm actually But you know, what's the truth? I just want to reveal the true happy self.

00:07:51:08 - 00:08:10:04

Jennifer Cook

You are being a mature woman who is speaking out as a mature woman, as an adult who is allowed to. And what's more, you ought to be able to ask for what she wants in a relationship that's essential and I think incredibly brave.

00:08:11:08 - 00:08:13:00

Dani Bowman

It is true Jennifer. Thank you so much.

00:08:13:11 - 00:08:34:08

Jennifer Cook

It's not much everybody should not only feel comfortable doing that, but I think it's essential. Right. I think how they communication, whether that's in the bedroom or you're sitting next to each other on a living room couch. Right. That is what makes love flow, what makes it work or doesn't. So the folks have a lot to learn from you. So there.

00:08:36:04 - 00:08:56:11

Eileen Lamb

Yeah, Thank you then for putting yourself out there because you know, I think and don't read comments on Reddit. It's so negative, you know, it's like the entire every single thread is going to have negative comments and you're great And I so I appreciate you putting yourself out there because you're helping a lot of people. And you know what they say people like to complain. I think it's you know, if someone has a positive experience at a restaurant, it's they're more likely to leave negative reviews. Certain times they're certain times more likely to give a negative review than a positive review. And I think that's really crazy stat. So thank you for putting yourself out there. And I'm sure you're helping a lot more people than you think. And they're not saying it's a problem.

00:09:22:12 - 00:09:25:04

Dani Bowman

Yeah Eileen.

00:09:25:04 - 00:09:27:07

Eileen Lamb

How about you, Jennifer? Any favorite moment?

00:09:27:13 - 00:10:04:08

Jennifer Cook

Well, so Dani really took part of my answer was that I really did love talking with her. I think, you

know, woman to woman, I think that was really special. And I love the idea of, you know, that if sex was going to come up as a conversation, which I was really proud of them, that they let it come up as a conversation, I was really stoked that it was a woman who was bringing it, bringing it up, because, you know, as women, we have so many conflicting messages that are taught to us right around sex and forget the whole the community, like the whole conversation about autism and the fact that one might be part of a disabled community and oh, my gosh, be interested in sex. It is it is so disturbing and so, so sad when autistic people are infantilized and are condescended to. And so I thought it was great that it was just the opposite. We were speaking like adults about an adult topic, and I thought that was awesome.

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Jennifer Cook

So yeah, I have to say another one of the moments that I really liked was that obviously, like he said, I love hearing that the advice that I give actually comes into play. So when I spoke with Tanner, I loved meeting Tanner and that was lovely. He's just like the sweetest person I loved in our conversation that we had via Zoom afterwards where he was, he was struggling and I could tell there was something going on with him and something weighing on his shoulders.

00:10:56:13 - 00:11:12:05

Jennifer Cook

And just to be able to say to him that it's okay to not feel like you have to carry the conversation, that he could say, that he could say, you know what, I can't think of anything else to say, but I'm having a good time. And then he said that verbatim on the date. And I was like, I was cheering for her.

00:11:12:05 - 00:11:16:07

Jennifer Cook

I was like, Go, Tanner, just you got that, man.

00:11:17:00 - 00:11:17:11

Dani Bowman

Oh, yeah, go Tanner!

00:11:18:11 - 00:11:37:00

Eileen Lamb

Yes, that was that was amazing. I just watched that episode. Yeah, Great, great advice. I mean, you know, silence. When you're on a date, that can be awkward and you're like, very. It's very tempting to, like, feel that silence. But sometimes you just got to sit with it and, you know, your advice was so spot on. So thank you for that.

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Jennifer Cook

Thank you.

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Eileen Lamb

Dani, how about you? What was the most important lesson that you learned from a "Love on the Spectrum"? And how have you been integrated that into your life off camera?

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Dani Bowman

Okay, so what is my most important lesson on love of the spectrum? So the show has taught me invaluable lessons that I hadn't considered before. One key realization was that kissing on the first date might not be advisable, given that it occurs with someone I just met and the heat of the moment, it's easy to get carried away.

Many of us on the spectrum struggle with controlling our emotions, leading to potential consequences like unintentionally leading someone on or fostering a toxic relationship. My lack of understanding on how to manage emotions became apparent. Thus, I learned the crucial importance of clearly establishing the boundaries from the outset, even though implementing them can be challenging for individuals on the spectrum.

00:12:49:14 - 00:13:02:03

Eileen Lamb

That's fantastic Dani. Yeah. And Jennifer, I wasn't going to ask you the question because it's not applicable, but I do think about Dani's answer. I mean, I think that was so fantastic.

00:13:02:14 - 00:13:29:13

Jennifer Cook

Completely. You know, I think that what I saw in and in, in Dani's experience in season one and then kind of afterwards is actually a really common challenge for so many of us on the spectrum. And that is rushing through these like levels of friendships and levels of intimacy that the rest of the neurotypical world kind of into it.

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Jennifer Cook

They just get that you meet somebody and it may take longer, you know, it does take longer to develop a close bond. A lot of us, someone's nice to us and instantly it's like, Oh, they're my friends or someone's coming to us and oh, this is it. This is the fairy tale. Here we go. I think learning and going on that journey that you've got to go through each of those levels to get to that point of being very close.

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Jennifer Cook

That's that's a very real lesson for for all of us.

00:13:59:13 - 00:14:06:12

Dani Bowman

It's all about opening the eyes, opening your horizons. Look, be aware of our surroundings.

00:14:08:04 - 00:14:29:04

Eileen Lamb

Very good. And Jennifer, you know, there's so many new New Age, that concept out there. One of them is the ghosting one. Do you have any advice like what are some obstacles come in, obstacles you see out there for people looking for love now and as well as people who are already in relationships.

00:14:29:04 - 00:15:04:04

Jennifer Cook

Yeah, you know, I think that without sounding like a broken record, it's communication, right? It really, really is. And that's why when people do ghost and kind of drop off the face of the earth, if you will. Right? That it's chicken. It's like, yeah, it's chicken. It's not fair. It's not what anyone deserves. So I think then learning to not personalize what may feel like rejection or might feel like distance I think is a really tough challenge to understand and not go down what I call the chain of catastrophe.

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Jennifer Cook

Well, this happened. Then this happened, then this happened and the world is coming to an end. Maybe not. Maybe this is just one moment in time and maybe the other person's responses have nothing to do at all with me. Maybe that's just what they're bringing to the table in this place, in this space and time. So I think when it comes to the games, I think the best thing we can do for ourselves is to surround ourselves with, I like to call them seeing my friends, you know, So we're not just out in the world looking to make connection only through romance, but making sure like when Dani is on the show.

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Jennifer Cook

Right. We see, we see Devin, we see the thought that she's got, you know, friends. Right. And that's important, too, because that's the only person who are going to tell you in real time. Yes. Yes, it is the other person there maybe not being clear or in this moment, actually, maybe you can offer something else. You need friends first before you can dive in.

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Dani Bowman

That is definitely true. I take your advice, Jennifer.

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Jennifer Cook

Thank you.

00:16:02:13 - 00:16:22:13

Eileen Lamb

Yeah, and I think it was Connor who went on a date and it didn't go exactly as you wanted. And instead of ghosting, he was. It was Sasha. He called her like that was, like, very brave, you know? And it wasn't just a text. He was like he got on the phone, practiced with his mom first.

00:16:22:13 - 00:16:29:13

Eileen Lamb

And I was like, well, I mean, that's that's a difficult thing to do. So I don't know if you had any anything to do with that. Jennifer, But,

00:16:29:13 - 00:16:54:13

Jennifer Cook

Those you know, I know. I tell you what was interesting about Connor. I did get to meet Connor, and this is maybe just another like takeaway lesson for all of us is, is I think especially those of us who are autistic, struggle with understanding sometimes what we're putting out there, what other people perceive of us. Sometimes we think it's one way and actually we're coming across very differently.

So this is sort of a good lesson. When I was when I met with Connor, we chatted a little bit and he kept yawning and I thought well bummer, like, I've never heard anyone just yawn to me, like, I'm not a very boring person, You know, this is going to be lousy. And it turns out that that's how he shows anxiety, which even talked about later in another episode when he gets anxious he yawns.

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Jennifer Cook

But I thought, okay, my takeaway from this is it doesn't always look like you think it does. And what did I do? I personalize it just like I tell people not to do. I did. I personalized it, made it about me and had nothing to do with me whatsoever. Oh, that's.

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Dani Bowman

This is something that I never really heard before that beyond because they're anxious.

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Jennifer Cook

Yeah, sometimes I guess some people do.

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Eileen Lamb

You know, I laugh when I'm anxious and I'm nervous. I just can't stop laughing.

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Jennifer Cook

It's better than yawning and let me tell you.

00:17:57:10 - 00:18:12:14

Eileen Lamb

Yeah. Maybe. So. Dani, I wanted to go back to, you know, we talked about intimacy, and even in the show, we see you practicing kissing with a cupcake. And where do you get all the advice on those topics like this?

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Dani Bowman

Well, definitely. I would say I'm passionate about research and delving into topics that interest me. Addressing intimacy is crucial because I'm tired of being treated as if I'm not capable of understanding or discussing. Like Jennifer said, infantilizing, Let's debunk the myth that only men are interested in sex. Women and girls, including those of us on the spectrum. I wanted to normalize discussions about intimacy for everyone without the double standards.

00:18:47:01 - 00:19:16:12

Dani Bowman

This show has been an eye opening, but I realized I hadn't fully shared my complete, authentic self in the last season. I'm 20, I'm a 29 year old woman seeking a mature relationship, one that seeks intimacy without the need for a wedding ring as a prerequisite. Consent is the key. I'm empowered to make my own choices. I'm not afraid to dive into research, including topics like kissing and intimacy.

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Dani Bowman

It's absurd to consider a taboo. Exploring human sexuality is natural, so for season two, I took a plunge and asked Keann if it was cool to discuss this. He gave me the green light. Yep, I'm the instigator here. I want to open that door so that conversation could start because it was also it will also help us stay safe.

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Dani Bowman

The more we know, the better we can protect ourselves. And it goes for all genders. And, you know, despite the potential black backlash, I'm determined to normalize conversations about intimacy. And this this reflects on the past experiences like misunderstood kissing experiment. In high school, I learned the valuable lessons. In this season, I'm focused on finding the right

person for a meaningful relationship.

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Dani Bowman

We can explore the intimacy together and responsibly and respectfully. But where do I find the cupcake part? I like? I said, YouTube videos. I, I researched it and learn how to kiss like holding an invisible cupcake and watch what the YouTuber does.

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Eileen Lamb

I mean, hey it worked out.

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Jennifer Cook

So yeah, I thought it was great. And, you know, I think it it boggles my mind that people would think that it's appropriate to research like absolutely every aspect of interpersonal relationships, but not intimacy. Right? That's crazy. That's so you don't just you're not born knowing how to be a good kisser. You're not born knowing how to be a good lover.

00:20:52:09 - 00:21:15:14

Jennifer Cook

You're not born knowing how to be a good partner. You have to learn. And so I think that's a wonderful thing. I think that the more you know, the clearer that we can be about that subject, then I think we're all better for it. I agree that every relationship would be better if people took the time to know this.

00:21:16:01 - 00:21:37:00

Jennifer Cook

One of my favorite albums ever is Sarah McLachlan's Fumbling Towards Ecstasy, and it's now like 30 years old, and that makes me very unhappy. However, I always thought that was like the best line fumbling towards ecstasy. That's that's the whole point, right? I remember saying to Dani, and I think, I don't think this made it on camera, but that you can have a whole lot of fun messing up as long as you're messing up together.

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Dani Bowman

Yes, there's it's never be afraid to make any mistakes.

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Eileen Lamb

Yeah. You know, I think a big part of the problem is that, I mean, you know, we are on a spectrum autistic. And I feel like the awkward feeling is not here as much as for neurotypical people. So, like, I don't have any problem talking about this, but I think neurotypical people and

the topic of intimacy and sex and all of that, like more awkward than it should be and it's become a taboo, right?

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Eileen Lamb

But for us, I don't know if it's because of the diagnosis or just sort of person is, but it's really not that big of a deal. I mean topic like any other. Right. And I think that's part of the reason why.

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Jennifer Cook

Yeah. Yeah. Well, kudos to you for bringing it up, Dani. I love and I have to say judos to Keann as well for saying yeah you know what, that is something that belongs on the show.

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Dani Bowman

It's true. Thank you so much Jennifer.

00:22:38:08 - 00:22:55:10

Eileen Lamb

I'm glad it wasn't cut out. So it's to both of you rejection is a big part of of dating, unfortunately. Have you dealt with or how do you recommend dealing with with heartbreak?

00:22:56:04 - 00:23:18:03

Dani Bowman

Well, you're right. That rejection is part of dating. That's that means you should never expect to be the one just because you go on the date. You are just getting to know someone. And the worst thing that can happen is you remain friends and it's not a bad thing. It is disappointing at first, but it's usually best for everyone in the long run.

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Dani Bowman

Personally, I try not to dwell. I try to look forward and I think about getting about going on other dates and meeting more interesting people. And don't take it personal. I don't. It's just it was just not meant to be.

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Jennifer Cook

Yeah, it's a hard thing. I mean, you know, Dani hitting the nail on the head when, you know, it is really about not taking it personally and learning that I think nine times out of ten, the reason, you know, I'm not being like literally nine times out of ten, but to use the expression, the other person and their hesitation, their withdrawal, they're simply saying, you know what, this isn't working for me, for whatever the reason, has nothing to do with who or how you are.

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Jennifer Cook

It's simply what they're going through and what they bring to the table. But I think that's hard, especially because so many people who are autistic have been through bullying or have been through whether they're friend relationships or romantic relationships, or maybe they haven't been well supported or they haven't been well valued. So I think it's easy then to go down that slippery slope into.

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Jennifer Cook

And so therefore, look, here is happening again. I'm getting rejected again. And I think that's where it can be super hard to ask the same thing about us to people because we've had one too many experiences like that. But I think that's where we have to kind of stand for and with each other and say and yet and yet in this moment, still, it probably has nothing to do with you know.

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Eileen Lamb

It's an expression. You can be the youngest pitch iin the world. There will always be someone who doesn't like pitch.

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Jennifer Cook

There you go. I love that.

00:25:08:02 - 00:25:09:13

Dani Bowman

I really like this imagery.

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Jennifer Cook

Yeah.

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Eileen Lamb

Yeah. I think it's good. And you know, often time I think something that if you go to is to not of overgeneralize to rejection let's say you get rejected for a job like don't feel better about yourself like as a person you know they only rejected like one aspect of you maybe one thing you did wrong during the interview.

I think it's hard Maybe that's just the missing, but to not take it personally to the point that it affects my entire being, you know, it's only one aspect of you that was rejected and not even because of you, because that maybe those things are rejected about you might be the very thing the next person absolutely loves about you.

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Jennifer Cook

Yes.

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Dani Bowman

Oh, yes.

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Eileen Lamb

Okay. So, Dani, how are things going with Adan and are there any high points or challenges you have handled together that would like to share.

00:26:06:15 - 00:26:31:10

Dani Bowman

My relationship with Adan remains strong. We are doing our best to see each other as much as possible. And however, he is really busy because he's finishing his animation degree and is working on weekends, which I totally respect and understand that because I busy myself, which he doesn't mind either. We text and face time as much as possible and we see each other as much as we can.

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Eileen Lamb

Not. It's fantastic. I'm so happy for you.

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Jennifer Cook

Yeah, I love hearing that you're supporting each other. That's the way it should be, right? Any relationship should enhance. You should be like putting the sugar on the cereal is what makes it taste better and be better. That's great.

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Dani Bowman

It's all about learning. It's not just about learning from each other. It's also about growing together. To develop.

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Jennifer Cook

Absolutely.

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Eileen Lamb

Oh, that's So. Speaking of Jennifer, what do you think are some of the most important practices to sustain a relationship long term from your perspective?

00:27:11:14 - 00:27:26:05**Jennifer Cook**

Yeah, So, you know, these are things especially around Valentine's Day, I'd have to make sure that I check in with my husband and I asked him, you know, what are we doing? What are we doing right? What can be better? Right. I think those are really important things to do. And that's where we come back to that same darn thing again.

I know I sound like a broken record, but yes, communication, right. I think that I think that the best thing, the most beautiful thing that can be in a relationship is curiosity. And I don't mean just asking question, question, question, question. I mean generally and genuinely wanting to not only learn about the other person, but about life in general together.

00:27:51:05 - 00:28:14:08**Jennifer Cook**

So having activities, having things that you can do together, nothing new happens if nothing new happens, right? So if you want to develop and enhance that relationship, then you've got to be willing to try new things to go outside of your your comfort zone, not to a panic zone place, but to a learning zone kind of place, which is somewhere in the middle.

00:28:15:06 - 00:28:39:08**Jennifer Cook**

And I think also another skill that is really important to develop is knowing that there are differences between our feelings and our thoughts. We're excellent at kind of running really quickly between one and the other. So a little tip that I and a lot of times autistic folks, we tend to not always be great at identifying what we're feeling in any one moment.

00:28:39:13 - 00:29:02:11**Jennifer Cook**

And I keep saying communication, but if you don't know what to communicate to the other person, then you know you're up the creek without a paddle. So instead it's learning that we all behave or we see something, we experience something, it's a observed "Think. Feel. Do," we have a thought and a feeling? And then there's an action. And our thoughts, our thoughts can be sometimes a little skewed.

00:29:02:11 - 00:29:22:03**Jennifer Cook**

They can be off, they can be mistaken. Our opinions, our perceptions of things. But our feelings are never, ever wrong. You hear yourself saying, I feel like or I feel that that's actually an opinion or a thought. That's coming up and that's worth looking at and checking in with your partner. Is

that that thought accurate? Are you reading the other person right? Because what you're feeling can never be wrong, but what you're thinking about, what you what you're perceiving or what your partner's doing, that can be wrong. So checking in with each other, being curious together, and certainly certainly that include that's in every room of the house.

00:29:39:15 - 00:29:43:11

Dani Bowman

That's right.

00:29:43:11 - 00:29:56:05

Eileen Lamb

So Dani and Jennifer, was on this show. There were moments from filming that didn't make it on screen that you can or want to share with our listeners.

00:29:57:03 - 00:30:22:02

Dani Bowman

Why, Certainly there are many scenes that didn't make it in season one, Season two, first of all, some of the scenes from Jennifer coaching me in season one were cut. That was pretty disappointing. And for and in season two, Adon and I spent a whole day at the park talking. A lot of it was cut, including when we were talking about how we learned how to kiss before I brought out the cupcakes.

00:30:22:02 - 00:30:45:08

Dani Bowman

He shared with me that his that his brothers showed him what it's like to kiss by licking an ice cream cone. And his part was cut. And third in season two in entire scene shot at a pub called the Bigfoot Tavern was David and I were was cut out probably because they chose James. The scene with all the taxidermy that was also present.

00:30:46:10 - 00:30:53:06

Dani Bowman

I think the most hilarious part was James opening a beer bottles of raccoons behind. I just couldn't stop laughing at that.

00:30:53:06 - 00:30:58:14

Jennifer Cook

And so that was special. Yeah.

00:30:58:14 - 00:31:01:00

Eileen Lamb

Yeah. And Jennifer.

00:31:01:08 - 00:31:22:10

Jennifer Cook

Well, I have to. Yeah I'm going to go with Dani set about, about season one. I was really bummed that our time together didn't make it on, on screen. That would have been that would have been really nice because I think that it, you know, there was a little bit of wow. When when the two of us were talking on Zoom in this season, you know, it might have been confusing like, well, how do they already know each other?

00:31:22:10 - 00:31:44:09

Jennifer Cook

So that was, you know, maybe a little bit. But I think the other thing that that I took away that I thought was important was I also worked with Journey. And so a lot of these moments don't get to make it on screen. But in working with Journey, she asked me a question that I thought was so important is it was nice to be able to sort of talk about queer relationships.

00:31:44:09 - 00:32:06:04

Jennifer Cook

That's not something we had been able to broach before. And on the show. And she asked me, she said, So if I'm in a relationship with a woman who's the man? And I said, But you know what? What do you mean? That's kind of the point is there isn't one. And she said, No, you know, as in who does for the other person, like who maybe pays the check or hope who pulls out the chair for the other.

00:32:06:04 - 00:32:24:13

Jennifer Cook

And I said, Well, I think the idea is that it's anybody who wants to be kind to the other person can go ahead and be kind to the other person. And she actually then brought that question up when she was on a date. So I thought that was and I would have loved if there was that follow through that you could see that then happen in real time.

00:32:26:04 - 00:32:32:14

Dani Bowman

So really loved the interactions that were happening, you know, But I'm so sorry that these didn't make it to the cut.

00:32:33:03 - 00:32:34:01

Jennifer Cook

Yeah, Bummer.

00:32:35:04 - 00:32:56:09

Eileen Lamb

Yeah, that's that's too bad, because I feel like that interaction was it and you shared then you

would have been a really good follow up and you know, it would have added to the conversation. But thank you for, for sharing today. And yeah we'd love to see more of your of your coaching too Jennife. It seemed like you guys want a bit of time together?

00:32:58:05 - 00:33:01:04

Jennifer Cook

Yeah, yeah we did.

00:33:02:06 - 00:33:09:07

Eileen Lamb

Do you have any words for people who are looking for love? And I haven't been able to find love yet.

00:33:09:07 - 00:33:34:04

Jennifer Cook

Okay, So actually absolutely nothing new. And I know I said this just a few minutes ago, but it's okay. Nothing new happens if nothing new happens, Right. So if you want to meet people and you haven't yet, if you're looking for love and you haven't found anyone yet or you're just sitting at home, first of all, nobody's going to come knocking on your door and just say, Here I am, the love of your life.

00:33:34:04 - 00:33:55:00

Jennifer Cook

It's not going to work that way. And you'd be surprised how many folks kind of seem to have this expectation that they can just keep on doing what they're doing and new relationships will fall into their lap. That doesn't that doesn't work. But your passions, the things that you're excited about, your special interests, those are wonderful ways to meet new people.

00:33:55:00 - 00:34:19:03

Jennifer Cook

So I encourage you to go get involved in any activity, even if it means creating one that surrounds your interests because you're more likely to meet people who share them. You know, I loved I believe it was in like when your first conversations with Adon, Dani where you guys were talking about animation right away. Right. Nurture your passions and look for other people who you can share those with.

00:34:20:00 - 00:34:24:10

Jennifer Cook

We're not saying you have to be like identical twins, but it's a little something in common. Helps.

00:34:25:04 - 00:34:36:11

Dani Bowman

Yeah, and I took your advice. Well, then again, that was not that wasn't in the cut. So but anyways, to add that these are really good advice.

00:34:36:11 - 00:34:38:00

Jennifer Cook

Thank you. You're sweet.

00:34:38:13 - 00:35:04:08

Dani Bowman

Thank you. So, and what I would like to add is go on at least 4 to 5 dates before expressing your feelings. If the date doesn't respect your needs, then that tells you everything about that person. You don't want to date someone that does not respect your boundaries because they can easily become toxic. To ask your questions, ask questions about their interests, and dive deep into the conversation to get to know their intentions.

00:35:04:13 - 00:35:30:11

Dani Bowman

It's easy for some of us to get taken advantage of. We sometimes are very gullible and will believe anything that someone they ask may or may say to us, but it's their actions that will tell the truth. And if anybody, if anybody takes advantage of you or makes you do something that you're uncomfortable with, tell someone you don't have to put up with that.

00:35:30:13 - 00:35:59:01

Dani Bowman

That's why it's very important to get to know someone third figure out and agree on the best date, time and public place for both of you and for both of you, you and your date for the next time when you meet like a coffee shop, a library or museum, it's great to keep up the conversation. The more you get to know each other, the more you get to know the dates, the better you understand each other and trust each other. Fouth, recognize the red flags.

00:35:59:01 - 00:36:18:12

Dani Bowman

Because in every toxic relationship there will always be red flags. If you're date doesn't respect your boundaries, that's a big flag. And never be afraid to get help from your trusted friends and family who can help with your relationships too.

00:36:19:06 - 00:36:20:02

Jennifer Cook

Excellent.

00:36:21:06 - 00:36:51:04

Eileen Lamb

Well, she's great. She might be the counselor next season on Love on the Spectrum.

Well, thank you both so much for coming on to the honor on this podcast. I mean, creating one of the best conversations of it for real. So thank you to both of you. But before we go, can you please tell our listeners where they can find you on the on social media and if there's anything you want to promote or books on animation projects, maybe.

00:36:52:08 - 00:37:18:08

Dani Bowman

So in order to find I have my animation company called Danimation Entertainment, which is a company that helps educate elevate and empower people on the autism spectrum by helping them turn their passion and innovation into a career. So you can look at my website, my company's website database. DaniMation.dot com. You can also find me on Facebook, you can find me on Facebook and my company.

00:37:18:11 - 00:37:43:12

Dani Bowman

Make sure entertainment as well. Find me on LinkedIn and do animation, Find me on Twitter under the animation anti Instagram and Tik Tok and threads. You can find me as Dani Bowman or you could just Google me. We also offer free introduction animation classes for those who are interested in animation. So we do it every day, every Saturday from 10 a.m. to 1 p.m..

00:37:43:14 - 00:37:52:11

Dani Bowman

Sorry, I mean 11 a.m. to 1 p.m. Pacific, if anybody's interested. It's at DaniMaiton.com/free.

00:37:54:01 - 00:37:55:12

Eileen Lamb

Right on.

00:37:56:04 - 00:38:14:10

Jennifer Cook

Awesome. Well, I don't have an academy, but maybe that's what I need to do next. Any media any lesson from you? And that went up. You know, I think that Dani makes a good point if you forget all of our our tags or our links, just you can always Google us. That doesn't make it nice and easy. But yes.

So my website is Jennifer Cook, author,COO, author .com, which is also where you can find me on Instagram. Jennifer Cook, author, Same on Facebook. And I would say, you know, there are there are two books of mine, so I've written ten. There are two books in particular, though, that I think I would kind of throw out there if if you're following this conversation, want to know more?

One would be autism and growth. This was a Wall Street Journal bestseller and it talks about it's my memoir, so it talks about the experience of being female on the spectrum or my experience,

not the experience, because there ain't one. But beyond that, I think that also the secret book of social rules, which currently I think is an eight languages, this is definitely if you want to kind of unzip the secret social rules that seem to sometimes be a bit there's a lot that I take from these and draw in to live on the spectrum.

00:39:12:07 - 00:39:28:08

Eileen Lamb

Perfect. Well, we'll make sure to have all of that in the description when we publish this incredible episode of Loving on the Spectrum. So thank you again for joining us, joining me today. And have a good night.

00:39:28:08 - 00:39:35:08

Dani Bowman

And thank you so much for having us to be part of the show. When will it come out Eileen?

00:39:37:01 - 00:39:37:15

Eileen Lamb

Valentine's Day.

00:39:38:09 - 00:39:47:04

Dani Bowman

All Yes, that's right.