

00:00:00:10 - 00:00:35:06

John Frizzell

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00:00:39:17 - 00:00:57:15

Eileen Lamb

Welcome to *Adulting on the Spectrum*. In this podcast, we want to highlight voices of autistic adults, people like us talking about their day to day life. Basically, we want to give a voice to a variety of autistic people, I'm Eileen Lamb, an autistic author and photographer and I co-host this podcast with Andrew Komarow. Hey Andrew.

00:00:58:18 - 00:01:30:06

Andrew Komarow

Hey Eileen! I'm an autistic entrepreneur and co-host of this podcast. Today, our guest is John Frizzell. Award winning composer John Frizzell. Born in New York City, began his musical journey with early career roles at the Paris Opera and Metropolitan Opera. Companies, from teenage rock band to jazz studies. He found his calling after meeting mentor Joe Pass. His lasting collaboration with Mike Judge began with *Beavis and Butthead Do America*, followed by *Office Space*, one of the best movies of all time.

00:01:30:06 - 00:01:56:20

Andrew Komarow

Proud of that part and more earning accolades, including an Emmy for *Beavis and Butthead*. Do the Universe results TV Work include *King of the Hill*, *The Following*, and Netflix's *Space Force* Beyond his music is contributed to film institutions and lectures. And today, John is disclosing his autism diagnosis on our podcast, *Adulting on the Spectrum*. Welcome.

00:01:57:20 - 00:01:59:16

John Frizzell

Thank you. Thanks for having me here.

00:02:00:13 - 00:02:16:11

Andrew Komarow

So we want to start, but we'd like to start our podcast by asking each guest how they prefer to identify whether it's autistic on the spectrum. A person with autism. I don't have a preference or I haven't even had time to think about it. Do you have a preference?

00:02:16:17 - 00:02:39:06

John Frizzell

I like autistic. I am autistic. I, you know, looking at a Leo Kanner, you know, choosing the word autism from the Greek self. Thank you. The implication was someone who, you know, prefers to

be in isolation, which is definitely describes me. So I don't think of it as something I have as I think of it as something I am.

00:02:39:21 - 00:02:51:02

John Frizzell

I can't imagine me apart from it. I if I run a scenario in my head of me, apart from the way I am, it's not me. So did that make any sense?

00:02:51:13 - 00:02:51:22

Andrew Komarow

Yeah.

00:02:52:06 - 00:02:53:04

John Frizzell

Be very weird.

00:02:53:12 - 00:03:01:24

Eileen Lamb

And can you tell us about your autism diagnosis journey? It's. I'm sure there is a lot there, but it,

00:03:02:04 - 00:03:27:14

John Frizzell

Yeah, I mean, this is kind of I mean, revealing it, getting on to getting getting assessed. Getting diagnosed is kind of like the end of sort of a 50 year meltdown or a 50 year nightmare. It it feels like I'm coming home. It's really emotional for me because I really spend a half a century really lost on this planet just trying to figure out what was going on.

00:03:28:14 - 00:03:53:06

John Frizzell

It wasn't pleasant and I maybe in the year I have a few notes here, but I think it was around 299 or 2000. Let me just silence this so I don't get anything in here. Sorry about that. Around the year 2000, in the early days of the Internet, I was just playing around with an IQ test with some friends, and we were all like seeing who could get the highest score.

00:03:53:19 - 00:04:11:02

John Frizzell

And then it linked me to an autism test. And I took the test and it said I was autistic and I thought I knew nothing of autism. And I and I actually just sort of made fun of it and didn't think anything of it and thought, well, you know, this test doesn't isn't set up right and stuff. And I knew nothing of it.

00:04:11:02 - 00:04:46:03

John Frizzell

I had absolutely no knowledge. And but it really sat with me and I kept wondering what what was that test really about? And little things would come up and I would read about Asperger's over the years. I go, that that sounds a little bit like me. And then it was things really peaked for me during the beginning of the pandemic when I realized how much I liked the isolation, how much I didn't miss being around people, and how texting and writing, just being able to just text people and not having any contact with so much clearer and easier for me and less stressful.

00:04:46:09 - 00:05:20:04

John Frizzell

And I maybe I think I Googled that or something. I was reading about it and I thought, wait a minute here, you know, and things started to click together and it all kind of came to a head at one point when someone became really upset with my tone of voice and and and I said, Well, what's upsetting? And they said I that I was coming off as as to to harsher to direct and and I looked kind of inside myself and it was a total mismatch like nothing inside of me had anything to do with the way I was being perceived.

00:05:21:00 - 00:05:39:23

John Frizzell

And I was just totally struck by this, by this complete mismatch and how I intended to to display myself, how I wanted to present myself and how I was being perceived and and I knew right then it just clicked in my head. I could see myself for a moment from the inside and the outside. And I knew right then I was on to something.

00:05:39:23 - 00:05:44:13

John Frizzell

And that's when I started seeking out, getting, getting actually assessed and diagnosed.

00:05:44:14 - 00:06:04:05

Andrew Komarow

Hindsight is 2020. If you look back when you were a child or young adult age, or are there things that you almost lack at an hour or maybe not there yet, but just in a word, that was such a manifestation of your autism?

00:06:05:14 - 00:06:30:03

John Frizzell

Yeah, there's a lot. So getting the childhood things kind of messy. And I get that the the I forgot to add in that last part is to that's when I found my way to I'm going to look up the doctor's name again because he was really great. But Jason Miller, I found a doctor named Jason Miller and that's who I did the diagnosis with.

00:06:30:03 - 00:06:41:15

John Frizzell

And it's an interesting process to have just all the questions in the interviews. And it's I kind of

find it intriguing and interesting, but I just wanted to put that out there for people that are sort of thinking about.

00:06:41:15 - 00:06:53:24

Andrew Komarow

Well, how long was it going to take you and what did they do? Because lots of people, even as adults, seem to have different experiences, you know, So if you if you want to just share.

00:06:54:06 - 00:07:12:04

John Frizzell

Yeah. All and it was I think about three months from the beginning, from the first first contacting Dr. Miller, who's a big Beavis and Buttthead fan. So it was, it was a it was, you know, it was fun talking to him. There was a bunch of paperwork to fill out that I filled out. My partner Nicole filled out my son, filled stuff out.

00:07:12:04 - 00:07:34:02

John Frizzell

We both we all wrote a bunch of pages. Then I think there was a first, a video conferencing, and then there was a meeting and there was quite a big gap in between each step. And then there was going into the office and doing all these tests and puzzles and stuff and I love that stuff. I think that's just, you know, that's, that's where I'm really having a good time.

00:07:34:02 - 00:07:58:20

John Frizzell

So and then there was another delay, and then then I get this report and then go in and talk about it. And I think the after getting diagnosed and going in and talking to him, it was the first time in my life working with Dr. Miller that I felt I almost started to cry talking about it, because it's the first time I felt like someone liked the parts about me that really were hard for me, that I had run away from my whole life.

00:08:00:21 - 00:08:08:22

John Frizzell

And and I felt like I was home. I felt like I had this this nightmare was ending.

00:08:09:15 - 00:08:33:21

Eileen Lamb

That's beautiful. And I can relate to to what you're saying. I felt the same way when I was diagnosed because everything started to make sense. And all of the things that people used to bully me for. Finally, like I don't name, you know, and all of these things that were like, no, I kind of embraced them, you know, like being creative.

00:08:33:21 - 00:08:53:00

Eileen Lamb

The fact that I like music from the 1960s when the kids back then in the nineties were listening to what was on the radio at that time. And now I like that my interest or out of the books, for instance, and you know that I can talk too much and sometimes I just want to be alone for weeks at a time.

00:08:53:00 - 00:09:04:19

Eileen Lamb

And all of the things that made me weird now, or just kind of like, but this is me, you know, and it has a name and it's it makes sense. So yeah, I get the coming home parts. I like how you said it.

00:09:05:13 - 00:09:41:04

Andrew Komarow

And I agree with that. I experienced what I think also a fair amount of other people experience, which was maybe not a good period before, maybe, you know, guilt at first of how things could have been different. Right. Or did I have done sooner? And just like a lot of I got to the point where you guys are absolutely there Now, it took a few months, but also just for people to say, I don't think that's too uncommon to where it can just be so much to process that it's kind of a journey to getting there, but we hope everyone gets there.

00:09:42:03 - 00:10:05:01

John Frizzell

Yeah, yeah, yeah. It was very powerful. I'm grateful that I'm going to get, you know, that I have a good chunk of life here. I hope. Hopefully I'll be a composer, not a composer. I can keep, keep composing, live some life as an autistic person. You know, the. So you were asking Andrew about childhood stuff. So I'll go through this quickly.

00:10:05:01 - 00:10:27:15

John Frizzell

But my childhood was just a train wreck. My dad, someone tried to murder my dad when I was three on a front doorstep. He was stabbed in the neck in the back. He had surgery. He survived physically, but the PTSD and the mental issues created just a web of total chaos. So I think most of what happened to me, you know, that my house was just it was a very dangerous place.

00:10:28:13 - 00:10:49:13

John Frizzell

And so I don't have a lot of clear memories. And no one was really looking out after me. It was more like just sort of trying to get through it. And so I think that my my autistic traits were probably overshadowed. I do remember really intense tantrums. I really I remember being dragged to kindergarten the first time and just my mom couldn't even get me out of the car.

00:10:49:13 - 00:11:10:11

John Frizzell

So just going back home and trying it over and over until I would eventually go in. And once I

started to go, I could I can handle it. You know, I think a big escape for me was sitting at the piano and I would I would it probably four or five years old. I didn't know how to play yet, but I would sort of tell stories.

00:11:10:11 - 00:11:30:08

John Frizzell

I would just I was just fascinated with the sound. I was just captivated with the sound. And I would make sounds of dinosaurs, I'd make sounds of rabbits. I would make stories up and I would tell these stories. Just all my emotions would come out through just creating these weird sounds that weren't really tonal. And it was just it was sort of it's funny because that's exactly all I do today.

00:11:30:08 - 00:11:35:22

John Frizzell

It's all I've ever done in my whole life. So it was weird that I just sort of born that way.

00:11:37:11 - 00:11:59:19

Eileen Lamb

So wild to me that you didn't learn to play a piano until you were like four or five because I feel like you hear, you know, you're really amazing at music. And I'm going to ask you about this in just a minute, but I feel like that's something in my head I pictured as a you know, you sit on the piano as a toddler and you know how to play a type of thing, not as something you learn.

00:11:59:19 - 00:12:11:16

Eileen Lamb

Like, how did you go from being five and not knowing how to play it to the career you had. While you're at it, can you tell us about some of the movies you worked on? Your favorite music all of that.

00:12:12:07 - 00:12:32:18

John Frizzell

Yeah, I sort of walk through like music in my life, you know. So I think it goes from from that early stuff at the piano. I can remember my dad was was quite an exceptional piano player. I can remember putting my hands on top of his hands when he would play and just like riding his hands around, I'm not a piano at piano is not my first instrument.

00:12:32:18 - 00:12:53:08

John Frizzell

I'm a I'm a marginal pianist at best. I'm a guitar player. But then I started singing and that's when I, I at school I would sing at church and I would and I eventually got hired to sing in professional choir choirs with the Metropolitan Opera and the Paris Opera Company. And I was just captivated with the sound of opera, with these huge orchestras.

00:12:53:08 - 00:13:24:02

John Frizzell

It literally I mean, it just it was so scrumptious. I can't I can't give you any other word for the sound. It just literally transported me. I think that I have I do have pretty intense auditory sensitivity, but I think in the same way, a sound can be extent much more negative for me, I think can also be much more positive so that I can get these almost I'm just like, I dream like states from music where it's just it's so it feels so good.

00:13:24:02 - 00:13:41:15

John Frizzell

It's hard to describe it. But then my voice cracked when I was like 12 years old and I went into rehearsal one day and and my voice cracked one time and they called my mom the next thing I know, I'm on the Little League field just playing baseball. And she said, Singing was over and it was over. I never sang again.

00:13:41:24 - 00:14:07:03

John Frizzell

And a few years later I started playing the guitar and fell in love with that. And really became quite obsessed with the guitar. Like you. I mean, I started listening to music that was from my generation and I became obsessed with like Django Reinhardt music from the 1930s and forties. And then I went to USC music school to play jazz and then to Manhattan School of Music.

00:14:07:03 - 00:14:27:10

John Frizzell

And then I found my way to an assistant in a recording studio, and I did TV commercials and then I not an opportunity to work with really. Sakamoto, the great composer who recently passed. He was just an amazing person, an amazing composer, and I got to work with him on a mini series called Wild Palms that Oliver Stone made.

00:14:27:18 - 00:14:51:03

John Frizzell

And I did all these. I did all right, all his synthesizers and took his compositions and and sort of realized them on synthesizer for that series, mini series. And that's where I fell in love with writing to picture. I came to L.A. at that point. I was in New York when I worked for Ricci, and I came and I started working here, and I got to collaborate with a composer named James Newton Howard, who was incredible in mentoring me.

00:14:51:12 - 00:15:12:05

John Frizzell

And did Dante speak some other movies that led to the fourth Alien movie On my own was Young Pears in a in a bunch of other movies. Beavis and Butthead came along around that time, and then you can go and look at I IMDB, and that's where I started really working when I

when I started working a lot.

00:15:12:05 - 00:15:29:22

John Frizzell

And I didn't have to think about socializing. That's my life did get a lot better when I could just be in a room like I'm in now, I'm in a recording room, and the sound in here is makes me very comfortable and happy. And, and this is where I've spent a big chunk of my life, you know, just alone in a room writing music.

00:15:29:22 - 00:15:30:17

John Frizzell

That's what I like to do.

00:15:32:10 - 00:15:48:19

Eileen Lamb

That's incredible. And, you know, you've been sharing all of these things about your diagnosis, which no one knew about until today. And I'm wondering, why did you decide to make your diagnosis public on our podcast, which we're so, so honored about. Obviously.

00:15:49:17 - 00:16:14:01

John Frizzell

Yeah, it's just it's just time. It's time. I'm, uh, I don't. I can't really go on masking. I just don't wanna do it anymore. I'm tired. It just makes me tired. I've started to realize how much it takes out of me. I'm probably going to do it during this podcast. Some. I mean, I'm hopefully I'm. I'm going to let you see how I, how I am.

00:16:14:16 - 00:16:40:18

John Frizzell

But. But it's such a habit. It's I'm so sort of conditioned to try to assimilate. You know, if anyone wants to really come and sit around my house for 8 hours and watch me go through a book about philosophy or do chess puzzles, they can do that. And but, but I and the other thing is, is I've become very focused on autistic employment.

00:16:40:18 - 00:17:00:21

John Frizzell

As I started to read about the statistics and the rates of what's going on with autistic employment, and it's just time to get involved with with everybody. It's entire time for me to get involved with other autistic people and see if some of the things that have worked for me and how I kind of fumbled my way. I've pretty much fumbled my way through life.

00:17:00:21 - 00:17:29:15

John Frizzell

But it did work in a lot of ways. And can I take some of my fumbling through and and and use it

to help other people in our community? Maybe not, you know, trip over themselves. As bad as I have in places, I think it's I think I think I have things that can be used and and I think I can contribute to autistic employment is probably the first place I like to start.

00:17:29:15 - 00:17:38:07

Andrew Komarow

If you had any other quick tips or things that you did before your diagnosis and maybe some things that changed after your diagnosis.

00:17:39:15 - 00:18:05:10

John Frizzell

I have to focus on that. If you did, if that if for autistic people, maybe if you have the possibility to think about different types of jobs that may be better suited to you as an individual, maybe steer towards one of those, for instance, I don't I could never be around people all day in an office. I would last, you know, two days max and I wouldn't and wouldn't make it.

00:18:06:03 - 00:18:32:21

John Frizzell

And so so I think that that if if it's possible to try to find and and and look for places that you can make decisions in your own life that are going to steer you towards a job that's going to be functional for you. Because, you know, for me, not every job would work at all. Very few. And I know that's it's a really difficult thing and and that we that we shouldn't have to have the world conform back that we shouldn't have to have jobs that we can't do.

00:18:33:12 - 00:18:53:01

John Frizzell

But it's a difficult thing. And there's just so few settings that I can see myself as being functional in outside of what I do. It's so specific because because I just like to be alone. And being alone and writing music just works there and I answer your question. Andrew I don't know if I did.

00:18:53:12 - 00:18:55:05

Andrew Komarow

Yeah, no, that was great. Thank you.

00:18:56:06 - 00:19:21:00

Eileen Lamb

And you know something we don't talk about and of maybe it's because I'm the only person who was positively impacted by that. But to me, the pandemic had a big positive effect on my life in the sense that I was able to get my first real job. And that's because I'm the same way as you, John. I can't be in an office.

00:19:21:00 - 00:19:45:15

Eileen Lamb

It's just it's hell. And so I didn't get a job until I was 31. I mean, a job in the sense people think about a job, a 9 to 5, you know, I was doing my photography and writing and all of that. But a real and if you can see me, I'm doing the needle acquisition on real job that was on until the pandemic because I was able to work remotely and to not have to deal with with people.

00:19:46:11 - 00:20:16:17

Eileen Lamb

And I mean, I, I love my coworkers, don't get me wrong, but I love them more, I think because we're not in the same room and it gives me the opportunity to interact with them more on like on my my timeline. And I think that's going to help a lot of autistic people. I know it's helped me. And yeah, I really hope that's not something that's going to go away just because we're back to in-person gathering.

00:20:16:17 - 00:20:27:12

Eileen Lamb

So, John, you you shared with me that your friends call you useless information. Then can you share your favorite useless victories?

00:20:28:08 - 00:20:54:00

John Frizzell

I love useless facts. I thought about this and we didn't talk about this, so we cheated a little bit. But there was a a scientist named Claude Shannon, who is at Bell Labs, is considered one of the real pioneers of information theory and Claude Shannon invented the useless box. And the useless box is a box that does something.

00:20:54:00 - 00:21:14:14

John Frizzell

But the something that it does is nothing. Okay, so everyone wants to just aproblem. I'm hoping everyone's going to like Google using Claude Shannon useless box and I really encourage buying one because it's the most useless way you could ever spend a small sum of money and it makes a great gift.

00:21:15:04 - 00:21:18:24

Eileen Lamb

And I go, I have one of those. I didn't know you have one, but yeah.

00:21:20:07 - 00:21:41:10

John Frizzell

That is what it does. I'll give it away. So what it does is it has a switch and when you press the switch, a little handle comes off and it turns itself off. So all the machine does is when you turn it on, it turns itself off. I just. I can watch it for hours. I'm just fascinated with the idea of this, you know, self-referential machine that turns itself off.

00:21:41:10 - 00:21:59:12

John Frizzell

It's all it does. It's so brilliant. I have no words to describe it, but like, information for me is kind of like food. I just. I can sit and just, you know, I'll get on a subject like, did you see the new Indiana Jones movie about either of you see it?

00:22:00:00 - 00:22:01:08

Andrew Komarow

I actually have not seen one.

00:22:02:00 - 00:22:26:22

John Frizzell

So it's about this device called the A.K.A Fire mechanism. And I don't know, about six or seven years ago I got onto that and, you know, I might spend like a year and a half reading about that. And I know way too much about that. But I, I, I'll, I'll just get I love to get on these subjects where I just get go down them and Nicole will ask me to not talk about it for more than 10 minutes a day.

00:22:27:03 - 00:22:44:10

John Frizzell

I want to go on and on and on and on. And I do that with philosophy, too. I can. I can. I love to. It isn't that I'm so much like philosophy as much as I like to do philosophy. It's like something it's like an activity. It's like I love to sort of think about a subject and think about, well, you know, what does this mean?

00:22:44:10 - 00:23:05:08

John Frizzell

And then you can and you can actually do the act of philosophizing, you know, So. So to me, that's that's just, you know, if I couldn't have been a composer, you know, probably would put on a toga and walk around like Socrates. But I just I real but I also but on a serious note about philosophy, I, I do have a great love for it.

00:23:05:08 - 00:23:35:17

John Frizzell

And I do think that there is that it's underutilized in our culture and education. And I also have a strong sense that autistic people throughout history have contributed a lot to philosophy and that there is sort of a way out of our predicament, perhaps our modern predicament within philosophy. I think it's something that that Ludwig Wittgenstein pointed out, who a lot of people think that that can.

00:23:35:17 - 00:23:51:22

John Frizzell

Stein may have been on the spectrum as well. And a lot of it has to do with our relationship with

language where they can. Stein talked about, you know, what a fly bottle is. It's like a bottle that has a little opening and a fly can fly up into it, but then flies don't find their way out of it.

00:23:52:03 - 00:24:10:02

John Frizzell

And he was just sort of he would sort of say that language had trapped us the way a fly bottle traps a fly, and that we had become so consumed in trying to find absolute truth in language that we had we had become trapped in this and that he was there to to that philosophy was there to sort of guide us back out of the opening.

00:24:10:02 - 00:24:28:11

John Frizzell

And I mean, it was kind of funny because he said that we're basically flies, which is very big and sticking to. But but I don't know. That's a very long winded answer and useless information, man. I could I could take any philosophical subject and spend two days on and be very happy.

00:24:28:13 - 00:24:36:01

Andrew Komarow

So it's glow in the dark, a color or a property color. Yes. Darn.

00:24:36:01 - 00:24:55:04

John Frizzell

No, it's a color. Is it perceived because Because it's a it's a perception. And so I mean I mean, you know, the way if you look at the way I think in ancient Greece, they thought that the first theory on how we perceive color was that our lights, our eyes actually emanated sort of like a laser, and then that laser then then somehow illuminated the objects.

00:24:55:04 - 00:25:11:04

John Frizzell

But then that that that awful light, it really didn't work. But then it gets more complicated when you think that like a red apple isn't red. It's not red. It so the red is the only thing that comes back at you. So to perceive glow in the dark, something has to be coming back at us and be a perception.

00:25:11:19 - 00:25:15:06

John Frizzell

So I would call that a color.

00:25:15:06 - 00:25:15:23

Andrew Komarow

I guess you could.

00:25:15:23 - 00:25:19:23

John Frizzell

Maybe call it a perception.

00:25:19:23 - 00:25:25:23

Eileen Lamb

Okay, I'm lost. But what I. I don't know why I trust you. You sound like you. You know what you're talking about.

00:25:25:23 - 00:25:29:17

John Frizzell

I don't know. I'm just trying to get someone to disagree with me because I'm kind of full of it.

00:25:29:22 - 00:25:34:18

Andrew Komarow

But I mean, I think that's the correct answer, so I'm not going to disagree at all.

00:25:35:04 - 00:25:40:00

Eileen Lamb

Well, I disagree, but I don't have any way to explain why I disagree so I'm not going to be a very good.

00:25:40:24 - 00:25:42:10

John Frizzell

To you in that it's not a color.

00:25:42:10 - 00:25:42:18

Andrew Komarow

Camp.

00:25:43:10 - 00:25:49:21

Eileen Lamb

Yeah, it's I me, it's a property, but like, I can't really explain it. Likewise, as much confidence as you just did.

00:25:49:22 - 00:25:54:18

John Frizzell

Wait a minute. Well, maybe. Maybe colors are properties.

00:25:54:18 - 00:25:56:21

Eileen Lamb

Well, yeah, they are. I mean, like.

00:25:56:22 - 00:25:58:02

Andrew Komarow

Rectangles and squares.

00:25:58:24 - 00:25:59:10

Eileen Lamb

Yeah.

00:26:00:00 - 00:26:02:20

Andrew Komarow

Can be both.

00:26:02:20 - 00:26:06:00

Eileen Lamb

So maybe both. That is the answer.

00:26:07:06 - 00:26:29:07

John Frizzell

Is a property and a color. I don't know. I mean, I think ultimately it's semantic. At a certain point. I mean, if I have to go back to Vic and Stan again, you know, it's the that the idea is that there are things that are true that can't be said. Right. And so that so that maybe that the language we're using to represent this is just simply representing it and not fully and completely expressing it.

00:26:29:07 - 00:26:47:12

John Frizzell

It's kind of the way they know we've diverged a lot. But it's fun that it's kind of the way I view language is like I think of it and I've argued with with with linguists about this quite a bit is that I view language as literally a tool. In other words, it's not. It is it is simply like a screwdriver.

00:26:47:12 - 00:27:16:02

John Frizzell

And the best word is the word which has the most function in the ending in the given situation, which expresses what you need to do, which and so I view I view language purely functionally. So it doesn't really it it can if it's serving its purpose, then it's the right word. So I could see it as sometimes that a property might be the most functional description in a color might be most functional in other situations.

00:27:16:02 - 00:27:26:06

Andrew Komarow

What is something you wish employers in Hollywood knew about autistic individuals? Do you think employers could be more inclusive of autistic adults, especially in Hollywood?

00:27:27:10 - 00:27:48:06

John Frizzell

Yeah. Yeah. And I'm going to I think what I should do is just so I because I'm kind of new to all this and I'm really processing autism, you know, I've got to get a few more years of really processing and trying to really wrap my head around how I relate to it, meeting a lot of people, seeing how it relates.

00:27:48:06 - 00:27:54:15

John Frizzell

So I don't just come off with with vague opinions that don't end up being useful.

00:27:54:15 - 00:28:15:08

Andrew Komarow

I wish more people did that. Thank you. Really. But what is the effect? It's two names combined and the effect where you're brand new to something and you think you know everything. And the more an expert you become, the more you realize you don't know. I can't remember the name of it now, but yeah.

00:28:15:15 - 00:28:33:07

John Frizzell

I mean, the good thing I have is enthusiasm coming out of the gate, having spent half a century not knowing about myself. But I have to be a little guarded and about the fact that I'm I am enthusiastic and know that that's probably going to be largely misguided in certain ways. So a lot of, you know, watch out for me, if you know what I mean.

00:28:34:01 - 00:28:53:23

John Frizzell

But yeah, okay. So I think I'm going to narrow the scope of it to what I know just because it's what I know. So what I know is I've only really worked in Hollywood and I've only worked in a freelance position in a very specific type of job where I'm given direction. I'm given creative instruction, and then theory.

00:28:53:23 - 00:29:12:09

John Frizzell

I go off and I do this, and then in the end, I deliver this thing I've created and I take notes on it and I revise it until it matches the creative vision of the team. That's the type of job I think I can talk about, right? And I think that that also applies for people in sound. Probably editing, probably costume designers.

00:29:12:09 - 00:29:40:01

John Frizzell

There's probably a whole bunch of other jobs. I think the first problem going on is that are the the autistic, the positives of autistic people are understated and not known. Right. And I made a list right here. Let me just grab this because they're really quite powerful when you when you look at them. I mean, if you just even Google it.

00:29:40:01 - 00:30:08:04

John Frizzell

So honesty's strong focus, detail, orientation, intelligence, strong morals, unique sense of humor and loyalty. These are probably something that every autistic person can put at the top of their resume is that it's it's it's a lot about us. So that being at the top of a resume should bump it pretty far up. Right. But I don't think that gets out there.

00:30:08:04 - 00:30:38:21

John Frizzell

And then the second thing is the personal interview to me can turn into a social conformity test. And what I mean is a lot of the time I think things get down to several applicants and the work has been evaluated. You've gone through the resume and you're down to a couple of applicants and then someone making a decision has a meeting and they gauge their feeling from the meeting.

00:30:39:15 - 00:31:08:10

John Frizzell

The problem is we tend to be off putting in a meeting because of very subliminal issues. And I think an issue is even right words, but subliminal things like eye contact, breathing, body posture, interrupting pace, all this little stuff. And that is a statistical problem in the process because it's going to I think to me, what's going to happen is autistic people are going to get filtered out.

00:31:08:18 - 00:31:32:16

Eileen Lamb

Definitely. I mean, the Yeah, and I'm not going to say that it's something is Ebola because that word I feel like is being thrown around too much. But, you know, like like you just said, I context, I mean, I would struggle so hard to make eye contact with the person in front of me, but that doesn't mean I don't have the skills for the job yet.

00:31:32:16 - 00:31:58:04

Eileen Lamb

It's going to be held against me in the interview process. And I think there are several. I mean, it's getting out there that the interview process is not autistic friendly. And I think things are are going to change a let's hope. But I do think that it's not made for autistic people and people are starting to realize it.

00:31:58:04 - 00:32:17:16

Eileen Lamb

So let's wait and see. Yeah. So do you have any adjustments or accommodation for employers in the workplace? What would benefit autistic people in your world? Because I know you don't want to speak about a word you don't know.

00:32:17:18 - 00:32:45:21

John Frizzell

I mean, I'm once once I start working, I'm I'm pretty comfortable and again, I think if I started to talk about, I can imagine other types of jobs where people could be their employers could be conscious of things like lighting, noise, sort of surprise meetings, because I like to be prepared. So so, you know, I like to have like a little time a notice if something's going to happen.

00:32:45:21 - 00:33:04:20

John Frizzell

But things have to be flexible. But, you know, the physical environment I think is important for me. I couldn't, you know, sound is is. So it can really throw me off and light to can really throw me off. So just from a physical place, that would be something I think would be hugely appropriate to start with.

00:33:06:01 - 00:33:18:24

Andrew Komarow

I think I've mentioned it before on this podcast that currently, although it's a delay, it a little longer than we'd like. We do have a book hopefully coming out within the next year or so on Y your next employer. You should be autistic.

00:33:20:04 - 00:33:20:09

John Frizzell

Like.

00:33:20:10 - 00:33:44:07

Andrew Komarow

That. I'm doing a lot of research with you. My coauthor on that subject. I don't do a lot of it. So it's it's interesting. There's so many different avenues and seeing things from other people's perspectives and all the employment programs that have been around. And it makes so much sense. Why isn't everyone doing it? So it's a the very interesting topic.

00:33:44:07 - 00:33:45:24

Andrew Komarow

Would love to talk to you more about that sometime.

00:33:46:04 - 00:34:13:04

John Frizzell

So yeah, I mean, if you think about how many huge ideas have come from autistic brains were really really are I I'm going to just I don't know were very valuable and that value just needs needs more recognition and it it it's it's going to just take a lot of people getting out there. I don't know what it takes.

00:34:13:04 - 00:34:15:10

John Frizzell

I really don't know what it takes. I mean, was a take.

00:34:15:22 - 00:34:38:22

Eileen Lamb

I mean there are many strengths that come with hiring autistic employees, but also some struggles and yourself. You're a musician composers, and you said it yourself. There are some sensory struggles like noise sensitivity that seems like a big challenge for a composer, right? So how do you balance the sensitivities with performing your job?

00:34:39:19 - 00:35:01:07

John Frizzell

Yeah, so in my job, the the quality sound that we the sound that we work with professionally is usually sound, which is really pleasant to me. I sometimes I'll be working on a film which is you're mixing the film anyway, but the sound effects of the music together and sometimes it is very loud and I do worry I will wear earplugs when we're doing that.

00:35:01:07 - 00:35:21:09

John Frizzell

But a lot of people actually do that too. So for me, sound is problematic when it's just when it's you see these things behind me, it's called a diffuser thing and so what it does is it makes it so there are no standing waves. So in waves, when sound waves bounce across the wall, that they don't create these sort of static build ups in the middle, that feels very uncomfortable to me.

00:35:21:09 - 00:35:42:19

John Frizzell

So the nice thing is, is in my work and in film and TV, you're mostly in the treated room in most of the rooms I'm in feel really good getting back to some of the other problems. I did find there was a book I read right when I got my diagnosis called An Adult with an Autism Diagnosis, A Guide for the Newly Diagnosed.

00:35:43:07 - 00:36:10:14

John Frizzell

I got some quotes here from Chapter six Autism in the Workplace. Many people here's a quote, and this is by author Glenn Drew. Many people with autism struggle to understand how we were supposed to act in a work environment. You are meant to have a certain amount of small talk or chit chat with your colleagues to break down barriers, build trust and ferment a positive working relationship.

00:36:10:20 - 00:36:37:14

John Frizzell

But many people on the spectrum find this incredibly difficult or even pointless. The tendency is

can be to raise inappropriate or complex subjects for discussion, which, instead of easing relationships with others, actually strained them. I'm really good at that. Many of the issues we have with our coworkers stemmed from a combination of difficulties in understanding social rules. And here's a key one.

00:36:37:21 - 00:36:53:01

John Frizzell

Because of this, we can run roughshod over people's feelings, this lack of attention to people's feelings when they hinder the or task that we're performing is a very common feature of autism. So did you I mean, dude, what do you think of those quotes from that book?

00:36:54:08 - 00:36:56:04

Eileen Lamb

I can relate.

00:36:56:04 - 00:36:58:01

Andrew Komarow

Yeah, you know, I can relate.

00:36:59:05 - 00:37:05:07

John Frizzell

I definitely I mean, it's it describes me. It's uncanny how I describe me.

00:37:05:07 - 00:37:11:03

Eileen Lamb

So yeah. What's the book's the book's title again so people can.

00:37:11:16 - 00:37:37:23

John Frizzell

Yeah, let me get it for you and remember thought it's in here. Okay. Here's the title of the book, An Adult with an Autism Diagnosis, A Guide for the newly diagnosed by Gillen Gillen. Andrew D RTW was a really helpful book to me when I first got my diagnosis. So. So some of these things are interesting to look at.

00:37:37:23 - 00:38:00:01

John Frizzell

I tend to be, you know, when I'm when I'm saying what I think, I'm I don't sugarcoat my language. I'm very direct to direct. I like to use language almost like I'm like mechanically like a like I will when I'm when I'm if I if I'm working with a director and they give me a note on what to fix, I literally take that language.

00:38:00:01 - 00:38:26:10

John Frizzell

I convert it almost to a math problem because I want to get it exactly right. I want to do it. I want to get into the music as precisely as I can, the emotion they want in the scene. And and I think this I kind of I get so focused on that that I, that I, that I, I don't I put that above everything else in the room and sometimes, you know it's it's just it comes off as too direct to to to your heart.

00:38:28:08 - 00:38:54:13

Eileen Lamb

Yeah. But there's value in people being direct I think neurotypical people tend to and I understand, you know, try and not hurt other people's feelings so much that sometimes the message they're trying to get across doesn't make it to the other person. And I've experienced that quite a bit in my life where because people are not being direct, I don't want to send a message.

00:38:54:13 - 00:39:18:00

Eileen Lamb

And now it's always confusing to me. Something really funny up put network the last week or the last few months. Actually, I, I told her someone who's been working at Autism Speaks because that's where I work for 15 years that I couldn't pronounce her name Cassie. And she told me I can. Well, that's okay. You can call me Kate.

00:39:18:10 - 00:39:34:14

Eileen Lamb

I've always wanted to be called Kate anyway, so I just troll. Who is? It's white. I called her Kate and I told everyone. Oh, by the way, did you know Cassie wants to be called Kate now? And it turns out it was a joke. And so I accidentally.

00:39:34:18 - 00:39:37:05

Andrew Komarow

Said her name to Kate.

00:39:37:19 - 00:39:47:04

Eileen Lamb

She had been working there for 15 years, and she went from Cassie to Kate. And I didn't. I just didn't pick up on the on the joke. She was just.

00:39:47:05 - 00:39:51:05

John Frizzell

You. You took the language, like, verbatim, like this was. Yeah.

00:39:51:18 - 00:39:52:09

Eileen Lamb

She was just trying.

00:39:52:17 - 00:39:54:15

John Frizzell

To say I'm sorry. Go ahead.

00:39:55:03 - 00:40:24:18

Andrew Komarow

Yeah. I had one similar where my best friend at the time was telling me that his employee was her name was Forget instead of Bridget, and he didn't tell her that he was doing that. So this went on for about six months where I made a special effort to call her Brigitte, and he managed to not burst laughing out loud the entire time.

00:40:25:01 - 00:40:36:09

Andrew Komarow

So and then eventually I think she got out before I did. But and my wife even told me, I don't think that's true. I'm like, No, it looks like Bridget. But you say, forget it.

00:40:36:09 - 00:40:50:19

John Frizzell

Now she's on the other side. I was in Spain. I tend to sometimes I will say jokes so dryly that people don't they don't pick up. There is any humor in it. And I was it was New Years in Spain. I was with a friend who didn't speak any Spanish. And he said, How do you say Happy New Year?

00:40:50:19 - 00:41:08:05

John Frizzell

And I said, Well, you just say Buenos anus. And he was running around yelling, Buenos anus and just getting these very strange reactions that I just had there. Just try not to laugh the whole time. It was pretty good. But yeah, so, so it can go two ways. It's sometimes I get so dry with, you know, with sarcasm.

00:41:08:05 - 00:41:17:06

John Frizzell

I love sarcasm. And so my favorite thing in the world, I love just really cutting words that just this word sarcasm actually means by which.

00:41:17:15 - 00:41:28:16

Andrew Komarow

Eileen and myself are both very sarcastic. I think that's why we get along well, which is not always or probably is not usually associated with autism. Right?

00:41:29:08 - 00:41:52:20

Eileen Lamb

Yeah. So but it's funny because we're very sarcastic, but we don't always pick up on other other

people's sarcasm. You know, like for me, I should have picked up that when she told me, It's okay, you can communicate. That was a joke. But I didn't yet, You know, among ourselves and with other people, we're highly sarcastic. So it's yeah, it's a very, very interesting.

00:41:53:19 - 00:42:01:22

John Frizzell

I mean, this is this has a lot to do with language. I mean, there's weird things like, did you like did you know that like, the word gullible is not an actual word. It's not in the dictionary.

00:42:02:13 - 00:42:13:06

Andrew Komarow

It's not on. Or is that I got you. Oh, okay. I got Yeah. Okay. Okay. Seriously? Yeah, that's a good joke.

00:42:13:06 - 00:42:18:06

John Frizzell

So many times it's ridiculous, but that's a good one. You know, you can go out and use it. It's a fun one.

00:42:18:15 - 00:42:18:24

Andrew Komarow

Yeah.

00:42:19:00 - 00:42:19:17

Eileen Lamb

So proud.

00:42:20:07 - 00:42:45:03

John Frizzell

I think I read a study which said that people who are more gullible are more creative. Is it is that if you have the ability to let go of what you conceive of, if you're willing to be sort of almost tricked into an idea that it's really actually a positive trait, that you're actually you're you have this flexibility of mind, you know, as you're able to let go of what you your preconceived notions.

00:42:45:18 - 00:42:46:09

Andrew Komarow

You know, remember.

00:42:46:10 - 00:43:03:11

Eileen Lamb

What we were talking about the other day, about how autistic people are not as likely to follow the social norms as other other people. I forget I think that was part of a study. So you remember that.

00:43:03:24 - 00:43:32:14

John Frizzell

Eugene Oh, yeah. No, absolutely. The the I think that I just don't get them. Quite honestly, I probably the same way. I mean, you were saying that the music you listen to wasn't from your generation, is it? Is it. I kind of just sort of gravitate to what I like. I don't really I don't really perceive this current that I'm supposed to be in or following.

00:43:33:22 - 00:43:39:18

John Frizzell

I like maybe that's I don't know, does that and does that sound like something which is common?

00:43:39:18 - 00:43:40:05

Andrew Komarow

Yeah.

00:43:41:12 - 00:44:12:06

Eileen Lamb

You know, I think we care less about what other people think and it's more like, you know, if we like something, we like it and we don't care. You know, maybe older people have more of a yes. You feel easier to fit in more. I don't know. But that's definitely very, very interesting. I would love to do see one of those social experiments where, like, you don't know who's autistic and who's not to see who's going to solo in with the crowd and who's not going to follow.

00:44:12:24 - 00:44:14:07

Eileen Lamb

I bet I don't remember.

00:44:14:18 - 00:44:34:00

John Frizzell

Yeah, that would be really fascinating to see an actual study where I think I know the study you're talking about now. I'm trying to think of the name of it. I mean, of where there's, there's four or five people and there's some lines and they show them lines and they had to identify which line is that is that is a similar length.

00:44:34:06 - 00:45:02:19

John Frizzell

And if the group then picks something irrational, a lot of people will actually go along with the group. They will actually give up what they know to be rationally true. I'm trying to think, well, we'll have to put this maybe in the notes of the podcast to give a link to that because it is quite fascinating. And it would be it would be very interesting to me to see if autistic people were less likely to give in to social pressures when they were illogical.

00:45:03:16 - 00:45:26:19

Eileen Lamb

Yeah, not only so I know, you know, you've had a tough time, you know, not knowing about your autism diagnosis and trying to figure it all out. But are there been has there been a person that's been a big support in your life? Like how did you handle it all?

00:45:28:03 - 00:46:05:11

John Frizzell

Yeah, well, I'm my partner. Nicole and my son have kind of paved the way for me. And I think that that that the lucky thing in my life is that I was able to I'm able to be in a in a family now where I can I can relax into being me, you know, is that if I, you know, that Nicole might say to me she can tell when I'm getting kind of overloaded and overstimulated and and and then I just need a little chill time, you know, any little space.

00:46:07:01 - 00:46:39:16

John Frizzell

And sometimes that comes in the form of humor is I really I really don't mind being teased at all. I kind of like being teased, you know, if it's done with love. And so there's a lot of good humor in my family. And and so it does it does give me I mean, the best thing in my life is, is that is that I'm, you know, having a family that loves me and being having the room to be me, which is autistic a lot of the time.

00:46:39:21 - 00:46:59:01

Andrew Komarow

I think that's probably one of the biggest things that came out of my diagnosis and my life supporting is is just knowing that I need time and I'll come back giving me giving myself or giving me just just that time. Right? So that was very well said.

00:47:00:06 - 00:47:19:17

John Frizzell

Yeah. If I know something that I'm learning about, I was reading today about sort of the, the health cost of masking, is it masking, you know, the stress caused by masking it, it can shorten your lifespan. It's not healthy. And so I need time to just, you know, do my thing.

00:47:19:24 - 00:47:20:10

Eileen Lamb

Yeah. I mean.

00:47:20:16 - 00:47:21:02

Andrew Komarow

And it's.

00:47:21:07 - 00:47:38:18

Eileen Lamb

Stressful, you know, when you're always like trying to be someone you're not and trying to fit in when you don't want to fit in, trying to think about what's the right thing to do according to society. I mean, that's why I would never take a job in an office, because I know I just would be so, so, so exhausted.

00:47:38:24 - 00:48:03:10

Eileen Lamb

I was never able to get my bachelor's degrees in a in person university because I couldn't be in-person. You know, the crowd, the people everywhere, all the masking. And it was just like hell. I tried three years in a row because I, I don't like to give up. I'm very stubborn. Andrew knows that. So but after three years, I was like, okay, you can't do it.

00:48:03:10 - 00:48:14:08

Eileen Lamb

This is not for you. So I got my degrees online and most people were like, That's going to be harder. And it was so much easier for me just because I didn't have to deal with people and masking and all of that, you know?

00:48:14:22 - 00:48:27:18

John Frizzell

But I but at the same time, I can I, I can handle the pressure. I do like pressure for periods of time. I just need the I just need to counterbalance it.

00:48:27:18 - 00:48:46:01

Andrew Komarow

As far as I know, a lot of the work you've done. I make fun of Eileen for not me TV shows. She watches more of than movies. What? How is Mike Judge and why? And how well do you how's your relationship with him?

00:48:46:06 - 00:49:02:06

John Frizzell

So I love working with Mike. Mike and I have known each other a very long time. And one of the great things about especially, you know, working on the on the new Beavis movie Beavis and Butt-Head do the universe was a was it was a it was great to go back and revisit the boys, as we call them.

00:49:03:15 - 00:49:34:02

John Frizzell

And to I think what was so interesting to me, thinking about myself differently when I was because I knew I was autistic when I was scoring that, to think about sort of the construction of humor and that it and that it's that we sort of sit down and we and we it's almost like a math

problem. You're almost like designing specific very specific emotions to to point out and augment these this humor at the same time.

00:49:34:08 - 00:49:52:20

John Frizzell

The trick is to make it seem like you're it's just sort of happening very naturally. So working with Mike is is is incredibly fun for me. He's a very close friend and knows everything about me and it's a real treat.

00:49:53:03 - 00:50:17:03

Andrew Komarow

So and so, just so you know, my my favorite musical artists of all time does something similar. Nick Cave and Warren Ellis, they do a fair amount of TV shows, so I don't know if you know you know them, but I don't know if I mean, he's probably most famous for the, you know, being to scream, right? Not my favorite song by having that kind of role.

00:50:18:00 - 00:50:23:24

Andrew Komarow

So yeah, he just had an audiobook come out. I've been listening. It's a lot about his proposals. It's pretty interesting.

00:50:23:24 - 00:50:27:07

John Frizzell

So I got to check out what's a book called Yeah.

00:50:27:23 - 00:50:42:00

Andrew Komarow

Give me 2 seconds. I know I should remember the name of the book. It is Faith, Hope and Carnage.

00:50:42:07 - 00:50:42:18

John Frizzell

Cool.

00:50:43:07 - 00:50:44:10

Andrew Komarow

Yeah, sounds like him.

00:50:44:14 - 00:51:18:23

John Frizzell

So I did have some kind of bumpy experiences talking to in social situations, talking to medical doctors about. My diagnosis is I encountered two medical doctors who, in social situations, you know, were adamant that I was not autistic. And I was probably had Asperger's, but definitely

not autism. And it was amazing to me how the memo did not get passed through to a lot of doctors about the changes in criteria in the DSM.

00:51:18:23 - 00:51:22:11

Eileen Lamb

Yeah, tell us about it.

00:51:22:11 - 00:51:45:06

John Frizzell

So I just it's sort of a cautionary note is that is that if you get diagnosed and you may have situations where you talk to someone who's going to sort of claim to have a lot of knowledge and not understand much about autism, and it happened to me was in two different situations with medical doctors who, you know, said, oh, you're definitely not autistic.

00:51:45:12 - 00:52:05:22

John Frizzell

You know, you you probably have Asperger's, but not autism. And I'm like, well, do you understand what the DSM says? And and then eventually could sort of turn them around. But it's been it can be very off putting and it can be very confusing and emotionally challenging to get that kind of reaction from people who should be acting with more knowledge and responsibility.

00:52:07:11 - 00:52:31:15

John Frizzell

And if they maybe, you know, holding off, if they sure about something and and waiting. But I think there's a large amount of that misinformation out there in the world. The memo didn't get passed along. A lot of people don't understand autism, don't understand adult autism in the slightest. You know, they don't understand what an adult with autism might be like or act like.

00:52:31:15 - 00:52:47:17

John Frizzell

And and they probably have these very cartoonish images in their mind of what an adult with autism is going to be like. And when you don't match it, they're going to say that you don't match my image of what an autistic person should be. And it's and it's is a challenge.

00:52:47:17 - 00:53:21:17

Eileen Lamb

Yeah, it is. You know, I think that's because of how broad the spectrum is. And it's I think it's still hard for people to put Asperger's, which is now a level one autism, I mean, to the same spectrum as people who require a 24 seven care every day of their life and who can't communicate at all. So, you know, it's autism spectrum disorder is like one word that describes so many different experiences and of autism.

00:53:21:17 - 00:53:29:11

Eileen Lamb

Right? If you've met one person with autism, you've met one person with autism. So I think that's where this is coming from.

00:53:30:18 - 00:53:50:21

John Frizzell

Yeah. Yeah. I mean, it's something that in addition to focusing on employment stuff, I would it would be I think it'll help employment if there's more clarity. And I think that the question I think the confusion that a lot of people have about Asperger's and how it relates to ASD level one is part of the issue.

00:53:51:11 - 00:53:52:23

Andrew Komarow

Know yeah.

00:53:53:12 - 00:54:24:05

Eileen Lamb

I personally wish Asperger's I'd said it's some diagnosis because I relate to traits so much and now I feel like it's just it's created confusion. Now I have the same diagnosis as my son who can't communicate beyond basic needs and who has no sense of danger and so yeah, and it's it's tough. It's a really tough situation. And, you know, the DSM is usually updated every 12 years.

00:54:24:05 - 00:54:36:14

Eileen Lamb

So I think we're going to have a new edition in the next three years, I want to say. But no idea what's going to be in it. Right.

00:54:37:00 - 00:54:39:23

John Frizzell

Is it kind of a surprise? I mean, I have no idea how that works. Is it?

00:54:40:05 - 00:54:47:21

Eileen Lamb

Yeah, it's surprise, basically. I mean, last one was what was it, 2011? I don't want to be wrong.

00:54:48:09 - 00:54:52:16

John Frizzell

And I thought it was 2013, but it 2013.

00:54:52:16 - 00:54:53:09

Eileen Lamb

Yes. And I.

00:54:53:09 - 00:55:01:05

John Frizzell

Could. Yeah. The but the Yeah, yeah. I mean it's I mean we could very well have a different term in the next few years.

00:55:01:15 - 00:55:19:20

Eileen Lamb

Yeah. And I think it's going to be really hard like you know people like, I mean you know just like people who are diagnosed with Asperger's when it was lumped in with autism, it was hard for them to be like, Oh, okay, so I'm autistic now. What about us? What if they change it again? Then we're not autistic level one.

00:55:19:20 - 00:55:47:03

Eileen Lamb

We're going to be maybe something else. You know, And yeah, it's just a wait and see. And even though that would be hard, I think it's so. It is. And I know you're not on social media much, John, but it's just that these days it's it's really hard because there are all of people who try to completely deny the existence of severe autism and those who have, you know, much higher needs than us.

00:55:47:03 - 00:56:13:01

Eileen Lamb

And we will never even have a job. And, you know, we have these issues which are struggles very real struggles. But this they're still not comparable to what people who are on the severe side of this spectrum experience. Right. And I think fading, you know, a diagnosis like Asperger's in the DSM would be very, very useful.

00:56:13:21 - 00:56:15:06

John Frizzell

Yeah, I'm with you there.

00:56:16:08 - 00:56:35:19

Eileen Lamb

And now when you read those doctors and you tell them Asperger's, you know, label like it's you know, it's it just makes it's a lot easier to explain when it's not lumped in with autism. But anyways, I mean, I could talk about this for hours. Okay. I want to ask you some quickfire questions. I'm not even going to ask you.

00:56:35:20 - 00:56:37:12

Eileen Lamb

You have social media because I know you do.

00:56:37:14 - 00:56:46:00

John Frizzell

Well, I think one of the things is I probably should. If I'm going to get more involved in autistic employment, I will begrudgingly do more social media.

00:56:46:06 - 00:56:48:02

Andrew Komarow

Oh, yeah.

00:56:48:15 - 00:56:52:19

Eileen Lamb

Yeah. You should let me know if you need help, because that's.

00:56:52:23 - 00:56:53:12

John Frizzell

I need help.

00:56:53:12 - 00:56:55:06

Andrew Komarow

I'm completely you know about that.

00:56:55:06 - 00:57:03:09

Eileen Lamb

I would do. I know there's like 270 followers. Quickfire questions.

00:57:03:18 - 00:57:03:24

Andrew Komarow

Yeah.

00:57:04:16 - 00:57:05:12

Eileen Lamb

Favorite animal.

00:57:06:15 - 00:57:07:00

John Frizzell

Dog.

00:57:08:05 - 00:57:11:10

Eileen Lamb

Favorite L.A. restaurant.

00:57:11:10 - 00:57:11:18

Andrew Komarow

Mm.

00:57:12:04 - 00:57:12:17

John Frizzell

Jester.

00:57:14:06 - 00:57:16:03

Eileen Lamb

Your favorite singer or band?

00:57:17:07 - 00:57:19:21

John Frizzell

Billie Holiday.

00:57:19:21 - 00:57:20:13

Eileen Lamb

Favorite food.

00:57:21:22 - 00:57:22:11

John Frizzell

Lobster.

00:57:24:04 - 00:57:25:06

Eileen Lamb

Favorite instrument.

00:57:26:15 - 00:57:27:02

John Frizzell

Cello.

00:57:28:22 - 00:57:31:03

Eileen Lamb

John Williams or Danny Elfman?

00:57:32:07 - 00:57:33:09

John Frizzell

Both. But John Williams.

00:57:34:17 - 00:57:35:11

Eileen Lamb

Both but ok

00:57:35:11 - 00:57:45:04

John Frizzell

Okay, awesome. I'm a John Williams fanatic, so I love Danny Elfman, don't get me wrong, but I'm John Williams, fanatic to the end.

00:57:46:17 - 00:57:59:07

Eileen Lamb

Well, thank you so much for coming on our podcast today, John, and for making your diagnosis public and sharing all of your thoughts. I mean, that was so, so insightful. Well, I hope you you feel good about it.

00:57:59:23 - 00:58:25:16

John Frizzell

I do feel good about I feel best about and I really appreciate Autism Speaks and both of you it really made me feel like I could do this. I was really quite scary for me. But having watched the show and look at the care that you bring to that, I know I'm in good hands, so I really appreciate.

00:58:25:17 - 00:58:29:06

John Frizzell

I couldn't have done it without both of you. So thank you.