

**Dr. Elizabeth Cohen:**

Welcome to the Divorce Doctor. And today I am so happy to have Michelle Traina here to talk to us about her story. Michelle is a comedian, writer and creator of Divorce Diaries, a one-woman comedy show that's hilarious and amazing that follows her "post divorce" journey. Michelle has toured throughout the country with Divorce Diaries, made guest appearances on Wendy Williams and with Chippendales. Her favorite role is mommy to her beautiful daughter, Grace, and we both have that in common. Thank you Michelle so much for being here. I'm so glad you're taking the time to talk to me and talk to the audience about your experience.

**Michele Traina:**

Oh my gosh. Thank you so much for having me Elizabeth. I can't wait to be on the show.

**Dr. Elizabeth Cohen:**

So happy to have you, and what you're doing is so important. Your message that you're trying to share. So I can't wait for people to hear you. I started the podcast by always asking guests the same question, which is what word would you use to describe your divorce?

**Michele Traina:**

Finally? Yeah, I mean, that's so as a, as a trained improver that's the first word that comes to my mind when you first asked me, but I would say identity, they really had to put some thought into it.

**Dr. Elizabeth Cohen:**

Well, I love both of those words because my guess is that finally you were able to find your identity, right. But for a long time, you were in this middle stage. So tell us a little bit about that, because I like to remind the audience that this takes time, you know, it doesn't happen overnight. So tell us a little bit about when you started considering separation or when you kind of started hearing that small voice, that things might not be right.

**Michele Traina:**

When the first voice I heard was I think way before I got married, but it wasn't about, I don't think this is the right one. It was about complacency and certain things that weren't there that I thought would be with the person I was going to marry, but I was like, well, it's okay. Because he's the love of my life. So...

**Dr. Elizabeth Cohen:**

I see so much more like I'm going to not look at this red flag because he's the love of my life. Is that what you mean?

**Michele Traina:**

Right. Like we were, you know, he was my first boyfriend too. We started dating, like first real boyfriend, at 23. I was, and he was, you know, guys in there, you know, I'm a New Jersey club girl and no man really, usually wants to commit. They still don't in my opinion. But at the time I was like trying to just get into, I was always looking for romance and love and adventure and, and, and structure within the relationship. And he was the first man that gave me that. And I was, you know, I was into him. So as the years progressed you know, he was very different from me in addition to this. So as the years progressed, that became very that became just a thread, you know, of like our relationship, right. When I was married,

when I shifted my career, because I was trying to figure out what would be a stable, you know, I hate saying this work is now as an actor.

**Michele Traina:**

I think being an actor is more stable than not being an actor because it's what keeps me going in the morning. You know what I mean, acting so, so with that said, I went and got my master's in educational theater at NYU to kind of stay in the same area where we were living and make money as a teacher and an artist. So I did a lot in New York city, teaching artists work and, and, and, you know, bartending on the side, I went through grad school and got married right after I graduated from my master's. So, and then like at the end, when I realized there was a problem that I couldn't solve was when I started having feelings for another man that I was working with. And yeah, I guess juicy,

**Dr. Elizabeth Cohen:**

But yeah, no, it's good. And I thank you for your honesty. Would you share a little bit about how that, how that progressed? Cause I'm sure you into wanting to have that happen, but it happened,

**Michele Traina:**

It happens and you get like, you're like, let's just, I just got married six months ago. Now I have an attraction towards this man I'm working with, who's also married. I didn't have an affair. I didn't even tell the other person, but the other person, I was becoming friends at work texting often about work after work, texting about work, making jokes with each other. And my husband, Mike, my ex, my husband at the time could feel the distance. And, you know, I started feeling a lot of sexual feelings for this guy and like, I just, I was becoming so lost because I was like, how do I, how do I get this out? Yeah.

**Dr. Elizabeth Cohen:**

Michelle, I just want to say one thing that's so, you know, I think a lot of people experience this you know, some people refer to it as an emotional affair, right. This moment of feeling drawn to something else. And that could be another person that can be work that can be gambling. That could be alcohol. Right. It can be anything else that you're not you're, that's taking you away, as you said, like this distance from him. And I also just want to have a lot of compassion for you because I imagine you were both excited about this person, but also feeling really bad about it. Like I imagine you were feeling both at the same time. It must've been really hard.

**Michele Traina:**

Yeah. I was so miserable that I realized before I met this man that I had also changed so much about myself. I pushed away male relationships with my close friends, especially one in particular that I tour with. Who's a big part of my show now. And like I changed myself for my ex-husband and it was my fault because I did it. I made the choice to do that. You know, he may have been uncomfortable with certain things that actors do, you know, having to be close to a man may not have in the person that wants me to be best friends with another guy. But I ultimately made those choices to change a lot of Hawaii. I was a brunette covered up and I used to be clever with a belly shirt on. And I was like, what happened to me?

**Dr. Elizabeth Cohen:**

Yeah.

**Michele Traina:**

So I think that those changes, I kept suppressing who I really was. And then eventually this person came into my life and it triggered a whole. And I was teaching in a very stressful environment. It was an amazing environment, but it was extremely high stress. It was in Trenton and it was kids who had severe you know, like need for the arts and they needed, they needed love. So, and so when you're playing like parent teacher support system to all these different kids and also struggling with how to do that as a 28 year old teacher, first time teacher, you're like, what? And then you kind of find solace with somebody who connects with you on an emotional level. That's your ex that my husband and I weren't connecting on ever like stuff explodes.

**Dr. Elizabeth Cohen:**

Yep. Yep. And it sounds like when you met your husband, what felt important was just the kind of loyalty and consistency and you didn't really think about which, I mean, I certainly can. I was just thinking about this last night. I can totally relate to this. You weren't thinking about the emotional depth that you needed. Like I was thinking last night, what I needed was someone who was crazy about me. And I remember my ex said that to me, like, I'm crazy about you. And I was like, that's enough. And it wasn't obviously there you needed so much more, but because of my own internal childhood trauma, that's what I thought I needed. But you needed more than just that.

**Michele Traina:**

And can I be honest with you? It was number one, he didn't want to just have sex with me. That was the major thing. Cause I had, I had had something happen to me in college where I didn't have, I had one sexual experience and that put a cap on it. And then I wasn't going to do anything with anybody until I trusted them. And we were in a relationship. Now with that said I'm a very central sexual being. And I had, no, I knew nothing about sex. What my body, what ma what masturbating is an amount of say masturbating in here. Okay. All right. So I have a foul mouth, so that's why I was like, I'm not sure. Okay. So I didn't know anything about it and I didn't know how I could pleasure myself or what to, how to pleasure myself with a man I'm still learning.

**Michele Traina:**

So I was so naive about that, that when I met my ex-husband and although yes, he would wait for me, he was kind and, and, and, and making an effort to take me out to come see me in my shows when I was touring that I thought, wow, this is great. But the element that you really need long-term is intimacy. And I had no clue what intimacy was, in a way of not just being a friend, like he was a friend, but he wasn't my best friend. Like he wasn't somebody that, and I'm not denouncing. What we had just was who I was, I was so inexperienced. I was so inexperienced, excuse me, and had no clue what I needed.

**Dr. Elizabeth Cohen:**

Right. And I think that's so important. I had no idea what I needed in intimacy. And part of the emotional affair, what happened with the person you were working with was kind of learning what you wanted. I mean, it's, I know it's painful that it happened in the relationship, but it was, it was learning. You needed to have that is my guess.

**Michele Traina:**

I needed to have it because it was starting to happen. It was not just him. I remember I got booked in a show and I was doing a show and teaching, and then there was another guy and I was playing a part with another man where I was his girlfriend. And I liked it deep down inside. I really liked being touched by

this other guy. So I noticed it wasn't just as it was happening, like all over. So the suppression was just over, it was like coming out of the pot and it wasn't anyone's fault, except that it's just what, like, I didn't get enough experience. I was raised in a strict Italian Catholic family where nobody talks to a girl about what sex is. And my mom was like, yes, I did. I talked about it. I was like, no, you told me how babies are made. Who did not tell me about what, what I'm supposed to do with sex? I had no College. I finally saw, I didn't even know how it really generated until I saw somebody put up a porn video at a college party. And I was like, what's happening to her? They're like, don't, you know what sex is was like, sure. And I totally lied. And I didn't, I had no clue.

**Dr. Elizabeth Cohen:**

Right. And that's, you know, I was thinking also that getting into this relationship with your ex because of your earlier sexual experience, right. Like it all felt right at the time until it didn't feel right. And then something needed to shift. So were you the one who talked to your ex about separating? How did that work out?

**Michele Traina:**

It went, it took years. So like the, from the first year we were married, six months in there started to be the issue. And then we went to it. We started, so he went through my phone and my computer and found the text messages that were heavy. Like they weren't about us, me and the other person having sex or anything. They were just like, if you read them, you're like, why aren't you talking to this person this way for this amount of time? And then he read my computer journal and it said that I wanted to basically interact intimately with this, this other man. So we went to a therapist sorry. We went to a marriage therapist first and then it wasn't great. He didn't really like her then. Like we, I remember we were trying to also get pregnant at one point, like to fix the problem of our marriage. We've always wanted to have a family together. Of course. That's how the baby, sorry... Go on.

**Dr. Elizabeth Cohen:**

Yeah. I can relate. I was having, my second child was like how we're going to fix this dysfunctional situation. Yeah.

**Michele Traina:**

And it's not that it's like a bad thing because I hate, I don't want it to sound like, Hey, I didn't, I always wanted to be a mom. So for me, that was on the list of we get married and have a kid and we have this amazing child together. And I think that what was hard was me being nervous to start over. And I was like 20, I was 28. How could I have even thought that, that, but at the same time, I knew that like, maybe this, maybe this was just something where marriages have ebbs and flows, you know, relationships do. And we got pregnant, I think year after trying, we had a rough year and like, I got pregnant that following year. So it still was like a long time before I got pregnant and God was like, no, to all right, fine now.

**Michele Traina:**

That was another thing. So we went to a marriage therapist and then my aunt passed away who I was very close with and she was my godmother. And then we got a dog and that was helpful. And the dog did help. And, but not always. So like we were trying everything to find our way back to each other in really what the reality was like. I think we just grew apart. I think the relationship had ended before we got married. My ex-husband, so when I finally realized, like, after I had my daughter, it got better for a little while when I was pregnant because we were excited, you know, but my school shut down when I was

eight months pregnant and it was not going to reopen again. And so it was perfect timing for me because I wasn't sure if I wanted to go back.

**Michele Traina:**

I wasn't in the same kind of feelings for the guy that I was working with. Again, I, I saw a lot of his true colors and, you know, I've found out some stuff about him that was whatever, but there was still a feeling of what if this comes back with another guy, you know? So when I, when I had my daughter, I, we got into a really bad place because he really was not there for me. It was hard for him to be a parent. In my opinion, it was hard for him to get up in the middle of night. I didn't feel supported. I didn't feel sexual towards him. And overall, I felt like this is not working. And I gave it a year. I was like, I'm giving this a year and year, I think a little over a year, as I've told him, I wanted to separate. Because we ended up going to our daughter's first birthday. It was very ugly. And I felt so sad and depressed inside because of how he was being so nasty to me because I wouldn't sleep with him. Like I was just about to ask you,

**Dr. Elizabeth Cohen:**

I was just about to ask you, like, when you say like, I'm going to give this one more year, I always wonder like, how was that year? Like, do you know what I mean? Like you give it a year. You're like, what does that even mean? It's not like you're going with your whole heart. You, you know, and it's such a setup for yourself. I think that's right.

**Michele Traina:**

There was, yeah, there were some issues with my breastfeeding and the struggle I had with it, and then like I broke out in a rash. I had like, I had so much going on and I had a lot of OCD tendencies come out and like, I didn't want to be touched. There were a lot of issues and, and him not, not feeling intimate with his wife of course triggers a lot of his own not great character traits. And he was angry and, and like, her birthday was horrible for me. He didn't support me. I felt horrible inside. He felt horrible inside. And so that's when I was like, we really need to go see another therapist. And then we did, and it just never that therapist wasn't great. And like I was just going through the motions. I let him pick it. It was a male and I let him pick it. And I just was like, I was going through the motions because I knew I really just didn't want to be in it when they asked you. Yeah. Do you want to save the marriage? I knew at the first moment I was like, I just, I don't and I don't, I, I, that's the first thing that came to my head.

**Dr. Elizabeth Cohen:**

Right, right. Like your improv head. Nope. So you separated and tell me what was the hardest part for you through the divorce? Like what's the part, do you think that had you on your hands and knees and then we'll talk about the recovery, but what was the hands and knees part for you

**Michele Traina:**

Living with him? Because I lived with him for eight months while we were separated. That was horrible.

**Dr. Elizabeth Cohen:**

Oh yeah. You know, how many people Michelle, that I've heard from, you know, especially during the pandemic who had to live, I mean, that is really people reach out to me and ask, you know, how do I manage this? How do I, and I have some, I have suggestions, but it's also just such a hard situation.

**Michele Traina:**

Thankfully I had a family to live with when I finally moved out. But what was scary was how do I take the next step without him flipping out? Because he didn't want the divorce and to live with him, separated, knowing that I wanted to separate and that we were, and to get him to sign the papers, to sell the house was so difficult.

**Dr. Elizabeth Cohen:**

Hmm. And did you have to sit with a lot of feelings of guilt because he didn't want it? I mean, and, and you were asking for it.

**Michele Traina:**

I did. But at the same time, I knew that this was not healthy for my daughter, for our daughter. I knew that at the end of the day in five years, we'd be in a better place and it's been six years and we've been in a much better place for the last four years.

**Dr. Elizabeth Cohen:**

That's a great, that's a great tip, Michelle, which is also, and I know our friend, Susan Guthrie talks about this, you know, this is just a moment, like think about in six years we will move through this. And I think that's a really good advice for when you're in the same house,

**Michele Traina:**

Right? Because he has a girlfriend that he lives with. Now I have a show about my life. That's, that's brought me back to the place that I was at 23, where I was up on the verge of doing bigger things in my performing career. And it's like, oh wow, look. And like, I mean, you know, so I think that, that, yes, this is just the moment in time. I knew that the quicker I got out of there and served papers, the ball would roll. But at the same time, we also had a, we had a house to sell my daughter, wasn't talking at 20 months, I had to have her evaluated and all this stuff started to snowball. I still thought divorce was the better option.

**Dr. Elizabeth Cohen:**

Oh, that's such a poignant moment. And I can relate to that too. That even with all the other hard stuff, not having to take care of this relationship, that's not working still feels lighter than having it.

**Michele Traina:**

Having it in because he was showing a side of him that I never experienced with his frustration with me, that I was like unsafe for myself to be in reminding me of things that I went through in my own childhood, not with my parents, but I had I have a twin brother who dealt with, with mental health and issues. And I just, the way my ex-husband was reacting, he'd say it was just me being emotional. But I was like, ah, I can't be around this. Like, I can't get humans to interact like this. And at the same time, like, you know, he's not like that now because, but when...

**Dr. Elizabeth Cohen:**

It's being told that someone was leaving him, I mean, you know, this is the thing that it's fortunate for everyone. He wasn't at his best either. Right? I mean, he was, he was at his worst because of his own internal state. So tell us a little Michelle, now that you said identity, and I love this idea of like, that you really got to go back to where you were when you met, where you were on your way to your hair, color,

the shirts. I love it, all of it. So tell me a little bit about the psychological healing that you got. Like what, what did you lean into? What books, how did you, how did you shift this from pain to gain? Tell me, right.

**Michele Traina:**

I love, I love this. So this is the first thing that I did. I had sex, but actually that's the first thing I did was have sex with the wrong guy. And it was horrible. And then I had sex with a younger guy

**Dr. Elizabeth Cohen:**

And that was even better.

**Michele Traina:**

That was good. It was great. And then that started my dating mishaps. So because I only kept, I kept thinking, every guy I interacted with was the next love of my life. And so, but it started the, the, the role of where my journey was going to be on ending it all up on the stage and material, but I had sex and it made me feel alive. Again. I had a birthday, my 33, my 33rd birthday was one of the best birthdays. I had a long time. The two birthdays prior to that, there was no celebration. I didn't even get a card. Okay. It was sad. Birth, two sad birthdays. And my mom or my mom or myself, I said, I will not, not celebrate my birthday ever again. And on my 33rd birthday, we went out, I went out to dinner with my cousins in New York city, the sky who I ended up sitting with that night came out.

**Michele Traina:**

He said we had an amazing time. And, and that was the moment that was like, okay, I can do this. I can move on. That was, that was part of the healing. Right? And then I S initially, essentially I think I moved out in March of 2014. And in October of 2014, I was on stage performing a piece called chasing hope, which was just something. I was a part of an emerging artists work series in New York that I just, you can create things and you can present them. And I just wanted to start getting myself back on stage and presenting and performing and getting this out. That's in my entire life. That is how I feel and grow through performance. So Sagen hadn't performed.

**Dr. Elizabeth Cohen:**

You hadn't performed when you were married.

**Michele Traina:**

I had always performed, I never stopped performing, but I wasn't performing as an actor full time. But, you know how they say the universe does not keep you from doing what you're meant to do. It has never, even as a teacher, the amount of times I performed with my students on big, bigger stages was a lot, which is not normally when theater directors are behind in these residencies that we did at the state theater. And, you know, other places with, it was just part of, I was part of the team and it was like, the universe has shown me, you're meant to do this regardless of what your financial advisor says, or this person says, who owns a home and is awesome.

**Dr. Elizabeth Cohen:**

So pleasure the stage. What else, what were your other healings?

**Michele Traina:**

I dipped into like, like spiritual stuff and I was Italian Catholic. And I do take some of the values and teachings from Catholicism. And I still, you know, take them in for what they're worth. And, and I, I saw a medium for fun, and I was like, oh, this is cute or whatever. And then I saw not that the other one wasn't real, but I saw another medium who was like, is still my medium. And she has and she's not like, this is what's going to happen. She's just kind of like a spiritual advisor. And it's like, I go to her every once in a while now we're friends. And that was a big part of how I process and heal and kind of like just people get their nails done. I go to my medium. I want to get,

**Dr. Elizabeth Cohen:**

Yeah. Use whatever, whatever support you can get, we need support. So that's an amazing support.

**Michele Traina:**

I just kind of healed relationships that were lost friendships like Doug, who was on my team of divorce diaries. He was a good friend of mine for years. And I apologize for distancing myself. We, it was so refreshing to have him back in my life for real again. And then I was at his wedding that following year, like, it was great.

**Dr. Elizabeth Cohen:**

That was, and I was just about to ask you, maybe this is related to the Doug piece. What was the part that you never could see coming, but changed you for the better because of the divorce.

**Michele Traina:**

Oh, wow. Moving back home with my parents. So yes, the friendships, but moving back home with my parents was rough. It was amazing because I had their support. I'm thinking I might have to file for bankruptcy, changing lawyers. I dismissed my divorce at one point because I thought we were just going to live separated. That was a bad mistake, but it was the best mistake because then I found my lawyer that helped me get this, the child custody arrangement. So maybe that, but I think moving back home was part of all those shifts and kind of accepting that it's okay. I feel like I'm getting, I have family to pick me back up now. Let's always listen to what your mother says, because she's right.

**Dr. Elizabeth Cohen:**

I'm going to tell her, you got to tell our graces that. Yeah. And I think I love that what would change you for the better was learning to rely on other people to ask for help. Yeah.

**Michele Traina:**

Because, because a lot of the time as an adult, we feel like that's failure. If we ask for help. I think now with our kids in the generation, like a lot of them do ask for help or they rely on us because we provide options. Right. There's, you know, there's options for children just as, from a speaking, from a teacher perspective and a mom perspective. I give my daughter options daily. Right. Both of them, I want her to do so, you know, wins, but I think when I was growing up and when my household, there was never an option, I was like, this is it. And if you don't, you'll fail. And then it's like, everyone's gonna look down at you. And in reality, they don't, everybody fails. And no matter what time period it is, everybody fails and you get back up and you get allowing my failure to motivate me to get back on that path that I was originally on and stay on it at this time.

**Dr. Elizabeth Cohen:**



Okay. Love it. Oh, it's so exciting. And I hope everyone gets to see your show, actually get to see you on stage because you're just light up even talking about it. So it's amazing. So in conclusion, I always like to ask people, this question was, if you now could go back to you yourself back, you know, maybe with, at your daughter's first birthday, or, you know, when you first started talking to that other person at work, like, what would you say to that precious, wonderful person within wisdom and knowledge that you have now? What would you tell? What would you whisper in her ear?

**Michele Traina:**

It's going to, it's going to be okay. Hang on. It'll be bumpy, but it'll be okay. And honestly, I feel like I was telling myself that is that weird, these moments in time where I kind of hear things, I sound crazy. But like, I'm like, I'll never forget this. I was at the hospital having contractions and my ex-husband was right next to me. I think we were stopping because I was having contractions. Right. You were, he was next to me and I was looking out the window and I remember thinking, at least we'll have this.

**Michele Traina:**

Like I knew, I knew in my heart, I think I was going to get divorced the day I got married. And it's not that I said, I'm getting divorced. I just felt like this was my wedding day. I wasn't envisioning it like this. And it wasn't the flowers. It wasn't the dress. It was the feeling of like, this is not that like, when I'm on, like when I'm on stage, I got a really great show in Ohio and Vegas and LA and it wasn't that it was sold out. It was that there was, there was things where things are happening, right. People are coming good with supporting there's a high, you get that's what should have felt on my wedding day. There was no high.

**Dr. Elizabeth Cohen:**

Right, because you didn't feel the support. It just sounds like for you feeling in community and in support the lights you up, and you act just so interesting, right? Like your partner was many things, but he was not unable to be that.

**Michele Traina:**

Yeah. You gotta, you gotta have somebody that's like you, that accent, that accent who you are and you accent who they are.

**Dr. Elizabeth Cohen:**

Oh yeah. I love that. So that's a beautiful piece of wisdom. That is brilliant. So before we finish, is there anything you want to share about your story that you haven't had a chance to share or anything you think might be helpful for the audience of people going through a divorce and listening to your story?

**Michele Traina:**

Yeah. I think the biggest thing for me that I like to share with women is that, like, I have a daughter who does not like to be labeled special needs, but has processing processes different from other kids in the normal traditional school. And I've had a really rough year in balancing my anxiety and projection of what's going to happen onto her. And like, I don't see a lot of that out there because I post a lot of sketches about stuff like being like the mom that's always late. Or the mom that's always got a bra out, but like, I'm there doing it with it. Like, I'm, you're not alone. If there's anyone like that, who's struggling as a single parent. Like me on a daily basis, fearful that I'm going to get a call. Hey, your daughter's throwing a chair. Hey, Grace tried to run away. And it's not that she's going to do that. But she just had a really rough year. And I'm so concerned about the future and like anyone else feeling that way, like

you're not alone. And you use it to filter into something of your work that you really want to do. So it helps other people. That's like a big takeaway for me.

**Dr. Elizabeth Cohen:**

I love that. And I'm so grateful for you to mention that because I think there is this, you know, shame and stigma about still that somehow if our children are struggling and I have two kids who have learning differences, that it's still some reflection, especially on the mother. And I just think we have to come and community to shake that and say, no, it is not. It is not. And even if it doesn't matter, what are we going to do about it? Like, how are we going to change it? If it is because of my anxiety, my depression, how am I going to treat my anxiety, my depression. I can't do that without you. So I think that one of the things you keep teaching us is, and it's interesting because you love improv is like, we need, we need people to, around to validate our experience, to know we're not alone to support us and to believe in us. And I think that's why I have this podcast. That's why you have your amazing divorce diary show. Like that is how we do this right. Sharing stories.

**Michele Traina:**

Absolutely. And to feel like we're, we're appreciated for our unique self and that we're praised when we have opportunities every day by the people that are in our circle, we're praised by them in a way that like, if I find a partner in life that partner, I never want to have to look over my shoulder, what is he doing? What is it like? They just make, you know, that person in life makes you feel that we all want that. Whether, and we want, we want that also within our team of people. We want to feel that.

**Dr. Elizabeth Cohen:**

Yes. Yes. Michelle, thank you so much. Can you let people know how they can best find you and information about your upcoming shows?

**Michele Traina:**

Yes. Thank you, Elizabeth. This was amazing. So you can find all divorce diaries stuff at [divorcediariesshow.com](http://divorcediariesshow.com). You can also find me all over like Instagram and tic tok, all the social media platforms are on my website, [divorcediaryshow.com](http://divorcediaryshow.com). And then my next show is in New York City at Broadway comedy clubs, September 18th. And I'll be doing then and October 23rd. And then I'm back in California doing it on November 13th. So if you're in those areas and if you're, you know, coming down to the show, if not, we'll be having other tour dates for 2022.

**Dr. Elizabeth Cohen:**

Amazing. Oh, I'm going to try to come to the September 18th charge sorta down. Thank you so much for everything you do and check please, you know, check Michelle out on tic-tac and Instagram. She's amazing. Funny, but also just so honest and real. And so thank you for that. Thanks.

**Michele Traina:**

Thank you so much. Oh, and the pilot, our TV pilot is going to, hopefully we're we'll, hopefully we'll be picked up by somebody. So yes, that will be released later this year.

**Dr. Elizabeth Cohen:**

Can't wait for that. Thank you so much, Michelle, for sharing and being here today.

**Michele Traina:**

Thank you so much.