Charlie Sandlan ([00:02](https://www.rev.com/transcript-editor/Edit?token=uJE00X5xkrGL74bbUxo0jrzOtY6u-E4Qatmm-FQ0NGHYjO4QsrhyWlx7f8D2qZyDP5ZvoOoIgzlRJBjctwTS7etlBis&loadFrom=DocumentDeeplink&ts=2.96)):

I believe that the most important word, the most important word for the creative artist is the word, yes. Yes, I'm going to jump off the cliff. Yes, I'm going to operate outside my comfort zone. Yes, I'm willing to make an ass out of myself. Yes, I'll do that. Yes, sure. Yes, oh, I love it. Yes, let's do it. I like that. Yes. Yes. Good idea. Yes. What you want to get together every week and read a play? Yes. I mean, yes. Oh, what? You need a boom operator for your short film? Sure. Yeah. I'll do it.

Charlie Sandlan ([00:36](https://www.rev.com/transcript-editor/Edit?token=Pqz1oIegmVoCAtrIpx4oEFVm_VhcRmEAjIUJpcyDuCHpxKlSs_AdCMZmnllZHASicwyXvfWAYLQ0lxXV1TTdpVd1Zls&loadFrom=DocumentDeeplink&ts=36.6)):

It's much better than no. No, I'm not going to do it now. No, no, I just want to be in front of the camera. No, no, no, no. Its not me. No, don't like that. No. No way. Uh-uh (negative) No way. It's fucking stupid. No, you got to be kidding me. No. You want to read a play? No, I just want to do film and television. I'm not into theater. No. No. No, no, no. They're not going to hire somebody like that. You can't be cautious. You can't be tepid. You've got to be willing to play the deep end. Yes can open up a lot of possibilities. And we're going to talk to my former student, Kevin Kreider, who said yes to a lot of things and finds himself now on a reality television show, Netflix's Bling Empire. How the hell did he end up on that? Put the phone back in your pocket, Creating Behavior starts now. (singing).

Charlie Sandlan ([01:22](https://www.rev.com/transcript-editor/Edit?token=MxN35KdmDGuZuq9G9AY7XMYXOyZXaE-i7bdhi1yAXUyDKB2emER8FL-PKrPU8iXMURgDCTmx_s82jHP0c2rAaQN1twk&loadFrom=DocumentDeeplink&ts=82.29)):

Hello my fellow daydreamers. You know marriage requires a lot of compromise. Those of you that are married, I know you understand this. You got to compromise. And for Trish and I, one of the big sources of conflict is what ends up on the television every night. I mean, listen, I'm an acting teacher. I'm interested in watching good storytelling, well-written material, good acting. It's my life's work. It's what I want to watch. It's what I want to spend my time consuming. Not Trish. She couldn't give a fuck. She wants to watch reality television. She's obsessed with it. And I used the word obsessed. I think it's appropriate. It's on every night. Now, granted, she is an anxiety sufferer, for her, watching some reality television, it helps her check out. She can laugh. She doesn't have to think about anything and actually helps her anxiety. It's therapeutic for her. So I can understand that.

Charlie Sandlan ([02:56](https://www.rev.com/transcript-editor/Edit?token=5yhjkzOCHm3_0knq2aN6iRYy1gDNwKDwWzLGY3keMUPx3BkXigNXlTzt7ena2fmn14e5bh0iBU7a_4nAJog6TsXQaAg&loadFrom=DocumentDeeplink&ts=176.38)):

But man, I hate it. I have come out of the office after teaching and there it is, The Real Housewives of New York, The Real Housewives of New Jersey, The Real Housewives of Dallas, The Real Housewives of Atlanta, The Real Housewives of Nashville. My 600 Pound Life, Below Deck, My Feet Are Killing Me. That's the name of an actual reality television show. My Feet Are Killing Me. And why I get irritated at myself is that I'll get sucked into it. I'll sit down because my God, you're looking at some of the most horrific shit that could happen to your feet. It's morbidly fascinating.

Charlie Sandlan ([03:36](https://www.rev.com/transcript-editor/Edit?token=ILJw8RnRn37cyxGCossdcc_HicqP_dv5-Og00JExlhEtHp_mhbHU8wUwnmkRAH8wDbLwK1DckcGdpJqHxllIT-_k_Og&loadFrom=DocumentDeeplink&ts=216.99)):

So when my former student, well-trained, very talented young man, Kevin Kreider ended up on the Netflix reality show, Bling Empire, I wanted to talk to him. The first thing that came to my mind was how the fuck did he end up on a reality television show? This is somebody who I've been keeping an eye on since he got out of school. He's been very vocal about redefining Asian masculinity. I would recommend watching his Ted Talk on that very subject. It's called Redefining Asian Masculinity, challenging us to see Asian-Americans as more than just these racist, stereotypical tropes that we see so often on television and film. The tech nerds, the geeks, the over smart, awkward, desexualized men and oversexualized women.

Charlie Sandlan ([04:38](https://www.rev.com/transcript-editor/Edit?token=JiqdWif-S22S_ivFZK-EDsFfIqq4aTrUN0KNQighg3nQ99vVN70M284N0FnroU3G6jerDfBhzpUBX2IDkpGqEvm8_xw&loadFrom=DocumentDeeplink&ts=278.46)):

And after talking to him, what I took away from it was the power of, yes, that's what I said in the opening. The ability to just stay open to possibility and a lot of amazing things can come out of that. And I've watched about six episodes and it's thoroughly enjoyable. There's a lot of humanity in this show. Kevin's not rich, not that long shot. Watching him live vicariously through his friends that are some of the richest Asians on the planet is a fun ride. So I started off the conversation just asking him, how did your training, how did your artistic sensibilities help you when you started shooting this show? And this is what he had to say. Here's Kevin Kreider.

Kevin Kreider ([05:45](https://www.rev.com/transcript-editor/Edit?token=PucfLs0DgoE8LRFr-GlqeSXrXpYO2T8oeWnY2UxuGS1mAgL_g01C-eibAzRNC9WNoXrfY-eF1In9ZFX7C61iFUriJoI&loadFrom=DocumentDeeplink&ts=345.06)):

Well, I think when you taught us at Maggie's like, your job as an actor is to create vivid human behavior, I remember that. Because as I was going through Bling Empire, the show, I was like, I'm just creating behavior, moment to moment. It just really helped me, I think, just through that whole process of filming and just being myself in the moment.

Charlie Sandlan ([06:12](https://www.rev.com/transcript-editor/Edit?token=T_YtlWUvSz0gqtJgfDP6jhuIoVC6zVarn5arh18uY4fFekyDTUyCQw72MW6hL8k6oJtSRCMPgluzIMVqxEjHJooGGPU&loadFrom=DocumentDeeplink&ts=372.33)):

You are the empathetic, soulful center of this reality show. And I will tell you, my wife is addicted to reality television.

Kevin Kreider ([06:23](https://www.rev.com/transcript-editor/Edit?token=bTNicKrCKiLF_wke-rEhB_NXHZD9ZjT_t36Zxs9mppnM0r-ZzWAzSw0vkiZa__SEZ5UeZxfF9FE8BsZd7sH7W2jPXm0&loadFrom=DocumentDeeplink&ts=383.72)):

Get out of here. That is the opposite of you.

Charlie Sandlan ([06:27](https://www.rev.com/transcript-editor/Edit?token=cwClt9ev6gBLi1rDuEUNtQ3D0PKnoqugTZxUfWT0QO9PTZlfNYBEgq6VRAeZ8c3UqB9ZnnKVhz1Iw3VkuRxcmiMWCqI&loadFrom=DocumentDeeplink&ts=387.6)):

And I don't watch it. I don't watch it. I've watched more reality television going through Bling Empire on Netflix than I have ever done. Because she's anxious, she loves to check out, and so reality television really is a great thing for her. I'm looking for a scripted drama. I'm watching the same thing.

Kevin Kreider ([06:49](https://www.rev.com/transcript-editor/Edit?token=uGe5sN1eS3aixNh3Kp8g3Rauffk0aoLuu2Vk0qbYZV567BkIE7LgAFKg4r5XgRmzoM1UO_hSFKKcPT3VDXW366p1rQw&loadFrom=DocumentDeeplink&ts=409.56)):

Same. Yeah. Same. I'm not a reality person, neither watching it, but the way the producers brought this to my attention was like, it's going to be like more of a docu series. We shot docu series like. Not so reality-ish. It's going to be beautifully shot. There's going to be documenting your life. And I was like, "Oh, wow, cool. I can do that."

Charlie Sandlan ([07:09](https://www.rev.com/transcript-editor/Edit?token=tIVJvWpYPs-dtey1peJqqails-uZi9r-F5DuyYNB6aiyJz9IM8iKPeDg6EQP4N6tDjdLa1Zjli7GS3InjJz9GYhFCrw&loadFrom=DocumentDeeplink&ts=429.44)):

Well you know, I've watched the first five episodes, I'm right at the Shaman experience. What I'm taking away from this, just watching it and being open to it, well certainly just proud of you and just living vicariously through you. You guys do touch on some very personal deep things. Whether it's you having a conversation with your mom about wanting to find your birth parents or Christine struggling with having a second kid, the shame of this circumstance on her shoulders, to keep her husband from being humiliated, there's deep things, and you catch peoples humanity, very vulnerable. It seems to me, in authentic ways.

Kevin Kreider ([07:50](https://www.rev.com/transcript-editor/Edit?token=3H9KQrJKTn05F7ShmG4VCuOTdPGZLzyjWE53zc6wWpBePzVex3GOvzkbs9Q-5UcvAzeGiO-vd21C0XDplejxg4KQ0N8&loadFrom=DocumentDeeplink&ts=470.53)):

There was a one point where the story of Bling Empire just really played out on its own. And they were just asking us questions like, okay, so what do you guys want to do? What do you guys want to do with this information? And we'd be like, yeah, let's film a conversation with Christine and the kid. I can teach them how to model. They let us do everything we wanted to do. They're very careful in the sense of saying like, look, to really carry this experience, don't plan anything. Don't plan anything when you're filmed. Very much like you, it's like, you know you shouldn't plan anything in your head when you're acting, but they're like, for reality TV, definitely don't because it's going to come across as like you're acting. And I found that very interesting information. It was almost like they were coaching us in some way.

Charlie Sandlan ([08:40](https://www.rev.com/transcript-editor/Edit?token=N1BWj9qNC8fzMnWOCzAsslKU2pxE0luSKixAq938IE90bJFD3iS63-GZ1XVbdtB2ZCb8OY35DlEAtKa0JR_uq5H3s2Y&loadFrom=DocumentDeeplink&ts=520.53)):

You became friends with Kane right off the bat. You come up to LA, you don't know anybody.

Kevin Kreider ([08:45](https://www.rev.com/transcript-editor/Edit?token=WizPsQHZBLl-lD9zQSFpwO8z8ZM83JTlxMnkdrvOe8Vkd3xSmmwbmi1mFnFdO2qgAL1Uqsr8zCNSTpaDwNwIp-FNwM8&loadFrom=DocumentDeeplink&ts=525.01)):

The only person I knew was Kelly, casually, just through Instagram.

Charlie Sandlan ([08:48](https://www.rev.com/transcript-editor/Edit?token=WfdvtX5GeTY9zZ_bkDVxgSOv1ixOBys6_Hl9OX54rxZ2N-82uFF4iIzj01nIQ5yg703EKu386VmvII_6O7izsEXff5M&loadFrom=DocumentDeeplink&ts=528.91)):

She introduced you?

Kevin Kreider ([08:50](https://www.rev.com/transcript-editor/Edit?token=qmZOvvp5sTW1YgPQ7Y2u7LAiEb2SJrAL2yubwJ8YIkjNeea2qKE5wUdtDUe2SGnFZA0pK6VD91MzMJaWYuj2lDl8XgI&loadFrom=DocumentDeeplink&ts=530.03)):

Yeah. Kelly is a very, like I said, lady boss. She's highly networked in LA. She's been working woman for a long time. Just getting into the industry, and she was like, "Hey, look, we've got this show thing happening. You seem to get along with everybody. Do you want to be in it?" And tell you the truth, I was a little hesitant because first of all, I'm not rich. And they're like, it's going to be like crazy rich. I'm like, "What do you need me for?" And they're like, "We need you as like the eye candy." And then eye candy turned into, "You're going to be the voice for other people." And I was like, "Wow! That's amazing. I would love to do that."

Charlie Sandlan ([09:28](https://www.rev.com/transcript-editor/Edit?token=6lh5GJO6Ls4A-4PM05tDTZgCKyZ_uZxOTxgwTwSJlsuBWL5SSayQSsS857udfQ5derUihkoejt83oZF5D_LbwiEgv8k&loadFrom=DocumentDeeplink&ts=568.85)):

Yeah. I mean, we really do live vicariously through you.

Kevin Kreider ([09:31](https://www.rev.com/transcript-editor/Edit?token=gU1eUO9_0UYguX_FC7-U9Bsz4N0Rmis6E7quMKXhSUS8XcyoKDGaLggQxr6KpuieWkP2uzBz05Zs9Vuu87NEYmA-gGE&loadFrom=DocumentDeeplink&ts=571.09)):

Yeah. And so everything you see going through that is like a real experience. They just threw me in there and just said, "Hey, let's see what happens to you, Kev." These are my friends anyway, so I felt very comfortable with Kane and Kelly and Christine, because I've met them before. We've had brunches, lunches. They're like, "Hey, we should invite you to a party." And then I went to their parties for the first time, Chinese New Year that you saw in the show. And I'm just like, "This is how they party?"

Charlie Sandlan ([09:59](https://www.rev.com/transcript-editor/Edit?token=7_LyTBT3Ni4qurG6YLIMYv7PNim9B8fIZm0LagQMDubkvF9_qzWrHDcZvwKoCf27UgMllSmL_U20fwaub75ZyNANxCY&loadFrom=DocumentDeeplink&ts=599.89)):

Was that the one where she cut off Rodeo Drive?

Kevin Kreider ([10:02](https://www.rev.com/transcript-editor/Edit?token=T0UsjKY07YFmu2a5CMkM8BxH3rRQDRPTD2G7g8Zu8ibkZmjlpjhlOeUcKKopBU_n8gaPV8d_yYSsse7NuKSJv7-C57E&loadFrom=DocumentDeeplink&ts=602.6)):

Yes.

Charlie Sandlan ([10:03](https://www.rev.com/transcript-editor/Edit?token=MzjBuv_vTJNI6gG2ZO21kMrw3IliDDyiDHjHdeDgm3cZimOiMagxl5u3C67fltgXrjD_Rsl9vTnLIqNdLcEp_FkMboQ&loadFrom=DocumentDeeplink&ts=603.08)):

Damn man. Never seen anything like that.

Kevin Kreider ([10:05](https://www.rev.com/transcript-editor/Edit?token=q_hvpbsoXupMjGiUeckkdFdfx4L8LGDNd01mSn8zue2o5Zl0i1KvQPtt48KGHzy0pg3pMPhibyWn5J655FXc69oAjVg&loadFrom=DocumentDeeplink&ts=605.36)):

Me neither, Charlie. And I'm like, "This is mind blowing." These people exist. I think it was just a very good timing because Crazy Rich Asians came out. People wanted to see more Asians on film. It was marketable. It was sellable. And so it was a really good timing for this to come out.

Charlie Sandlan ([10:22](https://www.rev.com/transcript-editor/Edit?token=35fQwbXbBxUtI4Q_hXYrZz3xJqFR-hPLpwKe5Cnr-zrEOZiBh-AlTREZ4NKbdmprZwDqusI3ZHJ60MpHXlUurJuBw3o&loadFrom=DocumentDeeplink&ts=622.49)):

Well, I just think it's also really interesting considering you have been such an advocate for talking about Asian masculinity and certainly as an actor, you know that just the white washing of Asian-Americans and the, I don't know, the stereotypes. You guys play the computer geeks, the nerds, the women are oversexualized, the men are desexualized.

Kevin Kreider ([10:49](https://www.rev.com/transcript-editor/Edit?token=jTn53UPH1a_ZMXnT43dMrsa4mvuGCpa4eXIMJZBj7wXQ_IH7Yx_J6KSWFtqvxK5XFE37uWW0HwhWqyz1P47kTRA7rZU&loadFrom=DocumentDeeplink&ts=649.3)):

I always knew those stereotypes existed. And I always thought that's what I was going to be destined to play. Because I did modeling before. I was always like the young dad, maybe a doctor or a pharmaceutical add, or just some guy driving a car. Not even sexualized, it's just like some dude driving a car. It's like, whatever. Coming to Maggie's, I was like, man, I really hope they see me for what I am. I'm not the best friend or the nerd or something like that. I remember coming in and being shocked that you guys got me. Like I was playing leading men roles, which was so different than what I expected coming into an acting class. My first expectation of you and Maggie would be like, "You know what? Let me just be honest. You're fucked as an actor because there's nobody who's going to hire you to be the leading male, especially liked by a girl, on camera."

Kevin Kreider ([11:46](https://www.rev.com/transcript-editor/Edit?token=TUYd13dFzQJaKNPhXItlKACjQ5msFPil2ceLr_KXHGSYHVr6E4XtMwYzYYsCMWMSbGa7WGOJcMjSe1QqHSP9p4eO8Uc&loadFrom=DocumentDeeplink&ts=706.54)):

And I just thought there would be that, but you guys did the total opposite. You put me with leading women, you put me with the right scripts that I could really relate to and also be on screen, which was totally something that was unexpected. So when I got out of class, I'm like, "Oh, I'll get those roles." No. None of those roles really came my way. And so that was very confusing for me at that time. I mean, I remember clearly when I said I wanted to be an actor, it's when I came back from Southeast Asia when I was 25-ish and it's like I need to really get trained if I'm going to do this. I don't even remember who referred me, but they were like, you should take a Meisner class.

Kevin Kreider ([12:30](https://www.rev.com/transcript-editor/Edit?token=k1qjrjB43794-fCbLIoGmPEXzMknz6toHSXvQaDFsNsEf-X1sVuETTqU2Tj4zahtHtRWN221-oyafd81js1dZVx0PFk&loadFrom=DocumentDeeplink&ts=750.97)):

So I just looked up Meisner. The top two were obviously you and Esper. But what I really liked about Maggie's is that it seemed very authentic. And so I just really liked the actors that were also on the roster. And so I just went there and I remember the interview with you, and I didn't even need another interview with anybody else, because I just said like, this seems like a very safe space where I can express myself and I can get trained. There was an energy there I would say. There's just this safe energy that I had when I was talking to you that it felt very nurturing to me. And that allowed me to explore, like I told you when I first met you, and I don't know if you remember this, but I was like, "Dude, I got a lot of anger. And I think maybe I just need to express this somehow." And you let me.

Charlie Sandlan ([13:19](https://www.rev.com/transcript-editor/Edit?token=KFfX0Dxeoa1VNzH9N-Izs7DawFW1wEiMYL-rZkP3eEv82Hfggj-p1CAhfaNMlJ2ZLs3IZnbG0M2UCdXz_pkdZXLaHkg&loadFrom=DocumentDeeplink&ts=799.34)):

What did you learn about yourself looking back? I mean, it's eight, nine years now.

Kevin Kreider ([13:23](https://www.rev.com/transcript-editor/Edit?token=m9inZ5os5ohRN9xnY1bBITxVze3rpjek_kkjNL2Vqgn0cV1oB5AV-if4GrunrtH0nib50DsuDKtOIo-tOYiikU_pjFs&loadFrom=DocumentDeeplink&ts=803.3)):

What I really learned about myself in that first year, especially first two years is that I actually wasn't as angry as I thought. I just needed to express myself how the world didn't see me, because the world would see me as an Asian guy. Like somebody who wasn't very sexual. Just a super smart guy. The guy who doesn't get the girl at the end or the insecure one. The guy who does martial arts, which thank you, you never made me do a karate chop the whole time there. I appreciate that. 100%. But it's like, that's the way the world was seeing me. And for me, I want it to be expressed differently, because I knew my truth wasn't that.

Charlie Sandlan ([14:09](https://www.rev.com/transcript-editor/Edit?token=O3edc6tH44-0wo5CDF2rLGw5e5E6T_KQAGVRzYbcaUSDueUS4qfSu4B9YJfK9kI-hvlY4m2OLT0MNQrS0kpbRh-NVNo&loadFrom=DocumentDeeplink&ts=849.22)):

What's your truth? How did you want to be seen?

Kevin Kreider ([14:12](https://www.rev.com/transcript-editor/Edit?token=2iHDlYn9_NyPqPBl8eru7JHDwcksOIdJJJE5vKdtIoZ5u5Vk0s5qDKr5Tzwh-ELDiD2kZpx_cjwiozxRZV0f8RyBav8&loadFrom=DocumentDeeplink&ts=852.86)):

I wanted to be seen as like the fun guy, sexy. When I mean sexy, I just mean because he's so comfortable with himself and being able to express himself in any way he wants, not just smart and intelligent and meek and humble. I want it to be yes, stupid. Seen as stupid at times, seen as humble, seen as cocky, seen as sexual, seen as angry. I wanted all of that to be expressed, but I felt like I couldn't with these stereotypes and the way people saw me and I only fit into like three emotions, which is very limiting. It doesn't feel good as like somebody who's training as an actor or wants to be an actor.

Charlie Sandlan ([14:54](https://www.rev.com/transcript-editor/Edit?token=EJU1XI10Cw7w5MCkzRR0CY7EtSh5DWOXGSu6FDGzV46liwG44n20bNXcJYBi3lhzvhJEs-ARfzNLrDa21lAzyzFRsTw&loadFrom=DocumentDeeplink&ts=894.16)):

Well, so you get out of school and you've got this skill set, you've got this toolbox. You understand really what it means to create behavior. And what happened to you since then?

Kevin Kreider ([15:05](https://www.rev.com/transcript-editor/Edit?token=LEE0GG7NDXaOYKD8BskfyFAwKD4T-ZmXCOkcXqWfBI01vaVQbtq6ixkg5Fdjs-xsxq1yTBDt45UEgQ2Uaw_9ve8YLvk&loadFrom=DocumentDeeplink&ts=905.51)):

I left Maggie Flanigan Studio with so much hope and inspiration and things started coming my way. I was booking a little bit more work. I was getting some rolls. I was getting callbacks for theaters, and it was like crazy. It was just so stressful. At the time though, I was using some sedatives. They were not sedatives, they're actually the opposite, I was using Adderall.

Charlie Sandlan ([15:31](https://www.rev.com/transcript-editor/Edit?token=vza8F_lNavIxr56LXv62AeDuip7xqlX0dGE94W1y8sfRUgU2Q-0gepMzk8KA5HHP_j49Sz_mQEuLI6pttz_gpqKf3as&loadFrom=DocumentDeeplink&ts=931.5)):

Man, I can't tell you how many people, students, young people, are using Adderall. I've got so many students that have issues with it and addicted to it.

Kevin Kreider ([15:41](https://www.rev.com/transcript-editor/Edit?token=H31yeShVCp9RDqlqRKgFsmvP2DuSPeHqYpVo0QPmaqA9XVwE9vveaVbhpP3gOwCP0HSK7D7u0uc6L_Bd2Gg0O7e3MXw&loadFrom=DocumentDeeplink&ts=941.88)):

Yeah. And I would say this, seeing my behavior now and seeing my behavior when I was on Adderall, I thought the Adderall at the time would make me more open, more expressive because it gives you more energy. But what it did was the opposite, after about a year or two of doing it. It made me more numb. Whatever I was feeling, wasn't showing to teachers or to the camera. So I got off Adderall because it just wasn't really working for me. And I got more depressed on it and I got really stressed. I did do it with some supervision though, but it just got so stressed. Everything happened and I lost my hair. There were chunks of my hair falling out. Very, very stressful even losing your hair then, especially when you have a couple of photo shoots lined up. I was doing stuff for men's health and men's fitness at the time and they're just like, "Wow! What's going on with your hair?"

Kevin Kreider ([16:39](https://www.rev.com/transcript-editor/Edit?token=AbCxMH1CGqo__9vyYgJuA1txv9eFJq_1UxewskrOFQ1xkL8-YFqidphyom5QogwHWMxIE_wbprJG3_DhoYLmH9j122Q&loadFrom=DocumentDeeplink&ts=999.13)):

And I just said to my guys, "I have no clue what this is." Like I've never experienced this in my life. I've only seen it in cartoons where people get so stressed out and they lose their hair. But this actually happened to me and I freaked. I lost most of my hair, is like probably 50% of it. I left New York, left my apartment and did a soul searching skateboard trip across America from Santa Monica to Philadelphia. Documented that a little bit. Try to just find out what comes from this trip. Nothing really came from it. So then-

Charlie Sandlan ([17:15](https://www.rev.com/transcript-editor/Edit?token=7OnmYdA10_nzb6RdDhH9tPWoW38ecRVbqoc8cx415vMYQoOPZA5uN-th73o7--zkcFAM179xnSWPpS17aa9Zxl88cU8&loadFrom=DocumentDeeplink&ts=1035.36)):

You skateboarded from Santa Monica to Philadelphia?

Kevin Kreider ([17:18](https://www.rev.com/transcript-editor/Edit?token=SBkb5ZNrONVTFkQXkRfATpN8T06HoT55CA4ac6cVOTkl6yfYThH2T5ajxwOrYgZsiVg5rMftHnaw79jiyUfj3OSULUk&loadFrom=DocumentDeeplink&ts=1038.16)):

Yeah.

Charlie Sandlan ([17:19](https://www.rev.com/transcript-editor/Edit?token=yH-Kwn84WaUBHSNXpjNWjsqpaTj0qAPCK2cWQDVaDwM6cH8jkXIi-1vLXl1snMmFpfSsjKZWj4kG_nSAtC3a6QuifFE&loadFrom=DocumentDeeplink&ts=1039.43)):

And I've heard you say a number of times that it didn't really add up to everything you thought it was going to be. I mean, what was the experience like? I mean, would you skateboard for hours a day and then grab a hotel and then just continue on?

Kevin Kreider ([17:31](https://www.rev.com/transcript-editor/Edit?token=Tm7UGU2UlHsOkesE_3_-DzpmSJLqSfTUMGlaUgVzaVvwGldwul9mZ0CtVB7lAZT3K55Ugubw5c8Ym_7LdgipvF2gZIg&loadFrom=DocumentDeeplink&ts=1051.36)):

Not even a hotel though, it'd be sometimes on the road. I'd have a tent on my back. It was numbing, is what it was. It was very Zen, but also to your body aches, and you're so numb to everything because your body hurts all the time. And the only Zen moment I had, and this is why I think I say it in a documentary at one point was, I realized at that moment when I was skateboarding down the hill, I didn't care if I died or not. I didn't care if I lived. It wasn't suicidal to the point where I was like, I'm going to go into the next truck. But I was like, if my life is going to get taken, I really don't care. I just don't see what I'm living for.

Charlie Sandlan ([18:09](https://www.rev.com/transcript-editor/Edit?token=8K3eUnGoUKBBkJhLSvVJX6VtIGwXTINo_WXfARbindaDqRPJ_IeQZIzrWV6ZnJpyiMPfMW2sDf8V9N34rKgRYFRLz8I&loadFrom=DocumentDeeplink&ts=1089.79)):

Did you have anybody along the way or have a memory that actually did kind of sear itself into your data bank, so to speak?

Kevin Kreider ([18:18](https://www.rev.com/transcript-editor/Edit?token=N3j9dTb132x4avMNhMc1X7NWU92F4oiY9PtViy1sddR1N1nheguIespF3GS6cWk4Qe55wVwnsG2YXRQIYNwCVDqhuxk&loadFrom=DocumentDeeplink&ts=1098.92)):

I mean, I met one person along the way who was doing something for breast cancer awareness and she was jogging across the country and we met up actually at, I think it was the Washington Bridge. We finished together. We finished the whole journey together, coincidentally. That was inspirational. But what ended up happening though, Charlie, is I didn't take my time to actually reflect. I was too busy trying to get to the finish line, because I was like, "This sucks. This sucks." I didn't really have any time to enjoy, reflect and smell the roses and see what happens like I thought.

Charlie Sandlan ([18:52](https://www.rev.com/transcript-editor/Edit?token=erdAp3KeTZpR3I2hyA5nkjxD4XWGq2KVY0zyKIlYcsoXX0mksLCvn5SF036_MWvmOrDMZN1xyggTuaKySi8zEhA27eM&loadFrom=DocumentDeeplink&ts=1132.99)):

Why didn't you just quit and say fuck this? Why didn't you say fuck this, and just hop on a Greyhound and get back to Philly?

Kevin Kreider ([18:58](https://www.rev.com/transcript-editor/Edit?token=1UbanRimMHy2PVGi7HWGjTQF81hjwRrdTxqbtACTG6B40VpXYd2lZJNxbAImEJhrdRiuv1lWUXFvGA9G51GZgvOwltE&loadFrom=DocumentDeeplink&ts=1138.87)):

Because I hate the idea of quitting. I don't mind having a detour, but the idea of quitting just really wasn't in my repertoire. Like I just said, if I quit now then, what do I do? I had no purpose anyway. So when I got back to Philly, I got really depressed. My dad had to kick me out of his house because he's like, "You're not doing anything." I was like, "I don't know what I want to do."

Charlie Sandlan ([19:21](https://www.rev.com/transcript-editor/Edit?token=LFV25pWTtaPAZKOW8W5QH-xE34-uMxauvIDdN9BKq9RVMs9b_CQ5KyUwepuMAOT2ZRinJ7h9xOuXEjskCxL2CzCRdM0&loadFrom=DocumentDeeplink&ts=1161.3)):

Depressed because you had completed this thing that didn't really live up to expectations, and fuck this, this is miserable as I was when I left fucking Santa Monica.

Kevin Kreider ([19:30](https://www.rev.com/transcript-editor/Edit?token=rumlLwXH55TiYNaD9EcQIaX43mxb4n_NW3kpRJqEZZ4Q-VcUCMKzQ_qMG7t_QkwZ8Fpl8A97rMCN7CGifwYXjIEn0LA&loadFrom=DocumentDeeplink&ts=1170.18)):

Exactly. Just, I took a longer way to find out. You pull a geographic thinking, moving from another place it's going to make you feel better and actually made me feel worse. And so I was also feeling really helpless and hopeless because I really wanted to be an actor. I was like, something's telling me I have to be in front of the camera and I have to be myself and expressing myself and creating this behaviors and showing humanity, that you always tell us as actors. I was like, "I just feel that," and it wasn't happening.

Kevin Kreider ([20:04](https://www.rev.com/transcript-editor/Edit?token=i5fkHy5bfOrphF2kM1IgRqqbBlD1n3z464oSwaeihiktKM8d2PM6y6G540zdKar0pZqkLrwayx4ooCDvlYHPY4ZkKxM&loadFrom=DocumentDeeplink&ts=1204.53)):

And then I just was like, my health is lost. I don't have any hair even. Who the fuck is going to hire me as a ... I don't want to play Buddha. That's not my role. That felt like it was hopeless. I had no other passions or anything in life. Acting for three years was like my obsession. And I just didn't have anything that I wanted to live for at that point, because I didn't have a girlfriend at the time. No family really, well, my family back at home, but I didn't have like a wife, kid, stuff like that.

Charlie Sandlan ([20:36](https://www.rev.com/transcript-editor/Edit?token=uYq4jRAOAuuvV462MDiKo6kLQKTK1nAA64CDUmTPULp6PlhqPcbjilt9LJLkCwYF0w5DsNYg6CtPoxgkFUBMuLv-VPQ&loadFrom=DocumentDeeplink&ts=1236.19)):

Right. I mean, you're still alone really, in that respect.

Kevin Kreider ([20:41](https://www.rev.com/transcript-editor/Edit?token=fW-kKzgGlhYSjU3KkdCbjCdB-yXbNZOpXhItP7mzOO0cla-sXN69SLV8xGTuabJt-35EvXQ242uQiLxkpLNUffiV_p8&loadFrom=DocumentDeeplink&ts=1241.43)):

Yeah. Dating was horrible. I was doing a lot of online dating and I was just like, man, I was feeling worse about myself. Every time I was swiping and no matches would appear. You get desperate and you're like, shit, I'm supposed to be a model and a leading male actor, and I can't even get a date on Tinder. It's just like, what the fuck? I just felt so bad about myself.

Charlie Sandlan ([21:05](https://www.rev.com/transcript-editor/Edit?token=ItNgl6rnIRleTg6GHt3hEzsenu9dB2oVjWaRwy1CDbnDje826qLGeB174x467PsiJkmw58jvG4yCVsKL0kRiHvKs2rM&loadFrom=DocumentDeeplink&ts=1265.22)):

How do you take yourself out of that? I mean, I know a lot of people listening to this are going through their own bouts of depression and low self-esteem and you want to try to hold onto this idea that you're an artist and that you're an actor and that I can be creative, but there's a hopelessness. How did you get yourself out of it? Fuck.

Kevin Kreider ([21:24](https://www.rev.com/transcript-editor/Edit?token=3xcUN3J1yVW8wKM9m3IxhnGVTjzKZ67vpFWA3vWLNxUhaDrI2-C1xA02pthSjupy-vTiRWj4XuFgDtXFXs8CHoyJxgc&loadFrom=DocumentDeeplink&ts=1284.29)):

The hopelessness feeling I just want to let people know I understand what that feels like. It really is hard to see that there is going to be a better day because you just think at this moment, it's not going to get better. But what I would say is I always had this mantra in my head, whatever bad experiences I'm experiencing now, will have a purpose later in the future. Maybe I don't know what that is. I don't know what that is half the time, but it will appear some way, some form, if I just allow it. Me, I just didn't rush it then. I sought for what that purpose was though. But sometimes you just don't find it right away. Like I was just like, "Why am I going through this suffering? What is this for? Show me the way." I don't know who I was talking to at the time, because I was very agnostic, the universe, whatever, mother nature, but I was like, show me the fucking way. What is it?

Charlie Sandlan ([22:18](https://www.rev.com/transcript-editor/Edit?token=T_4oEUGk07tyPsBXHprZxDIW-mxm838Gb48eiIaKteOSf6QPS3P5x71ch3Sv_augUVt41ZiSO1Te2MH70jPT3FM-W-s&loadFrom=DocumentDeeplink&ts=1338.39)):

Is this where Buddhism kind of revealed itself to you? Or did that come later?

Kevin Kreider ([22:24](https://www.rev.com/transcript-editor/Edit?token=0F8Ek73dwzGbxaXR9t6UeKZo-lA_-bcK7TPATpJj45DVbyBoCWM6gHSMy8WCiIVU6rrI5kqV1sFV7FjjyOxPnkJ_hyw&loadFrom=DocumentDeeplink&ts=1344.52)):

Buddhism came later, but I'd say that I got sober a little bit eventually. Things started to really change for me when I started to find a higher power.

Charlie Sandlan ([22:35](https://www.rev.com/transcript-editor/Edit?token=_MYVxJBoNbkCBwLlQ8D0hp3ZygZBNQYYn7T1qwnRrbGIBo61PpZNHphAnSu_uRv4CQgkF47RoD0ujOt-E0xxEYJAnLQ&loadFrom=DocumentDeeplink&ts=1355.88)):

Did you think you had a problem? Like I'm an alcoholic or are you just like, you know what? I got to cut this out of my life.

Kevin Kreider ([22:41](https://www.rev.com/transcript-editor/Edit?token=i93cWikGqMMsdgY7jZsauuQIBaGX8siRt5hraVslPBMXKVhO3uNs6yA2cnaYBgWsglNWOu5tC-f08P5kJSomJC_O2Ak&loadFrom=DocumentDeeplink&ts=1361.14)):

I got to cut this out of my life. Because I've noticed this for me, it's like whenever I started pounding the drinks, it's not that I couldn't stop, it's just that every time I pounded the drinks, I just felt worse and my life got worse. Like why would I keep doing it? Then I just noticed like 12 step programs really helped me to find a connection in a certain way and the universe higher power and everything started to really make sense to me now. I remember Maggie Flanigan offered a Chekhov technique to us.

Charlie Sandlan ([23:15](https://www.rev.com/transcript-editor/Edit?token=sYtRBogRfTqpxsZmZfH8iqt8ADIQdISgbQTL1l7Mk0f0DPmNU-5MRrUp124Pp054n7UcyxDbW5XpTY6UBv2BrFI9Bws&loadFrom=DocumentDeeplink&ts=1395.68)):

Yeah, with Lenard Petit.

Kevin Kreider ([23:17](https://www.rev.com/transcript-editor/Edit?token=oN2u0mKDIZUXV3CaBJTlyEHAdsw0-IT8m5sQ5CzuJhoO-n-Ot9tuNU2C4EoDHhkX8JD393qALr8MXmkGB2t3GCbYkC0&loadFrom=DocumentDeeplink&ts=1397.58)):

That changed my life too actually, because not only Meisner, but Chekhov, I thought was the best combination for me as an actor at the time. It tapped into a little bit more into the spiritual realm. I was really fascinated by, but I was like, I don't know what that looks like or what that feels like yet. So then when I got sober and I started to have a little bit more of a higher power in my life, things started to make a lot more sense to me. Like, I'm not in control of these moments happen. It's almost like what you say, it's like you got to throw out the script and just let it happen. Jump off that cliff. But here I am holding on. I'm like, I jumped, but I'm holding onto the cliff with my right arm still, and-

Charlie Sandlan ([23:59](https://www.rev.com/transcript-editor/Edit?token=z-JmjH2SEEQTnb8TX9TACCIzCZvMXJSwdEKwpFvxLd35FDuoLXxjbKEQi3g81KsCU68cV9s_B_udpM7Sz2stiDmru3Y&loadFrom=DocumentDeeplink&ts=1439.1)):

Is there a defining moment? Can you look back and go, that's where I jumped off the cliff in my life, turned from that valley of depression into something with a better vision of what life can be for you?

Kevin Kreider ([24:13](https://www.rev.com/transcript-editor/Edit?token=1Of_T0ESD4Olp6ecs45hug1YeK0CpgowTTvp1w_jTT2HnX3vbtV3urGwqajDb65_mcKnkhbNonNp-CLiaqbfHSeTL0I&loadFrom=DocumentDeeplink&ts=1453.91)):

I think it was actually when I broke up with my ex-girlfriend. I was getting sober and I broke up my ex-girlfriend. I didn't realize how obsessive I was over trying to fill this hole. I just needed to be loved by somebody. I thought I would die if she wasn't around. I literally think I was going to die. I don't know why, because now looking back-

Charlie Sandlan ([24:35](https://www.rev.com/transcript-editor/Edit?token=y4KLmSkbuTlndlhVPQaIMhL0WO5GWb07tpdhV0boNxMGYc0xKlDXVe4N_V8CDn_ir08C3fEtB9XGs3PX6d_lHGEyNos&loadFrom=DocumentDeeplink&ts=1475.45)):

You can't imagine your life without this person. There's such a co-dependency there and you just can't imagine that you could actually have a life without that person.

Kevin Kreider ([24:42](https://www.rev.com/transcript-editor/Edit?token=05TxfSf1I_glQ-zscrFYCuPqt1YFCrnabBXGkTFu6aXYVAZ6sBjH6-O_zynm9oHoMw6ue1pofwLR5DBMSqWgoMPxjVE&loadFrom=DocumentDeeplink&ts=1482.93)):

Exactly. And like, when I really think about, I was probably more codependent than anything. And so I saw that as when we broke up, yeah, I cried, but I felt this huge rush of relief that I had never felt in my life. And I was like, wow, this was right. I was wrong. I was trying to hold onto this so bad, that was something that was so toxic. And all I had to do is let go. I don't know what was going over me, except that it was tingling. It just felt like a whole weight was lifted. And I just felt like this experience that I'd never had before. That was kind of the defining moment for me.

Charlie Sandlan ([25:20](https://www.rev.com/transcript-editor/Edit?token=ZlcwRoo2KRv-ahGBONW91joV1KnWSTcugnsx4nNMRyaapFiPFsM-4HsGji-5bHQDc599u7zDpuVmG6Vl0xDzZH6z7_w&loadFrom=DocumentDeeplink&ts=1520.06)):

How long were you guys together?

Kevin Kreider ([25:22](https://www.rev.com/transcript-editor/Edit?token=iq6-99elF9otBA5SSV_WUqALMDhTfOS6kvv1Kj1JkVsmt0lzkX-Af6J6bGQbTR0QIc_x3Za1zwwiR0HtdBQnMjfJG4E&loadFrom=DocumentDeeplink&ts=1522.16)):

Dude, this is the crazy part. I mean, like it was only nine months. It wasn't like years.

Charlie Sandlan ([25:27](https://www.rev.com/transcript-editor/Edit?token=hNYJGUNI_OXZCzR_1V5eTgjJgDuo0WYkbl5Qt-hQ-tBs-KkM6REEpyOw69gHenlkjXAxL8UJWqEQ7X7Fyt3Uwkzw--4&loadFrom=DocumentDeeplink&ts=1527.9)):

That's an intense nine months then.

Kevin Kreider ([25:29](https://www.rev.com/transcript-editor/Edit?token=TYbNpIRoQrnlrEG0R-nyQbTr1wDP-F-IT5s9Gfanx1-nI3lyFEILCKX22rtEsMONzyRF3-Ob-DtTjPT3n9jsvKAl7Xg&loadFrom=DocumentDeeplink&ts=1529.44)):

I mean, we were talking about moving to LA together, starting up a career. She was also an actress and singer. I got to tell you, like that was a dream for me. And it also made it a little bit harder to move here in LA because that was supposed to be our dream together.

Charlie Sandlan ([25:45](https://www.rev.com/transcript-editor/Edit?token=rlTDK3Qq3WrWCGYaqiuVNlRivMTWHPHGYksTJc3zzcUsFrFZxMrT_4PdNzm8-GPS1OBJSPWaAd-7rBIs_Xzbe1qWc1c&loadFrom=DocumentDeeplink&ts=1545.17)):

Okay, so you break up, you clear out that energy, how did you start coaching? You transform your body during this time? I felt like you were always in shape.

Kevin Kreider ([25:57](https://www.rev.com/transcript-editor/Edit?token=mDA1kuM0rBfwlvMa8pS5FKX_90GfeavA8gyacW8NqDmREDEQ3kRx8sB5PmgrmCCBlXPRwaClsqkSHPKr-tmQzE45aW0&loadFrom=DocumentDeeplink&ts=1557.74)):

But I got like bodybuilders shape.

Charlie Sandlan ([25:59](https://www.rev.com/transcript-editor/Edit?token=3qskpamUjp7UbWAk3jVBlH5yGNTikV_sReL6etwmjAEIYMVUCgOtswOePlTy6Oe8G0odWNhFOxVjzHQKBlLkAEZ_o-U&loadFrom=DocumentDeeplink&ts=1559.35)):

Yeah, but you got just shredded.

Kevin Kreider ([26:01](https://www.rev.com/transcript-editor/Edit?token=yP3j6PICh_MPvxBSC2vr3VQXmFd5GvHHSYxAUI1pUwJUU3NORF0znTdWQ4ZjBwInWzpLUNtr6IJufeXlxVY1ypLJb4I&loadFrom=DocumentDeeplink&ts=1561.25)):

Yeah. There it is again, it's like, I don't know what to do with my life. So I'm going to do what I know I'm good at, which was getting in great shape and helping other people to get in great shape. It wasn't very fulfilling though. Trust me, like after a little bit in Philadelphia doing personal coaching and stuff, yeah, it was fun, but I got to tell you, I felt very empty inside.

Charlie Sandlan ([26:25](https://www.rev.com/transcript-editor/Edit?token=NAkWQlyUcK3ut6rt_axX5fqsuioEsfFzBfN_Oj3ZikmXIFIM11piYjkLnPAQLKy3MJDbZI3ltQZ8DHxSJ3nKSMJvat8&loadFrom=DocumentDeeplink&ts=1585.99)):

Why was that the case?

Kevin Kreider ([26:28](https://www.rev.com/transcript-editor/Edit?token=uHFhSt_SkQs_Aa1EAG1E-tZflzgR04HlYII0agjGexFiCtbxdmtPFT478wdaAqi-z9S2mXnaC_U31q6D3DyaB6kRZ24&loadFrom=DocumentDeeplink&ts=1588.16)):

In the past, before I went to your school and I felt fulfillment in training and acting more than I ever did when I was personal training or in fitness.

Charlie Sandlan ([26:40](https://www.rev.com/transcript-editor/Edit?token=7fHkqu3H5gQ-gu7LxgbYpy1Bw2OjYEO_hI-CZ0pHytSxE9PdN6XgZddCaNLQenzCsSYvn_ZQ60nVN56tdsuXRpI8hWQ&loadFrom=DocumentDeeplink&ts=1600.59)):

You know with just being an actor, it's like, I don't want to be a trainer in my life.

Kevin Kreider ([26:43](https://www.rev.com/transcript-editor/Edit?token=1blTnOI7BynP1mervH4hUK9CIaWEM-9DABlPGNvEzab7dDxQ1CzqtW9PdsUu_p03jJAeFM4iuP4ungGhOvnhZPdGRBs&loadFrom=DocumentDeeplink&ts=1603.91)):

Right. I don't mind playing a trainer, a role as a trainer, but I don't want to be a trainer. And I just said, I know both. And this one on this side of acting just tastes way too sweet. I can't go back. In the arts, I would probably say more than anything, I just loved the arts, like writing, acting, whatever, the reality shit that I just did. It's just, there's something to it that's just so much more rewarding, fulfilling, and made the impact that I always wanted, which was to help shift and change the narrative of what people think of Asian America men or Asian men in general. And that was a really big why of why I even got into acting. But I didn't really discover that until probably midway through acting actually with you.

Charlie Sandlan ([27:32](https://www.rev.com/transcript-editor/Edit?token=hLHBMXrqKlKLgnRbbWxaTx_VJJLaJYlBK0J9UaMVkyZt5gmqKGncx-zoZr8sM6eXaq9GwzBaPN2DgZb9a3zBrBawmv0&loadFrom=DocumentDeeplink&ts=1652.77)):

Really?

Kevin Kreider ([27:33](https://www.rev.com/transcript-editor/Edit?token=3eDD8wnqoDHkQJQi8i82XHtY6KDtk_qQzSe2VfYbgiHDi-VTPLf_qy1hGVL_EByUg1wcbiE4StcqigGB8hpb4AM4quE&loadFrom=DocumentDeeplink&ts=1653.52)):

It was about midway. I was taking voice and speech too. And I just realized, yes, this is why I got into it. I got into it in the beginning, because I was like, man, hot girls like actors, but what I realized is like, hot girls like successful actors. Yeah, it's a big difference. And I thought that it would change my life. I thought I wanted the lifestyle. I didn't want the lifestyle. Because like what you said, if you want it for the fame, if you want it for the adoration, you're in the wrong fucking craft. And it's true.

Charlie Sandlan ([28:09](https://www.rev.com/transcript-editor/Edit?token=qvb0JhxKq8T7FJAMWmIHTrxytLkuRvRKET8tCxlu09TBhChPBT8cMsHym1DfOFDn15pFu9EcjYTClyjGDVdE-Vpgb8Q&loadFrom=DocumentDeeplink&ts=1689.54)):

Absolutely. And the people that think that that's why they want to do this work or this business is because they want to be a celebrity and be famous, you're never going to really put the time in. You're not an artist. Could you make money? Sure. But it's really the vision of the type of creative life you want to live. It's personal to you.

Kevin Kreider ([28:28](https://www.rev.com/transcript-editor/Edit?token=T9V4i2lv7LUq0dOYTjQxfkSo5aQ2k76MUZ56z61xvimXwp6jfDbD4YzaHHyNvx-f3syXrIqyy7-t_GoRFiokpHJaoNg&loadFrom=DocumentDeeplink&ts=1708.18)):

Totally. It's so personal. You always said this, make it personal and you can behave all day. You can act all day. This was very fun.

Charlie Sandlan ([28:37](https://www.rev.com/transcript-editor/Edit?token=KNVqiLkS7By7nuA410bill8zDys4UCliLnHgT6UJHJNy4J9Ux9Bp2vljKxs2m8eJx94vgk5hC6L_d49HPQRQTv_kFcM&loadFrom=DocumentDeeplink&ts=1717.74)):

You remembered a lot.

Kevin Kreider ([28:39](https://www.rev.com/transcript-editor/Edit?token=uPnVL9U3y53T7pCNvtvPcNtjdMW-YGHHCvtktnoVMO_6_yMpOPuz9YD5673o8_sYoIEc_3yp48AC6Enn3wqel-OUnYc&loadFrom=DocumentDeeplink&ts=1719.14)):

I was absorbed with everything because everything made so much sense to me when you said that. You had these sayings and these things that you taught us. It made sense because I could relate it back to my own life and be like, "Well, this is the reason why I'm doing it." I don't want to be a hack. I want a real purpose and to be able to create behavior all day. I don't say that in the reality, I'm saying that on your podcast because people understand that. My cast mates will be like, "What the fuck are you talking about Kreider?" They wouldn't get it.

Charlie Sandlan ([29:12](https://www.rev.com/transcript-editor/Edit?token=nR5Wi2OzCGxvrZsqqhLQcUABWpUNjUa-4-rsORGSmyE0c_NkALN0QE7IZvJlfFEp7ssow3N9lauqkR9uWkaWzTOYoeI&loadFrom=DocumentDeeplink&ts=1752.41)):

Right. Right. Why should they? You know what I mean? That's not their world.

Kevin Kreider ([29:18](https://www.rev.com/transcript-editor/Edit?token=RXx0kOrS_uEc6eQrx4J2EmB-7ZNSFJK4HtOhAo0TvI-fcntq61oThnlk-FOfTV0lSD5yLCO-H9MX8G3W1MVQ0Hxjq40&loadFrom=DocumentDeeplink&ts=1758.54)):

No, it's totally not. I mean, just to keep going with the reality show, like for instance, the first scene you saw when I'm knocking on the door, going in Kane's house, oh my God, it reminded me of first year.

Charlie Sandlan ([29:32](https://www.rev.com/transcript-editor/Edit?token=yIfo5hfpMTaA3-FvgrNz29l03zRNX0Tvp4QUPooH0Hi8oP1Iz1be6X5gTOgc_w_Y0S1r3qdU0_XH6Bhavefrv1Ez2J8&loadFrom=DocumentDeeplink&ts=1772.12)):

Yeah, I tell you, how many times are you going to have to deal with the door?

Kevin Kreider ([29:34](https://www.rev.com/transcript-editor/Edit?token=uIm7eGltU6mK9SPOGMeFn3F4oxTDRPboQcT6phkE92XzkWfqtoZkNv9AINN2LBmE_zMyaUBodMxq79HPbS9DGCUCjZs&loadFrom=DocumentDeeplink&ts=1774.85)):

Yeah. I never thought how useful it would be in life. Just life in general. I'm like, here I am knocking the door and I'm like, Oh my God, this is like ... You know what happened actually, this is behind the scenes stuff, but they're like, "Oh, we weren't ready. We weren't ready. You got to do that again." I was like, "Thank God. That was the worst door hinges." I actually thought to myself, if Charlie was here, he would rip me a new asshole.

Charlie Sandlan ([29:57](https://www.rev.com/transcript-editor/Edit?token=qCKwnWduS4w55uIDIWpj-Fjt8kdnRljCmf-ObeFYQdeYQj_-Cg4-61mOMqxhl_tm7gM2HNLgtnjlvS_4p5m1M2jDMnk&loadFrom=DocumentDeeplink&ts=1797.09)):

Do they reshoot a lot of things? Do they say, oh no, this didn't work, we got to do this again?

Kevin Kreider ([30:01](https://www.rev.com/transcript-editor/Edit?token=nmX9MCe31F_hwDI60YU8QItRKwl-ptH447OyQdPDtQqsElTNuIjPhpMvpZKIevv7-lBO2uW9y93YYU4pcQkmA-3a1tw&loadFrom=DocumentDeeplink&ts=1801.72)):

So what they do with the reshoots is if they missed it, like for instance, if I said something, they're like, "Oh, we just need a better shot. Could you just try to say that again?" That's when they'll do it. But nothing is reshot in a sense like, hey, take two. I kept telling myself too, when I was through this whole process, I was like, "Don't act though." When I mean act, like just be and have a point of view. Be yourself. And that really was me. The reality Kevin, if I was trying to act would have ... I don't know what I would have done.

Charlie Sandlan ([30:38](https://www.rev.com/transcript-editor/Edit?token=DGJgAEfA9Mxf9KMbh_TJvPNOVYidGTlBEinnDgJkVNgBL90EAj8BiR044ulsOyHJQOJV6TNbp_UwAkJv09UhVfKHzXs&loadFrom=DocumentDeeplink&ts=1838.08)):

Made a scene or pushed conflict than when he was legit.

Kevin Kreider ([30:42](https://www.rev.com/transcript-editor/Edit?token=OgQ-XnD5D4fVlulF5HZj92NWZEDSBca6rWMQNsLtn1EU4haFOZjZCWWcr6EDSrXqEGc0qmzQC2K3CrYJmyits40agW4&loadFrom=DocumentDeeplink&ts=1842.42)):

Exactly. And I think in reality TV, you can't push for anything. Kind of like what you say, don't push. Don't push. I mean, I remember training with you. I never tried to push for anything. I would always try to let it happen, and that became very useful.

Charlie Sandlan ([31:01](https://www.rev.com/transcript-editor/Edit?token=4DnWxFCoj_6TKyiyLnybi5B8AS7CN7RvNYUM3Sul5NGB6mZEdNBSt31NnedDhj4QNCl6o6y5IEToJqxy5assvAbZ64A&loadFrom=DocumentDeeplink&ts=1861.26)):

You're very present. I think this is why people have taken to you. I've been reading all of the reviews. You're the heartthrob, everyone is living through your experience is because there's a genuine quality to you.

Kevin Kreider ([31:16](https://www.rev.com/transcript-editor/Edit?token=NPE3A233tc5LgxUusJAK-5stPvSByThRGrs3EXnVNUw8iE9bIRRwVXwhzehgsMaUYj9RymeJ1qQDSpiDo8MtYen0rP8&loadFrom=DocumentDeeplink&ts=1876.33)):

Yeah. I've never pushed once.

Charlie Sandlan ([31:17](https://www.rev.com/transcript-editor/Edit?token=eo6mxafyauYWGAD_5-n6a_YUH26IPsQ_uADpu0X5onZBrtmRQEWBIfyLlAYob_T9znO7AEZ78hudkLT2ltqmnJ2dMm4&loadFrom=DocumentDeeplink&ts=1877.63)):

I see the Kevin that was in my class.

Kevin Kreider ([31:19](https://www.rev.com/transcript-editor/Edit?token=-r7TkXkydwYS9r0ceiCnL5Ru2swNPjnwd3HXMZC2L-HgVWRBlcofO4J-adMGzqbPiQ-vmtGOdD414p8fgLYC4OsWofg&loadFrom=DocumentDeeplink&ts=1879.87)):

Yeah. No, exactly. That's the Kevin I wanted to be on this show and for the world to see. I wasn't acting. Here's the thing, I think really good acting is, you're not acting. It was easy because I didn't have to act, I was just experiencing. That was very useful for me.

Charlie Sandlan ([31:41](https://www.rev.com/transcript-editor/Edit?token=PzG0tjGGjM4A65hnMSdv_TLgn61avEJxREnfi5sh0e5QzBU8azFUTArBRsEQ87WzF5_hWUEqwDpf-fS3IjGMmvXP-IQ&loadFrom=DocumentDeeplink&ts=1901.6)):

When you had that scene with your mom, were you really nervous about that? Like was that legit? Like were you-

Kevin Kreider ([31:47](https://www.rev.com/transcript-editor/Edit?token=AVCqfFfpZ9PhPIfERUDPF_8Z2V8CoLCmqg187G6ClmpKbyO2ETQ9ze-WtPkoFl5o3HWzCKbwEJhGCC6lGWvbe3_MNgQ&loadFrom=DocumentDeeplink&ts=1907.48)):

Yeah. The reason why it was legit is because I don't know how she was going to react with that news on TV as well. It's a little bit different when it's a private conversation. I probably wouldn't have been as nervous, but just knowing that this is going to be televised worldwide, it upped the stakes a little bit for me too, in an unconscious way, I would say. But I definitely felt really weird about that.

Charlie Sandlan ([32:19](https://www.rev.com/transcript-editor/Edit?token=LGGTjIkQw1Reju5pCWVXQ1Y1LiCRP39eBL9veWB0oUXz4dG6MqglCYr9oNjji6qWNKuALNO5b_awOITLhbTyZgPTq_4&loadFrom=DocumentDeeplink&ts=1939.04)):

It's very vulnerable. Everybody is touching on some seriously vulnerable topics.

Kevin Kreider ([32:24](https://www.rev.com/transcript-editor/Edit?token=IM6qv6nygWPX2NBS6nbMn7qrm1lckM2AXQunBaoEWEHVaNygJVSLc9nl0lVvTbyyV9DKChuYz1H3FDvBUPO0SyhSIA8&loadFrom=DocumentDeeplink&ts=1944.99)):

Yeah. When you get later in the scenes, we go searching for Kim's biological father. And I tell you what, that was, Charlie, the most life-changing things I've ever done in my life.

Charlie Sandlan ([32:40](https://www.rev.com/transcript-editor/Edit?token=v0b0zr9JafgqKh5YHtdN6enE3X9lcKZaHMybHcSHazz7iKCKOl6sQvke8Ub1mV9nYAXhA2NORvEa0YY0mcrjrBfotxc&loadFrom=DocumentDeeplink&ts=1960.67)):

Really?

Kevin Kreider ([32:40](https://www.rev.com/transcript-editor/Edit?token=5JhcZOdO0-ocgANDem4rVkuS5gohYhZo2g2losGgVt9_si3WUG_WMziceVZEHDxx2JtHiJp34yfVZHLmVGg7J3O6IoU&loadFrom=DocumentDeeplink&ts=1960.77)):

Yeah. Talk about like you just have to let things unfold. We didn't plan on searching for Kim's biological father. Things just unfolded and-

Charlie Sandlan ([32:50](https://www.rev.com/transcript-editor/Edit?token=6sJKFRgHsrYn3T4pnay_1M9KQylGdL3wVfmeIMR8NKRW96wVR5u3nldjIImqQcuWUniox5jv0JbKBT5zyWppssSILWs&loadFrom=DocumentDeeplink&ts=1970.48)):

That unfolded as you were shooting the series?

Kevin Kreider ([32:52](https://www.rev.com/transcript-editor/Edit?token=jDD601eCFUkU0Aaf_JZ0uMxganKu9Itd57eBwrn22f9o4oslbUYRjzMnxPLzbCBmHIAFSlB5JpVTAUodYPlypNqTqu4&loadFrom=DocumentDeeplink&ts=1972.55)):

As we were shooting the series. Yes.

Charlie Sandlan ([32:55](https://www.rev.com/transcript-editor/Edit?token=FTcZaf-G3RHqYQtSmFq4psbH45wA3Wwyh_b6lB1AE0yg7EbYYFQrARbhxVAfyrcl5N1w5C59zYJrOJcDE4CMIlxQU6w&loadFrom=DocumentDeeplink&ts=1975.63)):

Your mother really had a big impact on her. Your mother's honesty really changed her opinion and her willingness to even approach her mom about finding him.

Kevin Kreider ([33:04](https://www.rev.com/transcript-editor/Edit?token=4RJ_VkOUdkUepDXRMM7zUrJA7NnHzEojIij3quRZFakb4m1-BK_aHLUd6Q_nXQy-z0GrjVB_0UpD7p707P_w8p4UcDQ&loadFrom=DocumentDeeplink&ts=1984.75)):

Totally. And I think too, just being on set and knowing we're a part of this project, allowed us to pursue these things that we've been wanting to for a long time. Because I know Kim actually was curious about her biological father for awhile. I was curious about my adoptive parents for awhile, but it allowed us the opportunity to really pursue it and to just see what happens.

Kevin Kreider ([33:29](https://www.rev.com/transcript-editor/Edit?token=2osMNdfBOFBG0I7DDSCWsl8kbS0EzA-eqp4pm7QVG2m8ucaAgn1e3Xo4BV9W7qmIirKOPscI08JaVlWiGSht0SkwW9Q&loadFrom=DocumentDeeplink&ts=2009.37)):

Me and my mom, we've always had some ups and downs once in a while. My parents, they didn't share this in the documentary, but ever since my parents got divorced, we've had ups and downs in our friendship and relationships, and that was really tough. And we were on a really good streak, like a couple of years, loving. I felt like I had my mom back. And I decided, this was just going to rock the cage a little bit more for me. I didn't want to bring anything uncomfortable to the table and make her feel like she was rejected. I didn't want to bring that up.

Charlie Sandlan ([34:04](https://www.rev.com/transcript-editor/Edit?token=tKMclAbyX0P-sH1Ul0qHEWbIWxc8pP3yNtgOUcT_nPs-gKm7hCdEE6A2-NjCuaKjyQFcHf1BvDZg-R-F4lNIJb_7MtI&loadFrom=DocumentDeeplink&ts=2044.69)):

When did your parents divorce?

Kevin Kreider ([34:06](https://www.rev.com/transcript-editor/Edit?token=4_YRl97jkooxdq2RoJ-FGF5YRmHT-4xYPKLaf7pw4AqHMXubZZJjDIOIcTNKqZoBWZVOknQvPGOUiuGVuv-jOndBkL8&loadFrom=DocumentDeeplink&ts=2046.21)):

I was 25. So before I moved to New York. So it's a long time though.

Charlie Sandlan ([34:10](https://www.rev.com/transcript-editor/Edit?token=1OqsPjqzqVNte1V5mFCbd_fGTUvTz87oo5i5EFZZaFL-eMucNw5G_i4Ymp2yc469L2E8QVAF25j85arer1FBvCjg5GE&loadFrom=DocumentDeeplink&ts=2050.44)):

What's it like as an adult? It's a much more traumatic experience for a child. Not that it's not traumatic for an adult, but at 25, what was that like for you? Were you surprised or you were like, finally you guys are-

Kevin Kreider ([34:22](https://www.rev.com/transcript-editor/Edit?token=meewsRgaeHQUDIPtm51Gf5F26Y8nQf84npFsrYXrIIGqFO4T8b8b1wIk4MSpytGmlRTpVuXoiv4D6too-_8ToedKugw&loadFrom=DocumentDeeplink&ts=2062.43)):

It was totally surprised. It came out of left field for me and my brother. But I think what made a double layer for me is that I'm already adopted to begin with. And so this kind of hit me a little bit harder. It hit my brother harder in a different way because he's tied up with the family business, so things get a little shaky with divorce. But for me it was more deeper, more visceral than that.

Charlie Sandlan ([34:45](https://www.rev.com/transcript-editor/Edit?token=R8D61lLvgRDenHCsgH23zoM0eHdWhp7yE1gYS6LSstWYZ5_eaouu8x7V99xzERhp89N25hA5f8u1mpqcKAcrze6PtBo&loadFrom=DocumentDeeplink&ts=2085.34)):

Have it been tapping into abandonment issues?

Kevin Kreider ([34:47](https://www.rev.com/transcript-editor/Edit?token=mQtpU2zyZdqothLZaBqnxVboTPXFW55u2N9GPKyB183hCmUqI0Zvb5GR-iqYsEKOChz-rEFxFUDvQ9IdRxn1T5un5vw&loadFrom=DocumentDeeplink&ts=2087.67)):

Now that I look back on it, I believe it did. Because from that moment on actually I never really dated healthy afterwards with women. It wasn't very healthy. I was definitely more fearful, every single time I got into a relationship. My last girlfriend, which is a while ago, that's exactly what happened. Like I just wasn't making enough money to me. Even though I was making more money than I had for years, like I just got out of credit card debt. That was huge for me.

Kevin Kreider ([35:17](https://www.rev.com/transcript-editor/Edit?token=JXq27K-VJUNQ1qzj71GnQ1vyUdusapkzJIhwGlMeWgCPW-3ocoxRooVvJe1l7eKq_pgYKtXiWkTzgPyAvtNQz0_ASM0&loadFrom=DocumentDeeplink&ts=2117.99)):

I just was fearful of going back to that same situation, and this woman in my life that I wanted to keep and I thought I would die if she left, I was just clinging onto the idea that, well, I can't afford to provide for our family, for her, that she wants in the future. Like how is this going to happen? So you just get really clingy and your insecurities start to really grasp. It's very visceral. It's a visceral feeling that you know is not true, but your body feels like it's true.

Charlie Sandlan ([35:49](https://www.rev.com/transcript-editor/Edit?token=74pQRbM-N7RqaqSztcOuQE4q3YiBAHDs-QXD0vZkCIgGK3f_qrlzQwHlgN-EMIhfz3TS1-LOehL3iMciNdtJ-Vz8_50&loadFrom=DocumentDeeplink&ts=2149.2)):

Yeah, that's deep. I mean, that's going way, way, way back. Do you have any memories of soul at all or you were just too young?

Kevin Kreider ([35:57](https://www.rev.com/transcript-editor/Edit?token=X-WtOLOPaT77DeJXVtRv0hru_ZjSpwM8c0cniUSaqhNeYjn-YieC3L39KftFoHqpg_u2czP3UBrMwOmIJc9k4QSmo3M&loadFrom=DocumentDeeplink&ts=2157.72)):

Actually you didn't get to episode six yet. Episode six, I go into regression therapy. They filmed it. First of all, it's a weird experience because you know you're in a deep, relaxed state. You actually don't realize how deep of a relaxed state you are until you get out of it. I was a little self-conscious in the beginning because obviously there's cameras. I don't think it was going to work. I was like, regression therapy, this sounds a little kooky. You're just in a relaxed state and you don't actually go to sleep. They're like, no, you don't actually go to sleep-

Charlie Sandlan ([36:28](https://www.rev.com/transcript-editor/Edit?token=FG1Y-lG1LCa86lHdsqj0CJOfG-9ShvNAmmGtQq4jstMoX38_nBiQEQfyuWqNRbn3WwlKEbjQ2Ydrur0_cdwe9fPbRCo&loadFrom=DocumentDeeplink&ts=2188.89)):

But you're not hypnotized.

Kevin Kreider ([36:30](https://www.rev.com/transcript-editor/Edit?token=76jragZlPpiKDvyEy1g_Kpod6B-zh42b-oEav2gnAS3NELL7y1AKpPusHwWHJOkch76i8aycVNdCOyT2Af9nmYyKaYk&loadFrom=DocumentDeeplink&ts=2190.69)):

You're not really hypnotized either. They just put you in a really comfortable, relaxed state. Almost like voice and movement almost, where they get you like jelly. I'm listening to her and I forget there's cameras on, but I hear all these noises, like footsteps and people's voices and stuff. After we're done the therapy, she says, no, it's dead silent? What happens is your body so heightened, you can hear shit from a different building or downstairs, three floors down. Your senses are heightened. That's the point of regression therapy. So you can remember things and your body can remember these things when I ask you these questions in this setting.

Kevin Kreider ([37:12](https://www.rev.com/transcript-editor/Edit?token=0S1Fk2eh1MKTwzUmNDcAHlMJAYkgP9lLi-ksbUBXh948I3ikjnwcIW4Uq1iGC513u7P-nwMU7I3eipeHtFebH6FfEDM&loadFrom=DocumentDeeplink&ts=2232.33)):

So then she asked me more questions and tried to figure out like, okay, what happened to you before three? Do you have any memories or feelings like in your mom's womb? And it was a feeling that came up and it just really, it changed my life actually, when I did that.

Charlie Sandlan ([37:31](https://www.rev.com/transcript-editor/Edit?token=m4Wi-Onr_BwjykWyie4_aoefycVToWwpRNUTrUaQNOBC3qyLTpBJZW4t68IcpypJwsXVohmUA5peFPM3qPiWNI6zkXc&loadFrom=DocumentDeeplink&ts=2251.42)):

In what way?

Kevin Kreider ([37:33](https://www.rev.com/transcript-editor/Edit?token=79Hmwkjrq8U3CYdSgwxkuCrIUt9_wJSoGedE6JiO_6HItZpidZ1ABLRT9ndX8w2tTB-TNnl6BwLhp5tJ_NgDBm0li80&loadFrom=DocumentDeeplink&ts=2253.41)):

It changed my life because there were some questions that were answered to me that I had for a long time. And whether it was real or not, it didn't matter, because it felt real. So I just take it as like that's my memory and that's what I'm going forward from this point on. It felt like there was a little bit more closure to that needy search for it.

Charlie Sandlan ([37:57](https://www.rev.com/transcript-editor/Edit?token=6nrs23DEqeHrNNuVGWoE_F_wGFgfW8bn6QSt-LvSTIPZfy09PSDLGeSKLchkB2v8fYurZYYa7_h-V2U0xKxubMXNBR0&loadFrom=DocumentDeeplink&ts=2277.95)):

Were you initially open to this whole idea of doing this on camera? Or did you think at first, oh, no, no?

Kevin Kreider ([38:05](https://www.rev.com/transcript-editor/Edit?token=mPxp4iZY-12hofT-vrWdquPCU4re0q4N_XuFPKq0ekfYBnUjkWShUrvzsVGC4FdptBj9s3NctDJXoJnJc2ppC3xNAdw&loadFrom=DocumentDeeplink&ts=2285.88)):

It goes back to Maggie, at the end of my second year, I remember what she said to the class, which was, just say, yes.

Charlie Sandlan ([38:14](https://www.rev.com/transcript-editor/Edit?token=xthL6MRbFbkVtYTl6au4eIGdAkfubLwXb_O6gGrlhD4i2Z0ZHfMd334_mlETLuSacx4z8VaL-svHeAZjLfCbnNvReOI&loadFrom=DocumentDeeplink&ts=2294.23)):

That's the operative word creatively, right?

Kevin Kreider ([38:16](https://www.rev.com/transcript-editor/Edit?token=66ucWZhx9Cbi6cjdJiRlVDKxp026KksZm9u6eoEBBhjDnGzMr7qXeqKzC3KlF2iR4cp-xDWnZFs8G_1bkHIFee-Xvto&loadFrom=DocumentDeeplink&ts=2296.92)):

Literally I said yes to everything. They're like, "Well, if you're going to get therapy, Kev, from your recommendation, do you mind filming it?" And I was like, "Yeah." For some reason when she said just say, yes, I went into this and just said, "This is my opportunity. I don't know what's going to come of this. I've got to trust it, but I'm going to jump off the cliff, and I'm just going to say yes to everything." And I literally said yes to everything.

Charlie Sandlan ([38:41](https://www.rev.com/transcript-editor/Edit?token=MxHFqv4MQj8sTqlujEKNt9Jg6xU17RsztK7Lma0lwJRITJVQSoyAEvW_KMhXD3J-o42caswIlx4jds7lwTdYHymYMpM&loadFrom=DocumentDeeplink&ts=2321)):

Are you happy with the way they edited it and put it together?

Kevin Kreider ([38:44](https://www.rev.com/transcript-editor/Edit?token=rJ3HvU1XRJtvW3QC8UOZIBtH2SFdBSkX1jPqKVLr-JwzD_YvGMIkCCUTBYZ-Z3MvUphKxLcduYKWh6GdlMmT0CtG05U&loadFrom=DocumentDeeplink&ts=2324.91)):

Yeah. Because I gave them all sides of me, and they gave the real sides of who I am. Me and Brandon, who's the show runner, he's half Filipino. And he told me that what's so important about this project is his dad doesn't get to see Asians on film or TV that looked like him behaving in a way that he can relate to. And so he said, this is very personal to me. And he's like, "You are going to be that guy that he can see and think like, oh my God, I want to be like that guy. He's funny. I want to be his friend."

Charlie Sandlan ([39:25](https://www.rev.com/transcript-editor/Edit?token=ut2qVLf2P_VBCPZe5uxtBn9-y9LrO5zaQ4I9YTHNX9NgMMjrmF77ZPIrlpt2PnvDS5bIsbTF9LAomZZEP-onGg-k4_o&loadFrom=DocumentDeeplink&ts=2365.16)):

I'm wondering if this is how Kelly found you. Did she see your Ted Talk that you did?

Kevin Kreider ([39:29](https://www.rev.com/transcript-editor/Edit?token=F9Z9jYz8FNZ_HmrCmcKv1XOysp1Pcg9c1h0iXHN0zGlUDUKnLHGVzj_BTOnyX39_om45K1EJCdDMic31aBGPQjuTPjw&loadFrom=DocumentDeeplink&ts=2369.49)):

One of them. Right. Yeah. She found actually specifically this Huffington Post piece I did. Like you're good-looking for an Asian guy.

Charlie Sandlan ([39:38](https://www.rev.com/transcript-editor/Edit?token=1CQWTMJDLxAQ_Q5YVv5rr8lpFvRDvI8dKlbgClfDGdvApDw0DogGa89anPkblAyMhU3WH3_Fc5Vum72ttlzUTqI-IHo&loadFrom=DocumentDeeplink&ts=2378.68)):

Because you were talking about this all the way back in 2018, 2017, remember you were doing these prompts. Being very, very honest about just how Asians are portrayed in your life and being bullied and wanting to be white and all of this really deep, vulnerable shit, man. I don't know, it's almost like you have manifested something here that gives voice to what you were talking about through the years.

Kevin Kreider ([40:07](https://www.rev.com/transcript-editor/Edit?token=THrLjm86oLWLRQCPZgGHG3iKlrgsGP0hmyxtLVVbSFyFxF0Cuv_sXvKjF0nZ3AZjc8oJjIWJlyIpWAUtWpxS93Ttcag&loadFrom=DocumentDeeplink&ts=2407.93)):

I remember when I graduated from your school about less than a year later, somebody from a big network, I can't say who, but said, "Hey, look, we want to document the Asian male experience, and we think you have a great voice." So I told them all this stuff. I was like, "Yes, this is my time." Never heard from him again. It wasn't until years later after you saw that Huffington Post piece that he messaged me and said, "Look, I want you in this. Maybe we'll talk later, but the execs thought you were crazy. They're like, 'This doesn't exist. He's just a bitter Asian guy. No wonder he doesn't get girls, because he's angry. Maybe if he wasn't so Asian or something.'" Who knows what the reasons were, but it was because they just didn't believe me, that Asian men had these experiences growing up and still to this day to a certain extent. Like I still don't get that that much, if any.

Charlie Sandlan ([41:09](https://www.rev.com/transcript-editor/Edit?token=TcqRu0h7NcvIRp8X1Mh-A5wUClh6eb4Xj1PGk3itUt3FHTsIhe01FKBuzW74H_dc6axDuZJiWh6MK-OD0LV7fDGwZUU&loadFrom=DocumentDeeplink&ts=2469.06)):

You have a very unique, your whole experience of being adopted by a white family and growing up in Philly in a predominantly white neighborhood. I mean, your experience is very, very unique.

Kevin Kreider ([41:21](https://www.rev.com/transcript-editor/Edit?token=DG-dtSl30I5-QZEzwCiYdLr8vM58GrIgPEdcx-yiWZ0wQOLEf4pJgW_Uv_mfr5-dHixDpLnVIziPjI-Gm6Yaid137A4&loadFrom=DocumentDeeplink&ts=2481.63)):

Very different because it gets more amplified actually, because I am in a white setting, whereas like Asian families, they can at least come home to their Asian families. They might have a few Asian friends growing up. So they have this familiarity. I had none. There's no familiarity. I turned on the tube, like the TV, but, whoa, that's the familiarity I got. And I was like, "Nah, that's not familiar to me either."

Charlie Sandlan ([41:44](https://www.rev.com/transcript-editor/Edit?token=Ux8VOV6aVyvlSqFtXcDNKbNGpxkSOtF0Cip_Cz0C7ZoRsYBe6B7a2WXsF3_j6ULms4Y2UPDGqzQt5BSQflLGX9Hl_18&loadFrom=DocumentDeeplink&ts=2504.16)):

Yeah. Or the kind of shit that, look at the Hangover and look at Kim Jong-

Kevin Kreider ([41:49](https://www.rev.com/transcript-editor/Edit?token=eL32ra29dK5RXgH-SkrS0Hcbl0u3zF5JnW8nAVSj_1U8mLUI2QRdo1Kp86y6FQu8jZliEso6cJVX3TTKRBklnQbJo1I&loadFrom=DocumentDeeplink&ts=2509.53)):

Yeah. That was really embarrassing to me when I saw that film with my brother. I saw that and I was like, okay, well, this is how people are going to think about Asians. And I'm like here with my white brother. I'm like, he didn't ask for this. It's like, I felt embarrassed for him. Not just me, but just for him, because it's like you just are seen at a different status level, seen in a very inferior way to certain races and culture when we're portrayed that way.

Charlie Sandlan ([42:19](https://www.rev.com/transcript-editor/Edit?token=ufCyDZeEBB-FIUpgLcx2dEt_S4HNXgyKqealaBfcN00eyreU04GDfqNAzmMrguDPlfnQnWzZzbL2FMT9sOWNsyf8t3Y&loadFrom=DocumentDeeplink&ts=2539.84)):

So how did you end up going to LA?

Kevin Kreider ([42:21](https://www.rev.com/transcript-editor/Edit?token=GgfQDu9yrdDW9QV3GbJ2RX2ThEPHmr5SMdx_9lPRjJSd8IUOajpwq7Xtka-K_57xuF2WvhvoY76MrCwzueA40zShMMI&loadFrom=DocumentDeeplink&ts=2541.85)):

I always wanted to move to LA and I always thought that this would be closer with my ex-girlfriend even in acting as well, just to really give this pursuit. And I was torn because it could have been Asia or it could have been LA, because I had friends there. They're like, you know what? You can probably get roles here, because we look for Asians. Big deal, looking for Asians. Wow, great. When I got this message from Kelly said, you have to move here. We want you here. We need more of your voice out here. I can introduce you to friends.

Charlie Sandlan ([43:00](https://www.rev.com/transcript-editor/Edit?token=YpjQXNeSeI1xv2rTJQTlYT7mfOj3vf04D-s5jm9SFgeMH5sCXP5sOAE9C40M1pc8lYFLxdMztaQp-ztHCqS0blHIV9I&loadFrom=DocumentDeeplink&ts=2580.16)):

Did you know anybody other than Kelly, when you moved out there?

Kevin Kreider ([43:03](https://www.rev.com/transcript-editor/Edit?token=UOIalQdXexRsy8_A_EsKIeKHM9XM6KsHuFuHjEy0JCtjcg11lDts4nR4v4KXEM-rV4tVGj78I65_-s1S3pEGH463xjY&loadFrom=DocumentDeeplink&ts=2583.75)):

I knew a couple people casually. Like I knew Guy Tang casually, who's the hairstylist, because we're both about Asian activism and Asian men being more seen and visible in a good light by the way, or just many lights. I shouldn't say good lights anymore. I should just say diverse. Not just one way. I knew him a little bit and I just thought, well, this seems like a good time to do it. Asians are being celebrated, Crazy Rich Asians has came out the movie, more things were going to get green lit.

Kevin Kreider ([43:33](https://www.rev.com/transcript-editor/Edit?token=OybwpMuL5IVJ56yJa7jEJU8mdnV7khdq8xhUUAWqxSmgy2_NUoLB1-ktwjftXEPdub8kl-gY8F-HCSmu1x0qsx5AN9w&loadFrom=DocumentDeeplink&ts=2613.46)):

So I saw the change happening here in America. And I just thought, is this really my time, because I took a little bit of break from it and then this came up and then LA came up and then the show came up. Once I moved to LA, I was like, "Whoa, what is this? Maybe this isn't acting, but this is fun. It's what I want to do." Well, the thing is too, it's like already I have meetings with top agents, top managers, and I'm just like, holy shit, this is crazy.

Charlie Sandlan ([44:04](https://www.rev.com/transcript-editor/Edit?token=yKpVSo-Ek2gkUZ-yLsEhzsAe2ZUNDFGp8Eujh7F9t7GwZV9-3wU67fZ_kXaY6nMm6KxohfgTUmSjGwKymtZNcOfxRr8&loadFrom=DocumentDeeplink&ts=2644.59)):

And I'm sure most of them are just assuming, we can take this reality guy and do something with them and they don't know, hey, you know what? I'm actually really well-trained.

Kevin Kreider ([44:14](https://www.rev.com/transcript-editor/Edit?token=2TUeAOcuAGIsWFeafSyBWHXpRiguiBRN39rCHjdMd4Wa8NsVEAgn9pD6j7GkrDjKp6wqo1WWF18zANYCiUpnSWPZFjg&loadFrom=DocumentDeeplink&ts=2654.48)):

That's the thing too. And I told them like, "Look guys, I would love to do script at work obviously." And they're like, "Well, it's going to be really hard to transition, we think you can do it though." Because I think now, especially with people of color, the lines are kind of getting blurred because they're like, "We just want people of color who are fun and engaging and entertaining and can do the work." It doesn't matter if they're reality or not. So that's kind of the hopes that they're going for.

Kevin Kreider ([44:43](https://www.rev.com/transcript-editor/Edit?token=WsdTsuiYF5fTpZI6B_VoCouzzEqUa7a6nuRsJK6kD_T5oIIKP8nc7MXC2c-U_rEZeYvdxPDdAxx8oJf5bY3yy1yi64k&loadFrom=DocumentDeeplink&ts=2683.49)):

I also am still talking to them because I do have certain things that I know I'm just not going to do. I don't want to learn another language to do these roles because it's either Mandarin or Korean you got to learn, which would be great if I was fluent in both of them, but I was like, "But that's actually not my story either, so I don't want to pretend." I told them, I was like, "Look, I'm writing some scripts that are about being Asian in America, Korean adoptees too. I have some great ideas. Can you get this out there? And can you get me to act in it?"

Kevin Kreider ([45:20](https://www.rev.com/transcript-editor/Edit?token=D4El_S9OOkCWH96Y9XHTpK664IxykT1xqhfg3f39KB5z-lwUAmE_FnCps25Pcsv-tixhw4uPBqzQOOoUYYGjzCs5daQ&loadFrom=DocumentDeeplink&ts=2720.84)):

So that's kind of how I'm choosing my managers and agents now, because I know, almost like what Maggie said at the end. I remember this clearly. She's like, "You'll never get roles that aren't meant for you that you can't do. You definitely have a little bit of a type," she was basically saying. Character actors, yes, very different. But she's like, even then character actors, sometimes they don't really lead into leading male types, but whatever. Those are outliers, obviously, but she said in general, most of you won't be able to play some types. But say yes to everything, because you got to find that out for yourself. Going through this experience of being trained and going through auditions and acting and knowing what's right, like I know pretty much like what I am and what I'm not. And I'm okay with that though, because I can play these roles. Self-awareness.

Charlie Sandlan ([46:12](https://www.rev.com/transcript-editor/Edit?token=s42c80VSNtv_2nWoIuKsJzjCI3B6N0EnG1WolAqKkb81xjsw2y-2f2u5orKFajgJz79vDVHbyif6b9f3aj_JCxzmc_Y&loadFrom=DocumentDeeplink&ts=2772.87)):

You know what else is going to change here, it probably already has, is your privacy and being able to walk in the street. There's something you sacrifice a little bit, right?

Kevin Kreider ([46:21](https://www.rev.com/transcript-editor/Edit?token=GSLRdC6ZNg73sxv6kWol5cOm4Q4G2PoK3jQ3fgH_IMTUkE-yWrBhks1tFo7IeW6xwNYCJC1kVyKcmX20YPspUQOHhHI&loadFrom=DocumentDeeplink&ts=2781.28)):

Well, I think I'll be a face mask on still right now. But yeah, I did notice that, like I was getting Bobo with my friend Guy from the show and took the face mask off to start eating. And then all of a sudden people are pointing right in front of us. So there is a little bit of privacy. But I don't mind it because the people that I did this for were for those people that were recognizing me. It was for the Asian community really. When that happens, I welcome it, because I'm like, "Guys, I did this for us. I didn't do this for the fame or the followers." The followers are nice, don't get me wrong. The adoration is nice because it confirms the reasons why I'm doing this is right. It's for a good purpose and it's for the right reasons. Do more of it. I literally did this for them.

Charlie Sandlan ([47:13](https://www.rev.com/transcript-editor/Edit?token=z-QFMmpyR8MwouPEPpYV5QMVci0_4-2RxnnA4X5vpxldkXiyUbFRymXNB-uJz63CdmP45YnNahT8y0e5vdWF9tKS8Pk&loadFrom=DocumentDeeplink&ts=2833.53)):

When you approach something from that mindset, things can happen to you that you just can't even expect.

Kevin Kreider ([47:21](https://www.rev.com/transcript-editor/Edit?token=_ar8kICUBVIPVX1TPkRo5MbQNqpVFUS_Dbp_9NCQM6MajfcgJiAl1oGsEeUlBh3AtH9TioSJ7HiMJUd1e_H46TWT0nI&loadFrom=DocumentDeeplink&ts=2841.14)):

I believe so. I believe so. That's kind of like what you were saying, if you do it for the fame, it's not going to happen.

Charlie Sandlan ([47:29](https://www.rev.com/transcript-editor/Edit?token=qF51LCye5Ee_BGqeykdVdwWTgyS6m3FICZ4G7f_24dEaMMsMiKe2GuNzLkg7hyITYjrRfFZjWfgwbeW6omZlCFlYCwU&loadFrom=DocumentDeeplink&ts=2849.01)):

When did you realize that you were meeting really fucking rich people?

Kevin Kreider ([47:37](https://www.rev.com/transcript-editor/Edit?token=gnMrPKRLw7ZXBvwrDx9Y64gKi7WbtvvbeWuNC1bLw1Z1ms_iXIw_AojxCV3XKJXLUQ9UvvWPFNXPivNL6xOG8r3lrlI&loadFrom=DocumentDeeplink&ts=2857.47)):

I wish the cameras were on me when I first met Kane. It was literally the same day I got off the plane going to Hollywood Hills. I'm like, fuck, I've never been to Hollywood Hills before, not this side. And then I see this guy come in and I'm like, this is going to be a wild ride. I'm like, Kelly knows some really fun, eclectic, crazy people. And Kane comes in with diamond earrings and stuff like that. Maybe some other thing I can't pronounce, but he comes in with his rings, his shoes, and I'm like, this looks so outrageous, it almost looks fake. Like fake rubies and diamonds. And it's all real.

Kevin Kreider ([48:17](https://www.rev.com/transcript-editor/Edit?token=DIbvhMBwva0M4TCM0YB8Gm6x2pfki8KVJVB2Iq3xVnecn6bUIMlAcb0yJcfa0dC7-gtDtbdeNO8vbmZVrLbkrLSUI_4&loadFrom=DocumentDeeplink&ts=2897.94)):

We really clicked on Buddhism. And that's when I got into Buddhism more, because I was like, "You know what? Everything that I'm learning about spirituality has very Buddhist principles and philosophy underneath it, that I want to explore more of." And since he was so into Buddhism, I was like, "Teach me. Show me what you do. It seems to be working for you." And so we really clicked on that and I think it created this kindred spirit with us that I don't think you can replicate.

Charlie Sandlan ([48:46](https://www.rev.com/transcript-editor/Edit?token=6juop9HyFrfdAxzY3JSInEwKD71ldmBo_9kqifzR1dl8YgZJ9eYH91GrRCpbEK0Q5QB1x7KoQ3ZBgOqtgLs56ZFK_wQ&loadFrom=DocumentDeeplink&ts=2926.2)):

Was that Rodeo Drive party your first experience into that kind of wealth? Or did you have something else that happened earlier on?

Kevin Kreider ([48:54](https://www.rev.com/transcript-editor/Edit?token=OiJwPlloV_koN3Ytt4LZoPXyYHJpdAMZ3xBmh8xuyErzDjjQgdEHiRwt4X29G4qCbkzC1pfeRSzh_18B4mN0QQPXQkw&loadFrom=DocumentDeeplink&ts=2934.13)):

Yeah, they kind of warmed me up for that. For instance, I mean, going to fancy restaurants or house parties or something in Beverly Hills, whatever, but nothing like this. Nothing. I remember I was like, "Why were you guys hiding this from me?" They're like, "It's not like we do this all the time. We do do normal dinners. It's just that right now it's Chinese new year. Maybe if you're here next year, you'll be invited to another Chinese new year." But it got shut down obviously, for all that kind of stuff.

Kevin Kreider ([49:24](https://www.rev.com/transcript-editor/Edit?token=ZIsCloTQzzjFhZVdUc-maRRG2Z-ay6bz-I_g_mHX8bVDFpmnJAUTTUPMs-Pp2iwNiqrf1M8B3ge9cdiSlpm5Gg4yKcQ&loadFrom=DocumentDeeplink&ts=2964)):

It was very mind blowing to me. Like I didn't really know how wealthy they were until I went to their celebrations. And that's what I'm saying Charlie too, a lot of these life experiences like Cherie with their mom, the birth, there's other stuff happening later on down the series. You can't plan the timing for that. It literally happened in real life. Most of these things with death and mourning and all of this stuff, it just happened in real life, and we captured a lot of it.

Charlie Sandlan ([49:53](https://www.rev.com/transcript-editor/Edit?token=EGBxXmU68Mj_iVMro8XnktEYS9qc-FTyYvvFzyN7xWToqq2BQt0ZvHqj-h7jdyZUbMqkgwa7SOBrG4SjjVockI1f3Ck&loadFrom=DocumentDeeplink&ts=2993.86)):

Have you ever felt uncomfortable just hanging out with them or getting to know them and thinking this is-

Kevin Kreider ([50:00](https://www.rev.com/transcript-editor/Edit?token=yEKeOMUgKgI4Hf1KCX9P2UsWR4rjsvvZgR8gtmjwjh5uimulqxs_9CMnvdIWmdPAcv7wE7LHuPC-p7impUIEQWfftjM&loadFrom=DocumentDeeplink&ts=3000.99)):

Feel very uncomfortable, especially when the bill comes out. So it's just like, okay, $150 means a lot more to me than you, but usually, and not to sound like this, but somebody covers it, thank God. Or I kind of just cover what I eat. Maybe I'll get the tip or part of the tip. They're very understanding that I don't come from that wealth class, which is really refreshing actually.

Charlie Sandlan ([50:28](https://www.rev.com/transcript-editor/Edit?token=C9Lv7cwU8r8sk7XkrNkjfVfm_ZpuM-VWtDgXE70qedUnAxTxrJgD7OfjYRSdtefY4mCy9rxZsawrbJyXc0TXXH4QLF0&loadFrom=DocumentDeeplink&ts=3028.24)):

That's amazing. Is the crush on the show, is that legit?

Kevin Kreider ([50:33](https://www.rev.com/transcript-editor/Edit?token=WKUoZ8RPZX5h8dVxY-DuB46GilAY9xLuw5F7kAIA7ssY58pnzewrsV-DiT9YbdFos-MX2RbVqfPxQeMTGdlFs9h_O_s&loadFrom=DocumentDeeplink&ts=3033.6)):

With Kelly? Yeah. I mean, that's kind of why I met up with her to be my wife.

Charlie Sandlan ([50:38](https://www.rev.com/transcript-editor/Edit?token=8suwVewauQsF_WqCX28_TZoUDuz2grgyF5OR8tlFR0zIe2S2NZDXiGFu0bMYlVA5RoN4W4Wl7Kt_goV6qHQPXlt70W4&loadFrom=DocumentDeeplink&ts=3038.17)):

Yeah, of course. Of course.

Kevin Kreider ([50:40](https://www.rev.com/transcript-editor/Edit?token=-4VgnTJbIzRyznLT1aR6T9aoeLTxTCWCyYZLbCRnY61WiEanvusRqcqhKCHSJuOhOglP83Zlz_5SutTimx8LyIsgJZU&loadFrom=DocumentDeeplink&ts=3040.74)):

Yeah. And I was just like, "Oh, she's pretty. Oh, she's with Andrew." Right away, to tell you the truth, I wasn't so into her as a crush in the beginning because she was Andrew. But then when I found out things weren't going so well, I was like, "Oh, okay. Let's just see what happens." And look, I am flirty, and I tell all my guy friends, thank you for letting me be flirty, even around your wives or girlfriends, because that's just me in general, but I definitely laid it on a little bit thicker when I found out like her and Andrew were like off and on and off and on.

Charlie Sandlan ([51:15](https://www.rev.com/transcript-editor/Edit?token=-zTnzauoGuY3GSvajHpPAapMjkQGL2hvxrVthdQabKJiXlmqZuzHx4hyTAR1hdlJifteyfSVQtjyWTpa2OQYNi6DL48&loadFrom=DocumentDeeplink&ts=3075.9)):

Nice. Of course. I mean, you got to take your shot when you see it.

Kevin Kreider ([51:21](https://www.rev.com/transcript-editor/Edit?token=lV5enxU_Zbou8J17m40_1jX70Ar8whHN6ou5hqfIFvqDR3Imp0TuLCFH1OflDDBy8BTLX6SaYUSCIYCIW_hpFB4ez1o&loadFrom=DocumentDeeplink&ts=3081.66)):

Totally.

Charlie Sandlan ([51:23](https://www.rev.com/transcript-editor/Edit?token=CzONQFnNkte0yFIwA2k7Rhy6uziZhBbUHQEPrApyaPGwKg0u46z8hPPdmI2yP7E6gXCWvkRqDygRVstrxCLF-60E0RM&loadFrom=DocumentDeeplink&ts=3083.95)):

Listen, I am invested in this, I cannot believe that that's true.

Kevin Kreider ([51:29](https://www.rev.com/transcript-editor/Edit?token=Roc1-uysvsGWcXn6yiET3Y7SZOCrxz2A1PSx2V2oKsM_VS3pkNnZxObQ2an4DMLZpeXxsxS2cCpviQ2wfjFXr5RYmjo&loadFrom=DocumentDeeplink&ts=3089.77)):

You're going to be in for a treat for six, seven and eight. You really will be.

Charlie Sandlan ([51:35](https://www.rev.com/transcript-editor/Edit?token=6Pv-LIc8S_QmIWbyn346FPvDvF_CldAFAsY7tt5aiob48Yh7E8U8PkuIA6q6JuoSUIcDCTy0BP3pk2JV089zykfPf-w&loadFrom=DocumentDeeplink&ts=3095.35)):

I'm invested in it. Every time you're on, I'm just so proud of you.

Kevin Kreider ([51:41](https://www.rev.com/transcript-editor/Edit?token=MWmk184gkZthh371IpIQFijTrDYiRwiQuoyoIvHpOXH5NTOdLcAlWsAOQfWOQub3KRxVTVyxCOhevfqsy7xlSmLq54M&loadFrom=DocumentDeeplink&ts=3101.14)):

Thank you.

Charlie Sandlan ([51:42](https://www.rev.com/transcript-editor/Edit?token=lMnP_8ZxeoV4blBUEotREZS-05OOuQupzRVaVy3X2wuwslR5JW9IoIjaiKLUI1oT-6mzUw8S7x_JjwlRy82Ppl_-F_Y&loadFrom=DocumentDeeplink&ts=3102.62)):

Honestly, you're living a creative life. You have a life of purpose. You have a lot of grit. You got to be able to adapt. You got to have grit. You got to have resilience, and you've got those, man.

Kevin Kreider ([51:56](https://www.rev.com/transcript-editor/Edit?token=IxWuaGNF_7ZhNZlrFX4GcZIdpbwDC0tCfkjNVkwGYgJrK2_LwZIf3G6FdvUVhwgZ1lBMCTo_XlqW2_n9CIhKXxOZZr0&loadFrom=DocumentDeeplink&ts=3116.48)):

Well, I think that's what got me here. It was like I just adapted. I just kept trying. I just kept remembering like I had a higher purpose. Then the theme and the followers. No, I'm glad that you said you're proud because that was something that I wanted from this show is to make all the people from Maggie Flanigan, Maggie, you, just proud like, hey, this is Kevin.

Charlie Sandlan ([52:21](https://www.rev.com/transcript-editor/Edit?token=Wydvzq-0cvaVq2mun-08TbS0yDGG0Qr0DV-9DM7mBSMDxhzB6UtmODh768sOmNskXN72teE9Ejv1q9y9Ubw1jKMqNvk&loadFrom=DocumentDeeplink&ts=3141.98)):

What would you say to that young guy that was in 2011, 2012, grinding out something there? What would you want to say to him?

Kevin Kreider ([52:34](https://www.rev.com/transcript-editor/Edit?token=zMp4o03fHRaTgmbeL49WG7qHqqfyFO82WGE8o3sm-UnJ65bxKfS6uTY7aXqSdjdRJTmMbI63A-RAqTWdpVosXzhsf5A&loadFrom=DocumentDeeplink&ts=3154.62)):

Whatever you think is going to happen, don't hold too tight to it, because this never would have been in my dream. If you would've said to me, where do you see yourself in five years, which is what we always do, none of this stuff that's happening was on my list at all. Never would I say like, "Hey, I want to be on Netflix." Because I don't think Netflix was that big back then. Oh, I want to be on a reality show for all Asians, that shit didn't exist. I would say don't hold tight to what you think you want in life. Usually it's better, whatever happens.

Charlie Sandlan ([53:13](https://www.rev.com/transcript-editor/Edit?token=vVeO5ruffmYrh2AtzDDkZHuW0Wg4iip9zERYtSzuiGW4CyIvceb17X55JziYvq5htZWwgLcNV1g6dgCH-yT5YWFgYYo&loadFrom=DocumentDeeplink&ts=3193.27)):

Well, my fellow daydreamers thank you for sticking around and keeping that phone in your pocket. You can subscribe to the show wherever you get your podcasts. If you have a few seconds, then you can leave a review on iTunes. That would mean a hell of a lot to me personally. You can go to my website, https://www.creatingbehaviorpodcast.com for the links and content to every episode. You can also read my blogs. You can sign up for the newsletter. You can book me for private coaching. You can follow me on Instagram, @creatingbehavior, my New York City active conservatory @maggieflaniganstudio. Lawrence Trailer, thank you for the music my man. My friends, say yes, jump off that cliff and play in the deep end every once in a while. Play full out with yourself and don't ever settle for your second best. My name is Charlie Sandlan. Peace. (singing).