Charlie Sandlan ([00:03](https://www.rev.com/transcript-editor/Edit?token=VIYQsLtUZqH7q6ogHzCenWUkGLeerOTGv-cFtWLjFg8zANLvDrgcDDmgEfWM3uC5mypq5kS3l6kMuJnDWkoYUjaJNAs&loadFrom=DocumentDeeplink&ts=3.04)):

Today, we are going to talk about the need for approval, and how that can really fuck with your life, with your personal relationships, how it fucks with your professional work. Certainly, as an actor you get into that audition room and you work for that pat on the back, that good job, the need to be liked. It's something that we all have to intervene with, and we're going to talk about that today with my former student Joe Nicastro.

Charlie Sandlan ([00:35](https://www.rev.com/transcript-editor/Edit?token=dvnd3OrKV7e584k_9D1-giILjnxu10-rgvuz1AIDnwBsnrt6Seo6wpVXFbLMCM4dGbndNoFuA8zodp94L2BX7l72ifQ&loadFrom=DocumentDeeplink&ts=35.16)):

It's a very personal conversation. We're going to talk about what it was like coming out at 17, the need of approval from his parents. What it was like taking his dream job in Chicago, and then getting fired from that job. I hope it provides a cautionary tale for you. We're going to talk about body dysmorphia. We're going to talk about living and carving out a creative life and how it can take many, many, many different twists and turns. Put the phone back in your pocket. Creating Behavior starts now.

Charlie Sandlan ([01:18](https://www.rev.com/transcript-editor/Edit?token=cbEAdDPdFiosz7660ARiRlpLTJgb4kOVHuevEU3AmIOgmcBqUq2XAG-L0u5e17G7b8mx-L1Vh23wsZw0u5HzD-rO2I8&loadFrom=DocumentDeeplink&ts=78.81)):

(Singing) Well, hello my fellow daydreamers. The need for approval, that's no fucking joke. You know? I know that all of you struggle with that. I mean, fuck, I think it's a human, human, very human weakness. I don't know. I mean, maybe it's not a weakness, and I mean, that's a harsh word to use to describe it, but I know it can really fuck with you. I think we deal with it in our personal relationships, and I see it with my students in a classroom, and I know those of you that have spent time in any kind of serious training program, whether that's in a dance class when you were a kid or even in the sports, the need to be told what you're doing is good, that need for the pat on the back, that desire to try to give other people what you think they want.

Charlie Sandlan ([02:52](https://www.rev.com/transcript-editor/Edit?token=4iSUl2UJeAqAV1rQt2_0yVcrZNomwQqA0ZHRTl8xaG67JyJEMPcZw_I9dDXxeUKo1RCTZf_r3_akcpZtVFYLf2AZMws&loadFrom=DocumentDeeplink&ts=172.41)):

For the artist, that really fucks with you, and I see it certainly in my classroom with my students who end up wanting so badly to hear me say to them, "You're on the right track. You're okay there." It can be a jolt when you get into a serious training program and you're being told that's not good, that's not right. As a teacher, I early on had to really intervene with this part of me that wanted my students to like me, and I think that's a big problem for a lot of acting teachers in this country who get caught up wanting their students' approval, wanting to be liked. They'll say, "Good job," they'll pat them on the back, they'll find a way to try to soften something, maybe not address something that needs to be addressed because they don't want to alienate their class.

Charlie Sandlan ([04:04](https://www.rev.com/transcript-editor/Edit?token=bavHK9BHNId2NMlVc5xJzYYLI88x7YRvBzLouCPHW1fTOpwf0Zq9Oa2g3TqaG-UrppTf9Xbosq4wDbe8g1lh-zkRe6c&loadFrom=DocumentDeeplink&ts=244.24)):

I had learned early on, and Maggie taught me this, that if you start to teach to be liked, I'm doing a disserve to you honestly, because I'm not being honest. I say to my students all the time, "I'm not here to be liked. I don't give a fuck if you like me." I mean, what is that, like maybe 80% true? I have to really fight it, and I have to say to myself, "You know what? I don't give a fuck. I have to be truthful; you're paying me for my honesty. I'm going to teach you," but that will cause people to get upset, to think that I'm abusive or that I'm nasty or that I'm just a fucking asshole and they'll quit. They're the ones that are going to leave the bad review, that are going to say, "Oh, Charlie, he's racist. He humiliates his students. He's a failed actor." All that shit that people can type up on the computer and just hit post.

Charlie Sandlan ([05:15](https://www.rev.com/transcript-editor/Edit?token=Z0JKeDcW691raLpY3jgFNjrP-etiwtoVMFegEGRDPXMpEDHk1kCh2mDOhul9zrYL1NpBuSSp2k9aFLMDJIOQHuCHvlM&loadFrom=DocumentDeeplink&ts=315.05)):

I have had to weather a lot of moments where I've been really hurt, honestly, by the way a few students will respond to being taught, but if I can get over being liked, man, forget it, forget it. I just think it's something that all of us have to deal with and certainly in a creative space. I mean, how many walk into an audition worried about how you're going to be received, wanting the call back, wanting just to make a good first impression, it's so human, but then what happens is, as an artist, you start fucking with your authenticity, authenticity. You start cutting yourself off from what makes you different, what makes you unique because you're worried about giving them what you think they want. I just think it takes a lot of active work.

Charlie Sandlan ([06:16](https://www.rev.com/transcript-editor/Edit?token=qWA5aJevsTQlKNoTfodVj8m1k7WGjr5T772z9thznS5z2Yw-ow0VxP8ZHimtn3n3aTfZeiABjMkgTmgzIyjpsOGUJOw&loadFrom=DocumentDeeplink&ts=376.93)):

This conversation today with Joe, well, we cover a lot of stuff and a lot of it has to do with fighting this need for approval. A couple of other really personal aspects to life, his issues with his body and his physique, and gaining weight, losing weight, the pressure that gets put on you in a professional dance company. I mean, basically starving yourself to get those tight abs and to get the artistic director and the choreographer to say good things about you. We are going to talk about getting fired from this job, and what I'll say about that, you're going to hear his anecdote. It's a very small business, this creative world, and whether it's dance, acting, music, when you start working professionally, you just don't know who knows who and who can say what and who can sabotage you if you find yourself not being completely honest. It's a good lesson to learn, and Joe's pretty straightforward and honest about it all.

Charlie Sandlan ([07:45](https://www.rev.com/transcript-editor/Edit?token=TSlp_RYcGyqnE9vkFBLu7tClzPvTUI5YuZmdeXMWhBx0GbVzmNY2U6RuX4kEERSulCFJirlvftXSiEY1LJqtYVTEoO0&loadFrom=DocumentDeeplink&ts=465.27)):

Why I like this conversation is because you come to New York or you come to LA or you move to a big city, Chicago, wherever, I don't know, and you have this dream of living an artistic life, I'm going to Chicago to be a dancer, I'm going to New York to be an actor, I'm going to LA because I want to be in film, and in your early 20s you have this idea of how you think your life is going to turn out. You start to try to do the things that's going to make that possible for you, and then you look back in 10 years, and you go, "Wow, my life went in so many different directions." The path that you actually walk is very rarely the path that you had in your mind's eye when you started the journey, and that's why I like Joe's story because he's living a fully creative life. It's just not what he thought it was going to be.

Charlie Sandlan ([08:47](https://www.rev.com/transcript-editor/Edit?token=tDgwPCqwsGX_SKQ5GbrLm8mNg7hs2K85Nu1OAAbzGJ988pylBK_kdhubsjBjgKIl4uWMsy3DsQcKIcTkWuS0vOKZUts&loadFrom=DocumentDeeplink&ts=527.16)):

And so at the top of our conversation, I spell out that out for him. Like, man, you moved to New York, you've been a professional dancer, you've trained as an actor, you've been part of a professional company in Chicago, you have developed a very big Instagram following, people look up to you. You're in incredible shape, you're a trainer now, one of the best trainers in Chicago at Barry's, and people look to you for advice and for inspiration. How do you... do you feel like an artist? It's such a wonderful like that you're carving out. This was how he answered that. Now, here's Joe Nicastro.

Joe Nicastro ([09:38](https://www.rev.com/transcript-editor/Edit?token=rSE_j6KzFpBQ1etMY7_mTUKcn7bjL38snFVSGhiMPpj5ra2DbF9LcO0y78jq36FqLQw6oWG7SYLqZsJ9PlQyJVjrfRo&loadFrom=DocumentDeeplink&ts=578.52)):

No, and to hear you say that is kind of crazy to me because I think sometimes when we don't stay on the exact path that we carved out in our 25-year-old brain, I'm like, "Oh, I'm not an artist, I'm not artistic because it's not... I haven't fit into that box that I put myself in," so to hear that is... it's always interesting to hear someone else's perspective on you, on what you're doing because you can't be objective on your own journey sometimes. That's a big deal.

Charlie Sandlan ([10:16](https://www.rev.com/transcript-editor/Edit?token=yRxEMA0MwTl8yb72DpSxb9Ps5rUu4fRRam6vePu9V4uUypYxX7fEDWvab4K83c4fwwWOUDBcYAh4W1m_Y44AxoY9HVw&loadFrom=DocumentDeeplink&ts=616.32)):

How old were you when you moved to New York?

Joe Nicastro ([10:18](https://www.rev.com/transcript-editor/Edit?token=p4tNLSY8dRtRJ1myIZ13gK0I_FkHgtgLLuzad6gLUNq8TY7vj5jS73-rp-7F_pYOaWC07jkIVTxbnap50jBnd0VJtF4&loadFrom=DocumentDeeplink&ts=618.78)):

When I moved to New York, I was 23.

Charlie Sandlan ([10:24](https://www.rev.com/transcript-editor/Edit?token=TT4p3WoPN2QbzZS5GsVMAqwL-MfOfDhFX29O2GSFzhjNaLkuh8p6Lca3YR8Ac1N32ATB1PNP5gX7cPa3WD_pUxkVAQE&loadFrom=DocumentDeeplink&ts=624.34)):

That's young. I was 23 when I moved to New York, too.

Joe Nicastro ([10:27](https://www.rev.com/transcript-editor/Edit?token=bg5LFNLAEZq7aKJLO_lDAu2aSvT74fLWVV4JXBGLU0pRGH-EUCtBeRCqaz0aWr8g9rqPFbPpLDRD8rPTTEHKtSnNri4&loadFrom=DocumentDeeplink&ts=627.46)):

23, and left when I was 26, give or take.

Charlie Sandlan ([10:33](https://www.rev.com/transcript-editor/Edit?token=kUc42ZfPWthkFBdS3vZJdJZNrFI_X5ikLU4i7HAZ8xbfBQxvq-BU3hzT-sbQAhagiT_QkVaOxC2Xxv3rjdkdGatMnBo&loadFrom=DocumentDeeplink&ts=633.41)):

Where did you grow up?

Joe Nicastro ([10:34](https://www.rev.com/transcript-editor/Edit?token=uPWche3Pk262vq4ad--O2r99NmhIVoyYYglfyKMipU1JEJTec752WIsWtI4edybM_4o1Tl2Lnt4oahp2OULggjBjHuQ&loadFrom=DocumentDeeplink&ts=634.78)):

I grew up in Exeter, Rhode Island, small state.

Charlie Sandlan ([10:37](https://www.rev.com/transcript-editor/Edit?token=ITgny9chSFCNnnwfRBvOmIg9cqBRj2xHMJHy-OC0LMh-gN7NOgdBluS6bEMK_hmpDteRqiDU0w9tn3rZ6h_6RnuJ_hs&loadFrom=DocumentDeeplink&ts=637.52)):

That's right, you got your BA at the Rhode Island college. Right?

Joe Nicastro ([10:40](https://www.rev.com/transcript-editor/Edit?token=ULNWnRhBVsa7a1iSbKcYqAQiTEAnSzs8wLm_l2Zf_drx_3lxvwEDaO1IvYc-jkqifTS1ZesYEP3gE4Mz-f9mP99VmAI&loadFrom=DocumentDeeplink&ts=640.01)):

I got my BA at Rhode Island College in dance and advertising, which I kind of use now. It's kind of like the same thing. I kind of use my advertising degree, but not in the way that... I thought I was going to like... maybe I could work for an advertising firm, but that didn't happen either.

Charlie Sandlan ([10:56](https://www.rev.com/transcript-editor/Edit?token=8_wlOsw-koAYBf6QfZnVlo4Mp3v5ch-YvoT5lMnyadofURwk2dpXI2qAADUnFboZ_9lBB3jeVSa37Cx0Ofr9UpbSIiY&loadFrom=DocumentDeeplink&ts=656.45)):

Why did you move to New York?

Joe Nicastro ([10:59](https://www.rev.com/transcript-editor/Edit?token=OZW6nVV736jcZVumyIbK34sQzdykuqcYqecyl48bD_Xeh0UQutk9S-MB72J7F8oKIVcG5hPHcNA2NWnHGJJjXeEQeVg&loadFrom=DocumentDeeplink&ts=659.71)):

I wanted to be a dancer. I started dancing in college, which now to think about is kind of crazy. I started dancing when I was 19 officially in training, and then, things started opening up. At the end of college, I started to dance professionally, and I was traveling with these companies. I was like, "I think I could do this. Let me go for my BA." I stayed an extra year, got my bachelor's in dance, and then I was like, "Well, let's move to New York." I wanted to be on Broadway really bad. Two weeks after moving to New York, I got a national tour, and I did that was like my first... not my first professional job, but my first professional job outside of New York, like a New York City audition.

Charlie Sandlan ([11:41](https://www.rev.com/transcript-editor/Edit?token=zbDMw6CgwphN2xrHqrmV1kO9gFYw2s-dbQtFD8Evg7lDmbyfFZl4_WdMyk5X4S8Mu04rkvYnaQzm-bxfBt-Qbbh2h2Y&loadFrom=DocumentDeeplink&ts=701.84)):

Was that Hello Dolly?

Joe Nicastro ([11:42](https://www.rev.com/transcript-editor/Edit?token=0TSjyjL3JcwzO8q7x1G3sPMigrxGNblfMC3QBcqDmCNy2bp0ISnss2xaB3JG16MAqtBFiz7I3XAAb2g29Fl0IvAvxwY&loadFrom=DocumentDeeplink&ts=702.99)):

That was Hello Dolly with Sally Struthers.

Charlie Sandlan ([11:46](https://www.rev.com/transcript-editor/Edit?token=FUHTJQN5lLICX7ajvD6o3cRlFobt6a2z8KVmDNEJpdG_-vg8JUxEcMiIbJwP_E0Z5RHX2HaGOsR5avdnpXAAL4VJG98&loadFrom=DocumentDeeplink&ts=706.37)):

Oh, my God. Gloria Bunker.

Joe Nicastro ([11:48](https://www.rev.com/transcript-editor/Edit?token=ohOz-Wiym55Hkd73b-6iWwlXNjk6eqPYAaFQyWzrDjmv41T1A4tkympNzjnTBULt116Ua6hz375BMRCcL2eRhekmFks&loadFrom=DocumentDeeplink&ts=708.7)):

Gloria Bunker. Honestly, though, she was so... I've got to say, I've got say this, she was amazing to work with.

Charlie Sandlan ([11:55](https://www.rev.com/transcript-editor/Edit?token=uifnBEfoUWtjiHK59H6Ug59J0HQGitFpUMgvqMThrOr4YnMdpxMmWoYhSce6jv4nHejTBTFrCSQd7_4SCdDKLqCewfo&loadFrom=DocumentDeeplink&ts=715.75)):

Oh, listen, I grew up watching that show. I say Gloria Bunker and I guarantee you nobody fucking listening to this podcast knows who that is. She was Archie Bunker's daughter in All in the Family. That's where she got her start.

Joe Nicastro ([12:08](https://www.rev.com/transcript-editor/Edit?token=EmBBxpwAKH3gEgSS8gkzO4UGOqST8FQ1tzWLEu_51qcdvoIKmTzn2Agk3xqW1zQv5h4PI9JNI3QaIKE519HC-LP3o-I&loadFrom=DocumentDeeplink&ts=728.26)):

I never watched the show until I had actually met her. I knew, my generation was like Babette for Gilmore Girls. She was the neighbor in Gilmore Girls.

Charlie Sandlan ([12:15](https://www.rev.com/transcript-editor/Edit?token=IOCkenVkYjBUoTMSnXFXwH3FFO45RQACpuxZgFhk2hsE1LhZ9oi3A_7Y-7li1TQ3Xt8XPDo1gACWfWlcvspP2q2bIwU&loadFrom=DocumentDeeplink&ts=735.5)):

Right.

Joe Nicastro ([12:16](https://www.rev.com/transcript-editor/Edit?token=Av_SXpigst0FDy2HV68R_seHISWxvrhJ4-ftqmmcPTuAku_B_fX3P6gVmbS_dm_Li4Qo52QFMGKxarExAsKZ5UIaGJo&loadFrom=DocumentDeeplink&ts=736.43)):

Depending on how old you are... but she did all the show. At the time, she was like 66. She did every single show. She was just awesome, and we actually really hit it off and stayed in touch. I just really loved her. That was my first New York job, and I got that after two weeks of moving, so I just kind of thought that that's how New York was going to be.

Charlie Sandlan ([12:37](https://www.rev.com/transcript-editor/Edit?token=OsMlG1bI1e8AibOSj8cnyadpLOB9sBw9eqrkaNCE0DC8OYA79ErkI_RXgXwdP3RTCvVbBASQK_Vcv3L8GBtDmvfTl4Y&loadFrom=DocumentDeeplink&ts=757.05)):

My life is going to take off.

Joe Nicastro ([12:38](https://www.rev.com/transcript-editor/Edit?token=-rvs8PdCv9CZHlolykky0iCogLCouwrTEhFeAO-3f8rymOa6P_ndwfvu34F6L7D225gr3yCbbIaunLHRp2eUB-iQeh4&loadFrom=DocumentDeeplink&ts=758.58)):

Yeah.

Charlie Sandlan ([12:39](https://www.rev.com/transcript-editor/Edit?token=6btignJRyQVrCfz6WIaCQptxadj5uhy1MyMyu33SsVyKEFL7e9pFXvdK1P3FXPnNMM3DnLOJQfxmdjFdD1_mZs-KsEs&loadFrom=DocumentDeeplink&ts=759.28)):

Here it goes. Unfuckingbelievable.

Joe Nicastro ([12:40](https://www.rev.com/transcript-editor/Edit?token=6bXQCSe0wjyDtAr03cl71jPhos8V6x_EkO_OkTtOv1K4ra75u6X65_aehbfj86U1yr9dkVMNNs7bASwGbuWHmDHXUCs&loadFrom=DocumentDeeplink&ts=760.33)):

I was on tour for like eight months, and I was like, all right, I'm going to get my apartment, I'm going to get an agent, everything is just going to fall in place because that's how it happens.

Charlie Sandlan ([12:49](https://www.rev.com/transcript-editor/Edit?token=tLU0NkvZlz3XnLDfC89j_f7FX7Q06zThbA2PUW99Xni_KHeHbU_RDxZFH4-kXVw2bvjvDbwE36yyChFdhKhcuK-N-kY&loadFrom=DocumentDeeplink&ts=769.46)):

Yeah.

Joe Nicastro ([12:50](https://www.rev.com/transcript-editor/Edit?token=_hA8Mc5K44A71ognBeVTe2M1JiDk7hm01eWyniKFbhuvuEIET6shIElU0cLDAI3BosCS5_r89jln5Mx67xn5H-8BIV0&loadFrom=DocumentDeeplink&ts=770.3)):

That's not what happened.

Charlie Sandlan ([12:52](https://www.rev.com/transcript-editor/Edit?token=VPXe6qFMIKKgBcjTJk8J_XsaHdpeZDpvq1SRpRwMlA9-bbDQdr93begBByHd0C_tV8wZTlQnjqcQLeSXujFWPhYj2Ig&loadFrom=DocumentDeeplink&ts=772.81)):

I think anybody would feel that way. I mean, you come to New York and two weeks later, you book a national tour. I mean, that's fucking amazing.

Joe Nicastro ([12:57](https://www.rev.com/transcript-editor/Edit?token=Re9Qsz5RqHMP7HYSzMW0KbK8bniyrehzNL0yex0fiDyUifNTBoFThzVUOrsG5MItdeefpmG9Ke9rgwxFh0CjA_Y1o6o&loadFrom=DocumentDeeplink&ts=777.4)):

Yeah, and it was great for my ego. I loved it.

Charlie Sandlan ([12:59](https://www.rev.com/transcript-editor/Edit?token=nYUP1uxrOHlXs74_CbC3tp-FEwYFOpy7ozoAqByI7uxIeCwyBjpWb1tu9WDZyurj0CoG4ljKOtbk9fNjAp803XOCUtE&loadFrom=DocumentDeeplink&ts=779.85)):

Of course.

Joe Nicastro ([13:02](https://www.rev.com/transcript-editor/Edit?token=zQF8Qz-C1QKddaQ1ifh3UrMsgAo6pwegd12UC4H1y_KxeQgx6VtancmycSoGjOKriJObGIE_rVE3b8P2tnwPBg0wmmo&loadFrom=DocumentDeeplink&ts=782.34)):

Then, I came to a screeching halt, and-

Charlie Sandlan ([13:06](https://www.rev.com/transcript-editor/Edit?token=Zo0-GaHzfS0tU1QOgW0GAaTxUN1PLGjPbIB4akiQaQEtkf-fMWrX1Cj33_cy8NXSmmGVZIfR8VrPdnDOxNxgDJeKHbQ&loadFrom=DocumentDeeplink&ts=786.38)):

Well, what do you mean, came to a screeching halt? You came back after the tour, and then what happened?

Joe Nicastro ([13:09](https://www.rev.com/transcript-editor/Edit?token=gqjSUV4ERntX-6QqQyJFtTP7OnHwDJVzQmrq5hgqH8ej3lvaRuy6blSENQUgoL2tSuoyvr7ohVTv1O9-a_UZFoy7cdE&loadFrom=DocumentDeeplink&ts=789.49)):

I came back after the tour. I got an apartment, I got a roommate, I got an agent right away, which was really nice, and then I was like my agent would send me on these... I had such a bad... I don't want to say bad relationship with an agent, but-

Charlie Sandlan ([13:29](https://www.rev.com/transcript-editor/Edit?token=LLRfhX3HWjHWFmtx08rqKXBzpXPr0cwDbCDn8Mt7eiQHdKoTsde48K_d2Z_MrdoJ914cYqz5woHwuiynuzEvoQh1_4M&loadFrom=DocumentDeeplink&ts=809.03)):

You can say that. Were they assholes?

Joe Nicastro ([13:31](https://www.rev.com/transcript-editor/Edit?token=GfNAEmn0_0MU-Qx6S5jLc7zgjLnuULhSt8LGJqHfm0YKmpW5T4NTg45le7qy-xh1V3ZXPT7iGE8CIfo9ilG6yNi1sEI&loadFrom=DocumentDeeplink&ts=811.94)):

It's like not... but not outwardly an asshole.

Charlie Sandlan ([13:35](https://www.rev.com/transcript-editor/Edit?token=2xU-4VrO3YqjT9AzRQgPt33-8LoBmjdsB2ykBjet-6qZOhskkb_B0xs2hSxJDvObpPX0vFNKUnRx_QKb4nTlb8D2wIQ&loadFrom=DocumentDeeplink&ts=815.01)):

I dropped my first agent because he was a fucking dick, and this was right out of grad school. It was the scariest thing I ever did because, once you get an agent, you hold on for dear life.

Joe Nicastro ([13:44](https://www.rev.com/transcript-editor/Edit?token=J1cc1XeXvEpQzE3ZhvQaUfDopi9UQ2kGcp9ZYoofYv9SL3eNKAIj7qZBf-E6l6xNlf6ub1FNy-Y_uh1iJtyxUGDja78&loadFrom=DocumentDeeplink&ts=824.1)):

Yeah. Well, I wish I had the balls you did because I eventually got dropped by my agent.

Charlie Sandlan ([13:48](https://www.rev.com/transcript-editor/Edit?token=5lR-B3wz_dY6YIjUVq9G__R5O9p2RgsstLOMYUZfB0HOEcc3HSYS-ZhWrYPlWlL-PVZ7WjONRVZ32Eo-qfvr_YN9Ld0&loadFrom=DocumentDeeplink&ts=828.05)):

Yeah, I think everybody gets dropped at some point.

Joe Nicastro ([13:49](https://www.rev.com/transcript-editor/Edit?token=z-13I83QXX_W26x4FGUT8vOMtufUGkflTUYzunOQPnQs2FdrGgo0nv8nmLhSJrqhCkHPpEHDn9bbXS1KtVoGjWxgigc&loadFrom=DocumentDeeplink&ts=829.98)):

That's a really hard pill to swallow. When you're that young and you're in the arts, it's like, I'm not good enough. You go down that whole fricking rabbit hole, and I wasn't booking jobs. I also, I had a really hard time with where I fit because I was a trained singer, I could obviously dance really well, I thought I could act at the time... I was like, I can read lines off a page really, really well and kind of fake it, which at the time, I thought that that was acting, like most people do, like most people still do. I'm like, I'm 6'1", I'm 200 pounds, I'm not a chorus boy. It was kind of like, I knew the choreographer from Hello Dolly, so I had an in there, but I wasn't going to be in a line with five foot tall dancer boys just because I'm broad, I'm muscular. I didn't even really know where I fit, and my agent was kind of like, I don't think they really knew either.

Joe Nicastro ([14:48](https://www.rev.com/transcript-editor/Edit?token=CCXAvm463qRJyse5tnPZ-tZ9W1LSxgyRypHkhK5drUf4hpY-AlP6_vgbPCmoPcncJxq788xreL7QSDYpA94WMpnzMFg&loadFrom=DocumentDeeplink&ts=888.35)):

It was kind of like I was going out for these things, and I was like, "I'm not really right for this." I didn't really know where I belonged was where it came down to, and then I found you, which-

Charlie Sandlan ([14:58](https://www.rev.com/transcript-editor/Edit?token=aB613DflCbMOuA7ECkkoNNTDlKTW8PRyQiL5FWS8GYzfrNFAcHoIkTWXKD9MHEvI_ctkCrufQvAD-dEmBARWCMInK6k&loadFrom=DocumentDeeplink&ts=898.72)):

Well, what made you decide that you wanted to pursue serious acting training?

Joe Nicastro ([15:04](https://www.rev.com/transcript-editor/Edit?token=OefX-kYN81knvlRJ2_M5enGG8E71wzXyR_gXuz2nO_3OPxjaa0x-b8YvUxVvihHVAOT8Cr29w7YzA1rq56TBd-GJRe4&loadFrom=DocumentDeeplink&ts=904.54)):

Well, I've got to be honest. I didn't really even know how serious it was going to be at Maggie Flanigan. I think at one point my agent was like, "Well, you should get in an acting class," and I was like, "All right, let me just fucking Google... I mean, just Google on-camera at whatever."

Charlie Sandlan ([15:22](https://www.rev.com/transcript-editor/Edit?token=WsvJCBQaQcFryav9D8X2r_AvY5wvPygBi2FQ9RlmfhDDYj-LSqOx9VtgHcZshdiXV6w8FoTdXZEnSZs55-iCS5834Hc&loadFrom=DocumentDeeplink&ts=922.51)):

That's what a lot of people do. [crosstalk 00:15:25] Google acting classes in New York City.

Joe Nicastro ([15:27](https://www.rev.com/transcript-editor/Edit?token=ncBTon13ZHskSe0bfa8L5w0hqKedsJFIojuM4tgJ8K2ph9xhOGTO-f0Nlmybmgb-Q0Xeazv6IVzfI-V3_oRjtLTlEkE&loadFrom=DocumentDeeplink&ts=927.81)):

Yeah. I think part of it was like kismet, I think part of it was meant to be, but also, I was like, "All right, I'm going to..." I did really research, and I was like, "I want to go to the best one."

Charlie Sandlan ([15:38](https://www.rev.com/transcript-editor/Edit?token=S4rXtBOLcxO2F23t9R4YtB8-Kzn6D2C1VTGld-P_9J2tFvGtO_kU9vifqtxn7QGorKseWlz6O7U7woPi4Q9Laf3_AAA&loadFrom=DocumentDeeplink&ts=938.06)):

Well, you were probably thinking to yourself, I want to be an artist and not really understanding maybe even what that meant at 24.

Joe Nicastro ([15:46](https://www.rev.com/transcript-editor/Edit?token=-_IgzPO49J_dF1eBTx_qkWpEdPb26niSSxya0jVbfEqpZEzFXltWJTFbVwkP0ye59hc33KMGh4WRaY-gJm6z06VJtM8&loadFrom=DocumentDeeplink&ts=946.51)):

Yeah. That's a good way of saying it, and I really, really do like hard work. I think dancers...

Charlie Sandlan ([15:54](https://www.rev.com/transcript-editor/Edit?token=s-clzKnPSLanRtYSjxj5YBcTHbkvIJvMd0s0evHjZoIj7JdQ5BiYR5WArPPMYQpeKS0OnJ3pCNjMfXhh-9_lqv7DBo4&loadFrom=DocumentDeeplink&ts=954.38)):

Actually, can't be a dancer and not bust your fucking ass. Jesus.

Joe Nicastro ([15:57](https://www.rev.com/transcript-editor/Edit?token=lTdpouLq--dlrDwK7xu1tSky1cC5aZiSnvCERMO2Ovegcr2MEmOXYFSSGZ_5aIoLtVTzEiNg46cDHWi-TettCiiWPho&loadFrom=DocumentDeeplink&ts=957.34)):

And be a successful one. Exactly. I started at such a late age that I really had no choice. It was hard work or nothing, so I was already kind of used to that. After talking to you and really getting a feel that you were not about bullshit, the program was not about bullshit, it was real, and it was hard, that's an aphrodisiac to me. I like not being able to do something, and then being able to work at it and chip away at it and learn. I like to learn. That's what made me attracted to that.

Charlie Sandlan ([16:33](https://www.rev.com/transcript-editor/Edit?token=SmpQl2PE3aLxcrZ8lyZXhtvx9h0ZXWelLOuhKpeJj5rabb-wT5GjZQT6C8cdiLkrCPN4334qy5KPm6teF-FJlle7K8M&loadFrom=DocumentDeeplink&ts=993.24)):

What did you take away from that work?

Joe Nicastro ([16:36](https://www.rev.com/transcript-editor/Edit?token=PbiBIHW7uATzTDvJk2FQOaXXfBJY5pA5u7pAL-uqZ_tr0sgFH8GNDgB-IRJBVR6ZOd-TwCLM5Yzdf6nSE29EyVFHHGM&loadFrom=DocumentDeeplink&ts=996.9)):

I thought that I had worked through everything from my childhood. I thought that because I grew up and I was now in my 20s and I went to college, I had worked through trauma from my childhood, and more specifically-

Charlie Sandlan ([16:51](https://www.rev.com/transcript-editor/Edit?token=kLCiy5JOHgPAgbgvcwrnYscD0MjcKVt1EiWecK1IMifnfN_q-VRhriyUblxXLk4hxrv8LBidpKrVeYwDsV836LiYlSk&loadFrom=DocumentDeeplink&ts=1011.81)):

Did you have a bad... not bad, but did you have a difficult childhood?

Joe Nicastro ([16:55](https://www.rev.com/transcript-editor/Edit?token=E5uHBkOC8g0h2_zZs5pjTvpEL0YXcw1AnN9FVsRT7c8-ZhO8tMTKDori1QPWV4mp0j4UtjvliKFfCSQ-POHh54SKreE&loadFrom=DocumentDeeplink&ts=1015.66)):

Yeah. I'm a child of divorce, I'm gay, so the approval, especially from my father, was always very, very important to me, and unhealthy. When you're gay and you are in such fear that your dad doesn't approve of you and you've sought that forever and ever and ever and ever and ever, and suddenly, not that I didn't get it, because I am accepted by my whole family now, which is amazing, but I never... When my parents went through a divorce, my whole family broke up, and I had always powered through it. I'm always very like, I'm going to get through it, I'm going to get through it, I'm going to get to the other side, without really diving in it, into it emotionally.

Joe Nicastro ([17:39](https://www.rev.com/transcript-editor/Edit?token=Lova0wGk_E5IXgWiuFCT6B06pYSFlrF7etw-2XiPTXv5bbYUy3NbD0Q98nV-VM2FHwP8Zoug5Z1anIdL9QFeh369nhk&loadFrom=DocumentDeeplink&ts=1059.35)):

In your class, oh, I mean, I can remember sitting at a desk with a pencil and something to do with my dad had come up. It was one of the very, very first exercises. My partner was hounding me... it was repetition, it brought up all these deep, deep emotions that were tied to my dad, and I lost it. I had a complete break through.

Charlie Sandlan ([18:10](https://www.rev.com/transcript-editor/Edit?token=KGXZTpTnoEeXiRV8HlNyPqZV0A7aEu7D3sAWOyBI4DTvvhCCIR3LbLNwsOgR2WIbmMUkLswjqdQ5VNftPw8zjk_JHc4&loadFrom=DocumentDeeplink&ts=1090.78)):

Like your rage came to the surface and your anger.

Joe Nicastro ([18:14](https://www.rev.com/transcript-editor/Edit?token=lp0sMELqOo_zrun8RZaa5UOB_XqrwUUN_CS2TpfSCwTKNaCngJIDadZGbm203Ld1blzLJ0_eCzaK_e0_hlc6h0UXfsw&loadFrom=DocumentDeeplink&ts=1094.04)):

Yep.

Charlie Sandlan ([18:14](https://www.rev.com/transcript-editor/Edit?token=JZ1CDbHlCY5fY3X2xzZhLmAtvDa6_U5OX25RVmFnaqx6Vjjfmw7vCdoOKvYw1ri-tfg2NPHRWEw6hi5rqeOGyeHvFZc&loadFrom=DocumentDeeplink&ts=1094.36)):

Your rage.

Joe Nicastro ([18:15](https://www.rev.com/transcript-editor/Edit?token=z6jt-r1R_Bb8azy0Udwc11O5E-1xmNV8lHYLIe6J7BNSyzSTgCNo6ZMsNO_9kb5z79VOlzhB2Vhw6ZW5_4OVd4W3dn8&loadFrom=DocumentDeeplink&ts=1095.66)):

Yep. 1000%, and it was a mind out of body experience, and I think that that was the first time that I had ever truly connected to that trauma. Then, when I moved to Chicago, and I actually did start going to what we know as actual therapy, with a psychologist, that was at the root of the very beginning of my therapy was my relationship with my father, which has kind of affected everything.

Charlie Sandlan ([18:45](https://www.rev.com/transcript-editor/Edit?token=EWhvH9NtdP7gNmJWiovOPLPZV3wa43Ol1KSOsWKqCB-cXfHV5WUgxeLKA0QWR8tnQHoeguIYQ6d8tS_83E-XSh_i9_4&loadFrom=DocumentDeeplink&ts=1125.4)):

That's a life issue, I mean, of course.

Joe Nicastro ([18:47](https://www.rev.com/transcript-editor/Edit?token=xeRSDezgWgN610fkMuEQ7X0G36DVvB6Gp0bZNEZgdiVp7DjGsVTtzWuW1xL0Avbb6ww2sONZ6caGmGDzhDYfuWduLU4&loadFrom=DocumentDeeplink&ts=1127.2)):

Totally.

Charlie Sandlan ([18:48](https://www.rev.com/transcript-editor/Edit?token=1m-L5vnXMuxvgCraGYZPCA1Jvh_8b0Di0Gd2i2-EXBmpzjqmTglD1-jtTIMJ5E47iWVyfCOPCNC7dCbLFKEqFfRA1Uo&loadFrom=DocumentDeeplink&ts=1128.04)):

It hits up that... well, with a broken home, you're talking about that thematic core of abandonment.

Joe Nicastro ([18:54](https://www.rev.com/transcript-editor/Edit?token=ErIPabPgfBrmqKHOWS8D2wkowdklZHmUjkycmL9MDzmwM41ccpBAGe96N5MYaok-_DDHRZoDrH5gHySCtvkH1Bnl2hE&loadFrom=DocumentDeeplink&ts=1134.69)):

Yes, exactly.

Charlie Sandlan ([18:56](https://www.rev.com/transcript-editor/Edit?token=vq036bdnLqXtqUfkFERDHEDv0U-mQcI_15hr3UYbzPmY8K3i_JeJqQQ4loqat0imUU_IeG5UGsq0fnqVqNXaLpr-27Y&loadFrom=DocumentDeeplink&ts=1136.08)):

Yeah, you did a lot of really deep work. I mean, Meisner kind of cracks you open.

Joe Nicastro ([19:00](https://www.rev.com/transcript-editor/Edit?token=k4-hrcSfdHaCgzQq0H5uilfAF7CvgfD6VwOBDT3u8OtTAZmds81y4f5YbmEWOn2mJ7AEyIRAlnqmWbn_dxaD4VTYtkI&loadFrom=DocumentDeeplink&ts=1140.77)):

Yes.

Charlie Sandlan ([19:02](https://www.rev.com/transcript-editor/Edit?token=xuv97UceQ76sS4nptZ9juDb63vP8bzD10tEhNSE1KEJlrisloS1eQJ_HRcBjkX7vA4FB9zCUJRaqjGrp-gFfkRIxdMI&loadFrom=DocumentDeeplink&ts=1142.63)):

You start to experience parts of your emotional temperament that have been repressed really your entire life.

Joe Nicastro ([19:09](https://www.rev.com/transcript-editor/Edit?token=0l-3Y40y9O4tgD0ng-Kqh-IMvJNXp7O4hyOJO4IACiFg1-wvYooFpy4mGcqWvM3qAr7oJgBJTCBuVkSiCw4KUkJZNmQ&loadFrom=DocumentDeeplink&ts=1149.96)):

Oh, yeah. Totally, suppressed. I didn't even know that I worked so hard to not show that, to now deal with that. That's a lot of energy to suppress all that shit just to get through, but you feel so much lighter. I felt like I came out again.

Charlie Sandlan ([19:26](https://www.rev.com/transcript-editor/Edit?token=-qNX6hXFBrfCAWhuRawSJkFv-uOPYBMiOzt_G5E-MYnVMPuR-qi_S5A2icdVv5lGYJDPciDn4UsZhY6Brx9hBGFI3LU&loadFrom=DocumentDeeplink&ts=1166.77)):

When did you come out as gay?

Joe Nicastro ([19:27](https://www.rev.com/transcript-editor/Edit?token=LdHWPaP3Izx8fvqW13i2CKe2_oyEwReZoipEdm9VzSDmO6zlMWwl3LIGQRgD70nPMldDKGeNzHRbzay3_7QIEOhixPQ&loadFrom=DocumentDeeplink&ts=1167.69)):

I came out at 17, so yeah.

Charlie Sandlan ([19:30](https://www.rev.com/transcript-editor/Edit?token=iswWkDobVnM7jcW4joKNrz-MZoTgxHeutDhy8E2zZkr8-X0CGG1pSoVc7O2op1v5McmpJcQjR_bnjx_y236fpEIAbkY&loadFrom=DocumentDeeplink&ts=1170.78)):

That's rather brave at that age. Fuck, 17 year old kid.

Joe Nicastro ([19:35](https://www.rev.com/transcript-editor/Edit?token=8yMTfxtqPYp6-UdZBREPQvboTcCSEFQ2sHY13tkVOMMkyyVWsKGne-GCeaXDyC2ZhbM48xA07wryBvPELvHR23EMa8M&loadFrom=DocumentDeeplink&ts=1175.39)):

Yes. Because my parents were divorced, it was like, I've got to tell me mom, and then I've got to get all that energy back, and then tell my dad.

Charlie Sandlan ([19:44](https://www.rev.com/transcript-editor/Edit?token=NUzk8Nc2lHg3FBclQxNTf2kBJMZt4-sHqaXNdlUvMu2qXnzb4JjlSl2JNC0VtLWHWL0orqjD-e5YFq34NSfhb4fWp1g&loadFrom=DocumentDeeplink&ts=1184.3)):

How long did you know before you actually came out?

Joe Nicastro ([19:46](https://www.rev.com/transcript-editor/Edit?token=Dx5OS8dMlJNj3vLzxdpXx6iwcjw8QwLq6U6JOvzkiUlvFB_RRgo8DDMfEaaVbq8DslLCCs-xqqxxY4JOHG2xzTpHkrs&loadFrom=DocumentDeeplink&ts=1186.9)):

That I was gay?

Charlie Sandlan ([19:47](https://www.rev.com/transcript-editor/Edit?token=76NBItaOrQ4140cJtrwfETouLKW8NJcBo2CwGnw_VQEdcS94vrHPP2rs7Uxg2dBEtB7MoSTI_A7nWvoAZPhpmyU4Xak&loadFrom=DocumentDeeplink&ts=1187.93)):

Yeah.

Joe Nicastro ([19:48](https://www.rev.com/transcript-editor/Edit?token=5Fw_Pjm70E0IZIuh0iFBi4TO3pfzaT5r6KEYQ2oGviwqqGSsJufCQDvlLyv-dZqiV3RzJw47bBNEd7s6gi6dNz1XsAs&loadFrom=DocumentDeeplink&ts=1188.38)):

Oh, I feel like I knew when I was eight.

Charlie Sandlan ([19:50](https://www.rev.com/transcript-editor/Edit?token=1049HNoP2-ZSBEZZKihMvRoSUH_-bVwWUW5AxihYwVYZblcIKpmhzsSkAHP1Q9dg-mICorPZ_v90unWG-MewW3K3t4A&loadFrom=DocumentDeeplink&ts=1190.69)):

Yeah.

Joe Nicastro ([19:50](https://www.rev.com/transcript-editor/Edit?token=swpgD8KTX8LD505lF1U39li0NlTlhj1VQjXENgBlGkVqQ1hwEXBOH8cNEMuHh1FhUp3Jpb7YzhPY1HLn3iBhmZK1WSQ&loadFrom=DocumentDeeplink&ts=1190.88)):

Although, I couldn't put it into a box of homosexuality. I just knew that I wasn't like everybody else. That's how I've heard it described a lot, but I knew from a very young age that I wasn't like everybody else.

Charlie Sandlan ([20:04](https://www.rev.com/transcript-editor/Edit?token=ORKSMZVCwM2zoO8gNlqVETydFfJEdA7OCiJEym7iWUiP6MjWj5PCNLRnnpK4qHGtBa9OrjbyEbUswCUOn7WE5Re9hlQ&loadFrom=DocumentDeeplink&ts=1204.87)):

What made you decide at 17 to come out? Why was that the time?

Joe Nicastro ([20:08](https://www.rev.com/transcript-editor/Edit?token=OKR972URdDiHhEuXQMxwHw8xQk5cdmbRi6y2FYrci7GveJ_ODUpUGC6mMdfdb-IIOqIz9cLTsqXWz89kYBWXwXPPCcc&loadFrom=DocumentDeeplink&ts=1208.06)):

I had this feeling that going into my senior year of high school, and then on to college, I was not going to hide who I was anymore. It was really important to me that before my senior year of high school, I was going to enter that and onto the bridge of college as what I thought as authentic as I could be at that time. That really was what it was.

Charlie Sandlan ([20:35](https://www.rev.com/transcript-editor/Edit?token=5y2O2wG02UGq8boQHLazsDm4iXcBw133JJdJxTWpMuGELrhxdRKvsBYL4zqWZmpxHv2wENZxXgPHziCYV8RSXaVgwmU&loadFrom=DocumentDeeplink&ts=1235.7)):

Was the act of coming out, did it play out the way you had hoped or thought, or did it go differently than you had imagined?

Joe Nicastro ([20:43](https://www.rev.com/transcript-editor/Edit?token=-aMiEHDqGo8q0ad1ziJYcLr-_Zh3NPZY9pONbOwL3X05nCmMiu4WctymoiTI5vnMKzpVCRl0MOUyGndcoAVhjKCDSCI&loadFrom=DocumentDeeplink&ts=1243.26)):

It was very different, and it was very different between my two parents.

Charlie Sandlan ([20:47](https://www.rev.com/transcript-editor/Edit?token=QKCs5AlwtGooB6iGhv6MzbM0BR2rpZkIQbN-FX58FWaeUTg8njkvftlLCUqth6CifUmH1ftmVUCrXKTNRsTfgnlT9yQ&loadFrom=DocumentDeeplink&ts=1247.7)):

Oh, they both reacted in a different way.

Joe Nicastro ([20:49](https://www.rev.com/transcript-editor/Edit?token=5jsUHtq_2Ljo8IQOk355EZgeBeZF5d9aKTnXuysYWQzKqPod0L2l0Ib_Y16r-VyPvVN9PaWC9AkXcdIaanVKxaSMv_8&loadFrom=DocumentDeeplink&ts=1249.19)):

Oh, 100%, and I almost... not that I had to re-come out to my dad, but I had to have a second conversation because I feel like when you come out, there's like, okay... I had this conversation actually recently. You might be accepted at the table, but that doesn't mean that you're invited to the table? Does that make sense?

Charlie Sandlan ([21:11](https://www.rev.com/transcript-editor/Edit?token=dhz2hPOt9EQYj_T36l-cFscrPjsJDPdVeEVMiYQy4_Lz2vcamGBKJv4b9T1O44f6MaxueP6575kKdy7AkrZo_9RZQuM&loadFrom=DocumentDeeplink&ts=1271.7)):

Yeah. Yeah. You can have a seat, but you're not part of the tribe.

Joe Nicastro ([21:17](https://www.rev.com/transcript-editor/Edit?token=RtobmUXRSQ0Drdpmf8r3neECbCcbuLTs5gd0g4sS6tiqD6Dbll2Z1hv6wdHdkL6sikHXg1C2zjzjw7l9d20qJsvwUd0&loadFrom=DocumentDeeplink&ts=1277.14)):

Yes. I had to have the second conversation, especially with my dad, like do you want to meet somebody that I'm dating, are you interested in knowing what my day to day life is? He was okay with me being gay, but then there's this second level of like, "Well, are you okay if I bring somebody home?" Where I didn't really have [crosstalk 00:21:30]

Charlie Sandlan ([21:31](https://www.rev.com/transcript-editor/Edit?token=5k9GxmQRUfX1i-buDtthIxRZuoMOz-eEI-4hr9wvuZX_jY6BxP0iqH03-JjyuNIGIbbk79SB5o4fw2eKKpjx7DGda04&loadFrom=DocumentDeeplink&ts=1291.01)):

Yeah. It's one thing to like, I know you're gay, it's another thing to be like, let me know all about that.

Joe Nicastro ([21:35](https://www.rev.com/transcript-editor/Edit?token=mCEchx1h1tDOyGefYNFJwa63K02wIn7Izvlgo1kPDEwTUL_BZbJSC_viJOfrfMHHfI7A8C8Lv3UbX1MYk6I3koqePfA&loadFrom=DocumentDeeplink&ts=1295.62)):

Exactly, totally. When I came out with my mom, she was the first member of my family that I came out to, it was like a Lifetime movie, like sobbing, holding me, four hours went by, I had no idea, whole box of tissues. I had always asked... this was really important to me. I had asked my mom six months prior to coming out. I said, "Hey, Mom. Do you like me?" She's like, "What are you talking about?" I said, "Well, I know you're my mom, and you have to love me, but I want to know if you like me?" Then, six months later, I came out and she brought that up. She was like, "When you asked me that question, that's when I was like something is off," because it was really important to me.

Joe Nicastro ([22:18](https://www.rev.com/transcript-editor/Edit?token=K4463bYKLz8waZFB6Lxx7MjbPpcvSAnc0FDr46DgOQUcfBW4nLIo419fR_Sfibe97Xhca0_tq5gNkp7Pb1BQF6ejn0s&loadFrom=DocumentDeeplink&ts=1338.67)):

I mean, you see all these videos, and you hear all these stories about people getting kicked out. I thought... there was a part of me [crosstalk 00:22:26]-

Charlie Sandlan ([22:26](https://www.rev.com/transcript-editor/Edit?token=1voGbCNM6HgYPHAfOSpu4y8RLky4I54EbXSxd6s80ypk4bhr72kCIBw8PMSdXgqxXWW11Tr9QaoPBLWK91C-Fb3KmvI&loadFrom=DocumentDeeplink&ts=1346.3)):

Yeah, of course.

Joe Nicastro ([22:26](https://www.rev.com/transcript-editor/Edit?token=MhohcTKXXWKl-r_98T1OBZAs7DHtVvjyHM5QCeFr1GsblbiXarghyix-A1xXsdc1Csg22K-c5xtnCjmA0qfX37mcDdM&loadFrom=DocumentDeeplink&ts=1346.67)):

... that my door was going to be locked and changed, and I was not going to have a home. I was like, but am I well liked? I want to be liked, I want to be loved, so I... That was my precursor to coming out. I was like, "Do you like who I am?"

Charlie Sandlan ([22:41](https://www.rev.com/transcript-editor/Edit?token=6AA010cRauwoS4GTO6gE3JeyiAP-FL3pDdXBnp7WuQsnUtD0rJmU5IckcOM9vi1JMQRqn87k0dVrghIq7gdjH8PuswQ&loadFrom=DocumentDeeplink&ts=1361.97)):

Did your mom go, "Oh, my God, it all makes sense now, I get it"?

Joe Nicastro ([22:45](https://www.rev.com/transcript-editor/Edit?token=SBNyhURxpg3AQg6FqhgQzhSIkTTCWlK7wnL3LHFsUpQ8OW72EDxFvwNncFzh1JrKEqaBj0olLhNJNTdprXWYhU71zYs&loadFrom=DocumentDeeplink&ts=1365.86)):

I thought that she would... that's what I was expecting because I'm like, I mean, how do you not...

Charlie Sandlan ([22:50](https://www.rev.com/transcript-editor/Edit?token=lYfm8gnkixnqW14cwP0CoYHs5RytFI4YaOoBIM2c3grkUeoP2MSSrH2EftkvzJY2yBaEGaeQTa-p3_Sdv7kmIlY6DPg&loadFrom=DocumentDeeplink&ts=1370.85)):

Right.

Joe Nicastro ([22:51](https://www.rev.com/transcript-editor/Edit?token=dURUluse0cLFOqvfa6_prbNHX6yjemiY4GA-ruH0SbLAIqUdfzR6-Ekr7s9xKGfqSPucQ6IaF1kkDFx_meDH_6pH6qo&loadFrom=DocumentDeeplink&ts=1371.33)):

I think when you're so close to it, and that's not what you expect, you don't have a baby boy and you're like, "Oh, he's going to be gay." I think that they groom themselves to... they have their picture of your life, too. I think my siblings, it was more like, okay, like tick tock.

Charlie Sandlan ([23:11](https://www.rev.com/transcript-editor/Edit?token=DL-HOlXbKIXuJablTE3bR1hYuPX2fjoa0AmcDL0wXjnfL28hDOE4vI3f6ixJ9WPj0rPEhRwhWkFhnl1XXg2lWQUax1I&loadFrom=DocumentDeeplink&ts=1391.76)):

Right, right, right.

Joe Nicastro ([23:14](https://www.rev.com/transcript-editor/Edit?token=g4XDsKKjByibrSpA0x-GHwI2ZjJpAu4WMoz6VxzA6F0ea92nQKYgFh5PF58pKCUXcbnf7AWeTEviRTfFIUSIT2bHu6c&loadFrom=DocumentDeeplink&ts=1394)):

Why were you waiting, but I think your parents are different because they have those rose colored glasses on.

Charlie Sandlan ([23:19](https://www.rev.com/transcript-editor/Edit?token=SXJ0B506qeEJplyh54MPxFTqYe_RNVtjAXKb3y4h6ywUvT2SMUV4kwXi6MU3HIOAWU35z5NnKdNwcZKTpq7KgwzbWNU&loadFrom=DocumentDeeplink&ts=1399.01)):

Well, that's a brave thing. There's so many people that, God, they can't really be themselves until they hit their 30s or their 40s or until they're divorced or until their marriage crumbles. I mean, it's like there're people that just suffer, suffer in silence for most of their life. It's awful.

Joe Nicastro ([23:35](https://www.rev.com/transcript-editor/Edit?token=mN4l_y70L6xZKAzeJWk1hIrkJf31vbOiCEKKZzQqdiAPu3g9j6kBiBy2OO2LWBmc8VqWb2TWd8F1jEq0p-wUjH3j1wk&loadFrom=DocumentDeeplink&ts=1415.12)):

Yes.

Charlie Sandlan ([23:37](https://www.rev.com/transcript-editor/Edit?token=svoV95d_jn5Jq5CV0k2hLAYmcFUNz1EY-6Fu6NeTiLvhfYRIAyFaQowfXyEhd-exENNHzuM4N1fOBV7FnL2LGfkhpgM&loadFrom=DocumentDeeplink&ts=1417.04)):

All right, let's get back to you do the first year of the training, it's a two year program, and you think to yourself, "Okay, I'm ready to commit to the second year."

Joe Nicastro ([23:45](https://www.rev.com/transcript-editor/Edit?token=JCeMaVYPim5Yks4i9YjUHYVW10WZWAIoCszZZeZPTbdmXoSOVPH0IAMM5qYL-L2VqEIT6FEZDNK0-WaYhfmSDIqNUd8&loadFrom=DocumentDeeplink&ts=1425.75)):

Yep.

Charlie Sandlan ([23:46](https://www.rev.com/transcript-editor/Edit?token=v_2qPijSGnKLDVbEvLL0HvWHXeQmxCxe5sGO9zZXwjrqsuXpsyBaaYdr_9JyFO8qW47CoDdaya7fh8tooNw2YW4ufZU&loadFrom=DocumentDeeplink&ts=1426.69)):

All of a sudden, no, I'm going to move to Chicago. What the fuck happened there?

Joe Nicastro ([23:52](https://www.rev.com/transcript-editor/Edit?token=7IFVsgBDIlqpSt9o-_hoOx3Fk-XZvYR8gio1vp8flx0alRMbr2VOvmFtK0nz6C_DKPLnLXN6m5OqpV6e9ZH1t3WIvZI&loadFrom=DocumentDeeplink&ts=1432.21)):

Yeah, and it was a really tough decision for me. I think what it came down to, I was like, I need a break from New York City was really what had happened, and that had come to me with a dance job in Chicago. It was a dance company, which was a lot different than something that I had done before. It wasn't a tour, it wasn't just a show, it was-

Charlie Sandlan ([24:17](https://www.rev.com/transcript-editor/Edit?token=Db2-WDPdx_IIrMjXdpvCyzlSJXpA_raHyhyjOz7zxgBdDe5-ul7qVgJ38T_HwHqL-r9KIqt0Owuc8R9ezAypAZBubaQ&loadFrom=DocumentDeeplink&ts=1457.19)):

Was that the Giordano-

Joe Nicastro ([24:18](https://www.rev.com/transcript-editor/Edit?token=cHV6LYGJhaPCnWG6wvl9OVJnZ8_XrxDIhyI6_Jk0RXlKLPalzzNet0g0HsrY9n_-ro38w6xge5OD-vo7EGbLek6F2kY&loadFrom=DocumentDeeplink&ts=1458.85)):

Giordano Dance Company

Charlie Sandlan ([24:19](https://www.rev.com/transcript-editor/Edit?token=Bl3y75lE8PaCkjy5quPbX_NePIUXxkqyyyzvOzUmxU0nJfz27i3Rf5dBLWUI-HUIBoxfEeXGu7mgv2f8LhZGnSShskY&loadFrom=DocumentDeeplink&ts=1459.53)):

... Dance Company?

Joe Nicastro ([24:20](https://www.rev.com/transcript-editor/Edit?token=8xK-1RuIwcBW-9RW8vBiQezTA-gHJQzBT_icv4MJpHH3wA-aYnVyTRQCD4Tyw7-tFYwZtiYItaswVKvkG5gXnbyjXlE&loadFrom=DocumentDeeplink&ts=1460)):

Yep

Charlie Sandlan ([24:20](https://www.rev.com/transcript-editor/Edit?token=LpM1BekkvQ6R_4427Xxa0VoA7CKIhUUoYOWg3YgF_QJoXb5xEUVjtkOMxMJ6wSlhZ6czw_3vyzDtI8tAxfi6eKM8dic&loadFrom=DocumentDeeplink&ts=1460.28)):

Giordano Dance Company.

Joe Nicastro ([24:21](https://www.rev.com/transcript-editor/Edit?token=k5NeVJCB3Rpf_aUL5Jgcuc6l-AP7aoZQYd19tckRN03Is64Y-MOLl1Crjcah66wKVcnk7Fcg0Pq98Vnd_vvMfIENlp0&loadFrom=DocumentDeeplink&ts=1461.52)):

Yep.

Charlie Sandlan ([24:22](https://www.rev.com/transcript-editor/Edit?token=d-5fnEdCVOASZ4WtMOqlIzRzqWYg-Q2KkEMCN_BB_faUF2Yhft3vDSWhbond-RySXEJ7--WVa7XTrKwZTEtNJcpDgBQ&loadFrom=DocumentDeeplink&ts=1462.5)):

One of the more prestigious, well-known dance companies in Chicago.

Joe Nicastro ([24:25](https://www.rev.com/transcript-editor/Edit?token=IFxsJ7dTw8c_gVuJm88T3BRBP3FMI7-xUgvU-fuudjIbzMpWvk-wy_-CY3Ec_-Cf9x99PjImhoQE1ZfMQJGYgpoCDGs&loadFrom=DocumentDeeplink&ts=1465.98)):

Yes. The original. The original jazz, dance company, period, and-

Charlie Sandlan ([24:33](https://www.rev.com/transcript-editor/Edit?token=Q94cBzFbivFE8kROLB45C52x6FHxII4XCicFfsoCxS-KtmolF7fnKaQHD2CUyFpr0jcjdJjgFTR1vlCIRfNbgdq1zQI&loadFrom=DocumentDeeplink&ts=1473.14)):

Did you audition for them?

Joe Nicastro ([24:34](https://www.rev.com/transcript-editor/Edit?token=CK7lQtqzWU2yWnV16LewKJnJPxT8u939C663SHEOxaoQq9Apaie21yhS9gNMzOZe1LnMUzlrJeA9slU74qkHClPuEsM&loadFrom=DocumentDeeplink&ts=1474.39)):

I auditioned at Alvin Ailey in New York. I never really thought that I would get it, but I got it. I was one of two people that got it.

Charlie Sandlan ([24:42](https://www.rev.com/transcript-editor/Edit?token=JTUo6yyDiNjLYqG9tWRIlw1JC5hUXgoJP6yNgf4daE_8oyuHMCR-kVT4UDYcQyvVSA9uiRdwz9CLeN_MQuyorZKFlXU&loadFrom=DocumentDeeplink&ts=1482.17)):

I wonder how many people they saw? They took two.

Joe Nicastro ([24:45](https://www.rev.com/transcript-editor/Edit?token=3Do3S4jMu_XtGFKh0I811hUteEoy3SdUNXijxZy0V4X8Y7_7iqxBGJHIvSIephhrnQHOJaPd_YH9Zdr-_vECc6-VHvs&loadFrom=DocumentDeeplink&ts=1485.1)):

Hundreds.

Charlie Sandlan ([24:46](https://www.rev.com/transcript-editor/Edit?token=jW7B1o88xFhMNyMD0VDRvbLxivA-rZrH1VEPhh5aT8zOHMvLNiXQZKDwm3rbPugB2sCzw4m3dP_rrC-VpxbpkoQJVyY&loadFrom=DocumentDeeplink&ts=1486.02)):

Hundreds and hundreds. That's an amazing statement to your talent and to what you did in that room.

Joe Nicastro ([24:53](https://www.rev.com/transcript-editor/Edit?token=3-y69epc7DyaVabXsn2PJWSh5k3W8sv_iMk3_odlrMdRkI1WU_GSrGn8VD3Lx4IeRPj7YS-mLsYaPbm69SObTCCeNJk&loadFrom=DocumentDeeplink&ts=1493.42)):

Yes. It's hard for me-

Charlie Sandlan ([24:55](https://www.rev.com/transcript-editor/Edit?token=kD5DoiBgswzKRTlq0bHrnqwkWLdH5NyslXnOWkdXczYJHl5rPB_K3cOcSUcu5DdPW_3MiRdfKZoqXSt_aRuI1q-ngDI&loadFrom=DocumentDeeplink&ts=1495.66)):

Why do you hesitate when you say that?

Joe Nicastro ([24:56](https://www.rev.com/transcript-editor/Edit?token=sGAkaOuzGJulrGLJVt-dcR-0lpMqBkMgk2Ah6j5n6Y-OEQ4ErPoPP-ww49TkeAdtVmWjQhXR7Y5mdzkDXp-BvDnUFcM&loadFrom=DocumentDeeplink&ts=1496.8)):

Well, because I'm looking at it now... I'm looking at it from my perspective now, but my perspective, then, yes, I was like, "Oh, my gosh, this is exactly what I needed. I feel good about myself," and it was. I was like, "It's going to be a brand-new experience." Like I said, I like new, I like hard work. It was going to be different than something... I really wanted that experience to be in a company, ballet class every morning, 9:30 AM, Monday through Friday, and perform. It was a new city. I'd never, ever... Chicago was not on my list in a million years at all.

Charlie Sandlan ([25:32](https://www.rev.com/transcript-editor/Edit?token=fWgFL6geuJd3SMWmwJkZmesyLzKVmwpzudFwKKCRroWZkLHxHGiM-rl09od2IIi0tGYjqTYm0YpHx1U3Jsb5n5tgHYc&loadFrom=DocumentDeeplink&ts=1532.96)):

Yeah.

Joe Nicastro ([25:32](https://www.rev.com/transcript-editor/Edit?token=zCWxDeEMwQk6VMz3dChJFeN4PuRWSlR9uhyOwn1rudXxlJla7zoJ6BEtvU5wWomLYqmk10dDYHx7lN1V-h-7jJe6q5w&loadFrom=DocumentDeeplink&ts=1532.98)):

I had never even been here.

Charlie Sandlan ([25:35](https://www.rev.com/transcript-editor/Edit?token=Gp9dKRC-9SiS1z1vvq4RxYC0ne2HF5uniVxPi95qPtFpbWcCt1D0GD1sgTmCzO6_7MHrkE0e4UPdBvd6W3cIAtr-MHU&loadFrom=DocumentDeeplink&ts=1535.78)):

Well, so before we get to the Chicago years, I'm curious as to why you were done with New York. Did it just beat you down? Did you just not enjoy the lifestyle of it anymore?

Joe Nicastro ([25:46](https://www.rev.com/transcript-editor/Edit?token=xNiKFPsz5_n4NCo95R0B-tA4KxOIiamP9mz2bPHMeXZVuuo3SzolFW1Z4IHAeUC8k-a7UdfOSiDNy9eLAuipsbCteJw&loadFrom=DocumentDeeplink&ts=1546.72)):

Well, I was broke, which a lot of people can relate to. I think that that's square one. A lot of it had to do with the people, and I mean, I was there for three years. It took me all three years to find genuine people, period, the end. Whereas like I moved to Chicago, and it took me awhile to put my New York, I call it the New York wall, my New York wall down because you kind of get... you get hard. I was depressed, even though I would say that I wasn't back then, I couldn't connect... Actually, the work that I did there was really the only time that I felt truly connected to work and people. I was really... you had no choice. I couldn't get into that mindset of playing the game. I was like, I've got to get out, I might come back, but I needed a job, so I needed a reason to get out. Yeah, it was a lot.

Charlie Sandlan ([26:48](https://www.rev.com/transcript-editor/Edit?token=2acS3jhQ0INx53H5nVorkTlhlGPtYt3lzDdqncbBZwz0DRGxl5rN1PRQqWrPGmZ6LJ0QZMMgRduQWnJqjbxEvWILiBY&loadFrom=DocumentDeeplink&ts=1608.36)):

What was it like to... so you pack up, you move to Chicago, and then you find yourself in this professional company.

Joe Nicastro ([26:53](https://www.rev.com/transcript-editor/Edit?token=oR0Bi27IuzDuYqDwUjOMrMnLCYlZQJeFUMqGDqQDLlJ_8E29cFQ5IoiUt6N_KHLO3hNwIB5uLQxPwtD-rR3ysB5K6Q0&loadFrom=DocumentDeeplink&ts=1613.83)):

Yeah, fuck.

Charlie Sandlan ([26:54](https://www.rev.com/transcript-editor/Edit?token=dP4qXp1KBVG0GINFRH8hVG6vqREodcBK9GL8Cr8wDCWALjLwu1EyTpFegmfgPCn_KkE89xV4jisoWQ2otwIDUwF1fCo&loadFrom=DocumentDeeplink&ts=1614.72)):

What was that like to just come into high standards and hard work and the artistry involved in all of it?

Joe Nicastro ([27:03](https://www.rev.com/transcript-editor/Edit?token=jnX9t-AbrEYjpSY5-kprZswgriPz4ZDQiN0zWdsI-_Ri_5cafePEpVScPpWcYKOWMcp35HYxaXYAXpEn_2g6zW32Y3s&loadFrom=DocumentDeeplink&ts=1623.67)):

It was difficult in a very different way. I was starting back at square one. I kind of already... I had my people in New York, I kind of had a foundation, I was assisting choreographers. I kind of had to prove myself all over again in a different city, so I felt like I was 21 years old again. I had to lose a lot of weight. I was body... yeah, I would go as far to say as I was body shamed, so I went down to-

Charlie Sandlan ([27:33](https://www.rev.com/transcript-editor/Edit?token=JH6uv39SeE_OkJ-45ZDL1j8paHL538R28ebgehMDoV-7dLMuiBwEycIcadvyacX7sl0TUCkURhICzKs7EdTIopaZu8U&loadFrom=DocumentDeeplink&ts=1653.4)):

Body shamed by the people in the company, by the artistic directors and the people up there that are saying, "Listen, you're too fat."

Joe Nicastro ([27:39](https://www.rev.com/transcript-editor/Edit?token=YracNI6xqZTXliK1XCVIpGOdIKEa6BwQJCojNekFLdWYRQcTjrU34VuhSu4OiMpMhKpe37Xh8FkCCGyvI4toW3vUNyM&loadFrom=DocumentDeeplink&ts=1659.14)):

Yeah, but it's not... but it's done in a very subtle way where they get in your head. It's not saying... I wish somebody had come to me and be like, "Listen, I need you to lose 10 pounds." I wish. It was more like fucking mind games.

Charlie Sandlan ([27:50](https://www.rev.com/transcript-editor/Edit?token=R9vIq5jSDq0iDziLiswPvcGXLBOmZP9qlHF-gPb-8ad42TMosymXTmPppr3y_GdJdp3aeXXuINXdCx0ixTcEBKpXFVk&loadFrom=DocumentDeeplink&ts=1670.85)):

In what way?

Joe Nicastro ([27:51](https://www.rev.com/transcript-editor/Edit?token=9eBcu5oHFniu6WOIvDLUHZ281sOlhn80yUophYKIVQiqWPgmmo7A02uphQYjckL93sITCI86H2WHciMYtRzL9oMwKgY&loadFrom=DocumentDeeplink&ts=1671.94)):

The guys had to have abs. The men were showcased often, and no one had to tell you -

Charlie Sandlan ([28:02](https://www.rev.com/transcript-editor/Edit?token=y8S0rnocIswaXkUSLMLcSumOYrP1yIwCYN5R-e42pTnJ76ZxlH8rRUB0k_Fw5gb_asWsR_TiOfTh61S1U9HtsnBf83Y&loadFrom=DocumentDeeplink&ts=1682.47)):

Or like half naked in tights and-

Joe Nicastro ([28:05](https://www.rev.com/transcript-editor/Edit?token=2pKFQ_mebm0vzYRPz2JvU-yADGlRlTyvRlkXR4POEvViwJrXe-pah1LGgsmYgec25-XYAeMuAOl8IDBlo20hJhMsE6Y&loadFrom=DocumentDeeplink&ts=1685.01)):

Yes. No one had to tell me. I was like, "Oh, my gosh, I have to get my body like that because that's what the aesthetic is." I was already in good shape, but I had to get like emaciated.

Charlie Sandlan ([28:17](https://www.rev.com/transcript-editor/Edit?token=x4zBHnMcerK539-oUiky9-tVaUqx1EpjA8LRP-lqi_1X2Ho3HLG-59emqQSeMxFvcvU7CzJNt9in0ui7VlqMmEB7NIE&loadFrom=DocumentDeeplink&ts=1697.73)):

Did you start starving yourself? Did you start having fucked up eating habits?

Joe Nicastro ([28:22](https://www.rev.com/transcript-editor/Edit?token=QHhnj5M7I7idYWKZl34WKdKM2exCqp7jL8dSqy7rWSnpXgBvNMP9G9Jhj3bflqP7IC8xwwjb9DxCQ9NTEHbO2PMWm1w&loadFrom=DocumentDeeplink&ts=1702.84)):

Yes. I would call it starving myself now. Back then, it was more like I've got to do what I've got to do. Then, you get all of these accolades for being like, "You look so good," and I'm like, "Yeah, I'm eating 500 calories a day."

Charlie Sandlan ([28:37](https://www.rev.com/transcript-editor/Edit?token=cgUhfjKHfJQnMpAlE8wgDd2as-cZnF10cyfxGAchvHSrqUCF0-jIAAaxb_9dpntWdIpQdQ7xF2YkqLjPfSuKwNV7M3E&loadFrom=DocumentDeeplink&ts=1717.25)):

That's crazy.

Joe Nicastro ([28:38](https://www.rev.com/transcript-editor/Edit?token=zeZy7yMKSX7978C4l4ntHbwdRyHWNejeyyqATv0Zx7pfsEVYL4xJqfbLTXFHMqYd6dTRFEXv_gAJ7P5DiFDHFBVsD50&loadFrom=DocumentDeeplink&ts=1718.55)):

My family would be like, "You're too skinny, you're too skinny, you're too skinny," when I would go home on holidays, but at work, it was like, "You look so good, you look so good, you look so good." I would tell my family they're crazy. I'm like, "No, you're crazy. I look great." I look at pictures back now, and it is... part of me is like, I miss it, but the sensible part of me is like, that was crazy. I would say 500 to 800 calories a day, and then right at the very end, I was assisting an audition, was talking to an auditionee, one of my bosses came up and they said, in front of the room, "Oh, Joe was big when he got here," in front of a room. I want to keep my job, so I'm like, "Ha, ha, ha, ha, ha," but that fucks with you.

Charlie Sandlan ([29:27](https://www.rev.com/transcript-editor/Edit?token=XLTX2SXsAXNbc_9D3YKNUm1XMsn5Szuymi8b_OCyRy7229Z5mW0OkZjf3cwyp8njCR24wVIN8zOkIGxE-ythsWXValU&loadFrom=DocumentDeeplink&ts=1767.54)):

Yeah.

Joe Nicastro ([29:28](https://www.rev.com/transcript-editor/Edit?token=pTUzAAccQCuuaAv72Qp-oge69I1SxKbYgqA0JpPkPDfHlffgNVFlp822Um2_r7cQWU4AQX6vylTErZgXBCgkKV8G7wc&loadFrom=DocumentDeeplink&ts=1768.36)):

Yeah, I got my body really the way they wanted it. It's fitting into a box. It was fitting into somebody else's box, and-

Charlie Sandlan ([29:33](https://www.rev.com/transcript-editor/Edit?token=rNvNBwMvqY8kGetgbZ9BJZAV8is3cry-4r8Cmg65hEpeWef5ch8lJWXtFavoMQPTqTGoxXYFQC86gu5rpMTti112KEE&loadFrom=DocumentDeeplink&ts=1773.89)):

Well, didn't you enjoy the work? I mean, we're you talking rehearsal every day, class every day, and then what was the artistic environment there?

Joe Nicastro ([29:40](https://www.rev.com/transcript-editor/Edit?token=1PTVd-3eFt2kEXC5ybTg6uUsMpXlBjPw0oZIJI-yxs_c6z4kaoNYt6G3_Cs3-MmGIaQzvFTiiTyoE-uqAOqR8KHhMNk&loadFrom=DocumentDeeplink&ts=1780.72)):

At the beginning, I really, really loved it. I loved using my... I loved dancing, I loved my body, I loved moving that way, I loved the rigor of it, I loved the people that I got to meet, the choreographers I got to work with. That was all amazing, but my mental health was suffering.

Charlie Sandlan ([30:02](https://www.rev.com/transcript-editor/Edit?token=7Ev4wZI-95MtFmOQUpL-UEnqBvTZvfG3Opl4avNgyy98v-8XnkCMSL5ORbP4BhPZibfsqKmuFGCuc9h7L5QEzqN9TXY&loadFrom=DocumentDeeplink&ts=1802.9)):

In what way?

Joe Nicastro ([30:03](https://www.rev.com/transcript-editor/Edit?token=RiUc0kyM9OIzp03N0wgtDQXPmq0uKKQ4T-3AFLUa0Yz8Nje5riJVM018yZ72KUOS2pK7w6zaQscbNYHOEcL07Kz2vBQ&loadFrom=DocumentDeeplink&ts=1803.88)):

It was all about the approval. It was like finding approval just from someone else instead of really approving myself. It was always external.

Charlie Sandlan ([30:14](https://www.rev.com/transcript-editor/Edit?token=E9plDTpKMqvdgT-xDmgy-J51mHwJ7jGmeb5sh_wkVH5AJ95xjHnXOzeYK0s9kyE9oFLLTcSeE-EyNfhEF3AnS_7Bt7k&loadFrom=DocumentDeeplink&ts=1814.02)):

You're not really doing the work for yourself. You're doing it for approval, to get the director, the choreographer to say, "That's fantastic. You're great."

Joe Nicastro ([30:23](https://www.rev.com/transcript-editor/Edit?token=RbccnlESShOWLVZMcMt3ysR4uJ58OuBEtctr3fPZdwbY5zpxl47Qu7jiVxZHYtbLKW33X0w9UlSnYSL90cllkR-W3Z0&loadFrom=DocumentDeeplink&ts=1823.26)):

Yes. Furthermore, I'm like, I have a BA in dance, I've got to use it. You know what I mean? I need to use that. I have that, I have to use it, the people... isn't that what's expected? Isn't that the job that you should pursue? Isn't that the ultimate goal? Shouldn't-

Charlie Sandlan ([30:37](https://www.rev.com/transcript-editor/Edit?token=e6cmca7MIi52LLZqtaEiDqQlk1uN4nndztKfH174MhCKD4eQTTvvBFEYwHGLwL69LH6uBifSQsJNdjIaEhATDWFZ-Sw&loadFrom=DocumentDeeplink&ts=1837.82)):

What's the competition like? I mean, when we see a film on a dance company, it always seems so cutthroat and everybody's backstabbing and it's competitive. I mean, is that true or is that an exaggeration?

Joe Nicastro ([30:54](https://www.rev.com/transcript-editor/Edit?token=QpmYbUJf5oXaUrZFpebQTm7jdawnWEJ1cZWsnA4n5F_83m3CQCeVgm_-GlCHNFYD8hDn6QxESyEDzR8racpVJ6BcIdc&loadFrom=DocumentDeeplink&ts=1854.03)):

It's true.

Charlie Sandlan ([30:55](https://www.rev.com/transcript-editor/Edit?token=mnY7xPishDnKhr1d5YA5C9twtIRqqj1hB7R4K7a9jNIkYsdEh395nDCjpby9hyPVh8MFE6hLLhPuBpDj1SNc4PDgYnA&loadFrom=DocumentDeeplink&ts=1855.14)):

Really?

Joe Nicastro ([30:55](https://www.rev.com/transcript-editor/Edit?token=RnavuqSFJSxAZ96_EffLsqC01S3zsjKK5u3WuZei_wCaQbRPydOLUdSRwHCaqJXEXEfPbejJzJV-rOQKU3uWP-asTZo&loadFrom=DocumentDeeplink&ts=1855.68)):

It's true. I mean, you could do a reality show. Talking behind someone's back, they got this part, why didn't I get this part, I'm better than them, I heard this from this person, this donor told me this behind the scenes, I mean, you could have a reality show.

Charlie Sandlan ([31:10](https://www.rev.com/transcript-editor/Edit?token=TrHgx69ImLU-VkOuoZgQwmAE2YWbEvjsRpt12dZKf89Hz2lXcM-nrHj9A-U-n0IsVYCJFEIwrBURtQbsxOthyXBlujg&loadFrom=DocumentDeeplink&ts=1870.89)):

How did you know that this was not healthy? How did you come to the realization that this wasn't-

Joe Nicastro ([31:15](https://www.rev.com/transcript-editor/Edit?token=hqlF7YeuxPk25i8OvvvIAbf-4uLSRiRTNA6y6NjsyruOIvYUxU0qkbgt7FkqHqETUWlQ3Qsql6K3-Q-bZkB4BDAi6AU&loadFrom=DocumentDeeplink&ts=1875.89)):

I actually don't think I knew when I got out of it.

Charlie Sandlan ([31:22](https://www.rev.com/transcript-editor/Edit?token=tyK6MJhEcW4DCzkMOtopJJJbrcSq-2FlBxgtJtCNwT5tpAJFNI2sd5RLuAQ24K3QnQAn6sEFN7uJWRhdaJnQBfd67dE&loadFrom=DocumentDeeplink&ts=1882.1)):

How did that come to an end?

Joe Nicastro ([31:23](https://www.rev.com/transcript-editor/Edit?token=GUwfgGRLKT4_w1Uzsxo0DfEbJyjCEA-rQKXpWGW1wtmXCjATG0ZUqYtcTuabri3Oy4NjktN7iCDbDGcorq6mxbGD2lg&loadFrom=DocumentDeeplink&ts=1883.49)):

Oh, well, this is another episode because this is the tea honey.

Charlie Sandlan ([31:29](https://www.rev.com/transcript-editor/Edit?token=MG9n2cxJl-Pxxx7caLVKpIfVJmmClaaXwNn84aZy3JLrO2CwwP5eSInwWfgF2-02jr4NabI1sAQ5YvLeZsr0pfO_ib8&loadFrom=DocumentDeeplink&ts=1889.32)):

Really?

Joe Nicastro ([31:31](https://www.rev.com/transcript-editor/Edit?token=1TAHE5SOWvfRkkVpqmmEQve2WSmPnjvCtJdwVSWasTt3ad-fNQJlVkT1Js8uEVQMFul7YZmqJIsD1tHlPvN4WzbuxQo&loadFrom=DocumentDeeplink&ts=1891.25)):

Yes.

Charlie Sandlan ([31:31](https://www.rev.com/transcript-editor/Edit?token=WFmqMlmfLLKQ2mFsnuqhc97J93M6drvckxII0WzCcWYnLhtIbR49DMxgg5huMt_B3rJsH0GL39sDboirRYxsZCEVCQk&loadFrom=DocumentDeeplink&ts=1891.28)):

What happened? Is it a scandal?

Joe Nicastro ([31:31](https://www.rev.com/transcript-editor/Edit?token=Yt19RtHscaoHyzcIOYGu_4m7z2xcQeKjweBPxB_ps3K0evwkXv7JVGFpXeW0P-ap7XQl3IARp6pDXzNki6i8EazQqBE&loadFrom=DocumentDeeplink&ts=1891.7)):

It was a scandal.

Charlie Sandlan ([31:33](https://www.rev.com/transcript-editor/Edit?token=6MmVxoXd3ULV_WYAY72Ojibrx3BU6SP5lDCik79_UkS1YRJzl_Dz4BM8Wo-dTWh-11_91pgqhq2dwsWoqafh7XeSmos&loadFrom=DocumentDeeplink&ts=1893.99)):

We can have as much as we need to get through this. Let's hear it.

Joe Nicastro ([31:38](https://www.rev.com/transcript-editor/Edit?token=KcxSM5M8FG8aguCI694DiaSlbeh3jDX9JI727PEAi-4qjEWRjvYap9lV7J99Q5ZyByYICzbLRC8wAtfzbubzna2vgx4&loadFrom=DocumentDeeplink&ts=1898.14)):

This is good, and a lot of people don't know this.

Charlie Sandlan ([31:40](https://www.rev.com/transcript-editor/Edit?token=zJtiDrp6ENM-hOX0otlD3Oo1436pPqJbXgTbxNQclKKNiz9jAx6r8632KAXGvwVXbkPnZQlpMRRuRHAzZLYI54K1d7o&loadFrom=DocumentDeeplink&ts=1900.38)):

Well, here's your opportunity.

Joe Nicastro ([31:41](https://www.rev.com/transcript-editor/Edit?token=JRn8algeUPWxFuOu_e_9AX4xitn_UgfbBoGMn2BjTCFMKYe159EU7IjmILrqzf0eyvjU1dC-kYiGvoAWr21Ia9_Kyxo&loadFrom=DocumentDeeplink&ts=1901.77)):

Here we go. We have a show coming up with the company here in Chicago, and I get an email from Telsey in New York because they had all my stuff still from when I used to audition, and I'd get called. I was on their file. I'm in rehearsal in Chicago, and we're a week away from the show, so we're coming up on tech week. I get an email from Telsey, they're like, "Can you come into this audition for Hello Dolly on Broadway?" Now this was the Bette Midler. No.

Charlie Sandlan ([32:19](https://www.rev.com/transcript-editor/Edit?token=uSt2xqVTG204N3MX8MjmG0sCZGstdGsZwAcTOuCaArRRjDHCeuzkDcbiUqJbDQy1abophRBxrMuh9GpOIu2Ifpj8sNw&loadFrom=DocumentDeeplink&ts=1939.84)):

Bette Midler, sure. Yeah.

Joe Nicastro ([32:21](https://www.rev.com/transcript-editor/Edit?token=QepaTvlzA0MlpmuidmSqVt5ysGjVnwp_J4azQ2YqQVbSCPAWwv5-Z73yj1y_UXzGa0f4VTkcyxcoLZBu7iHJN2icY0w&loadFrom=DocumentDeeplink&ts=1941)):

And Bernadette Peters. "Can you come in for this?" I was like, "I can't come in on this day. So sorry." They're like, "Okay, you don't have to the audition. Come to the call back on this day." I'm like, mother fucker, this is it. Right? This is my Broadway debut. I'm like, "I've got to go." I'm texting one of my friends. She's like, "Just do it."

Charlie Sandlan ([32:46](https://www.rev.com/transcript-editor/Edit?token=t3L3_vk8qrZyopbCkqAyZOfRglCPp-T2Kk8gC5bt7A-nyumIlwu2Tp45Yw0_BuHZeOcHvBGhluGcA1k_IvWqXB_GZNM&loadFrom=DocumentDeeplink&ts=1966.96)):

I mean, did they want you in New York or were you going to audition in Chicago?

Joe Nicastro ([32:49](https://www.rev.com/transcript-editor/Edit?token=74Hg93n51eRL5HZ-iaWhdpMa9JuXYO79qJUZ2SI4kPiosJGfIvQ0FTvkKycoNZp_XKvM6mrtVd9-aWjcMwwol-90pJY&loadFrom=DocumentDeeplink&ts=1969.29)):

No, New York, in New York.

Charlie Sandlan ([32:50](https://www.rev.com/transcript-editor/Edit?token=HJxtsyCx7cUJzSbQpPcn811DWOX6nnUc_4pWq7QKgkZCB3iemaO1Jr-1vYfo9Aqz5yxkIwiQnzfnfVC0vwxw8xH5HDo&loadFrom=DocumentDeeplink&ts=1970.23)):

They wanted you to fly to New York for the call back.

Joe Nicastro ([32:51](https://www.rev.com/transcript-editor/Edit?token=zbavppjpjq7IhSBZ5kc6_T3HdVSUxJ_iwlEstEelez6W5sKdANyqBSnAIKG4R9ACGLKUBDUkLFuQRWy9v2Nvv75taoI&loadFrom=DocumentDeeplink&ts=1971.89)):

Yes. I'm texting a friend. She's like, "Do it, you only live once, just do it." I'm like, "Well, we're in tech week the next week, it's on a Monday. I'm in tech." I'm like, "I'm going to tell them I'm sick."

Charlie Sandlan ([33:04](https://www.rev.com/transcript-editor/Edit?token=30h_jVC2M48WRSnC5RR-2g6Mxh8AB9BpQDnQpUR49SyQMCPuuvT2U9SYIvZ-YL4C-9TQjvvy05bN5h_JCbA4Bs_rfsE&loadFrom=DocumentDeeplink&ts=1984.6)):

Oh, my God.

Joe Nicastro ([33:05](https://www.rev.com/transcript-editor/Edit?token=Iq2BDqiwZ0xti_eDYilNY8f9quhUxPz6Anc65oAn4UqTTU79fXDp-gEyUj54ZghW136YF9b0Vmg3Mc2VOLpD-qdu9Ic&loadFrom=DocumentDeeplink&ts=1985.45)):

Yeah.

Charlie Sandlan ([33:07](https://www.rev.com/transcript-editor/Edit?token=VOlDhwL1CGUDy20mtF6g2tQ3oWqKKGJfvqUJQ6vEDjE0eMDIbJE1-Yx_gI5S61UVXTZAlv-7eewH0CYz1kExkqncDOA&loadFrom=DocumentDeeplink&ts=1987.23)):

Oh, I can see where this is going.

Joe Nicastro ([33:08](https://www.rev.com/transcript-editor/Edit?token=E45BVsG4LNPuerTlpZEcbhs6ZYkGzh7SSIc8IjnkJVoh0X5YF_i6FfFApVkeFbQc76YqeySLf8Z0vtDMM6PBm0fzXVM&loadFrom=DocumentDeeplink&ts=1988.36)):

Downhill from here, truly. I'm like, "I'm going to tell them I sick." I told them I'm sick, and I didn't have a large part really in the show in Chicago, so it wasn't... I was like what... like, whatever. This is way bigger. I knew if I was honest about it, and this is true, and I will hold it as I wouldn't have been able to go. Right? The only way I could go is if I lied. Yep, I lied, strike me dead, I did it.

Joe Nicastro ([33:34](https://www.rev.com/transcript-editor/Edit?token=YBvdJItB_gT_UI--RFVmUTGKINqxQnqsx44qZ72j-4Ej0vfBT6m7SKVLdRTDhK2rBOSEQT4R40E2vAAPG6_-MQrSd6w&loadFrom=DocumentDeeplink&ts=2014.67)):

I book a flight, I didn't even stay overnight, like flew in the morning, did the audition, and came back at night, but I missed a day of tech. When I landed in New York, I'm like, all right, I've got to warm up for the call back, like a dance, so I went to Steps on Broadway, took my favorite jazz class ever before the call back, and then I went to the call back. Unbeknownst to me, while I was in class at Steps on Broadway, I was dancing in the door where you can see in the room, somebody, and I don't know who this is, took a photo of me, sent it to the senior most person of the company in Chicago, and was like, "Don't you dance with this guy? I've seen him on your social media."

Charlie Sandlan ([34:18](https://www.rev.com/transcript-editor/Edit?token=2BNK6AQX3stG4MJe55WEPvZ2mBK4-O-UT7Dp0bmyH9l9aYfWRijKVsnrjSimmh1lxbqfBRvyHH4TZV9c-Yn6caz-27A&loadFrom=DocumentDeeplink&ts=2058.12)):

Not knowing that you had called in sick and missed tech. More just curiosity, "Hey, do you know him?"

Joe Nicastro ([34:23](https://www.rev.com/transcript-editor/Edit?token=VIcJbub7UOGglkSptn-TJ8EVIkGu2jjz0qybtjl-ynNabY7-TPDHMaWYfXT81pq8bCgC1h3M0RHq0rFToB5MLp8sQCs&loadFrom=DocumentDeeplink&ts=2063.76)):

Don't you know him? Yep.

Charlie Sandlan ([34:25](https://www.rev.com/transcript-editor/Edit?token=JqPNLdsaI_BBLzJZIWDCVR8KF19V0tloJQ4fDezkEsHrcwe-kX731-UaK53ut0OToH5QaU2_1t7CZ4raOk--YdHfx9E&loadFrom=DocumentDeeplink&ts=2065.45)):

Oh, man. This is fucking unbelievable.

Joe Nicastro ([34:27](https://www.rev.com/transcript-editor/Edit?token=fmHIGgKzibJ-7o0P80li4-dSf0SxDfKP9Y-kkT-qagQ21EpUuJk9IaBTxG06xCqMqzXjQqAfjyL0UsKWJxrLJ3Do7jg&loadFrom=DocumentDeeplink&ts=2067.53)):

Oh, yeah. This would all have been great if I actually got the Broadway show.

Charlie Sandlan ([34:33](https://www.rev.com/transcript-editor/Edit?token=Avv90BPVDx7k0fT27wnuFChiGAwBh-mTDnTT-oIEFMddN7vyiEle8OMzsoktulquSt9SKRxbT1eAvuzKbsDiSU0FAFg&loadFrom=DocumentDeeplink&ts=2073.35)):

That's even worse, you didn't even book it.

Joe Nicastro ([34:34](https://www.rev.com/transcript-editor/Edit?token=jxBmctjs-BhtfqLLK850-g-OyXo9UEMrLiArJy2hUMuK26r12rb_uhTvTTYZ8bhjoOxpEhyodGbqEPs6jExV1Tr2hF0&loadFrom=DocumentDeeplink&ts=2074.77)):

Did not get it. Nope. Didn't get [crosstalk 00:34:37]. The senior, the person who got it from the company in Chicago, texts me the photo, and was like, "Is this you?" I was like, "No, that's weird. Looks like me, though."

Charlie Sandlan ([34:50](https://www.rev.com/transcript-editor/Edit?token=7NWbadpuOMwbz9pNqVz6u4FFByaToq-6NOG0qEtXkAMIrHcNnJIS6lEb7JM-tzhqXYMtWTOhduAlw3P2gQV7FpsXS8o&loadFrom=DocumentDeeplink&ts=2090.89)):

Yeah. Doppelganger. No, no.

Joe Nicastro ([34:52](https://www.rev.com/transcript-editor/Edit?token=Fqki1YtnjkJyDAhnh18YhLZqwGe_hvvp9Cp_JJg8sfj_g8UsT5b_vLcE2n-dKFFLnuggY20QiLG-ETxO9z1KFSkZmV0&loadFrom=DocumentDeeplink&ts=2092.69)):

Weird.

Charlie Sandlan ([34:52](https://www.rev.com/transcript-editor/Edit?token=al5J80iYaS3QfvQfQxgJRYPF6-I25DuL8AFO7F_k_QJfqDJoh53NIuT9XmPRuq6b7-adosOPkVu1wGbnhv6BIA1oVtc&loadFrom=DocumentDeeplink&ts=2092.93)):

I'm in bed with a 102 fever.

Joe Nicastro ([34:54](https://www.rev.com/transcript-editor/Edit?token=B56e-pt7FeEOr-LgsWfakCS5oZ5cYFolNIGsv6kXa1pInuOMPw6fv1t6offBedM8ldFidfoxikefc2P9EV_9umTkfiQ&loadFrom=DocumentDeeplink&ts=2094.67)):

So weird.

Charlie Sandlan ([34:54](https://www.rev.com/transcript-editor/Edit?token=A3yY7YuvHYY2lnUn_NaUAkQ9Roinn3S61S8YyqmCzsQeYTUscKepPdSoqhF0T6bzCcmrikOKooNsOVkfO-2lF0SWZTE&loadFrom=DocumentDeeplink&ts=2094.69)):

How did you hear?

Joe Nicastro ([34:54](https://www.rev.com/transcript-editor/Edit?token=E5vWxSeuEQitSUP1mS6bRWTRT0wDe4GySjWYLmH4T75F7ewNJirlQGiNVppB-lh1WjHm2zUA86sATtnuGwMysdGjcIo&loadFrom=DocumentDeeplink&ts=2094.89)):

This bitch goes to my boss with the photo, reports me. This is where I'm like, "Why did you have to do that?" Right? This is where I'm-

Charlie Sandlan ([35:03](https://www.rev.com/transcript-editor/Edit?token=WWrL3_xWzY1ZBcg8fOKsnTgGPSPgqxjIE-tFd29g82LXfK1n12y8SzRCXe9tD0vJIG1y_h3Pkc3Maohr_VUOS1ifVe0&loadFrom=DocumentDeeplink&ts=2103.71)):

Wait a minute. Wait a minute. All right, so I want to get this right.

Joe Nicastro ([35:06](https://www.rev.com/transcript-editor/Edit?token=TiGlcl-yv-cDdtrwWnwWIydnH1QqqaJOYm_SBWkT1uSMRx0uWNkryTb18gkUnEjZMds5fM0wGHvS0OWWeAo7zvPc79U&loadFrom=DocumentDeeplink&ts=2106.21)):

Yes.

Charlie Sandlan ([35:07](https://www.rev.com/transcript-editor/Edit?token=NEQOg_7NSMzLVI2sFKClklwuZz6MrScQNIBY6iiRR22M8t93x822orsNhm_ZC3jSvhrYM67ihGlkPLglmLJyDNyJVzc&loadFrom=DocumentDeeplink&ts=2107.64)):

Somebody was in the dance class, sends it to another member of the company?

Joe Nicastro ([35:13](https://www.rev.com/transcript-editor/Edit?token=xW_j7I8CHhpw67eQ7AE1agRuL8GZWVVdEz0uFqZi_Q0FkocgJ49XsgTnUPFN_s6RiJjy8T368gYC4ah-ECMMH_bakvc&loadFrom=DocumentDeeplink&ts=2113.18)):

One of my coworkers, yes.

Charlie Sandlan ([35:15](https://www.rev.com/transcript-editor/Edit?token=LQvYQugcyrtuPFjOVwMaasLt66lAMpBspO42FDTwLrwoNjZXC5fGpUJ0rvDFxkiiLsJ64_UcbGj5Zn2UOIsRxmXPH-I&loadFrom=DocumentDeeplink&ts=2115.04)):

A fellow dancer?

Joe Nicastro ([35:15](https://www.rev.com/transcript-editor/Edit?token=y7iPsHDpLjpG_uGfr4kqDEavZdX4k0NgmGXLeQHwRj3O1HLWntuT8fk9zeTFmuqvVwrSjEFsyAm0g3zOWt3ntrkEtgc&loadFrom=DocumentDeeplink&ts=2115.85)):

Correct.

Charlie Sandlan ([35:17](https://www.rev.com/transcript-editor/Edit?token=2qENaUBFZ9QHAB4sNianxqNFjnsH9dL_0YqzYBQxhT2R6kcskzPSx2mnUgaD0UgvIY9F990poos6ABMkAHESSb8luH0&loadFrom=DocumentDeeplink&ts=2117.33)):

Who evidently you were not that close with.

Joe Nicastro ([35:19](https://www.rev.com/transcript-editor/Edit?token=INCCn7SFNetv9MWQ_JYiWsH1IiLJFl_7zKip6h4c3qsvBxHg915cEp_p0aCAwV2DaIFU5B-CLGQiYXQQdq6GbpdS4bk&loadFrom=DocumentDeeplink&ts=2119.53)):

No. No. Nope.

Charlie Sandlan ([35:22](https://www.rev.com/transcript-editor/Edit?token=vrrjjWNIZjccbV1wU70rfX3--7OeQ_QBvC-JUcy7D1HDAfoL90_W_3V2g4XhFyVGer2a4Q1gOxLiP0r6bhK5JPhm4kM&loadFrom=DocumentDeeplink&ts=2122.9)):

This mother fucker-

Joe Nicastro ([35:25](https://www.rev.com/transcript-editor/Edit?token=7jt86SRYBW_gGwOhEQ20zMxgI7nMm2P2CHLEv8dQFe6iF5i-1GLmWhU9ImYfgZoL1LjztaWPofWW9zxwsP0yA5ltHYQ&loadFrom=DocumentDeeplink&ts=2125)):

Yeah.

Charlie Sandlan ([35:25](https://www.rev.com/transcript-editor/Edit?token=arANC7mVcxlZVwa9hVu10MfnMVC5UwVKeSj35P0V5f7-uUzI8RlG8wT0ydpizn_ssjc3d9cRzFrkw4qPJ_c30HNTLVA&loadFrom=DocumentDeeplink&ts=2125.65)):

... seriously, that is some serious back-stabbing bullshit.

Joe Nicastro ([35:28](https://www.rev.com/transcript-editor/Edit?token=Hi_ACvUQmeCyPxIkWT9njf1bNWQW9k_RmuRmls0pKuzWrSi7F1IzT9jsEAnAqVvAPRpgbWtHJbUG4uFKWouuDT7P2sI&loadFrom=DocumentDeeplink&ts=2128.32)):

Yeah, this is-

Charlie Sandlan ([35:28](https://www.rev.com/transcript-editor/Edit?token=IdDoSbcmwdilz2LHkhoaUSM24jpZ2vUVy3vGTdxCADE0v-fpqNWy5C-WTrjDG_d-BSHqYa1E_MXeMOXJsLLndZ0M9hE&loadFrom=DocumentDeeplink&ts=2128.9)):

Takes that photo to the director, the choreographer-

Joe Nicastro ([35:31](https://www.rev.com/transcript-editor/Edit?token=8xwNUdliMjEkJJGSqqb8x5RQgAaAyBY9ddOrqvO2PCqEWTgFosndqoWeHD7YRWMjziTb7hJKRLzsFPR1BpWATj8D4Nw&loadFrom=DocumentDeeplink&ts=2131.88)):

The director, my boss.

Charlie Sandlan ([35:33](https://www.rev.com/transcript-editor/Edit?token=5q1D8L8LMx8o0pbcaejCLShPr3Gkpa0m0exaZmhjoR5ZbZTkZP3blJwzYKdn_hs4nxxxAEUWh6VeEIMfLdBLPL5TXqA&loadFrom=DocumentDeeplink&ts=2133.37)):

... and says, "Is this Joe?"

Joe Nicastro ([35:35](https://www.rev.com/transcript-editor/Edit?token=hoWXJMz748m4Xy4EWD5CWe8F1bPt3oLvUs8R-HOmL-S7QZmTalk-HeqKDqZ175RdLVQrEOtBaJ8mJeX50LffntZm760&loadFrom=DocumentDeeplink&ts=2135.68)):

Yep. It gets worse. I don't get the show, so that's part A, don't get the show, that sucks. What's worse is that I didn't know that I got reported until weeks later. Now, within-

Charlie Sandlan ([35:52](https://www.rev.com/transcript-editor/Edit?token=lDHACbwzoBHB3mzKqZr_d77_jeZ_cIJGE74lB_YqRLOHCYEgdgJK1J8KnoedYtQLLV9AAXD3BB5pNkNU2N3Qs7easmk&loadFrom=DocumentDeeplink&ts=2152.81)):

You come back. You come back to New York and you're back in tech the next day. You're back in tech the next day.

Joe Nicastro ([35:58](https://www.rev.com/transcript-editor/Edit?token=56l-LIJWrsYGMVnOHcJz3SHxmGvmVU50Fiy4Uxs9BQbjy-9TMy7yt09idYTf8aHSDpkIrXA0Kka8nC0z4ZXO73YVteo&loadFrom=DocumentDeeplink&ts=2158.06)):

Yep. I'm all healed, I do the show. This all is going behind the scene that I don't know about. Then, one of the other senior gentlemen get injured, so I get to go on tour. I'm rehearsing to go on this tour. Now, I'm getting treated like shit by everybody and I have no idea why. No one's come forth and been like, "We know this," but people-

Charlie Sandlan ([36:20](https://www.rev.com/transcript-editor/Edit?token=9z3jiJ-tx5VNb32Ko3l-ATyTxWXIbhsHcJ6Gk50R0YLAdrFH0aiIjO8LxmorPczME7IWmnvdHbKIJO3elyRATB7bHtk&loadFrom=DocumentDeeplink&ts=2180.07)):

Everybody knows, everybody knows because everybody has talked.

Joe Nicastro ([36:22](https://www.rev.com/transcript-editor/Edit?token=HcubM4TVvkT7HoftUVwkQ5p1sWzUwm_zNTqJdctIMkSJEldnBJf-ag8mY0rOnRDhYi2DcJNq5hinG0cd18uHQLLC9yc&loadFrom=DocumentDeeplink&ts=2182.38)):

Yes, except I don't know that everybody knows. Everyone's treating me like shit. I have a terrible show when I go on tour because I'm being terrorized essentially, like exactly what you would picture-

Charlie Sandlan ([36:34](https://www.rev.com/transcript-editor/Edit?token=WHZhRqXucrZ0jO7HSoh2vXC99XJDp1-AczHwbD7IGPPT-h5omP9rB1bJ2WmPqLaC61r15EaJ3JPoVLPvXktMEjFuJzg&loadFrom=DocumentDeeplink&ts=2194.97)):

In Black Swan?

Joe Nicastro ([36:36](https://www.rev.com/transcript-editor/Edit?token=sDVgXpFBIk8bSl-yOXlkFpPar-dfrTUXm8m7Bo9E0BYw_3umHRa5NJMzO9Tv8EZ7ASc3xXq_hMErbkF9DTZt_Uvi0ME&loadFrom=DocumentDeeplink&ts=2196.9)):

Kind of. Kind of like the directors in the God mic, like, "What the fuck are you doing? You're terrible. What's happening?" Like, that kind of shit. I'm like, "What's going on?" They let me do the show because they needed me, and then the following Monday, I got called into the office and get fired because I breached my contract. I'm like, "But you let me do the show because you needed me, you needed a body." Such bullshit.

Charlie Sandlan ([37:00](https://www.rev.com/transcript-editor/Edit?token=F_kfouSlWkDSsmGNvX6A3PfcL-m4ta_mCxBfDY9wIhwjs35ZvYjwOTi9cJrT4FJ0MfPgymfYJRYEfPTi1pzfsrT2mYw&loadFrom=DocumentDeeplink&ts=2220.79)):

Did they say why? Listen, we got a photo, we knew you were in New York. You lied.

Joe Nicastro ([37:04](https://www.rev.com/transcript-editor/Edit?token=sn0F1AZrte8GTEQEbPDV1TCX_LFevOybdD1W5T3rvViXvKmbou7xLe5ancQ7vAFJgJYhMsbsW3y7XQj0prCszzb3T2Q&loadFrom=DocumentDeeplink&ts=2224.58)):

Yep, yep. You breached your contract, blah, blah, blah, blah, blah.

Charlie Sandlan ([37:08](https://www.rev.com/transcript-editor/Edit?token=z5Tzaq6N2hNAXKrDaSbwySDv6ZTsgu7KAjKP9BQFdiDziwU_-mvynnRZ6-T_pwA0SC6wefXcYe5xoWAWTc_JCEWQGfk&loadFrom=DocumentDeeplink&ts=2228.07)):

At this point, you still... I guess you were shocked. Right? You didn't know what the fuck they were talking about. How would they have found out?

Joe Nicastro ([37:14](https://www.rev.com/transcript-editor/Edit?token=HJsVArEQmqXxa30iM_P119gWajJBrdv5j3tfZ35rms2X-2On8U7II7KK5DZhbsWfDnAearxfqAQ0F3Q-LS-ykPUDLlI&loadFrom=DocumentDeeplink&ts=2234.89)):

Yes. I was shocked until after the fact, like my friends in the company had told me what was going down behind the scenes. I'm like, "Well, thanks." I thought that... I mean, I went through again, like trauma, because I'm being terrorized, and I have no idea why. Like, I'm a shitty dancer... I'm like, "What's going on?"

Charlie Sandlan ([37:34](https://www.rev.com/transcript-editor/Edit?token=I0RwQ3XWiCGuNKE0Z5QyWWGjDn6RCPPUZlyWU-v_eQ7tFFBDAkb5aE_LJnyz6upNR06x7rP8MMJFiBuLJqf5wLmaJrU&loadFrom=DocumentDeeplink&ts=2254.54)):

What did that feel like?

Joe Nicastro ([37:37](https://www.rev.com/transcript-editor/Edit?token=ZGUFHeMPoaE65cRNfbbMwoZHGJgdzIg4i8-I7zRW7dEdQT7k-qC9L7vL0b4Mh1tASzU1_w5NmBUQyJbn72MnfmdRsB4&loadFrom=DocumentDeeplink&ts=2257.25)):

It was definitely a low point because I was so excited about having that job. It was prestigious. I wasn't really making a lot of money, but I was making money.

Charlie Sandlan ([37:51](https://www.rev.com/transcript-editor/Edit?token=njO41e_wg16_n8K8BghtO7gUjj_AtA5AjoXg7R8ePyo7lzkDlCHAKWqz0Xg11N6GoRM9FKdAye9hu-thbYfCH6dvldw&loadFrom=DocumentDeeplink&ts=2271.39)):

Was that kind of like, it was just a hard fuckingyou're fired? There's no, let's talk about this, can we...

Joe Nicastro ([37:56](https://www.rev.com/transcript-editor/Edit?token=a5tMac8oYuXqv16YhkjOaZYTTQlQe2ecgZgsiIyxEd0-nURcjPf5EYNaHItUsfBqzh9RQftBGgKW78GYAbbIoDqr8cE&loadFrom=DocumentDeeplink&ts=2276.12)):

Yeah.

Charlie Sandlan ([37:56](https://www.rev.com/transcript-editor/Edit?token=qZyBMMkvTHlA_nKDhsRlSXrXVVadEvwIsB4T7feNFb5IQGkFde9bdWZQ4cVMOVI5msNX7RO-HBVlXVjFK7oTrh9KUw8&loadFrom=DocumentDeeplink&ts=2276.69)):

You're right, but it was an opportunity. They didn't understand? They didn't give a fuck.

Joe Nicastro ([38:00](https://www.rev.com/transcript-editor/Edit?token=DfQfcIcV_hUBAAv_KmN9EvizRSMYGzmlCdxHmAiA45JTsRXkO1Pxt4K79Fgif3IqZA3XuhmVYYM5ie7RxWuQUEDuQA0&loadFrom=DocumentDeeplink&ts=2280.52)):

Nope, nope. Honestly, I think they wanted to make room for somebody else is really what I... and this was their catalyst is what I feel. I don't know that. I don't know if that's fact, but I was like, they're only allotted 10 people, so-

Charlie Sandlan ([38:16](https://www.rev.com/transcript-editor/Edit?token=oeTBAQfA9dVNYiX46W8aQNj-aPtM7x62oWZxFYTDvceThjk_wzSODLHHGf-Lo5tuJfsLI5OeXFzu9eAogmBulBH1NnM&loadFrom=DocumentDeeplink&ts=2296.31)):

I mean, did you confront the asshole that sent the picture?

Joe Nicastro ([38:18](https://www.rev.com/transcript-editor/Edit?token=ZFD7P9aKsczdvdQph0bEcR7ilUU_9oGI4PAAMEViU9cRZ4stBeVUG5NiMg4IHgPz2C6J5-msJlh939yQKui_RNLizT4&loadFrom=DocumentDeeplink&ts=2298.4)):

I did not.

Charlie Sandlan ([38:19](https://www.rev.com/transcript-editor/Edit?token=7WztsjpfON8gkJSyi7VcFR4XPWX166yb2WpEjioyhWou0HfaiyQNXqzUZWTk87h81DiYXeYKW6Ie05E6gGIqN4B4_wI&loadFrom=DocumentDeeplink&ts=2299.55)):

Wow. You never said anything to them.

Joe Nicastro ([38:23](https://www.rev.com/transcript-editor/Edit?token=H7QK4Q4B-Sz41z71wicUwnQRfV69xEs61MLNEGgpA_-D43P2Bqcqe-DERzAbv_aj7WZH3RzZtdqvRl5UpFvXYOZXmto&loadFrom=DocumentDeeplink&ts=2303.41)):

No, I hope they listen to this podcast, though.

Charlie Sandlan ([38:25](https://www.rev.com/transcript-editor/Edit?token=cZxgQgdLIXrafkLZCVp81FJP6AxdtFH79MGeL5f7CXCc2GfAMfwzdkA4Qt2p_f9nRcd38vQfAc8DB-r5hYtz-AFxxZU&loadFrom=DocumentDeeplink&ts=2305.79)):

What happened? You found yourself unemployed, fired.

Joe Nicastro ([38:29](https://www.rev.com/transcript-editor/Edit?token=soB-46DrTJjq81eN-A1oG-kXxVqNFkuWPqhzG2pRHT1wJr92vgRUcWe3k50OAxwxcAfAPSiZO29YSV3C3-6xPoKOijY&loadFrom=DocumentDeeplink&ts=2309.11)):

I actually... well, I had a part-time job as a fitness instructor, and they had wanted to bring me on full-time for a while. I was like, "I can't do it, I can't do it. I'm dancing full-time, and training part-time." Then, I was like, right after that meeting, actually, I texted my boss at the gym, Barry's, there's another plug, Barry's. I was like, "Hey, I can come on full-time," and they were like, "Oh, my gosh. Amazing." I went right on full-time and I'm still with that, and that's kind of where I... I was making real money, had health benefits.

Charlie Sandlan ([39:02](https://www.rev.com/transcript-editor/Edit?token=I5df3llirVzywrsC4uHFo_bsGtbBURHN7DG7BY3lKwAP1e2avwtJWVpdB34TPSGzfl3ywp10QP-btZNLILj4hfTvY0s&loadFrom=DocumentDeeplink&ts=2342.27)):

Well, I have to tell you, you look like you've been chiseled by Michelangelo. You are in incredible shape.

Joe Nicastro ([39:07](https://www.rev.com/transcript-editor/Edit?token=jb1zDqTthAAnsx7-sQ2gbYuk-UUAxFU6igA_W-Hh_qUr0i2V9jRsaFBLmJmq1QY8hbgyzwAUoqhMruo9b_TV69uyalA&loadFrom=DocumentDeeplink&ts=2347.62)):

Thank you.

Charlie Sandlan ([39:10](https://www.rev.com/transcript-editor/Edit?token=LuSsRpdyK_G1CEyOAl3t1HmOABNzx-i9NF8ve7u5Usg6K0HziJ-kHUw-VlWAkwMY0kFEy-4MW1ukpAFEvqIE8JeBQT0&loadFrom=DocumentDeeplink&ts=2350.81)):

It's an inspiration to just see what you've done because I don't think... you didn't grow up that way.

Joe Nicastro ([39:16](https://www.rev.com/transcript-editor/Edit?token=DWoG2olt0wueO2ru33dsJkCHSIryHAx7UMNfK2Bpa03D8fBJxw7tcRt1rm2eil8PsKVvXfdIMXlGEZ7PYs0EPTwAq3M&loadFrom=DocumentDeeplink&ts=2356.85)):

No.

Charlie Sandlan ([39:18](https://www.rev.com/transcript-editor/Edit?token=UFW4R1r44Y1GOCE692_WvZ379EE5KLxuiqaqp2LqL5OCG6H72dbyUATc5AJPR32XoapNIgpf9f9u-TsZi6eRLwQafJ8&loadFrom=DocumentDeeplink&ts=2358.26)):

You posted... I know there's a picture of you. Are you at a bowling alley? You're kneeling on... you know, a little pudgy, 17 year old. Right?

Joe Nicastro ([39:26](https://www.rev.com/transcript-editor/Edit?token=2uPMS47ya8J3hS0vC1jmEhiTcxNEOdVkXiTxYR-6n9vt6XaGeHh8G08B2jpCoQLK9kFmTTNCc8YHwO8qLSQiuwT_hNk&loadFrom=DocumentDeeplink&ts=2366.3)):

I think I was 270.

Charlie Sandlan ([39:30](https://www.rev.com/transcript-editor/Edit?token=HV2wtIZh4BJLZfr7lZeOIhfZ3bbvNZM9Db9HAPKU0Ky5S2VpezgBDoQQVqb7gUrm66hDU7AsL0tE_i-4CcVbVvoV3OQ&loadFrom=DocumentDeeplink&ts=2370.03)):

Get the fuck out.

Joe Nicastro ([39:31](https://www.rev.com/transcript-editor/Edit?token=ffaD_s_N935s4s0yH2GmMcKEMV5KoB98fz42zWK39iW2ThYw7geM5HxgLwYW9ZSNMD12TsdVDlfENTYXy4XC0eL_J_M&loadFrom=DocumentDeeplink&ts=2371.42)):

265-270, I think. Yeah.

Charlie Sandlan ([39:33](https://www.rev.com/transcript-editor/Edit?token=yUaLtl9PBqThGspwMXEm202qByC0jk_4CbKX_VaJKe4CYwaOhtFf-QEFRqYHrFPnZuZ6OIQ_tN6P0NBwsmQx95Pc_98&loadFrom=DocumentDeeplink&ts=2373.26)):

Were you overweight as a kid?

Joe Nicastro ([39:37](https://www.rev.com/transcript-editor/Edit?token=7n8dcW52lGZF0P-WdBySrBffpQgbuvTLrW5xRzwavwMfg9HD2yhV2TSESdOys-4eIeLvffr7wCy8uH2ghp4hhQchUqE&loadFrom=DocumentDeeplink&ts=2377.35)):

Not as a young kid. When I... wrapping right back to my dad, I always wanted his approval so much. He was always of the, you've got to finish your plate, and then if you eat more, I got accolades for that. Good job.

Charlie Sandlan ([39:55](https://www.rev.com/transcript-editor/Edit?token=1RSAftZbHCLqrSxzUKmS4p6e17hDFe4g_cyQkOMEKrn0mQ_W6TWN2WPYOsRG0wK0S1B-hExaPPFtPJztLc2wqjESn9w&loadFrom=DocumentDeeplink&ts=2395.15)):

Yeah, you're a real man.

Joe Nicastro ([39:56](https://www.rev.com/transcript-editor/Edit?token=AQcVJIDwr9oSbdAPuCAkA_b4kPRPW8l-ec4N7DdlHEw4hbL_s5SZv1aDHjZ5MoN50rEDCbfweHL7YLHnMfegeJt1-yg&loadFrom=DocumentDeeplink&ts=2396.21)):

Yeah, you're a real man. He was the coach of the football team, so I always got that approval, so I was eating and eating and eating and eating. Then, as 14-15, coming to knowing what gay is, eating my emotions, definitely I was there. Kind of all over the spectrum. I was really pudgy, really skinny, trying to find my happy medium now in a healthy mindset is what it comes down to.

Charlie Sandlan ([40:22](https://www.rev.com/transcript-editor/Edit?token=RZyAugUhjSZAHah6PmUczyYO-7JqVYEVm59S8bMHKrNYBE9Pgl--V-wAzIthMWVniWPEVq-VXXxLN8tiRR_zTYcUalQ&loadFrom=DocumentDeeplink&ts=2422.63)):

How does your artistic life and your training, how does it manifest itself in what you do now?

Joe Nicastro ([40:32](https://www.rev.com/transcript-editor/Edit?token=vSpJBtO7ic-AjUsldlNjjvAFSiv1G5ObcW4JkdJiYnh2KE5iN_mbJGydjLzbtSHjoOAnpLul2xfpib4Y-p929ML2HhM&loadFrom=DocumentDeeplink&ts=2432.44)):

I think, and this has taken me a lot of time in therapy as well, to kind of put it into words, it really comes down to connection with people, but I love the connections with my clients that I train, I love helping people. I just think that that's... we talk about a calling or a path, and I like to be outside of myself I think that Maggie Flanigan, through dance, you get in that place where you're outside of yourself. I enjoy that. I enjoy telling you how it is, especially on my social media. I like reaching people in a real kind of way because there's so much bullshit now.

Charlie Sandlan ([41:23](https://www.rev.com/transcript-editor/Edit?token=eFauEc240eS4CoelW8Nm6ef7bS9pEVT1gWX8U2BG9LfbcrJ0uMZgDOhW5xxZs_Jb3rXnCUJcfrbI3T5Vwn2ZwaKUAII&loadFrom=DocumentDeeplink&ts=2483.54)):

Listen, you've generated a lot of following on Instagram. You know?

Joe Nicastro ([41:27](https://www.rev.com/transcript-editor/Edit?token=5Bjf1kJZ2RqvyGWFBhgZCNCaVnDaS52Jn6wMLpgGNkM2yBuKmFb9doicqI5BrG-K33UsvsH-6wMk_BaIPEGUQMGFR7Q&loadFrom=DocumentDeeplink&ts=2487.99)):

Yes. That's kind of its own art... I don't know, artistic advertising. It's a lot to navigate and a lot of it came from when I was dancing, and I was in that emaciated shape. There was like a sexual aspect to it for sure that definitely attracts people, of course. That had a lot to do with it. I'll totally play that game, but then I like to fucking hit them with like, okay, but I have... hello, I have body dysmorphia for sure, I am trying to work through this white privilege thing, like I'm ...

Charlie Sandlan ([42:03](https://www.rev.com/transcript-editor/Edit?token=FNV7n0HGktOdMfFVmmIfy9jvQe5C1Vj3qWsGm3w_Z1eMdi56u0BIwe6gEkj2XYQgaUDQ3cJwHULn1G2XTNMGHJgi9O4&loadFrom=DocumentDeeplink&ts=2523.68)):

Right, of course.

Joe Nicastro ([42:05](https://www.rev.com/transcript-editor/Edit?token=e3Bmpgk4foP2s_stPWqnpX-IxNM1hMhgp7Lv-qi1k7E0aw-3SIifGDDnGmNhttRNWkIp2b6eC8_y9k4N8DrNbcvvyIk&loadFrom=DocumentDeeplink&ts=2525)):

I'm like, I'm here with you, too. I want to reach the person that is really me at a younger age being like, can I relate to anybody because it all looks perfection to me.

Charlie Sandlan ([42:18](https://www.rev.com/transcript-editor/Edit?token=mBEHh8d4cy1LAlIEQ3t4QixUH67c6newmrXP9VkZzzN4yrqGc8nRI_Jv1lddifFwl3dwLWoIGMh_Fcu_gjlB-sCs0bM&loadFrom=DocumentDeeplink&ts=2538.69)):

You posted this quote by Vergie Tovar, and I don't know if anybody knows who Vergie Tovar is. She's an author, she's an activist, she really, her life is devoted to weight biased discrimination. You said this. I just want to talk about it because I thought I was a great quote. She said, "When people say they want to lose weight, they often mean I want to be respected, I want to be loved, I want to be seen, I want liberation from fear and self-loathing." That quote just... that quote really stuck with me. I think she hit it right on the fucking head, and I'm just wondering your thoughts about that. I mean, you posted it.

Joe Nicastro ([43:00](https://www.rev.com/transcript-editor/Edit?token=WCpmfV8556PFsOKMq-_ItK8pkvOn18KE6EsuSVDpeWuMdMc4-w4B5FVq7hPGbyq9ktHXuVAHRvZOGDzHQK2OOHYlVUY&loadFrom=DocumentDeeplink&ts=2580.21)):

I think as people, as humans, we want to belong. We want that high school, we want to be invited to the lunch table, we want to sit with the cool kids who aren't even fucking cool. It's all kind of generated in our own head, so I've always lived in that... it's about approval.

Charlie Sandlan ([43:22](https://www.rev.com/transcript-editor/Edit?token=cPO0wyTEtp56npFe9lTJk3hL54Plv1X-ilX2KJljcwUvhn09l7SJ12Gqg36UGLybZy0uJeh4oLrYH62xShDnr61nHTk&loadFrom=DocumentDeeplink&ts=2602.88)):

Yeah.

Joe Nicastro ([43:23](https://www.rev.com/transcript-editor/Edit?token=-ZyJSxODfxkUHziTYg69SxEFceJoDu4RvbUTlAKhYLw4HTB4u_6w1YZE4Bv7i09KymmFXm6Kb5WAN7UhAkDo_JK7FOY&loadFrom=DocumentDeeplink&ts=2603.66)):

I manipulated my body for sure to get that approval. I would manipulate my hair, the way I speak-

Charlie Sandlan ([43:33](https://www.rev.com/transcript-editor/Edit?token=TdfaFAil2Ku71WtgWbcFC-6sUdNJ9KbZvtHqafGk05n97B7Q28IjVLgs8QSstU10q6hMmg47lWFSXOd2kd8jSB6q_78&loadFrom=DocumentDeeplink&ts=2613.79)):

What do you mean by that, the way you speak?

Joe Nicastro ([43:35](https://www.rev.com/transcript-editor/Edit?token=M9zP3ojas5lY1QmITlzMONVQCBHdPp-CzkVWDD-fegJECs4l_Q9uzj1z0NF-w46U941vVcsLxFAvvAezupkG4cKiadE&loadFrom=DocumentDeeplink&ts=2615.55)):

Well, to this day, I could call my dad right now and my voice will automatically get deeper. I will-

Charlie Sandlan ([43:41](https://www.rev.com/transcript-editor/Edit?token=2p7rTiZRlXwJA4xjCh7_9ie3g01F1co-zkPaQ0wVLTQPNJg1jzmHgZ8sk2U0lz-c9qFfBw2FqOXGmrL6URHBiN8pgP4&loadFrom=DocumentDeeplink&ts=2621.92)):

How would you sound if you were talking to your dad right now?

Joe Nicastro ([43:43](https://www.rev.com/transcript-editor/Edit?token=DEKRYZYGxzGlkXUI90pwqm0yhoiXgKjzQHNDpHr_Uj9ArbRV7uGzZJ8BviOZDeX2my9-gV5nU-c83wsxOcB1EkCVuIg&loadFrom=DocumentDeeplink&ts=2623.64)):

I'd be like, "Hey, Dad, yeah, everything is good." Then, my voice would be sore because that's not where my voice lives, but-

Charlie Sandlan ([43:52](https://www.rev.com/transcript-editor/Edit?token=Kv7LagpJ1tfGn44SXv6lsefFtiOy3-TDs62KQ7KY8PJXqvUAkXkndepDydaqu5oNFQ4O0Kueyg2WEgDzwdZMDDZzpUo&loadFrom=DocumentDeeplink&ts=2632.79)):

You never really talk to your dad in just your normal voice?

Joe Nicastro ([43:56](https://www.rev.com/transcript-editor/Edit?token=4QyE6eNim196UqlNl3VmKztCHa1LS5IkQgsFKUSXVE1Ek4KJd73unltegUD8DYBtbOKKHe1X7Cjvz4EcNRkrf4cwEWw&loadFrom=DocumentDeeplink&ts=2636.61)):

I would if we were sitting together and speaking with each other like this, I totally would, but something about being on the phone with him, and sometimes in person, I go right back to that kid that is like-

Charlie Sandlan ([44:11](https://www.rev.com/transcript-editor/Edit?token=Obpqr9WQG88PSOfkeTzyLEQnBKiwaKeX_r5ArefV8K86oZnLX6WhPIfxLyWklYmPVeFMQxaTCT3BFaF93Qtv5LZg-_4&loadFrom=DocumentDeeplink&ts=2651.72)):

Yeah, of course.

Joe Nicastro ([44:12](https://www.rev.com/transcript-editor/Edit?token=jm2L08xcPszVir-3NGRKx9i1lM8-qCDmqC3Mykn3-w66UPfOaz-f8EVxMh9mna2DUIvA5VFPdc0ZjalfPPoINDwCQxI&loadFrom=DocumentDeeplink&ts=2652.21)):

... please love me, please approve of me, I'll play football, I'll play... and I did all this, I'll play baseball, I'll play whatever you want. You're the... whatever. That's what it is. Then, when I didn't have that, when I got to New York or when I came to Chicago, who were the people around me, how can I get their approval, how can I get their love, which it wasn't unconditional love. It was just like you're filling the box that I want you to fill or I'm making money off of you, so I will give you that approval, but you're dispensable or replaceable.

Charlie Sandlan ([44:46](https://www.rev.com/transcript-editor/Edit?token=n6ufzckW5iHjoVNBxXh7PzHquFuwsIuWkvRRUxb42q9c1q8xv4CWJfxjWU8aHbIXWslPAXUfXOHSfVQzOFa_MxTJj4s&loadFrom=DocumentDeeplink&ts=2686.5)):

Does it bug you; does it bother you, do you think, "God, I've got to stop doing that," or is it just so ingrained in the nature of your relationship?

Joe Nicastro ([44:54](https://www.rev.com/transcript-editor/Edit?token=BYwYoK-rhsGb7mnVqZbldvBopx9JpvJ0zPWlYpgBYWeOapFoacO-5juIOpCcE5p_2aOSRa8Tjho-UuF-eWxbCYHXTLQ&loadFrom=DocumentDeeplink&ts=2694.29)):

Well, now I know what it is. If you can identify it, then you can use it in your court, like to your advantage. I know now, even when I meet somebody, I can be like, "Do you want this from me?" You also have to know what you have to offer, too. You have to know the cards that you have and what you offer to know what people want from you. Then, you can kind of go from there.

Joe Nicastro ([45:18](https://www.rev.com/transcript-editor/Edit?token=Txa--bWXxS1e32MvI9Yr2Jggz7RUaMZgMIHESgS_Q5cThEEwn1bssdPx2n5_r0HQWtQ2h9TSAtzQt6tPPJgceXu03NY&loadFrom=DocumentDeeplink&ts=2718.03)):

It's also knowing people. I met people here, and I'm like, you remind me of this person that I met in New York. I know what you want, I know how you think you're going to get it, and you can navigate from there. Whereas if I meet somebody and it's actually a genuine connection, once you're like, you're not obsessed with being the popular kid anymore, it's a relief, but my circle is very, very small in the people that I'm vulnerable with, I'll say.

Charlie Sandlan ([45:49](https://www.rev.com/transcript-editor/Edit?token=xXCY5WL7qBenzN9PoT8MCs_xtOxzd6frfoULJEFI1Lq1lb9b18ExShK_t2VT_G5yS3XO12H3HuZCKQHhJdY-DpOpSII&loadFrom=DocumentDeeplink&ts=2749.65)):

Yeah. I know you mentioned body dysmorphia, and I wanted to return back to that because I just think that's something a lot of people deal with.

Joe Nicastro ([45:59](https://www.rev.com/transcript-editor/Edit?token=hGPpFisoGY7j6kZzP6cIQiAhSuAKTmkRqoFTlMQX4zluyDwwUi6sq4HEza-er1dY9Zdqd1DSqExbsNuAf0F6SObVY44&loadFrom=DocumentDeeplink&ts=2759.67)):

Yes.

Charlie Sandlan ([46:00](https://www.rev.com/transcript-editor/Edit?token=15t5ajwgElSU4hazw8ljW49qeUePWHWDcoJgOk2Ig-5qdi-I5T-r2-XAAddjpf7H07LBeK9thSiu3k3r2Sp43FbU-dQ&loadFrom=DocumentDeeplink&ts=2760.09)):

Suffer with. What is it? How does it manifest itself?

Joe Nicastro ([46:05](https://www.rev.com/transcript-editor/Edit?token=-3JbGu8uKhkboTLU47HSAMEccuzhsNNHbScaVNWdb2r2X-1XaOq-deyVDtJUQT_3YoUt0p4y42nxYgroAbgOSfLGDDA&loadFrom=DocumentDeeplink&ts=2765.11)):

It can come in different forms. It's like, when I used to eat something, I would look in the mirror and I could see where it went, which is not even true, but not actually, but I could see it. Or even now, I'll look in the mirror and what I see is not what actually is or rather what other people see, I should say.

Charlie Sandlan ([46:31](https://www.rev.com/transcript-editor/Edit?token=bNNKmN1B9UE01X8G21JYnxxsOJzUNMH6SmNxm09mCC1WTJhaVN1A_j3t13p_k4Ku7UMSwl_yPSoD0o9cWVvcmwBDnDY&loadFrom=DocumentDeeplink&ts=2791.75)):

Right. Other people are going to see something just chiseled to the fucking-

Joe Nicastro ([46:35](https://www.rev.com/transcript-editor/Edit?token=G-SRtBSRI1MkmPtaGn7PGlKvsuzBaFh6N63W0vwBP8D3cTEbVjIaim5LlgM38_sUaKW4Ics0ofbpJpXkG-iqnBMDlr0&loadFrom=DocumentDeeplink&ts=2795.56)):

Yeah.

Charlie Sandlan ([46:36](https://www.rev.com/transcript-editor/Edit?token=9v6CoPc1-DDU-rec7NYyU11Sh8Ow-OtyctqxMAL9vQuxZtzVeLQNxcIFQh4Fc6TOnxC2ciyRHYiR_HTNK7hoXEikf_o&loadFrom=DocumentDeeplink&ts=2796.62)):

... right out of just fucking marble.

Joe Nicastro ([46:38](https://www.rev.com/transcript-editor/Edit?token=T8u3GVwb2lV5L4Nsv0Ug92kO4y7a4Y9pHqQXIGEDK34Oz7vSomXfeOKtZkmWtp3MxnfzYIr25fUCamYZbTMaf1McQBY&loadFrom=DocumentDeeplink&ts=2798.88)):

Me, I'm sitting here, and I'm like, is my stomach hanging over my pant line because I can feel it, or if I'm jump roping, I'm like, my body's fucking jiggling everywhere, which is not really true.

Charlie Sandlan ([46:55](https://www.rev.com/transcript-editor/Edit?token=eUtal-bHbgnJaTqi5xpofLPJ_tkAwTF0cIKFtluDGZ08S13Yi1J6S0sdh9a4d8qg0_FuRQA16_4TdvX7torXQ1NgaGs&loadFrom=DocumentDeeplink&ts=2815.85)):

Not true. Right.

Joe Nicastro ([46:56](https://www.rev.com/transcript-editor/Edit?token=D2xdMIOUCWLsLJgW0iCgHrRG0IiM0Sn6J_MFwwE-BnmhXqcIW9oRixGexpv26s1ldKgK-YKyiUhORrVH9EiWzy7PXpc&loadFrom=DocumentDeeplink&ts=2816.57)):

It's a mental disorder, just like you would have an eating disorder. I think that I've had controlled eating disorders in the past.

Charlie Sandlan ([47:08](https://www.rev.com/transcript-editor/Edit?token=Sodl5DbhBBdI5pQ1rPFosbXTCjihomD96BlLwn87rt3TXcL6GsOCUwr53uv1TLIYUcCvJZ2mBI1Svdr88HdZhxn1zdE&loadFrom=DocumentDeeplink&ts=2828.17)):

All right, so we'll wrap it up here. I'm curious, as a 30 year old man here looking back, if you get a chance to tell that 23 year old kid who moved to New York some advice, some things to think about given what you've learned over the last seven years, what would you want to say?

Joe Nicastro ([47:28](https://www.rev.com/transcript-editor/Edit?token=zKUPm8KPXUtPlST8DZ1g_Aw3p7nqq0geHLDYCZ1LkPWDDoIfEH02LTn6ye_9ZznFH8Jbm8gyWsaZs51CYv1kkEG5GfY&loadFrom=DocumentDeeplink&ts=2848.39)):

I would say that therapy is not a hindrance, and it does mean that anything is wrong with you because I thought that for a long time, and I wish I'd gotten therapy earlier. I think we've, as a culture, have deemed that like something's wrong with you. I remember I said to somebody, "I'm going to therapy," and they were like, "Well, what's wrong with you?" I was like, "Fucking nothing. It's like an exercise." Go to therapy, and not everybody is out to get you. The approval of that one person will not fill your cup, even though you think it will.

Charlie Sandlan ([48:02](https://www.rev.com/transcript-editor/Edit?token=KmKa3DkcdNid9WIFbUXAYccJQYSaogmL3Zf5Ym_8jsuEUMj2GsqBBod52k5sd7hg3qDSdurpE7sEOPkbf2DE7isQaF0&loadFrom=DocumentDeeplink&ts=2882.12)):

I love that. I guess, let's end it on this. What do you love about the creative life?

Joe Nicastro ([48:10](https://www.rev.com/transcript-editor/Edit?token=4DQyQ8efoJ37PDKjm0saWJOivpWYylSBzzp11l-5mB84HfErL400MgS2zafTaosTzIu35xNxD1i034KVCLs7qCVbGes&loadFrom=DocumentDeeplink&ts=2890.69)):

Oh, I think I love that you never know where it's going to lead and how you're going to use your artistry in places that you don't think it applies. I would never think as a fitness instructor that I would be artistic. I'm fucking artistic all the time. I think that that's one of the greatest joys of being an artist and knowing that you are an artist is that you can fucking sprinkle that shit on everything you do. Going to the grocery store, you know, it can be and go anywhere.

Charlie Sandlan ([48:46](https://www.rev.com/transcript-editor/Edit?token=r3K5N_Eas76_GxU-WsbgLV6mniabCMTroWtmzUWGc9AsrltTqp5fso-WWYLpq5FwqI11ohKDDrb-jRtytO-vFH3eRgI&loadFrom=DocumentDeeplink&ts=2926.56)):

Well, my fellow daydreamers, thank you for sticking around on this one and keeping that phone in your pocket. Please, subscribe, follow the show, wherever you get your podcasts. If you have a few seconds, leave a review on iTunes, I'd love it, and spread the word. Tell all your artist friends, "Listen, there's this really great podcast, you've got to listen to it." Go to CreatingBehaviorPodcast.com, go to the contact page, hit that red button, and leave me a message on SpeakPipe, ask me a question, share me a thought.

Charlie Sandlan ([49:13](https://www.rev.com/transcript-editor/Edit?token=al8hsZ2w-SyNP0IerD2sFiGweojUcv9BtIC2r5EL3wjoDJ62EN37Kxtli_WGcekt9hFcte8lJV3hr8HEArMmHYDpuBQ&loadFrom=DocumentDeeplink&ts=2953.71)):

You can go to MaggieFlaniganStudio.com if you're interested in starting to train as a professional actor, get in my classroom. Follow me on Instagram @creatingbehavior, @maggieflaniganStudio. Lawrence Trailer, thank you for the music my man. My friends, don't work for approval, be authentic, be yourself, play full out, and don't ever settle for your second best. My name is Charlie Sandlan, peace. (Singing)