Adapted Podcast ([00:00:07](https://www.rev.com/transcript-editor/Edit?token=zXvYG0IGOAQMG8P-Oiw_ARaZlam_5Bwpzk7WADP0PEv48sWO5oJS6LW9JYugp1q-eNZEQHOKKsvRMqsh6ozqK_cwVKU&loadFrom=DocumentDeeplink&ts=7.62)):

Welcome to adopted podcast, season six. Episode 13 starts now

Jaejinmusic.com ([00:00:18](https://www.rev.com/transcript-editor/Edit?token=kxjQQGMPbQyaLINiPE4mW5apGd68AvR7TDuEW_Bt0m5yaO5rYzUUPnTI9mN1D1cQrabC_f6HIbWIsbvSTA6aaAGDTuE&loadFrom=DocumentDeeplink&ts=18.95)):

Here song, rise It From Below. I keep running. I keep running to a place where no one knows.

Adapted Podcast ([00:00:28](https://www.rev.com/transcript-editor/Edit?token=u3hJ1zWBzsfijn2uCunnLbOZNdH4FHW0EnizacyoY1nJzDj9OM5G_ThTHzBgE12fVZmYyhQ69T0N4RFrtW4rEuwARxI&loadFrom=DocumentDeeplink&ts=28.59)):

This is a podcast that centers the voices of Korean intercountry adoptees adopted people are the true experts in adoption. I'm Cammi Lee, and I was adopted from Korea. Our voices have often been silenced by adoption agencies, governments, sometimes even our own adoptive parents and society that wants only a feel good story. Our lives are more complicated than that. This is our take back,

Michael Jessup ([00:00:54](https://www.rev.com/transcript-editor/Edit?token=lI6zHwTx48q-JHBudlaHfeOhYmU0QZZY0qC2n2d4s7ac_fmiYhK-jLnjHNjLnU6lkHq6Mq0c1BknJLTSWgHL_eJDN18&loadFrom=DocumentDeeplink&ts=54.93)):

You know, from standpoint like, wow, you can achieve what you put to your mind to, and then looking back from an adoption point, you know, gosh, what drove a little six-year-old to do that?

Adapted Podcast ([00:01:06](https://www.rev.com/transcript-editor/Edit?token=CJllwudydlQARIFQyS5Aex651EbyMTZaPw8fAZ8K719oeSsbJLsRWR_cNtbzMd9qF5O4DarPmsgeaCVphlYFYcqTNE0&loadFrom=DocumentDeeplink&ts=66.57)):

Michael Jessup is a father coach and a Korean adoptee. He has also a son to woman. He has no conscious memory of, and though he spent his life working through emotions of his separation from her conscious or not, he's grown along the way. Now he's sharing his knowledge and talents with others. Here's Michael.

Michael Jessup ([00:01:31](https://www.rev.com/transcript-editor/Edit?token=bKjCuxGat9LKxxXvL_tvcHLWiV4w75AEr_Jm23EmfyX9vS8mVoEXHQnI9Iz507aXa20hwGLD4jk03zCtGbt1KosZGo0&loadFrom=DocumentDeeplink&ts=91.05)):

Yeah, my name is Michael Jessup. I am 46 years old, and I live in Mountain View, California.

Adapted Podcast ([00:01:39](https://www.rev.com/transcript-editor/Edit?token=lMa5t_7HAB1A3knutysU0E9cXgQr1-ZH98vBwGPTMLr3eWnCgWepDHAUkFCh4sgWJab6FaFIf7BhBqJw1EFJHT28rdE&loadFrom=DocumentDeeplink&ts=99.93)):

So Michael, where do you wanna start your

Michael Jessup ([00:01:42](https://www.rev.com/transcript-editor/Edit?token=OtSXGAmiozDybieNt0TqmVhUY8U-b7uN1jyW9QQHIWcMfIJuOGvXlISQ9Y_COyokXQYf1y8ZChWMC939kj5tCE4fvuI&loadFrom=DocumentDeeplink&ts=102.57)):

Episode? I think I'll just start from the beginning. You know, I was, uh, born in Seoul, Korea, and at 13 months old, I was found on the streets and taken to an orphanage. A few days later, I was placed into a foster home for six months, and I was given the name <Myung Chan Chung. Then I was adopted to the United States, to Jim and Rita Jessup at 19 months old. And I became Michael Jessup at that time, which I still am today.

Adapted Podcast ([00:02:27](https://www.rev.com/transcript-editor/Edit?token=hsjGsjkO5yOhcuYrMOoC4Mw-oymoSIjA1V18D5e4VNUlQkM7P58kKqCYg3HZBg5wh-Tv6bBBIT_A-aIBA_N-sNCQvY4&loadFrom=DocumentDeeplink&ts=147.21)):

Do you know why your parents adopted were, were they unable to have kids?

Michael Jessup ([00:02:31](https://www.rev.com/transcript-editor/Edit?token=zIpYaIeSLuq_anYFbFqHtPW5tllStXP3U6tfl23MA0gmgsMSMe6fhE7sxKMHpO3zukj2vsKpYZBiYrMh1P7eD3tks_8&loadFrom=DocumentDeeplink&ts=151.53)):

Yes. They were unable to have kids, so they decided to adopt.

Adapted Podcast ([00:02:37](https://www.rev.com/transcript-editor/Edit?token=n6JcBXR9Nbgj0XzjB1qNoPguTI2ugBcsD_lL6EiVk3n7jQ8_exKRYnpNqQHb9BPj_GXj0ml8MgDmZm6_m_UJxJdsSBk&loadFrom=DocumentDeeplink&ts=157.74)):

And, um, what strikes me about this story is you were possibly with your family for over a year.

Michael Jessup ([00:02:46](https://www.rev.com/transcript-editor/Edit?token=M03LvsiDbOLaXci56hil0OKuA0LY8oVqzXHrO_J39XMIR0bFxmtaKtQCgRAi-kgXAz7z_AKfpsk1WEhXJGvKnrqMYWU&loadFrom=DocumentDeeplink&ts=166.65)):

Yeah, I think, um, I never really gave too much thought to it before, but while I was in Korea in 2018, uh, actually somebody pointed that out. Were looking at my file, one of the other kads, and they were like, oh, you know, they wanted to, your parents wanted to keep you, you know, and that was, uh, I still remember I was on a bus and it like, totally shocked me because, you know, I, there's, these files don't have much information. I'm like, well, how do you know that? They're like, well, they, they kept you for 13 months and you are healthy, and that usually means that they would've liked to have kept you. So that was, you know, news to me it was, I remember it was very a mo just even hearing that, like, I think any information about your past or your, or my beginnings was, um, it's a big deal. It's, it's hard to explain, but yeah, it was a big deal.

Adapted Podcast ([00:03:53](https://www.rev.com/transcript-editor/Edit?token=VhIeU2JdVujvtDHEFTgmjBHaEm73eRypmMEQdPD3OL6yH-dCpWKB949xtVGD8149Zjjj4HttW73AmdUwJnx3WSQ0Ni0&loadFrom=DocumentDeeplink&ts=233.71)):

Yeah, because like, when you think about your records, okay, adopted as a baby, maybe you don't, you know, we don't give much weight as to the timeline, but when you actually think about it, you know, you had a relationship with your eomma with your family, presumably, you know, that family members took care of you. And, um, it just also makes you have more questions, I suppose.

Michael Jessup ([00:04:24](https://www.rev.com/transcript-editor/Edit?token=udeEUocqzlXqCqpB40pIrFEMHGVerAKFfrux2LJ9um6Gwl9b8I4jbN0LK2EoOtdW8GaLlkrppfVpgwqvAp_v2HLrsYM&loadFrom=DocumentDeeplink&ts=264.22)):

Yeah, I mean, I think it's, it's a long road, this adoption journey. I mean, I think I recently talked to some, I was connected, uh, with, uh, another kad from Uijeongbu. That's where I was supposedly found. And with some of the information in my file, it said I was found at a men's shelter, you know, kind of on the street and stuff. That's where I was left. And she, and a lot of the ones from Uijeongbu that's near the D M Z, so a lot of them are Haass, and they're, and a lot of them were adopted a lot later in age, so they actually remember living there. So they were nice enough to go and kind of do a little bit of research, and they're like, no, there was no men's shelter there back then. I was like, huh, that's kind of interesting. And then a couple other little pieces didn't add up. So it made me think about like, how, how real is my adoption file? Or was it just made up? And the more stories I hear from other adoptees, you know, a lot of the files are just made up. So it's like, what can you believe and what can you

Adapted Podcast ([00:05:46](https://www.rev.com/transcript-editor/Edit?token=sZi3z3XVEDYNxiLhg284EytKwSSc9OoYFBc0bXYMIeWol2Ns43YggI6fbFMu-jJw7GwCbkZ8sngL_vQivNL6HIeuq3g&loadFrom=DocumentDeeplink&ts=346.48)):

Yeah. Yeah. I was gonna put yeah, the falsification. Um, what, yeah. And, you know, to learn all of this now in your forties, that your paperwork could have been false. How does that make you feel?

Michael Jessup ([00:06:11](https://www.rev.com/transcript-editor/Edit?token=SjUr9loASxIPcI_A1iC1Rq5_bGUIFL-rw58Ak8gnYkO-4FkkuUiKQsun9v8mLXl2Y9qFVWpvWlObMGTt35GOqOCQeq4&loadFrom=DocumentDeeplink&ts=371.91)):

Mm, it ma makes me feel there's a lot of thing. I think I haven't gotten to the point of anger. I think, I'm sure it's in there somewhere, but it makes me probably fe feel more defeated. Like, this is a wild goose chase. Um, um, yeah, just, is this even worth it? I think probably just forget about it. That's kind of my, my default sometimes when there's difficult emotions and, you know, uncertainty and unknown if it's, yeah, I think I, my default is to just go, just don't even think about it. I mean, where is this gonna go?

Adapted Podcast ([00:07:11](https://www.rev.com/transcript-editor/Edit?token=BHuP8ThxZmqtwE_5mKWv4o_nYveam9fFfF35XOVweqt8Jp63cPlWJq1b_iZkiTQk0_OyDIygdaUjT3ikQVXDi7aLSHk&loadFrom=DocumentDeeplink&ts=431.9)):

Um, so you were adopted to, um, your parents, um, were in Northern California.

Michael Jessup ([00:07:19](https://www.rev.com/transcript-editor/Edit?token=moUzdg0PniK3-bzW8duNCyfzNXPbHn58TJQl-04lyTsSfRPSpv2edEHepuA_DJkVO7twHWWllkVAP9JJP2JqUeRthIk&loadFrom=DocumentDeeplink&ts=439.31)):

Yes.

Adapted Podcast ([00:07:21](https://www.rev.com/transcript-editor/Edit?token=i1iV99rfQfatkU9vxr_v_jCp5x9ENmzz6mp-wsnDDnGwR8QIsjNxNNn9jCE05bDQIHRuoOgQNlC7BWwFrflZKcDNh6Q&loadFrom=DocumentDeeplink&ts=441.02)):

How

Michael Jessup ([00:07:21](https://www.rev.com/transcript-editor/Edit?token=lea-lEcZ1wafwnkB8fwjBiO2mniNSPpxLL4u7hTj04HL_2_cAjY-gCsz5x5wdJQp-GCBXlNl_LZMgeFocFODv-BUmNU&loadFrom=DocumentDeeplink&ts=441.23)):

Would you, Saratoga, California.

Adapted Podcast ([00:07:23](https://www.rev.com/transcript-editor/Edit?token=YLnd6btIFXvCwmD5539QppFo7WndfQZ3c-5FD0nEq2wJBf9TPwjxQSrRvBuGu6-l1CjN_ubqe468-pNAa0dFJ7LJXEU&loadFrom=DocumentDeeplink&ts=443.63)):

Okay. How was your life growing up?

Michael Jessup ([00:07:29](https://www.rev.com/transcript-editor/Edit?token=vpQQoxUn3KCviSiv7VMyydoSHbBh38EBBGKc0Mhn2fpA8pVZ1mD1nrP9Rremm3A4FMaNxvHKGfxT85iqA_THb4EZS7A&loadFrom=DocumentDeeplink&ts=449.75)):

Well, I think there's two sides to it. I think growing up physically, it was great. I was, um, I was a good athlete at the, at a young age, and I found that as a boy that really helped to fit in, to be accepted. I was very shy and socially awkward. And so I think that just being a great athlete helped me a lot to be able to, to be accepted regardless of, you know, being a small Asian kid with white parents and not being able to, you know, just articulate, speak and be very shy. So it was, I think it was a huge, huge thing for me to be able to always be picked first on a team or be team captain and stuff. So I think that that was, that was huge for me growing up to at least have that sense of secur security or sense of belonging in the community.

([00:08:48](https://www.rev.com/transcript-editor/Edit?token=nRkPJkPWgaihdceUdYZvAEQ7pEmSohrVMyC5c1e5uVcPOLGF9WO9403_NRv7TPuKHEUcdZiFGyXhY2OifMqLdgctb6M&loadFrom=DocumentDeeplink&ts=528.17)):

Um, as far as like, emotionally inside, I think that it was, it was a very lonely childhood growing up. You know, I think that, you know, both my parents, you know, they, they provided everything I needed physically, but not quite. So emotionally, I think back then, they had some of their own issues. I mean, my dad was a alcoholic, so not the abusive type, but, you know, he would lock himself in his office and just work all the time. And then my mom, I think through living with him, ended up getting depression. Uh, so she, she had her own things to deal with. And then the third thing was just back then there were, I think we were kind of like the test wave. Nobody knew what to do with adoptees, just pretend they're, they're white and they're just in your own, your kids and stuff. So I was never introduced to anything Asian. Uh, you know, like most of us, I thought I was actually white. Um, so I think growing up it was, it was difficult. I just felt very lonely. Like, I was just, I never spoke to anybody about anything, including my parents, you know? I don't think, I don't think I had a honest conversation with them maybe once in my whole life. I think it's everything would be, yeah, it's good. It's great.

Adapted Podcast ([00:10:28](https://www.rev.com/transcript-editor/Edit?token=XjtfdVSqvwHO3_MLWHVvHs23TLwdnSbtC4NEsi45Qfu7ZXONgPSL2HUvqZz4wUIccvPKks700Qscx-bGWOtghvQpRsg&loadFrom=DocumentDeeplink&ts=628.23)):

You know? So very kind of surface level.

Michael Jessup ([00:10:30](https://www.rev.com/transcript-editor/Edit?token=2MaLrBMrVs2Tn1trZs2aJiNQvLerX1wpLXrZpNhCQToZTtrF1JcjaKrRm1L4zlY_SK5lumPQRYJz1w6Qbue6NcB5PJA&loadFrom=DocumentDeeplink&ts=630.51)):

Yes, very surface level. Like more, probably more surface than even roommates. You know, roommates even talk sometimes they open up a bottle of wine and they'll talk. But, you know, I was underage, but at that time,

Adapted Podcast ([00:10:45](https://www.rev.com/transcript-editor/Edit?token=cjGYPXUtUkiHqYNw-yv7JK27CL8GBa53bM2vW22FpqC1pvJHfSLCD6B0erUHvZzLbBoqFOyfBCEO98nJjHcv2KEyJ2A&loadFrom=DocumentDeeplink&ts=645.12)):

<laugh>. Yeah. Were you an only child?

Michael Jessup ([00:10:47](https://www.rev.com/transcript-editor/Edit?token=hi-GlpSBQYILFO6q379dJx40VaqedFgGkWG6ozAyE22WN7r91wKQ0uf9oiiBiODmZc1FjLBvaCjFqPWk9JGSSRqMVmc&loadFrom=DocumentDeeplink&ts=647.91)):

I had a sister. She's four years younger, and she's also adopted from Korea.

Adapted Podcast ([00:10:54](https://www.rev.com/transcript-editor/Edit?token=2rBWGEo2DeaasRDiTO7jKp5KlJgOeT83Rju0vV6621d_VbgN97djEW4s6LRMmfNz_Ryp17bW7YgBrOoMf96-z5c1gcI&loadFrom=DocumentDeeplink&ts=654.6)):

And were you guys also kind of just surface level? Were you, was that sort of the norm in your family?

Michael Jessup ([00:11:01](https://www.rev.com/transcript-editor/Edit?token=MoTvZ4iUlGhW1UyzIxNcbOhDx4rfaWrp_23of4kQIU--Atcan1Nlu1Jc7CGIpNfrb4iIb0IHglfs2NzsuHrT1JkKfJQ&loadFrom=DocumentDeeplink&ts=661.65)):

Yeah, it was the norm in the family. You know, everything was surface level. I think when we were younger, we were pretty close. And then I think, I don't know when it happened. I think when I started playing like travel sports competitive, and I was gone all the time, we kind of drifted apart, especially I think when I was in high school, middle school to high school. I think we drifted apart. I think actually I drifted apart looking back, I think, you know, that drive to be accepted and stuff. I didn't, I think maybe I didn't wanna be around my younger sisters much when I'm with my high school friends. Yeah. So I think that, I kind of, kind of floated apart a little bit.

Adapted Podcast ([00:11:55](https://www.rev.com/transcript-editor/Edit?token=qIYfBDP0l4r4DNa15cJjWF2LJnsv_FsWt8f-x1UU_QCdWHER52DO-k0PmkFhGQKtDci25hZUnIkZCxFi6Jeuw2ZbrOI&loadFrom=DocumentDeeplink&ts=715.03)):

You had, you had this really, um, this like fight mentality, right? Like this survival or fight to survive kind of mentality. It sounds like you told me a story once, um, about just, uh, you know, your will to, to survive was so strong.

Michael Jessup ([00:12:20](https://www.rev.com/transcript-editor/Edit?token=bt8CX3ZuBeHmEYyLX9q8rsv8V7GrkoUUPmsqasSFNfRqLwOcT_cxUwIvkEWp9CdPlXkbTfsy0DN0ohsPSa76FYhfBKs&loadFrom=DocumentDeeplink&ts=740.8)):

Yeah. Um, I think that, yeah, growing up, I never thought about adoption as affecting me as an athlete. I just always felt like, you know, this, you're, you now what you put your mind to, you can do anything you put your mind to. And it doesn't matter what's happened in the past, doesn't matter what's happening in the future. All that matters is right now, the moment and what you do in this moment defines you. You know? And I think that that mindset helped me do very well, but it's not completely true. Um, like you said, I, I had this fight mentality. I didn't know I had it at the time. I was just, yeah, everybody does it. You put your mind to, but I think one of my strengths as a, you know, an athlete, a tennis player, was the will to win, you know, probably more than the will to win, was the will to survive. Um, from a young age, I remember a story that

([00:13:37](https://www.rev.com/transcript-editor/Edit?token=zSaGvPGCGXexWt4v7GM5Mo-TtPqtR-MA3FzBZRaUY7K-jFdCKaUcPVqtw_yOkyzKpNbkNURQXds9LYPTGJiDVczx3h4&loadFrom=DocumentDeeplink&ts=817.46)):

I was, I was two and a half years old, and my parents wanted to celebrate and take a vacation. You know, I've been there with them for a year now. And so they packed up my little red Snoopy suitcase, and we hopped in the car, going to Long Beach, we were gonna take a cruise to Mexico, and I had my arms folded in the car, and I just was silent and I wouldn't speak. And we drove all the way down to Long Beach. It's about seven hour, eight hour drive just to the hotel. And then, you know, still silent the whole time. And my parents like, huh, what's wrong with him? You know? So then the next morning we go to the, um, cruise ship. We board the cruise ship. They, we get to our cabin, they unpack my suitcase, and then I started jumping on the bed, you know, and just back to my normal self.

([00:14:43](https://www.rev.com/transcript-editor/Edit?token=w7Bhr3Rr1Y2pl7OQDuSXDt--EBXNwv5JUCAyKZKMaBWM_2nJHh-Km_Xg4R-jZVrntWiYpXk9tUMG4eCb4-KfCAa4sic&loadFrom=DocumentDeeplink&ts=883.9)):

So after we g got back, my mom called the, um, the agency, and she told them the story, the social worker, the story, and the social worker was like, oh, that's because he probably thought you were going to give him away. And, you know, that story stuck with me because it's like, wow. Like, you know, how do you know that at two and a half years old, right? As I've delve more into adoption and all this stuff, there's so many things that ha are preverbal that are locked in our bodies that we don't even know, that we know. And so, back to your question about that, you know, that competing skills, the will to survive. I think that when I, when I compete, I didn't compete to win. You know, some people compete to win some pe people compete not to lose. I think I competed for my survival, and I look back on, you know, my childhood. And most everything I did, I think was to make myself put myself in a position where I wouldn't be scared about being given away. You know? So that, yeah.

Adapted Podcast ([00:16:20](https://www.rev.com/transcript-editor/Edit?token=Uw41KE6FtUBxSZM5su0Gw52YhogiWCPMzfoaJIN46cBn6sunIpKQ6C8M0XNmKtbibmJzKU6-eaSJOHcVYYu4RxVGGhE&loadFrom=DocumentDeeplink&ts=980.51)):

I gotta think that at 13 months, that must have been so traumatic, even though you don't have conscious memory of it. Um, that had to have been so traumatic to lose your family at that age.

Michael Jessup ([00:16:38](https://www.rev.com/transcript-editor/Edit?token=id_YF1bAJuksDaYmQiaGsYSNX32P_Tuk3o4pVMINykZb6hd3UsqfA75Q3yC9rFIPo47Hj9m3BjXW3AuY4nE9yaNzoJQ&loadFrom=DocumentDeeplink&ts=998.33)):

Yeah, pro, I mean, probably. And then I think in my file, you know, I think one of the other difficult things too is that you would think, okay, it's better to be in a foster home than an orphanage. But then at the same time, in a foster home, you know, in my file, it says, oh yeah, he's developed a strong attachment to his foster mother. You know, so six months is quite a long time at that age. And so then I, I, according to the file, built this, you know, connection with the foster mother, and then you're, you know, you're separated again. Whereas some, maybe I maybe the standard of living's much better than an orphanage, but you're not building the, the connection to be severed again.

Adapted Podcast ([00:17:30](https://www.rev.com/transcript-editor/Edit?token=ASZbVOxxzaCuG4XsOlwl2mIexhkjcx73UBa7VaaqCemKRz1kF1JUeUCoPrJjeR9xf9H63bPUlHpxzcxuXBMcDNX1XiA&loadFrom=DocumentDeeplink&ts=1050.56)):

Do you have a fear of losing people?

Michael Jessup ([00:17:39](https://www.rev.com/transcript-editor/Edit?token=dHu-mmfEqjALd4BeTF4gS9gUQbGT-C71Bun7bQFxHzpRxev41Bpg9CH6BVR3FPjkulINKmTIK9lUNwhl9gh_SAECd0E&loadFrom=DocumentDeeplink&ts=1059.92)):

Hmm.

Adapted Podcast ([00:17:41](https://www.rev.com/transcript-editor/Edit?token=6CeV9aw5dgmxdUBMpCl276OWveGoZSyj5DKAfFXhfBVzYhPIlSzwfG6b78VnBSS2bCFlWMRYdqyjSQdnKrTHZbpqhkk&loadFrom=DocumentDeeplink&ts=1061.54)):

It's in your adult life

Michael Jessup ([00:17:49](https://www.rev.com/transcript-editor/Edit?token=vEorfFScaOCjwGLWYM1NKHcQfABy6npKlmRWyrokT7_QE8aOiqMiPUHZ7do2Xh-zFiFVkjiWr6hM3vPNARNKS4IaLP8&loadFrom=DocumentDeeplink&ts=1069.05)):

Of losing people? I would say sort of. I mean, I think not losing people, but I think I definitely have a fear of losing people that I'm close to. You know, like if, if there's a very close bond, it, it gets a little bit scary, you know, that it's a, it's a difficult thing, you know, sometimes with, yeah, I would say like with friend, like friends, it feels more safe to be, uh, semi-close friend, you know, or close friend versus a super close friend or best friend. You know, that there's definitely a sense of, um, danger there. Like where my mind will just like, okay, that's enough.

Adapted Podcast ([00:18:40](https://www.rev.com/transcript-editor/Edit?token=YsLmoy4-kxbccjD2T1o5H3gBDuUPFiMk35ISD8EHgs5A1sPf74w-usT5zAipSuaCsPKv4v4E2xPQABNOzWJ33VKs6eA&loadFrom=DocumentDeeplink&ts=1120.53)):

So does it almost feel like not worth it to get cl super close to people because, or to a, a person or to have to depend or rely on someone too much because, you know, you also may lose them?

Michael Jessup ([00:19:01](https://www.rev.com/transcript-editor/Edit?token=olf9khCkkgi2wbckC5p8no9IqHWlg7Bv4xgqS-rv8qej93Dc4WMoXJIk4biJC8Z33CXF2wIvGBkecYpjhJDbHwHcG2o&loadFrom=DocumentDeeplink&ts=1141.32)):

Well, def definitely on an unconscious level, I think just observing myself, it probably that way. I mean, consciously, I don't think so. But you know, the, the results show <laugh>

Adapted Podcast ([00:19:14](https://www.rev.com/transcript-editor/Edit?token=QxRkVa6Dy34BilV-xdOOdErRz47dofyW7w6NbNVq4bqmvKQghHqaO3a3Ei0-c1lf9nMVFLjzq8MP-rXd84liKBCUfaQ&loadFrom=DocumentDeeplink&ts=1154.27)):

<laugh>,

Michael Jessup ([00:19:15](https://www.rev.com/transcript-editor/Edit?token=rVPvKKfFG34_Wzkyi2Ug54y6rmFvUZwibH5bb9v_X0w7IqvGrFA9HeCXv5DYH-xWd1YH3crRjm__au1VbP6n2_vi2WE&loadFrom=DocumentDeeplink&ts=1155.45)):

But

Adapted Podcast ([00:19:16](https://www.rev.com/transcript-editor/Edit?token=Z2uD_MXYyZxmrhlQ112VEBhNRvCKyPTQqIfON8-B3rSrd4lIXvDWFMWbfW9jJ0vg8Ewbl0giNjWFtxEWxuFOE4K2FRg&loadFrom=DocumentDeeplink&ts=1156.8)):

Survey says no,

Michael Jessup ([00:19:18](https://www.rev.com/transcript-editor/Edit?token=gwLpObonm5l80xxE1f8Ay8k1dcXbS9Yx_NgSNsDEpowMaI8Kr8GaVBrgNc5V2CMNpdtPSQ9ZEm-MCFPqx5XhJGnc0pU&loadFrom=DocumentDeeplink&ts=1158.07)):

That's right. Exactly. So <laugh>, yeah, there's definitely a, uh, an unconscious fear there. Well, or things will just start happening or, you know, unconsciously to, to create space and safety for myself, whether it's just making myself busy or any other, you know, coping mechanism. But it's, it is crazy that it all happens unconscious without you, me even thinking about it.

Adapted Podcast ([00:19:50](https://www.rev.com/transcript-editor/Edit?token=Bg2H-pOxdwADo8xvYraoRjz7oOshdtsRLHeBtowkxvH5uex5sROGnxLH2IuGxSn4zCmyuTkx1K9L2vqaGSK1AhuL7M4&loadFrom=DocumentDeeplink&ts=1190.76)):

And you told me one story. Can you tell us when you were six years old? Um, this is kind of a, I mean, it, it's a little heartbreaking too, but just what you, uh, a story that you have about, um, showing your will to survive.

Michael Jessup ([00:20:11](https://www.rev.com/transcript-editor/Edit?token=d9N0foTJX3JOIpxSu-J8_pNghDjhLZwkw7AxB5wZfdaOinQimd4wd7NTdMA19kxPxVowukZNES7dyQzjRtvocA9UhcA&loadFrom=DocumentDeeplink&ts=1211.4)):

Yeah. So yeah, I think it's will to survive and, and, uh, really liking cartoons, <laugh>. But, um, yeah, so when I was six years old, I was in first grade and, uh, my elementary school, Argonaut had a annual walkathon to raise money for the school. And the grand prize that year was a color television. I remember I loved watching Saturday morning cartoons, you know, Voltron, Thundercats, GI Joe, all the classics and

Adapted Podcast ([00:20:54](https://www.rev.com/transcript-editor/Edit?token=2vcAWmoEwXVaB3nBUOPueTkxTbZjiHeSmxCu4Mb9fY5rC01CfE7uzZk4qQSbOV4UfDguwWVaWBJ1fg9vegD2-AcVnM4&loadFrom=DocumentDeeplink&ts=1254.25)):

Smurfs

Michael Jessup ([00:20:55](https://www.rev.com/transcript-editor/Edit?token=BfRkIZ0JKhGA2nXBZEC7oWWY1UTX59CW3_9fVy2jo2VoyQEsGwyqME1Jg3ANv-pMlFxLHiNE_TBKBEJ-J9AK2jcPQGA&loadFrom=DocumentDeeplink&ts=1255.15)):

Yes, the Smurf sometimes too, who doesn't like Smurfette, right?

Adapted Podcast ([00:21:00](https://www.rev.com/transcript-editor/Edit?token=cxSBTYOIwM3C17zzOPaunaI6xsYK57PRbX4YLGOh9yytJIaFvN6E5uZaGor4msBvjrPmDJgts0lGZb1_2nv2j0zdOZQ&loadFrom=DocumentDeeplink&ts=1260.56)):

<laugh>.

Michael Jessup ([00:21:01](https://www.rev.com/transcript-editor/Edit?token=XgcHQBEKLBYXYQreXtX6yocE7D649fxerHAToymwIbbNzAs2sCBiSttfRfmBUd1jMDqAhcWPjsnb0V6tvhF8MVOdkZc&loadFrom=DocumentDeeplink&ts=1261.09)):

But, um,

([00:21:04](https://www.rev.com/transcript-editor/Edit?token=7RSGzGVDosFAENsOt41Ezhwm0IN3LqYI-7EvoO6XIJk2HRscjcmNxP752NnicEeMcI62joQXlIgMThScIZi_UZ9qJ_s&loadFrom=DocumentDeeplink&ts=1264.93)):

Yeah, so the grand prize that year was a color television. And I remember Saturday mornings were cold, and I thought, wow, wouldn't that be amazing if I could watch Saturday mark morning cartoons from the warmth of my tele, um, bed. So I came home after school and I was like, mom, guess what? The grand prize for the winner, the Walkathon this year is a color television. She's like, oh, great. You know, it's like, if I win, can I put the television in my room? And she's like, yeah. I was like, really? I was like, so then I was like, and could I get cable too? She's like, sure. I was like, wow. I, so I was super excited, right. I didn't know why, but then obviously looking back, she's just like, okay, there's no way he's gonna win. You know, he's a first grader and he's gonna have to beat the fifth and sixth graders. Right? So that's, you know, that's a six year old too, compared to, uh, 11, 12 year olds. And, um, and were

Adapted Podcast ([00:22:19](https://www.rev.com/transcript-editor/Edit?token=iLhXOAVUuvOGA2P2IR-F-NQFBRcNgo1flJ5tbO7EqWJtTt_bZFQDV-xi0WprxG9_CkX3PdBHA6LN10LymxEnqQkDcv4&loadFrom=DocumentDeeplink&ts=1339.3)):

You a, were you a small kid, you know, sixth grader? Yes. I mean, first grader.

Michael Jessup ([00:22:25](https://www.rev.com/transcript-editor/Edit?token=8UxeasLPUkrhhH99tzwjDFaJfqPXIHfti21S-z37pLLVWoMMThur5jLeI0qtsNt03YqWzHVMSAVDQIiqgMxJkIqlZPk&loadFrom=DocumentDeeplink&ts=1345.03)):

Yeah. I was, I was fairly small, you know. Okay. They're typical short Asian with black hair. Um, yeah, so the day of the race came, I, I started out, you know, all the older kids, you know, rushed to the front, you know, I think it started 8:00 AM and you know, after about an hour, you know, some kids take a break, you know, a lot of kids are just walking the whole time. Some are jogging. I was just doing a light jog and then, uh, you know, after two, three hours, a whole bunch, most everybody would take a break, you know? But I kept going. And then after some take a break, they come back. And then by lunchtime, you know, a lot of people go and get lunch. I just told my mom, can you get me a hot dog and a coke? You know? And I just kept eating it, walking, you know, back then Coke was the, you know, the sports drink of the day, um,

Adapted Podcast ([00:23:25](https://www.rev.com/transcript-editor/Edit?token=nWLMR5t0frpngb1kZDqaoOxkoVQUOPJCluZ5tqa-XCZDVl36g1JTBwyYo0rb4HRU2NmUT08EJTmpMPd89VemgHE461w&loadFrom=DocumentDeeplink&ts=1405.39)):

Super healthy.

Michael Jessup ([00:23:26](https://www.rev.com/transcript-editor/Edit?token=VncS-v4iTOThePqqrRWDmih6kN9SQVCPPooz0eCUWElvLAJPzZmyl_7-RP9-gASJBWidRsKebeVXwbBt--DAyMSWJzI&loadFrom=DocumentDeeplink&ts=1406.38)):

Yeah, exactly. <laugh>. So, you know, and then by the end of the day, you know, around three o'clock, you know, people came back for the last hour to try to get some more mileage on. And, um, you know, I, I had, I hadn't stopped. I kept going. I don't even know if I stopped to use the restroom. I was just going and afterwards, you know, I, I, I don't, I don't, I remember I couldn't walk for like a day or two, you know, I'd gone 25 miles. Wow. And,

Adapted Podcast ([00:24:00](https://www.rev.com/transcript-editor/Edit?token=auNThtsT1dIzWDv-JF9Bcs-Z2ssLCiIJ8pOKUoI_cN7Ik0YNnS_Myw3bY3WvN0kB4ohU9Fyq0Dt8yZnBqzPEu6d1ABo&loadFrom=DocumentDeeplink&ts=1440.93)):

Uh,

Michael Jessup ([00:24:02](https://www.rev.com/transcript-editor/Edit?token=BJV3QfruBTZhbnCOmCHsyrb9-7xaaGzO12e2AOTQpSfUV60zg7zSaEBEo29PB1B3598WA0JLTJNVAtdvfpe6gDgzLEo&loadFrom=DocumentDeeplink&ts=1442.3)):

You know, luckily that was on like a Saturday. So I had a day or two to recover before school again. So then Friday comes,

Adapted Podcast ([00:24:09](https://www.rev.com/transcript-editor/Edit?token=zWka1dgmZF3Tro2zPOpbR03jd-Pr6pOjkskoFib6n_DgsKNVMKHuR1EdfL-s_j66UJ_AxbOj8rkBZMJooj0Tt_gip5E&loadFrom=DocumentDeeplink&ts=1449.76)):

Comes around. Weren't any of the school officials, like, is this okay that this six year old or seven year old is walking this much? I mean, were they concerned about you?

Michael Jessup ([00:24:23](https://www.rev.com/transcript-editor/Edit?token=pI4VuY7ATLVcFDT5nIzaR34N8fGuLnCGd-OWLnNxz2YyKkj19D-Wmu8CqPpq7zxz0z1C6lMk6hirI9QVn-c82FvDpyE&loadFrom=DocumentDeeplink&ts=1463.6)):

I don't know. I was, well, back then, there was no sports science or anything. I remember when I used to train in the summer, coaches would think that, okay, three hours, if you need water, you're weak. You don't need water. So we'd just be like playing without water for three hours. So those are, you know, that was, yeah, the times back then, so I guess it was okay. Right. But anyways, yeah. So Friday came around a award assembly, and they announced third place and then second place. And then they, uh, principal Colton I remember announced first place, you know, Michael Jessup, you know, and then the whole Jim was silent because, you know, everybody knows the fifth and sixth graders, but, you know, nobody knows who a first grader is. So then they're all looking around. And then probably my classmates probably like, did they make a mistake? <laugh>, you know? So I went up there and, uh, got the color television, and it was a defining moment, I think, in my life where I remember thinking, you know, anything you put your mind to you can accomplish. So that was, um, that was, you know, a, a good and sad memory. You know, A good memory is like, wow, that, you know, from standpoint, like, wow, you can achieve what you put to your mind to, and then looking back from an adoption point standpoint is a sad memory as in, you know, gosh, what drove a little six year old to do that? You know, to be able to push, you know, his body to the limits for no real reason.

Adapted Podcast ([00:26:22](https://www.rev.com/transcript-editor/Edit?token=usiwYbRGDpKJ3dSLOH5vT0ocvUzSyNqrjAeKtGUVCQAYTFOk3sfuhCLU0mmi7EZat46xG-RPl-X7NEW6ehPpcoWVueY&loadFrom=DocumentDeeplink&ts=1582.73)):

Yeah. Yeah. Heartbreaking in a way, too. Um, so did you get the TV in your room, or did you get cable?

Michael Jessup ([00:26:35](https://www.rev.com/transcript-editor/Edit?token=yvTA-tbeW9IzNDgzSxIYimzW3a3ZyNLyf7w3fuTCQaF3dem2ZgOnqOZtMkEkrNKs0NUQIcNU3LqDU2jFrpXsYXKsCkI&loadFrom=DocumentDeeplink&ts=1595.24)):

I did. They, they honored the deal

Adapted Podcast ([00:26:38](https://www.rev.com/transcript-editor/Edit?token=FylJmo1w0Bwz3ulif9wN_DOHxBKr5WET41xluzs2XRrWJeQ5-kfOdqVefyFY0H-42KKp-RwzulE1s0yWORCAjTFryXc&loadFrom=DocumentDeeplink&ts=1598.27)):

<laugh>,

Michael Jessup ([00:26:39](https://www.rev.com/transcript-editor/Edit?token=yZ1MzsApjDmxH15gwalitU1hUvkstazp-cOlbszcPYjxr3AunDcwrYs7_jLIhz_GSQMnaDCZjDWxH-ltW2LeoMrYaQk&loadFrom=DocumentDeeplink&ts=1599.2)):

So that was amazing. I, I still had that tele, I took, actually took television to college with me.

Adapted Podcast ([00:26:46](https://www.rev.com/transcript-editor/Edit?token=zM7nNbC8c20HpPPL_nRlr2W5pgDIKqYP6aNcaK4pJHwzaMduxEgWAoI96H-P1CUEM2a7UW3WDZkUGlQMwlfBhFMQDtY&loadFrom=DocumentDeeplink&ts=1606.65)):

Where's that television now?

Michael Jessup ([00:26:49](https://www.rev.com/transcript-editor/Edit?token=iXTO5WOhgWas1_YBcMzY0NV3RZr6_s9nAQLXgGNT7QMHExBsM52i4kKieOR3vrZi47qpeHepjEJXW4SuP3XKdx1sKpI&loadFrom=DocumentDeeplink&ts=1609.68)):

I don't think it, yeah, I don't remember anymore, but it didn't, didn't make it, it stayed with me till through college at least.

Adapted Podcast ([00:26:57](https://www.rev.com/transcript-editor/Edit?token=Aq3SN_Un4WbiM8BSAlRrQl34F0-7VOHA_jidDG9MlihpvgYDp-XoHbaAJEjvzSyBgBDFY2RoKZt3ocHrjh9F5g1S2pM&loadFrom=DocumentDeeplink&ts=1617.48)):

Yeah. So did that really set you up with, really, you probably, that was a big boost of confidence that by physical, you know, your physical strength or endurance that you would be able to do well in sports?

Michael Jessup ([00:27:16](https://www.rev.com/transcript-editor/Edit?token=wD9nDvLEIOO-wGBGDLCShKMWPb-jxSNH61HD-y50-iTNDcevK5DTc3s-f2W7msCw7h8fSKhyaLD5RPl0YL3R0x_32hU&loadFrom=DocumentDeeplink&ts=1636.8)):

Yeah, I think, you know, one is I was pretty athletic, and then two, a lot of sports besides being athletic or skilled, is just who wants to win more, you know? And I think I, I learned that at a young age, or intuitively understood that at a young age, you know, the psychology of winning is a lot, comes down to who wants to win more. And it's like, I wanted to win more. I was willing to, and I thought I would even think of it. I was willing to die to win. Like whatever somebody was willing to do, suffer, I was willing to suffer more. If we both had to, you know, die, then we both have to die.

Adapted Podcast ([00:28:06](https://www.rev.com/transcript-editor/Edit?token=DoiRCS5YcsnlvkhdRQijE-ES078-oLGUw9Tj0tN1WLby3yc6npotm7DCo5ENfKEUX-1Gv07n67Of9Rquv8DpZMpZUsI&loadFrom=DocumentDeeplink&ts=1686.54)):

Wow. That's really pretty serious. Did you, did you ever lose?

Michael Jessup ([00:28:12](https://www.rev.com/transcript-editor/Edit?token=Z6Jv4pCA8gnkW1VdCbTrgqLpzcbpApZhCvO33yeopQ618clibqgn4JNZjh-0ucrp3xxmpUUsA3nwm5e3Ei1SOJObRK8&loadFrom=DocumentDeeplink&ts=1692.66)):

Yeah, I lost sometimes it was, uh, it was crushing when I did lose. Yeah. The world would fall apart, so, or my world would fall apart at least.

Adapted Podcast ([00:28:24](https://www.rev.com/transcript-editor/Edit?token=1svSqOWRhYpfbSYSRxa2KD6ff7B6K2EAE2xIGtxnC9LakZ8ueQsZQrSaWZD4kmszp2oIR50LQYxt121nV7v-HY4HdMU&loadFrom=DocumentDeeplink&ts=1704.06)):

And you think the, the, um, willing to, you know, die to win or, you know, win at all costs? That was a survival mechanism?

Michael Jessup ([00:28:37](https://www.rev.com/transcript-editor/Edit?token=6YOrzzDrz4G3ZkzKQaG2BWhWvwpp7mRpwg4CbqgwgsJUVQL0IWEdZYeFLOtezZQJSv_U1lJHm-Dj4lIKpYV8AIsllKo&loadFrom=DocumentDeeplink&ts=1717.65)):

Yeah. Well, at the time I didn't, I mean, I just thought it was normal. I just thought, I w I like to win more than you, you know? But looking back now, and then I think, um, as a tennis coach myself, now training, you know, the next generation of players is, you know, it's, it, that's a hard thing to train. You can teach kids how to hit four, how to hit backhand. You can get them in good shape. Uh, you can teach them tactics, but it's very difficult. I'm sure there's a way, I haven't quite figured it out yet, but how do you teach people to, you know, wanna win or hate to lose?

Adapted Podcast ([00:29:21](https://www.rev.com/transcript-editor/Edit?token=reE90LRIBBU9JPyVAXFsFPmBggfwB9ynlbmSN2PjxaBfThdSFFw1Vpk_pJ4hKWibv4Vrj2j4_w6Zn8OO2CAXpym5CMo&loadFrom=DocumentDeeplink&ts=1761.03)):

Is that the killer instinct that people have?

Michael Jessup ([00:29:24](https://www.rev.com/transcript-editor/Edit?token=u91dkSXnaWgRs_UYuJkqQRTmw9mR2435z_amuLj-uaXXEtVhM3ueVZ_nXRb8Gcd81J3-lJB0HNGsvFMNOTHBeHodC8s&loadFrom=DocumentDeeplink&ts=1764.48)):

Yeah, I think it's definitely the killer instinct,

Adapted Podcast ([00:29:27](https://www.rev.com/transcript-editor/Edit?token=ujf8jWW1Q7nC9uIRPNSREfKhsXT1aARk6ssePFnoNXKQzJ8FhXiRUW5xJCFKFvY6DlXXHqjZ3IOPxoElbFk6u3ETBb0&loadFrom=DocumentDeeplink&ts=1767.36)):

And you can't really coach that. Right. People have it or they don't, right.

Michael Jessup ([00:29:34](https://www.rev.com/transcript-editor/Edit?token=uSeXaw_EyP_EgfXxCJmXzT8VZEFFo2qgPWWBMtgdJCHsG02JbHeX_PzN87NBnw6hbxCjGgBiztYdVTzRnyPVy4GXqec&loadFrom=DocumentDeeplink&ts=1774.38)):

Yeah. I mean, I think you can coach it, but probably not in a legal way, <laugh>,

Adapted Podcast ([00:29:41](https://www.rev.com/transcript-editor/Edit?token=J9xN9cU5jkO_g7yZtAoEvSQPjfK7k8r36yuXJFwHy2ko13DQtYrM-jghgArQX8Ge6HYgpQHAg1GmIGrMiP4GaDLXgTc&loadFrom=DocumentDeeplink&ts=1781.97)):

<laugh>. But from you, your, your adoption story now looking back probably was the reason you had developed that killer instinct.

Michael Jessup ([00:29:52](https://www.rev.com/transcript-editor/Edit?token=YdVzDe6oxx6n-qRph8FGBVqORoq70D1Lq60AzlBqTxObnnnOXxweRwvjhAp373CiJMXKq3P5j7MzfIE2mdKH_30zMK0&loadFrom=DocumentDeeplink&ts=1792.57)):

Yeah, I definitely think that, I mean, was the case. I mean, from very young age, I had to win at everything. You know, I just, I took everything. There were no games, you know, no fun in games. It was all life or death,

Adapted Podcast ([00:30:08](https://www.rev.com/transcript-editor/Edit?token=YRuFX1eVG21TLIKcuxw32dl8rVmxMiTpKp8z-J6hI1zEc7HI9l3Tpnjdqjxdh7NRV5GxCSL1zpYHFlj5MLA7cztgqBw&loadFrom=DocumentDeeplink&ts=1808.82)):

You know? Was were you pretty, were you a pretty serious kid?

Michael Jessup ([00:30:12](https://www.rev.com/transcript-editor/Edit?token=mOH1xZnje8PtlNpahHsQPfopSd3wWCrD91X-rcF2EkQkGD9PiH1LalXKJpmL1Oan-SQ7yY-_8ynSHXomXCqO855Z29c&loadFrom=DocumentDeeplink&ts=1812.7)):

Super serious? I was, everything was serious.

Adapted Podcast ([00:30:16](https://www.rev.com/transcript-editor/Edit?token=l6t7RMXm3QUjbPyqsZgN0weRmWN0_qnyk4RtJq-Ak9xEqhkLUDnG4jSld3sh_DNUFvXz_BibZYwIWgmV9sOdZ2xZkwQ&loadFrom=DocumentDeeplink&ts=1816.03)):

Really, because you're so, as an adult, you know, you're very, um, the way like I think I've seen you is very, um, you know, kind of easygoing, happy-go-lucky, have, you know, you always have some jokes, dad jokes, you know, <laugh>. Um, yeah. And that's interesting. That, is that some, is that a, um, is that something you had to develop that kind of demeanor or, I mean, from being a super serious kid?

Michael Jessup ([00:30:59](https://www.rev.com/transcript-editor/Edit?token=U421j-QpVsQiSmhLy0eZ4cG-Lm0l1yKs9SiXtu7Zbr2XP9Oax0E_ukwwGw1lmLbuEsqSqE4zF_D2cO_My45vB-xc6mQ&loadFrom=DocumentDeeplink&ts=1859.08)):

Yeah. I think there's, I definitely tried to develop that side of me in the last few years. Um, just like tried to relax and have a little bit more fun. I tried to work a lot on my social skills the last couple years I was, I, I, I think up to a few years ago, probably up to even a year ago or two, I was very different. I was still very shy and, and, uh, unsure of myself, maybe introverted. I was probably a closet extrovert, <laugh>, because now people are like, no, you couldn't be like that. I was, but, um, yeah, but I think everything is just practice and, um, yeah, if you, if you practice something, you get good at it, you know, maybe there's some things that you're more inclined to be good at through, you know, biology. But most things, if you practice them, you can get proficient at, at least proficient at

Adapted Podcast ([00:32:04](https://www.rev.com/transcript-editor/Edit?token=pDvZ2SSRh7RkhWF_wd-lkBoWTiOZkhqT7EFdG2l7tNKPFXEHfsTR0WX-gmtPyepH91_kwFdetXrzCNKZx712SB4vx30&loadFrom=DocumentDeeplink&ts=1924.33)):

What, what? Why tennis?

Michael Jessup ([00:32:09](https://www.rev.com/transcript-editor/Edit?token=9jjc7y8K9OSaOCEFYuU7s3Ua_r_1QDqbHM6MJ17kj9i60H_yTwK3U-DfXGcI01Wu3PKWGylxKeS_HTcRkvLGraWoDJs&loadFrom=DocumentDeeplink&ts=1929.49)):

Why tennis? Okay. Well, couple reasons. I was,

Adapted Podcast ([00:32:14](https://www.rev.com/transcript-editor/Edit?token=Ga5WREIhQRcB81DE7Xy6zgIMKQAWR7WttSwOaIdQD6HwGubiOUznLj93BMQv8UdXrDcAuDlkonHn1IIMk1bJIEcukmU&loadFrom=DocumentDeeplink&ts=1934.92)):

Because your family wasn't a tennis family, right?

Michael Jessup ([00:32:18](https://www.rev.com/transcript-editor/Edit?token=DbPKTC_zRXQcz4E_3pR7_2Mwd3NVx7kexUv-9EjADF_4-S_nW7wbVGRaXxtAOUpPQ307Cgx2W9iZGwE-5giVOJUWE9s&loadFrom=DocumentDeeplink&ts=1938.1)):

Right. So how I started tennis was I was five years old, and I found a, it was summertime. I found a old back then there, you know, without internet or cell phones and stuff, you know, kids are bored in the summer, you know, you're just doing nothing. So you just go start rummaging around. And I found this tennis racket and tennis ball in the garage. So I just got it. And then I started hitting with it, you know, as a wood tennis racket back then. And I just started hitting with it against the, the garage door. And then my neighbor came over who plays tennis, and she told my parents that I should sign that they should sign me up for tennis classes because I'm really good. So whatever that means, right? So they did. So I took summer tennis classes for three years up till they, I was nine years old, and then I started playing year round. Um, at the time I was also playing a lot of other sports too, like soccer and baseball. And

([00:33:33](https://www.rev.com/transcript-editor/Edit?token=oPwIktKp6zpLSEZfAmggM7abnWd5McohaGdRGNc5gCcuNmizfn_WFKIAO7v58SAoAPaxScNBg98UHuI5sQwCeNqcfoM&loadFrom=DocumentDeeplink&ts=2013.44)):

I remember there's this one baseball game. It was the playoffs, and we were winning, well, we weren't winning. I was on, I was on, uh, second base, and this was the bottom of the sixth. Back then, we only played six innings in little league. And the, the, the teammate came up. It was, it was, um, we were down by a couple points and, and he rips the ball into the outfield. So I round third base, I go home and I touch. So that tied the game. And then our, our, um, our, our teammate behind me rounds to bases and goes home for the win, and we're all excited, right? And then the other team throws the ball to, to third base, and he's out because he didn't touch the base running around the base.

Adapted Podcast ([00:34:34](https://www.rev.com/transcript-editor/Edit?token=e14wuF34VSo56NHYCzHmBkGiwVBDSFyBeFX9wD17a5yjUtfB962RMZT0-gQz-aLfH4bB6XhLGEOvbm_57_4OG_W5QII&loadFrom=DocumentDeeplink&ts=2074.23)):

Oh, no.

Michael Jessup ([00:34:36](https://www.rev.com/transcript-editor/Edit?token=WO3NtJAS5LI92uLYXY0iuXKP7pMJc_HzHlCXYpzA5IwE_2HbrewLCW6SlJJZggOGcFckqR7OwH2hSNbkuS3DIEkqFcc&loadFrom=DocumentDeeplink&ts=2076.32)):

And I, I still remember, I think that drove me into tennis because I was like, winning cannot be in the hands of somebody else. I need to do this myself.

Adapted Podcast ([00:34:48](https://www.rev.com/transcript-editor/Edit?token=QovisM1OQMvLr_qz6rv0v2qM1LbSmMKLasoq4C_UgNEB_db8MmAL8YuIcs93JVm6C2raMrmjkigGvlSNeiLkV7WmQJA&loadFrom=DocumentDeeplink&ts=2088.62)):

Well, it kind of, if it, if, um, you had kind of a lonely childhood, right?

Michael Jessup ([00:34:56](https://www.rev.com/transcript-editor/Edit?token=BPP7VoSAwKzfSxwwX-Faixf0CIEcVZmEEpHBE16ojFzErg3XV6_JU-7ZVUpFSQPlbQH6qc66aEQKjnu0wRhovmVtFXM&loadFrom=DocumentDeeplink&ts=2096.9)):

Yes.

Adapted Podcast ([00:34:58](https://www.rev.com/transcript-editor/Edit?token=_65hhtBCRcRK6YjY2G6RmVRFwkYXHHH8bc8fY8xrlDrocuB8EtDBNoesk6CJzA3bDC0l5aipgktTp2fjWIuEvQUE4rc&loadFrom=DocumentDeeplink&ts=2098.55)):

And it would kind of make sense that you would maybe be drawn to a solitary sport.

Michael Jessup ([00:35:06](https://www.rev.com/transcript-editor/Edit?token=r9XFkyTu50ouL6cJ99GA6C6ivzWT75yWORIZw8-fusfHOF6KBTg1NpeMC9UMg_0FKkZToujhIEdNz7nOezQyX5HUY_w&loadFrom=DocumentDeeplink&ts=2106.95)):

Yeah, tennis is definitely one of the loneliest sports there is. Um, you're out there all alone, and you know, up to recently there's not no coaching allowed, and it's just you and your opponent and everything. Like tennis, it's hard to explain the sport unless you play. But on the mental level, one-on-one sports are very competitive because your mind doesn't see it as who the better tennis player is. It sees it as who is the better person. Like, your ego is triggered like a lot on the tennis court, everything that all the self-doubt all the questions about yourself come out. It's crazy how the sport can do that. But, you know, tennis is a very, um, fanatical sport. The people that play it are fanatics, and most people that play it don't play for fun. People go, oh, tennis such a fun sport. No, it's not. Tennis is not fun. Tennis is brutal. Tennis is, if you like to feel terrible, you go play tennis. This is not a good, uh, commercial for tennis. But it's a lot of, um, self introspection. And, um, you know, I think it's for people that really are on a journey to find themselves or to better themselves or improve or wanna push through and, and,

([00:36:46](https://www.rev.com/transcript-editor/Edit?token=nsOgmtRW6JGd8GacXm2apCWnvNqYVwdtIVaB9vzpyWajjNrRGU3M5vjleAXlAAUFHRTcrGW_zgtAGv4p0oPcwy8nU5Q&loadFrom=DocumentDeeplink&ts=2206.47)):

And improve.

Adapted Podcast ([00:36:49](https://www.rev.com/transcript-editor/Edit?token=NWuMzZW8jo141M-pqExjSus5KqJxPyGCx2Lev-RndalFyfNzgE25Aft-Ei3os586TGsLX9I4iPdPJXFmxCmgItHAL5w&loadFrom=DocumentDeeplink&ts=2209.59)):

And you went, you went quite far in tennis, didn't you?

Michael Jessup ([00:36:55](https://www.rev.com/transcript-editor/Edit?token=D5doglb9i16fiz4AT9goac9TH8Pr5cNbtHD-cgIYWcWSsNEAWg9rRD9K2rsinbp_wPttgCgEv_oz6MUOJw2ZRpuuRYk&loadFrom=DocumentDeeplink&ts=2215.62)):

Yeah, I, I, I mean, I made it competitively. Yeah. So I was, uh, one of the top player. I made it up to number two in the US in the juniors 18 and under. And then I played at Pepperdine University. And then from there I played on the, you know, the second tier professional tour for three years. And that was, that was a really good experience. I mean, I, I, up to that point, I'd done really well. I'd kind of hit most of my goals. And, uh, yeah, I think

([00:37:35](https://www.rev.com/transcript-editor/Edit?token=LeVeszRpHOLQBmaS7g08gdVT5YECQkcSbzu06JEqrs8sSaSSB0TqL6WQBUR4GZKH9EgBypUmBjcTqHtTfWOMtLNAVT4&loadFrom=DocumentDeeplink&ts=2255.55)):

That's kind of at that elite level, that's where things got tough, where, where that will to win wasn't enough. You know, the will to, because at that elite level, there's, there's a lot of people with the will to win. You know, when you're in the small pond that I think that it's enough. You can overcome so many things and your training and your game just by com outcompeting your opponent. But at that, that level, tennis becomes not an individual sport, but a team sport. And you have to have people mentor you. You have to be able to be coachable. I was not very coachable. Um, I don't even thinking about, I don't even know how my coaches dealt with me back then. <laugh>. I'm like, I'm like, I, why

Adapted Podcast ([00:38:34](https://www.rev.com/transcript-editor/Edit?token=fhqrf0bhTZaHsIColTbG4oj7-PtYOTAA_ON1Ahy4qyVdn1LW6PIVg_IF5HBhzK443TnhDL-_4LNI6O3EmRPsjkmcj6A&loadFrom=DocumentDeeplink&ts=2314.83)):

Weren't, weren't you? Why weren't you coachable? W would you just not w listen to the advice?

Michael Jessup ([00:38:41](https://www.rev.com/transcript-editor/Edit?token=KT4mMmDNCxyjiVxdpHc6N9HMbyhLP6YzdNcNVGOkEdqJyzuyEU3g_qusG__tYOLE9ON0V0Or8r3lAEk4h1mMr-atuzk&loadFrom=DocumentDeeplink&ts=2321.59)):

Yeah, well, I, I would listen to the, the good. I was, I was very picky. I'd like to listen to the good things, but not the bad things, right? And so I was defensive, you know, when you're defensive, you can't be coachable, you know, I think sometimes the defensiveness sometimes help because that, that stubbornness can also be deter, deter, uh, determination. So I was very determined, so I was like, it doesn't matter if my forehand or my serve is a little wrong, if I just, if you just want it bad enough, you'll make it work. You'll make it work. No excuses. Um, yeah, but that, that, that elite level, you, you can't have those holes in your game, you know, to, I couldn't take that constructive criticism and say, you know what? They have a point. And they're not saying that what I have is bad, those strengths, but you gotta like, you know, the job of your opponent is to pick you apart, your weaknesses, and that's what they're gonna target.

([00:39:41](https://www.rev.com/transcript-editor/Edit?token=EoxZOrT6XSLfIVff9EZ24nSTbFLKFHTZttNc70AE5aPhkz4wNYaVjcPJs6R_aT6UAwVVJmiYcvFOgNf4MKCRdi967OA&loadFrom=DocumentDeeplink&ts=2381.83)):

And you better figure out a way to fix that. So that was, that was a major hindrance to going far farther in my professional career. And then just the people skills, I mean, I couldn't talk to people like, you know, to be a good tennis player, you actually have to be good at assembling a team to help you, you know? And how do you find the right people, the right coach, the right style, uh, the manager, there's a lot of things that go into deciding you don't have a endless budget of money. Where do you allocate funds? Do you go to this tournament or that tournament, the higher level tournament where you're in the qualifying and you get no money if you lose? Or you, you can play the lower level tournament where you're gonna go farther and you're guaranteed to make some money, or, you know, but it's not, you're, but that's not where you can make a big splash either, you know?

([00:40:38](https://www.rev.com/transcript-editor/Edit?token=LSsqEIIqFMO201lSmeZZEAgjwUNt0eGDUfhwD2QhGtWCa262EfVcna7EPztiDRqex8widthzsAQ72354Nt4ohfRR7-c&loadFrom=DocumentDeeplink&ts=2438.5)):

And or do you stay home and spend that money on coaching, you know, to shore up some of your weaknesses versus going out and trying to get more points? And how do you find the right coach for what you need? How do you interview them to say, you know, here are the issues in my game. What is your philosophy? How, what would you be your plan to get this done? You know? So it was very difficult. And granted back then there wasn't internet or cell phones. It's very hard to find out what coaches do or even contact the coaches. So it was, uh, you know, it was an upward battle. But I think, look, you know, all that being said, even if I had those skills, I don't know if I would use them. Because to really let people in, what's difficult for me, and, you know, a coaching relationship to really allow somebody to help you is takes a lot of, uh, courage and vulnerability. And to be able to open yourself and to allow them to help me, and, and I was super hyper independent. I mean, that's what made me really good up to that point, is I didn't need anybody. I didn't need anything. I just needed myself. And

([00:42:00](https://www.rev.com/transcript-editor/Edit?token=x54znjQd57VTh-YuhL7bwawnPeVKE3_Q8wITY9zd_Ca_0XFI9eba9banV7JjCprc2npUwlk5tYgCGcOD7K_PWTcSYpE&loadFrom=DocumentDeeplink&ts=2520.74)):

So that, that was a, that was a difficult, that was a uphill battle to get the right team set or have those skills.

Adapted Podcast ([00:42:10](https://www.rev.com/transcript-editor/Edit?token=WL6bPVudiTmqRZtRLVJf5Be3bh-1emcenPv0xkWAwBjP30esP5j-8FtuxJVLlbjJlCNkoRwZVVfAmUiIXEtDdHzmHNg&loadFrom=DocumentDeeplink&ts=2530.28)):

And looking back, Michael would, do you think all those, um, tendencies were adopt, like trauma responses?

Michael Jessup ([00:42:24](https://www.rev.com/transcript-editor/Edit?token=S2oTQuT8L3zY2HOrJ-S53N10JOl5QH3wvYZz38TxswtzwrH1VR9_oSb_wlviWWusADVdpaL7pS-LgHvHhH13CYMsHYw&loadFrom=DocumentDeeplink&ts=2544.95)):

I would say, well, at least 90% of 'em, I would say, or maybe more than 90%, I think I never looked at, I never looked at it until like I was 40 years old. I think one is, you know, the narrative I always felt growing up, yeah, I should be grateful for what I have. And it's not about the past. It's about the, about the now you know, what you do with this opportunity of what you're given, um,

Adapted Podcast ([00:43:03](https://www.rev.com/transcript-editor/Edit?token=ivgYRSQTyFun78tI4mN8ldcckUN8xBebPKh794RTRxt6Iihgaj7mIutvTmvbMTNuWwBQd4Gx4gx3sxDCAsx68bJ34lA&loadFrom=DocumentDeeplink&ts=2583.77)):

Like look forward, not back.

Michael Jessup ([00:43:07](https://www.rev.com/transcript-editor/Edit?token=0TJRuo2B__nS1DWZIiQ2CqjxYC4sP4ZA8st1cnkAA9BvcJ8nxZ49LCqCdb4h0FIUzk99YwtpSrMoZOiYKt-BvJWIgDE&loadFrom=DocumentDeeplink&ts=2587.04)):

Yeah, the past doesn't define me, you know, I define me. Um, yeah, there, I think also kind of what probably delayed my journey a little bit was

([00:43:25](https://www.rev.com/transcript-editor/Edit?token=XxzUwb2oW5mmpdOqQshkJzSGCyA2Adppp5Au2YZYml-z241nPi4cOoxUr0WhbcY6JKjwgRll9t9rEbwAtnfS8mGxnjU&loadFrom=DocumentDeeplink&ts=2605.76)):

Feeling. I think there has to be an external need. I think humans in general are very external creatures more than people think, you know, I think this day and age, a lot of people like to talk about internal motivation, but most internal motivation is external <laugh>. And like, by me doing well in sports and having a sense of belonging in the community due to my athletic abilities, you know, I didn't have that need to delve into anything like that. Like ask questions or question myself. And even if I did, would I have the courage to do it? I don't know. You know, it's a, it's a very scary question to ask, who am I?

([00:44:16](https://www.rev.com/transcript-editor/Edit?token=XKAZR-bKTpcR0EdcJs6ash8Skood95Vv8HApVQY_V_i7VGkobs2ELLMSpgdnZy6tuhZlej-j36QW8eSnoMxPOG2ql7o&loadFrom=DocumentDeeplink&ts=2656.88)):

You know, I think well being competitive, that, that's actually what got me into it too, is when I first started looking into a little bit of, you know, what's going on inside me is I watched Renee Brown's, you know, famous podcast on, um, shame and vulnerability. And she had a way of conveying it. Like, you know, the real courage is, you know, being, being vulnerable. And she had all these reasons why, and they're very valid. I was like, huh. And being the competitive person, I am myself. I'm just like, I'm tough. I, I'm courage. I can do that. So that she kind of spoke to the, my competitive side. Like she was challenging me personally. I was like, I can do this. So I that, so that got me going on, you know, the whole, let's just dive in. You know, sometimes I, they have that saying, look, before you leap, I just leaped I'm, and then after I was like, okay, this is really hard. It was, it was a tough couple years, uh, going through therapy, reading all sorts of books and, you know, YouTube videos and everything on, you know, adoption and myself, it was very difficult. No podcast because you weren't out yet, Naomi.

Adapted Podcast ([00:45:50](https://www.rev.com/transcript-editor/Edit?token=4MGTSC7qpBXJY686NH0Tj4bBZFaqyzJkJr7QeVptfwpcHBrGCydtRf7Z7to8hSbmpg3gZ3RdmWnIdh56jYcNRriSv18&loadFrom=DocumentDeeplink&ts=2750.85)):

But yeah. And, uh, oh, so that was around, I started around 2016. So you must have, all of this was happening around 2015,

Michael Jessup ([00:46:01](https://www.rev.com/transcript-editor/Edit?token=_6OPBQlmmy_PZWIUSrdF9JB7EcvKaVCPKlZjR56Lu2QGZOJTWNw9deJKxY9Xx2pmLAshUiWYvgyQanqilManNF5CXVw&loadFrom=DocumentDeeplink&ts=2761.71)):

Right?

Adapted Podcast ([00:46:03](https://www.rev.com/transcript-editor/Edit?token=bZW1VRPVzzKY5rgQuBtpsvGeWFcHmMEcBDAHZu_5Nirr_GiHWyol3bHw_PENhZpiJlH-C3doAi5MeLMYGoIGBDGwVTU&loadFrom=DocumentDeeplink&ts=2763.63)):

What sparked this kind of introspective look?

Michael Jessup ([00:46:08](https://www.rev.com/transcript-editor/Edit?token=C-piaUDiwhV-KC00fogHm9KP0H1y4RyG9WyEh2Y7MBouRzv5HaTTef-o1O8igQ48qk2H7Hj6DfijQUsS_lADZbOyY_c&loadFrom=DocumentDeeplink&ts=2768.1)):

Well, in 2015, you know, I separated with my wife back then, and then my kids, so, um, you know, I was in a low point at that time. So, you know, it made me really, not only yeah, question things, but also I had more time too, you know, being a parent, and I mean, job is like, almost like your life is so busy, there's no time to look at things. So then, you know, those two things combined, you know, I had some time to look around and ask questions. So that, that kind of started the whole spark.

Adapted Podcast ([00:46:58](https://www.rev.com/transcript-editor/Edit?token=hLTi_QVVy2Wvq5o3SzoYhIeeNqX9O_THdr545a3WPI_meY_JydwGQVGLPJRN4xKGEr0ItktbS2J61xTUyH96hFvwK-E&loadFrom=DocumentDeeplink&ts=2818.14)):

That must have been so devastating. Um, with, you were married a long time, right? How many years?

Michael Jessup ([00:47:05](https://www.rev.com/transcript-editor/Edit?token=ykarTPvN7FjRV6S8EYFUPeCo9ltvAprZKIkT1cGSkGeRN0AFGAtQ-sd6m6m4NJKWRaqFVA68djGA99D-msVRqinWRyM&loadFrom=DocumentDeeplink&ts=2825.85)):

Yeah, uh, over 20 years.

Adapted Podcast ([00:47:09](https://www.rev.com/transcript-editor/Edit?token=_U9dYQJxhRDGHiiLqv9GJ0I9fscIr_E1bngd_LMoZgIf3hb_Zu0SGDHPj3w22idv1DH9NLK-CkDVy3sfEgZ9rKZRtjw&loadFrom=DocumentDeeplink&ts=2829.18)):

So to have that union, you know, fall apart and that you couldn't will it together?

Michael Jessup ([00:47:23](https://www.rev.com/transcript-editor/Edit?token=QQF7TpX2eesWVvkfWqEAhRVT5GTLB2qEX5irC_HlLzMPEct-bURz0_AxQBtjdPxHvhsokIhFBdfn5RrdGzQ8-aIHrwk&loadFrom=DocumentDeeplink&ts=2843.58)):

Yeah, I tried my hardest, but, um, yeah, it, it was real. It was, it was really difficult. I mean, looking back, it, it's, yeah, looking back, it, it is hard. I think a lot of relationships, you know, people have to know themselves. It was something that before I started this journey, I don't know how well I knew myself. Well, actually, I do know, I didn't know myself very well, but, um, you know, it's something that I always just hid. And I think unconsciously I wasn't prepared or ready to deal with that.

Adapted Podcast ([00:48:04](https://www.rev.com/transcript-editor/Edit?token=JCVm0oh8aHw7VSAQDmJzjDOFR7QUSlQwECA6nfWthY7-MdSKv_FafDIxpIAizahqiLgPZsb09ykYrjCesiHZROyKo3w&loadFrom=DocumentDeeplink&ts=2884.15)):

How has it been as a father, um, when you think about, uh, you know, have, do you think about being an adoptee in your adoption story influenced the way you parented?

Michael Jessup ([00:48:24](https://www.rev.com/transcript-editor/Edit?token=jyOfAxVWMnT8kBn4f5W37WWPRVUOH5qZbANniaTTEQYhFLk2SOw-v4D-YcqC9jRLK131wXriBOUz899U2YmdI4k7iHI&loadFrom=DocumentDeeplink&ts=2904.17)):

I definitely think it did. I mean it, I think in the last couple years, you know, a lot, because I had to kind of come up with my own parenting style before, you know, you know, working a lot and stuff, you know, he just, I just ended up parenting, however, you know, the kid's moms wanted me to parent, you know, and then, you know, being on my own, I was like, well, okay, I can do whatever I want now. So it's like, okay. I hadn't ever really thought about it too much. And so it took a while to think about it and stuff. And I think,

Adapted Podcast ([00:49:08](https://www.rev.com/transcript-editor/Edit?token=tz-IVWz7ux-23StpbLjy9SkB-TW5YI7xUpOsC4agHzGiyfkCawsERu__N4bNPXD2aKU2tBG8_6VMIUvB3faQz-b-qHk&loadFrom=DocumentDeeplink&ts=2948.11)):

Are you like the, are you like the friend dad?

Michael Jessup ([00:49:11](https://www.rev.com/transcript-editor/Edit?token=TQ_DMRm4pqyEUS6E0PppHMS4wdmfrshCbOt-MKAmX_VbVGfvFnGQic_7ZMllMAjQEM3498G3YaUH7XfNF-TzB1dp5ds&loadFrom=DocumentDeeplink&ts=2951.62)):

I would say maybe a little bit like that. I, I, I think a lot of it for me, well, there's two things. One is some of it comes from your experience of like how you were parented, or how I was parented and how I felt. So growing up, like, I was always scared. Like, I remember I rarely got in trouble. I'd always get straight A's when at everything, just avoid any conflict or trouble. Um, one time I remember, I think it's third or fourth grade, I was waiting to get picked up in the front. And you're not allowed to like, play with balls and stuff in the front wall, you know, pick up cuz it could hit a car. There's a lot of kids there. And one, one of my friends, I still remember Kurt and, uh, Kurt in Tennessee now, uh, he was throwing a football to me, right?

([00:50:19](https://www.rev.com/transcript-editor/Edit?token=M_aIWcr-0x16ObFobL4yDuujdl6LGF88wcTeLiEvKnItftqCQRDVXio7m0BY9Fpz7Jj1gv14djucehKbWaaM0PTO3zU&loadFrom=DocumentDeeplink&ts=3019.21)):

So he is like, catch, so you can't not catch it. So then the, the yard duty is like, no throwing that ball, right? So then I gave him back his ball. Then of course he throws it back to me again. And I'm like, what are you doing? Right? So then we got sent to the principal's office, right? And I was like, devastated. I was, I remember I was so scared. And I remember going home and just hiding in the backyard. And I remember my mom was trying to find me. She's like, what are you doing? You know, <laugh>? And I was just like, I was just kind of curled up in a ball in the backyard somewhere. And then, uh, yeah, I, I I I just still remember that just being so scared. And then I remember another time I think I got in trouble. I might have done something and I just ended up running away from home. You know, I, I didn't want to to feel, yeah, I mean, I felt get in trouble scared. Yeah. I mean, I felt like this could be the end, you know? I always felt like anything could end, like, you know, you could be given away at any time. So, you know, I'm looking

Adapted Podcast ([00:51:40](https://www.rev.com/transcript-editor/Edit?token=R5gxxDGh1ViFieAPehjuKBjsMxXx_6DCqB4gzk5z-PwdgLbrxyDRxyxsKlgep47X1ScKCMZQOPLkNMzbAuzHo9coKd0&loadFrom=DocumentDeeplink&ts=3100.61)):

That's, it sounds, it sounds like Michael, the, uh, like if I'm looking back now and kind of psychoanalyzing, <laugh>, but it sounds like you felt the need to perform so that you wouldn't make anyone angry or make anyone want to give you up.

Michael Jessup ([00:52:04](https://www.rev.com/transcript-editor/Edit?token=5sSPKqmb-RrmRqFxq3TWazzOR6C5J1ZXphDMBb9ceu4XOaD7-JKx8UTOf6G2Txjh_cljizDrrWw7BYDfFV1Fh0I12Po&loadFrom=DocumentDeeplink&ts=3124.37)):

No, for sure. I mean, I think that was what I believed would create safety for myself back then. Um, so going back to parenting, you know, I think it's, it's difficult because in my mind, like if I'm too hard sometimes on the kids, it's like how it, you know, people say, well put yourself in their shoes, right? And it's like, well that doesn't really work. Cuz in my shoes, I wouldn't have to, I would just have to kind of give a little look and they would be like, okay. Right. Like anything I would take, so, like, seriously, right? Like, my parents didn't have to ask me twice unless for anything. Um, they didn't even have to ask me to do anything. I mean, I went to bed on my own at nine 30 every night. I woke up at seven. I did all my homework on my own every time. So parenting my kids is just like, what I have to like tell them 98 times and these kids are too safe, <laugh>, you know, they don't, they have no fear, you know, their feels like so supported and stuff where it's like, you gotta get, sometimes you gotta get pissed as a, as a parent and like lay down the law. And so that part is tough for me because that would've destroyed me as a kid.

Adapted Podcast ([00:53:37](https://www.rev.com/transcript-editor/Edit?token=P_ci_AGFkOQOYt3K7MzUaHNjE6IfPQjDJ26rVTHf-3g1vjIMrqbtyAxPATnBS76pRKkxnRg2hgXeqZaVlYexNTl1Yeg&loadFrom=DocumentDeeplink&ts=3217.14)):

Well, do you see yourself in your kids?

Michael Jessup ([00:53:40](https://www.rev.com/transcript-editor/Edit?token=dpqPik1sUP1WCiucOriIZZ76pJmkPqebe56eN8Go-afpadk9_HqhdYBakI51w2WSA36qkrbgAYpZvQR1VjMD3ScoLCs&loadFrom=DocumentDeeplink&ts=3220.56)):

I do. More and more as they become adults. Like their, their, uh, personalities and stuff, I see them like kind of how they are their demeanors. It's interesting seeing their kind of natural, what would you say their natural personalities come out. And sometimes it's like, oh, okay, is that makes me wonder, is that just biological or was that kind of from the external environment? So it's, it's, it's, it's, it's cool to see those little con I think the coolest thing is to see these little connections that just happened because they're part of me versus something that was trained or, or learned.

Adapted Podcast ([00:54:26](https://www.rev.com/transcript-editor/Edit?token=xWoJwmYTQnSiLSiOn26zOd0Faurf-sWK_I-3z6P6k7RJ6Fx6_FIAr7frgtBJJwVWmV8YwIOz2VI0d5cWbSdOiWEnJ6g&loadFrom=DocumentDeeplink&ts=3266.94)):

I wanted to ask you, you know, we have a friend in common Hoang who has been on this podcast, I think she was season two. Um, how did you meet Hoang?

Michael Jessup ([00:54:43](https://www.rev.com/transcript-editor/Edit?token=C_nY4SdxPFhA-76lVBxfTSxmXXXRXAaslpfHZR0Oqf4GdIb1_QJhhbn6JwZNtl4dQEedTP7YxBowc221l6GUxNL2AEA&loadFrom=DocumentDeeplink&ts=3283.38)):

Yeah, so I was in, uh, 2018. I went to do my birth family search and I was staying at Corot and I was, I think it was, I got my flight, you know, I came in around six 30 in the morning. So I got to Corot maybe around eight or nine. And then she was at the front checking out while I was checking in. So then we met there and then just kind of talked a little bit and

([00:55:24](https://www.rev.com/transcript-editor/Edit?token=JGP_jfha6AOxeLlSm7KA2-W0L1rcxhQzlkxYtgNGen0nhEpagHJ1wm95uzd3AGo12FXOQVgqRIZns2QXbW9NN3ONh5U&loadFrom=DocumentDeeplink&ts=3324.15)):

Then we, we ended up just having this adventure, going to all these different places. Uh, during that time, you know, she, it was, it was great. Coru was amazing place to stay during that trip, just for the support from all the other adoptees. And then also hok, she's an amazing listener. I don't even know how to explain her. She has this amazing presence about her, um, her words just, they carry so much depth and meaning. So to do a lot of the, the activities there, the special, because it is having someone there to support you. I remember we went to the ak, we both had read that, the book ak um, I Wish You A Beautiful Life. That's part of the, that's the single mother's home where the mother's give up their babies and they have to, part of the therapy there is they have to write a letter to their unborn child.

([00:56:31](https://www.rev.com/transcript-editor/Edit?token=h-BTtZVK606rrw6LMkrLgcxXkOUbeH7pHKMWJczcofxa26XUHwBs7wKa787AczTf62x1HV25cD-GFu_9bhe99Q9NJwg&loadFrom=DocumentDeeplink&ts=3391.15)):

And so it's a compilation of that. It's, it's probably one of the sadder books you'll ever read in your life. Definitely the saddest one I've read. And uh, so we went there and we visited, we actually got our books signed by the director. And while we were there, we were in the cafeteria after we kind of toured and stuff. They had a bazaar at the time to raise money and sitting next to us, who were these two girls? You know, they were 17, 18 years old. And the translator, you know, leaned over to us and she, she's like, you see those two girls there, they're giving up their babies next week. And it, it was like, oh my gosh. Like it was, that was like a,

([00:57:18](https://www.rev.com/transcript-editor/Edit?token=LzyZAfq051zev6AAcbkK83ZAR0DgI8Y_Rhu6iC-H0t3_xT43ez7ythVHTym6aJyCnPIDOYrQw84C5FFpNVKm-x-CQ-E&loadFrom=DocumentDeeplink&ts=3438.76)):

That was a shocking moment, you know, you could just, it it sent you right back to that time at that moment of like, you know, was that, was that me? You know? And um, so it was good to have someone else to, you know, metabolize those experiences and talk about those. So that, that was one experience. Another one, we went to visit the orphanage together and we saw the babies. We held the babies. That wasn't for me. It wasn't too, I didn't, it was very chaotic cuz there's so much going on at that time. But what was very emotional was that, um, I was asked, you know, one of the girls was aging out. She was, and they were like, yeah, and it was her birthday. So they're like, oh, do you wanna, maybe she would maybe get her like something for her birthday, like a gift certificate or something would probably mean a lot to her and stuff.

([00:58:20](https://www.rev.com/transcript-editor/Edit?token=Qi2EmjYDwlqXjPnWnAGXAqBXo5ID1XTn8SwpTu2_OtEirdr8ivIICmmQMOZ4hfCP-kNuH3QzOJX_RnhrNvafa3brWcU&loadFrom=DocumentDeeplink&ts=3500.68)):

So I was like, okay, sure. You know, so I remember I, I went into the other area, the, um, orphanage where the older kids live and you know, I, I met her, I gave her this, she was 17 years old. I gave her this and she was turning 18. I gave her this gift certificate, you know, and, and she started crying. I was like, oh my gosh, what's going on? You know? And you know, she's very grateful and emotional and, and um, and you know, I I, that, that really got to me cuz I, I just thought, you know, like, she's probably growing up, you know? Well she did, she grew up there her whole life. She's probably never gotten gifts from an outsider before. And you know, in Korea, like being an orphan is not a good thing. You know, societal societally, right? You can look down upon and stuff. And so that, you know, that, that one was very like, you know, made me think about like, alternate endings to my life. You know, what if I'd grown up in Korea? What if I did, you know, like there's like 20 different universes that could have happened there. Um, yeah. So we, we just had a lot of the, the adventures and stories like that together. She actually helped me with like defining my, uh, um, my parenting style too a little bit, which was

Adapted Podcast ([00:59:56](https://www.rev.com/transcript-editor/Edit?token=N7xwfrQHXlY3Aq3mr_ub7xWWt5ObnbN4FciQC9gq7wvGnJ2E9N8zRIBcJIYeg48c6_auXrcG3EDEXJwSNX65MQPOD2A&loadFrom=DocumentDeeplink&ts=3596.26)):

Quite interesting. What what did she, how did she help you?

Michael Jessup ([00:59:59](https://www.rev.com/transcript-editor/Edit?token=-ZgZRUwtcJa8R2kuIJ5wZVXAYwm0Sqnc6UYp1VTu5NAn2LBc4xEy61HcbTjeA2aBo6cw-kshJ5juinla_GXbP483nPw&loadFrom=DocumentDeeplink&ts=3599.93)):

Well, after, you know, we still stayed in touch and stuff and you know, she's now ordained, um, at Plum Village. Um, and she, I was telling her about

Adapted Podcast ([01:00:13](https://www.rev.com/transcript-editor/Edit?token=KDyVYinyrctaofWFWU8EHp1FM7pnqRChbFZIylxtmXgd9BttgYHmqJGTze_NXejbRvPXdVQ8rmrW2mgGwnHZDAGB8zM&loadFrom=DocumentDeeplink&ts=3613.19)):

Kind of, she's become a monk, right?

Michael Jessup ([01:00:14](https://www.rev.com/transcript-editor/Edit?token=KIABTX-jqJgkjzj7cIhynX4IORk_wG9YYPIZCK7Z0AxEBLk_KKU-iHQlnwS0NUYkpcZUeVLrLwqG18cHtk43kHHTCFk&loadFrom=DocumentDeeplink&ts=3614.93)):

Yes. Okay. Yes. It's very fitting. She has that very, you know, soothing nature about her.

Adapted Podcast ([01:00:22](https://www.rev.com/transcript-editor/Edit?token=s_RoAhYV2IAKJwH3EvW-E2AuKPUSQ-via4bOXRQh1oEG-GTL8S3ziVBIB8J2yiMlggG6w5qi6K4bZHER76koEN5eY1k&loadFrom=DocumentDeeplink&ts=3622.97)):

She's really charismatic for sure.

Michael Jessup ([01:00:25](https://www.rev.com/transcript-editor/Edit?token=jmc9aQHNrf4_zZ4zpbt6P4y3RIDJN2R5O7Vuo5CyFfQVAqzEnbK3d-lbaR6dxN2etMEIbb4EX3wzYicw0r7Y05Q89Xs&loadFrom=DocumentDeeplink&ts=3625.88)):

Yes. Yeah. But she, I was telling her kind of about, you know, like parenting and my son gave and stuff, and, you know, she was a good listener and she, she, after I finished talking, she said, you know, when people come to Plum Village, parents come to Plum Village, you know, for the retreats. She's like, do you know what the number one thing they wish for? And I was like, no, what? And she's like, they just hope that their kids will be happy. I was like, okay, that makes sense. And she's like, we tell them, well, the number one way that you can teach them to be happy is to be happy yourself. And she's like, yeah, all lot, all these parents, they try to do things for their kids. They try to tell them things, but that's not how people learn. People learn by modeling your behavior.

([01:01:34](https://www.rev.com/transcript-editor/Edit?token=OtUotaWjiPt3dZJORb3eS4NLfHgqNUervzFqaOsiAr3IrHjV_yW7XzR3ctlfCa9dJifMHlRYTqrVuGw-y29KNslkO70&loadFrom=DocumentDeeplink&ts=3694.91)):

And I think that really stuck with me and, and stuff like, especially in this, like, at least the area that I live in here is like, you know, a lot is focused on sacrificing for your kids, which is important. But, but I think a lot of times, you know, uh, it's, it's at the detriment of your own happiness too. So I think it, it's, it made me understand that, you know, as a single dad, you have to, there's only so much time in the day and how, how, what mo behavior do I wanna model for, you know, my kids and stuff. So I think that was a big driver to how I've kind of developed my parenting style now, is like, try to be what I want them to be, you know, if I want them to have certain habits, I have to have those habits too. Not just tell them, Hey, do this, do this, do this, which is much easier, but they're not gonna listen anyways. It's like having that, having that thing about, you know, what if I want them to have this or I want them to do this, or I want them to be this, I have to be that myself first.

Adapted Podcast ([01:02:46](https://www.rev.com/transcript-editor/Edit?token=tPrqoK_xHNql1VoCpn1A5ypwN5z06mLxFxEu2chQ7xHN4i_mQERHGnJZAqax9qkCUdk6WSKgm9d1BMY1V1-lo0766_w&loadFrom=DocumentDeeplink&ts=3766.71)):

You know, I, I know ho Jung and she's so wise. Um, I know she probably doesn't have all the answers or she might not think she has all the answers, but she, you know, uh, I I just thought she had so much wisdom and like from many lifetimes it seemed like, um, what did she represent for you in that, in that visit? Did, was it, was she also like a mother figure for you? Like, uh, or, you know, this, this, that trip and everything that, that symbolized?

Michael Jessup ([01:03:29](https://www.rev.com/transcript-editor/Edit?token=oCYN90INT0TFbsGa_RV_p3lmrjQigebLb-yhuT2npaKAZhXW5fJVhmv5RiW2JJOEQF0uXa1CnBCBj_LQTfoHb1VGJt8&loadFrom=DocumentDeeplink&ts=3809.1)):

Um, that's a good question. I mean,

Adapted Podcast ([01:03:34](https://www.rev.com/transcript-editor/Edit?token=qCqtaxQeCLU3Ij3DDIwA_dTbZFdX4lI3wbL55hArqhHoP_q_fAHuRXZYDSrwrjeuIyEg_2SxDUGc7tzPgv0rfOI-grI&loadFrom=DocumentDeeplink&ts=3814.95)):

It's hard to say. So you, you had, you had, it sounds like you had a very deep bond.

Michael Jessup ([01:03:39](https://www.rev.com/transcript-editor/Edit?token=jgU2sauL8-92FJLjMDC2GgR7Hb9uY_EaJ3j-B4ATC2NZjob77r6BcB37kqRtNPmC5Gkqh0WdpfrhNyRVsR50eNZ8VHY&loadFrom=DocumentDeeplink&ts=3819.09)):

Yeah, we had very deep bond. Um,

Adapted Podcast ([01:03:43](https://www.rev.com/transcript-editor/Edit?token=HEkDTdoYSwqVGZgqevx7ju5pAjg4vKPrDmwZpiERQhdDcdH8KSxqcPfyKIf5MRry3JG686hUJ1ZR_cDSAVn3pldEyRw&loadFrom=DocumentDeeplink&ts=3823.71)):

And it was just by chance you met her, you, you, you might not have, you might have gone to Korea and never met her.

Michael Jessup ([01:03:50](https://www.rev.com/transcript-editor/Edit?token=XkA6drqtt24s14KqjV6FXOfDS7Hmz2896Zd5rbTrq8bKUzuUEARxMCdMBsOcHUbRMv-1XuDr2mr-Fn7rm8FM2OwXh7g&loadFrom=DocumentDeeplink&ts=3830.64)):

Yeah. I mean, if I arrived 10 minutes later,

Adapted Podcast ([01:03:54](https://www.rev.com/transcript-editor/Edit?token=MSMG5ebLl2KgQxx4XgH7dcfBpOOIRZZdnsTwIyKKMXIWlKjz9254w89INIrk8wPx2E0DUwql4NIaSkZs_oXZIwOUOkA&loadFrom=DocumentDeeplink&ts=3834.57)):

Minutes later,

Michael Jessup ([01:03:55](https://www.rev.com/transcript-editor/Edit?token=IlDxaxcIj9M-5VbQQnTX7oatjZJwarIooc7_W2rAstDgEr9mN_LpxrmB2Sn2oFiMzAi2zEX1yaHE5wxZO_CaYjwq23Q&loadFrom=DocumentDeeplink&ts=3835.02)):

Yeah. Right. I would've never met her. Exactly. So, but yeah, I mean, we've stayed in contact over the years and stuff. Um, I think one of the great things about our community in general is just the ability to see yourself in others, to learn from each other, and to be able to give words to our experiences. I mean, I think words are so powerful because when we have words, we can, we gain some power over our own story and maybe have the ability to change it for, in the direction that we want. And [inaudible] just ha she has an amazing way of giving words to so many complex experiences and emotions, like, and she can just dissect them and, and clearly articulate the un the unspeakable. I don't even know how she does it. And it, and it, yeah. So it's, it's soothing. It's, it's, um, yeah, I would have to think more on how to explain that <laugh>, you know, you've met her before and you've interacted with her, you know, it's one of those special people.

Adapted Podcast ([01:05:16](https://www.rev.com/transcript-editor/Edit?token=JnpCUzjm-gnlCJPtoYW4VQ785DT5np3cObZThTtmbE-9rZf0-A8ryycsvbUmqpeVsXHMVSV6Q9S13RwS3MAEx5daqhg&loadFrom=DocumentDeeplink&ts=3916.8)):

No, I know. That's, yeah, no, I know. Um, well, and, and this might be probing a little too much, but, um, you know, when you're talking about how you prevent yourself from getting really close to someone because you're afraid that they will leave, and what about with Ung? Did you, you know, she's in a, in a way, in a sense, left to go to a, to become a, uh, a monk and go to a monastery. Mm-hmm. <affirmative>, do you feel like that's someone you've, you've lost,

Michael Jessup ([01:05:56](https://www.rev.com/transcript-editor/Edit?token=_fcEpAZ9gt6ZwTou6yvmWjdL6eFG7I-gsc5pEIitWxUZozx33Waz4cj4uTEcu2rKg-cnZa0-06M045MjbQP4Zq5jkqE&loadFrom=DocumentDeeplink&ts=3956.92)):

I'm glad you didn't say I pushed her into a monastery <laugh>. No, no. But, um,

Adapted Podcast ([01:06:03](https://www.rev.com/transcript-editor/Edit?token=8aU-B8geUpdvwTcU1_kno_rcmuOTthxg0GaeQHNn85LavCEgSbyVPS8yjDqbz9DMpFDGWSQf_xFdzKHbpROUF1gAABw&loadFrom=DocumentDeeplink&ts=3963.79)):

Or have you reevaluated that sort of, um, your relationship to loss?

Michael Jessup ([01:06:10](https://www.rev.com/transcript-editor/Edit?token=4hUJUZkDjQxl_drelE0MqJFQ4qdr_12tI01_2WFe7UkTSNLYNYiByL5v63JkXJdg4uQlvajcbAQmDYUgJ1XB676Di9c&loadFrom=DocumentDeeplink&ts=3970.81)):

Yeah, I think there's, well, I don't, I don't know. I, I, again, I I try to keep people just a little bit far enough away that that doesn't happen. So I think, you know, in that respect, you know, I always try to, I'm good at protecting myself, so in that respect.

Adapted Podcast ([01:06:34](https://www.rev.com/transcript-editor/Edit?token=y_COTL4VbhOaEtLFKazdHcGdfUlcuwIov86s5Sy9vF0EiymMKhsQy2LbLb11w1MOCjBAkxq9wlSqK8kbp7k7QyrztdM&loadFrom=DocumentDeeplink&ts=3994)):

Okay, so going back to what, you know, modeling behavior, you want your children to be happy, and you've discovered, or you've learned that the best way to model that is to, you know, be happy yourself. Um, how do you see happiness now?

Michael Jessup ([01:06:53](https://www.rev.com/transcript-editor/Edit?token=cPFXMYdcQ_2I4mAyCeKHlXzGkZvRdjttTNfsgRFr_hUbrf2m3ebH5tc532unHVq37Sajxq5kT5lduwDnmf2nm_OxfIo&loadFrom=DocumentDeeplink&ts=4013.86)):

Well, definitely connection through friends. Uh, you know, trying to create more, um, friend groups, spend time doing things that I like. Yeah, it's, it's an ongoing process, you know, I think that each day, month, year, find new ways, you know, I think it's probably never a, a never ending thing. How do you, how do you find, I think find, find yourself right? And to be yourself, you know, I think that's always difficult. Um, one of the ways I think in the last couple years is, uh, starting to write, you know, that was part of my, my, uh, therapy was just like writing more and stuff. And I think that's helped me, I think ar articulate some of my feelings, metabolize some of my experiences and, and emotions. So that's, that's one of the ways.

Adapted Podcast ([01:08:04](https://www.rev.com/transcript-editor/Edit?token=eRcuoNOuSAzGtjBLN2vXIu3ccoXAnQCHKguuAQ55MWjBIDBWqkvXktjw3nJOyvv6s06dubZRTlfCyheAVmxxdcvK9k8&loadFrom=DocumentDeeplink&ts=4084.92)):

And you also, it, it sounds like you also channel a lot of energy in, into, uh, being a coach, being a tennis coach. And I, in a way, do you find fulfillment from it, from by being the kind of support that maybe you didn't have when you were rising through the ranks?

Michael Jessup ([01:08:28](https://www.rev.com/transcript-editor/Edit?token=6pX-Ie3AwzH6INMotOPBs0mv0CKhBbt5_PHcNCe24r8TEbPaIeiC1xbLeWFevRiZ0IBL89vahidWxkyosDxaxugw4l4&loadFrom=DocumentDeeplink&ts=4108.08)):

Yeah, I think that, yeah, being a coach, I think I, it, it's kind of my, my life calling as a, as of now. I mean, I, I love it. I feel so, um, makes me feel complete and like I have a purpose in this, in this life that I can share with, with my students. Um, how would you explain that now? I think I really do believe, I think one of the things that they appreciate is like, I really believe in each one of them, and that anything they do, they can, anything they put their mind to, they can, they can do. And I, I firmly believe that. And, you know, to be part of that journey is, um, an honor, you know, and, and even it's a little bit of guiding too, like the same principles of, you know, parenting is like, you know, I have to be what I want them to be, you know, if I want them to work hard, I gotta work hard. If I want them to be focused, I gotta be focused. It's like a lot of teaching through being, you know, anybody can say words or they can watch a YouTube video now. There's so much content out there, you can learn anything on YouTube, right? Um, but yeah, how do they get the essence of that? You know? And so I think that's kind of what I try to try to instill in them.

Adapted Podcast ([01:09:59](https://www.rev.com/transcript-editor/Edit?token=BC2JEjCjdMpQ56qmJL2ofbfzbcJef7cGmtSgXgqJZH9vzYl0ZjipgVJOrd3o8I8wttsLPJoa0Ew1b3RHkBlxnZmrfFA&loadFrom=DocumentDeeplink&ts=4199.69)):

Um, one of the things we were talking about is just this, this survival instinct, you know, the will to overcome. But it sounds like life got difficult when just that sheer will alone, um, wasn't allowing you to overcome or to win or to get what you want. Um, have you come to terms with that now? Is it, have you been able to let go that desire to, to win or, um, that, that there's gonna be things that you can't control?

Michael Jessup ([01:10:40](https://www.rev.com/transcript-editor/Edit?token=lWQb9Qngm80ZFisxZRv46vzHjP7vviliU-EnWc9yYLBi5qBIyx8NQ3o8lXFY0FGp4bsv32bazfjYB8gH31-WzELCDCw&loadFrom=DocumentDeeplink&ts=4240.46)):

There is <laugh>

Adapted Podcast ([01:10:43](https://www.rev.com/transcript-editor/Edit?token=p1XssfheB_0zv8of7ltEmBk54x5asBZc4L_9774iGBQ6H9s0m5Q3CUq2IPpTFS7hBvb128k3l-DUfRrduP4zt9QgbtI&loadFrom=DocumentDeeplink&ts=4243.19)):

<laugh>

Michael Jessup ([01:10:44](https://www.rev.com/transcript-editor/Edit?token=cp_HNKgUR5PbzgFU35MTr8FRFEudzTsFAWQhZWu3xifkU0nhiRig42twYXPwcllEudyM6wjsFNTA30dvZG7AWdrks8E&loadFrom=DocumentDeeplink&ts=4244.49)):

Now I,

Adapted Podcast ([01:10:45](https://www.rev.com/transcript-editor/Edit?token=NHoVh_e5BXS1MGlG1D441UPpyYQeQwM69g44hQB3V_DuHtSYB4VrlmqFnm4YSDZWNgwUHqdJNQJF6StPxEme-kWrtYk&loadFrom=DocumentDeeplink&ts=4245.53)):

But you know, what, you know, but that, it seems like that was like a driving force for you as a kid. And, and now, you know, um, at 46, has that changed for you? Have your, your life, um, outlook changed in that way? Do you always still have to work? No,

Michael Jessup ([01:11:06](https://www.rev.com/transcript-editor/Edit?token=x2FZO7WWFfeJDwP9PGQUXRfYc74yD1eeXvfoVPYAgUM9b0tnVeExVb7IDC6zvMpjDEh0Id0YZz6mpZmijwzxEc9xmJw&loadFrom=DocumentDeeplink&ts=4266.38)):

Actually, since I, I've delved into like this internal journey, I definitely have become less competitive for sure. I think there's a, there's an outer game and there's an inner game. You know, the outer game is like our out our worldly, you know, achievements and successes, and then there's this inner game that's our inner journey. Um, you know, and I don't think I ever paid too much attention to that. So, yeah, so I think that the, the drive, I mean it, I'm sure it's still there, but I think it's, I'm not, my attention is not on that. My attention is more into, you know, understanding myself and my motivations, my triggers, and, and just being okay with being me regardless of what I do.

Adapted Podcast ([01:12:10](https://www.rev.com/transcript-editor/Edit?token=C7JhHz_9nndz4kJiFal2OPRxGdgWd4xvlR3CPFw6ChcjJjnhR3SQcQcB4nzOub6Yy0lVPb5VZDZuearnyChJ_lZVm_c&loadFrom=DocumentDeeplink&ts=4330.77)):

Do you feel like you, you've, it's been healing, I feel like there's some transformation happening, some ther therapeutic.

Michael Jessup ([01:12:21](https://www.rev.com/transcript-editor/Edit?token=MmpdJRxwOMsa62LoeCfxMCSsP0F-IAPS4JuWOVeRqoO6t-DJnmEqUoHybbXxslMDeUJFkrUjxyXPh5koFSzYNO1qbpg&loadFrom=DocumentDeeplink&ts=4341.66)):

Yeah, it's been very healing. I mean, sometimes I feel like, I don't know where have I gone anywhere? But, you know, yeah, it's been very healing. I think I look back at my old self, and I think I have a lot more self-confidence now. I mean, before I couldn't even look people in the eye that I, I had so much, you know, shame and uncertainty about myself. And I think that, yeah, I, I think I'm in a much better place than I was, you know, five years ago.

Adapted Podcast ([01:12:58](https://www.rev.com/transcript-editor/Edit?token=ni448dNTI-Lo0dlvk1Eqe57pvjGBjuGepx9QyXHt8KfJsvTizkfwiBLtYAY0YzItT8Ay-TdmfLPYS1-OgOxRoVwXOwA&loadFrom=DocumentDeeplink&ts=4378.77)):

Did you bring anything you wanted to read, Michael?

Michael Jessup ([01:13:03](https://www.rev.com/transcript-editor/Edit?token=T5oFN4WzNhHxiFxIkppkCCbZh3QKp_CKGUK3xln24q7_aIw_5beJzb-IWRw7dAS5pKOHBLSr0Ilh1nkMlH83W9J2gh4&loadFrom=DocumentDeeplink&ts=4383.18)):

Um, I could read. Yeah. So I, I generally write on, well, I have a book that is not making progress, and it's called The Art of Tennis, finding Your Game. So one of the things besides that, I decided that, you know, you can't just stop writing when you get writer's blocks. So I started writing on some other subjects too, like adoption, little bit on life, little bit on love. So a whole bunch of different things. Whatever inspires me from trips, pictures, experiences. So I can read this one I wrote after the beta la last September,

Adapted Podcast ([01:13:54](https://www.rev.com/transcript-editor/Edit?token=c25mevBevzFP5HWq4je6hkp76hEo4Qy-3LORyGsVzw72THvvJclfUVGXN0ZIWFwapsqIjRCkxUIP83K53dDFHfuQkpQ&loadFrom=DocumentDeeplink&ts=4434.84)):

Where we met, um,

Michael Jessup ([01:13:56](https://www.rev.com/transcript-editor/Edit?token=6jKecEpyB0EpVSJKFAwecGXGTFXj-uF_YIui1OSubTo2K0pcoQ3ylmGclVb_9kK1JMwTLcv6U1zGO_99QTZcaU0SJ2w&loadFrom=DocumentDeeplink&ts=4436.88)):

Yes, beta LA in September.

Adapted Podcast ([01:13:59](https://www.rev.com/transcript-editor/Edit?token=gs3gs5Acf4O3p6MS1R0KgbxxTmVGwdbJrhYgenIjOwbc8VO_7OgDtJ2A_mTMEm08mtIiKdGIQGhoN2HxgyVGEVOgm6k&loadFrom=DocumentDeeplink&ts=4439.62)):

Is this about me? This kind of, no, I'm just kidding. <laugh>.

Michael Jessup ([01:14:03](https://www.rev.com/transcript-editor/Edit?token=mB2fNbACv6kPhvz6yj_rH7FIda_p83wJP2SQyDXdT7TxTx-rvsnuzW9kcoIls5-pBSBhCKxwzVSxzm-7KYgH1_kzXH0&loadFrom=DocumentDeeplink&ts=4443.92)):

Well, it was the, it was kind of the, the feel it made me, it brought back being around a whole group of CADs. It, it, it's a special experience, like such a, this collective energy. And then afterwards, I think there's a little bit of a, a crash. And so I wrote this after, afterwards, it's called surrender. I laugh so I don't cry. I smile, so I don't frown. I'm busy, so I'm not lonely. I lift others. So I'm not down. I listen to music, so I don't hear myself. I help others. So I don't need myself. I write poems to express myself to, to just to distract myself. Sun absent clouds present, eyes start to rain. Thoughts thunder as lightning flashes, pain struggling in this stormy life, throwing upside down. How do I find the balance to dance, not drown.

Adapted Podcast ([01:15:13](https://www.rev.com/transcript-editor/Edit?token=T6dope3to6a8t5T9ykQBeKhg5HmRwiXTxUzcVrjC5EubPG-K6o5hzLn3xzA4ARkfcjT5YID78IFd0120QANP7hAfAzE&loadFrom=DocumentDeeplink&ts=4513)):

That's not a happy poem.

Michael Jessup ([01:15:16](https://www.rev.com/transcript-editor/Edit?token=wQ5kn1R4XhVl3Syb6ZVLX2EQA85512oocmu9MeNMHWH5cwCliBMKD6YXsFc7AseNwfRaZNYcOO-YH3w7NjyHvq530ek&loadFrom=DocumentDeeplink&ts=4516.99)):

Yeah. Well, it's, it's about balance on the outside. I like to smile all the time. And, but on the inside, I think I, I I mask my sadness with a smile.

Adapted Podcast ([01:15:32](https://www.rev.com/transcript-editor/Edit?token=Yd7l8fLa4hTsBul1K_UXyHz78Blw_MPd-ZMIt-9LmxGIOsziFqzJbEz3WCnqbbYT51_O0c3FgZ1v8AHuVRKRN1muZK4&loadFrom=DocumentDeeplink&ts=4532.23)):

Uh, okay. And how about one more? Do you have one related to, um, a adoption?

Michael Jessup ([01:15:41](https://www.rev.com/transcript-editor/Edit?token=pREChbEvwjm_hLTqTuXEZVjpGw9WGBWjAv36Ng3t5LoZ2uh6dCfq9VtHSGQV5HWCtgl4U0RH45ljKVrIaPHPnztf0Ws&loadFrom=DocumentDeeplink&ts=4541.4)):

Okay, well, I'll read you one. This one was, um, this is not a writing, actually, this is, I get emotional just thinking about it. But, um, so this is one of, one of the adoptees. They, they said, you know, you should leave a letter at the, your, um, adoption agency, you know, and also it's a, it's a form of therapy, you know, you write a letter to your Oma, you know, so this was my letter to my Oma. This is, it's always, I'll try to get through it as I already just talking about it. Oh, already gets, okay. Take a Dear Oma, this letter has sat in my heart my whole life. I have so much to tell you and ask you, but words escape me. I work hard to extinguish my pain and sorrow with achievement and success. I was raised in San Francisco, California. They named me Michael. When I arrived at 19 months old growing up, I was filled with fear, but I was tough, determined, and resilient. I sometimes wonder if I got those traits from you. I was able to take on the challenges of a new language, culture, and family.

([01:17:36](https://www.rev.com/transcript-editor/Edit?token=3FSbLECYo-0jfTlg72A498kc4e4UGaR-Xz6IFePLxAm5s5BcNUx7nZcwrV0dss6CRrcsTtVfeqPyeipysmvwmrglnBg&loadFrom=DocumentDeeplink&ts=4656.56)):

I worked hard to make my new family happy and make the most out of my opportunities. Like graduating high school and college with honors. I was also a very good athlete and played professional tennis around the world. I live in the San Francisco Bay Area in California. I have two children, Madeline and Gabriel. Madeline is 13 years old, and she's determined, focused and goodhearted. Gabriel is 10 years old and can light up a room with his personality and charm. I think one day he will be an an entertainer. I very much wish you could meet them. I treat people with respect without judging them and have a kind heart. I think that is what people might say about me. I hope that you would be proud of me. I own a tennis school and teach tennis. I am a respected part of my community and make a difference in the lives of my students each day. Still, deep down, there's an emptiness in my heart. I dreamt many times of experiencing your comfort in embrace and wonder if I would recognize your voice. Your decision to give me up must have been so hard. I hope you have not suffered because of it.

([01:19:42](https://www.rev.com/transcript-editor/Edit?token=aJPp19kU5U155O4GTI-gZ-aEpXi4OOiAPzqFjrE6REG4YyGDeE4vxJxmd3CBpCmbfK8dwzRKIFkvctkaY6vyiSaE_m8&loadFrom=DocumentDeeplink&ts=4782.77)):

I have had a great life. I could never be angry with you and only hold love in my heart for you. I hope we will get the chance to meet in this lifetime. And if not, perhaps the next. I wish for your heart and soul, peace and happiness until we meet tempts. I keep in my heart, it's a space reserve for you. Love your son.

Adapted Podcast ([01:20:30](https://www.rev.com/transcript-editor/Edit?token=YUg8KIrWUPHgP0vb7jHcwXu61Y_iTEvDs98vJb6vFkOkUaKzWhyh9rVx3a8_dstFBR7Q8gINfVGL8Wa5p0K3srazZ18&loadFrom=DocumentDeeplink&ts=4830)):

Well, um, you know, I have tears over here, <laugh>, and it's very, um, it's very courageous that you shared it on this podcast or shared it to the world, um, because, uh, you know, I think we, we all saw a bit of your heart there, so thank you.

Michael Jessup ([01:21:08](https://www.rev.com/transcript-editor/Edit?token=Q85Za7JdQgpYNhPjCEb7Eego1sTQK30diyXHDVVGJRcXiMOkSvqhrrOT5uqBAnzHfGJK2EMz7Akx8S1ZDk_W_ituUXo&loadFrom=DocumentDeeplink&ts=4868.07)):

Yeah. Yeah. Well, thank you for, you know, this podcast. I mean, I think, yeah, hearing everybody's stories and stuff, I think I've learned a lot about myself. And, um, thank you for the opportunity to, you know, share my story and

Adapted Podcast ([01:21:33](https://www.rev.com/transcript-editor/Edit?token=Oj1LojDHoZ8L1nkDTBI41GfpSwiuGfaznb_2nv-5cM6no2STjYjbdb3tFLWv9UpBx-UqLQvz18bVZOT4jMgOPoHNkQA&loadFrom=DocumentDeeplink&ts=4893.48)):

Yeah. And hopefully there'll be a part two, maybe someday <laugh>. Um, Michael, if if folks wanna get in touch with you or follow you, how can they do it?

Michael Jessup ([01:21:46](https://www.rev.com/transcript-editor/Edit?token=XwGnGdbv81joWf1CQHXkhPlmQEa4w4_t01dFa5B0Ij77VTwlApgLPLnBSuwkJZMSVsOqtYiFSs-Bk8F-ieJA6UW5z2g&loadFrom=DocumentDeeplink&ts=4906.68)):

Um, yeah, I'm on either Facebook or Instagram. Um, one zero s journey on ig. That's,

Adapted Podcast ([01:21:57](https://www.rev.com/transcript-editor/Edit?token=xF2I-sPYz7i24zM9l5YxwylIUwdgmw6OqmVJpvw6eVrIfSq7WrhgTMIgJ5OZ8DJB04ch0XrAZHLHU3Niwp1Y7Llpidk&loadFrom=DocumentDeeplink&ts=4917.08)):

And I just figured that out. That was 10 s

Michael Jessup ([01:21:58](https://www.rev.com/transcript-editor/Edit?token=Uq-rAjoiNmmKfsmcuPHTc7CArW6ztZCY9WKUwZP3WZidfuIv7NaSwDPj4fSpsQZnhxZJuK2_BetZI0k3jrLvM_dihB8&loadFrom=DocumentDeeplink&ts=4918.92)):

Yes, exactly.

Adapted Podcast ([01:22:00](https://www.rev.com/transcript-editor/Edit?token=fdtIG1kTfqad6_XcufRkR8IpK44nDW1i13bkXxb6J_hpp1zRxi-U0II59nVKV2sLnGHa8K0intA-rqgQYx6-MxefTUo&loadFrom=DocumentDeeplink&ts=4920.87)):

I was like, what is up with this 10 s

Michael Jessup ([01:22:04](https://www.rev.com/transcript-editor/Edit?token=KYILEXW4ZzfZYhVJUZ-GVc-WItqujD5og0vsEjWtiXCD_3zG0f3X1IuQHQxZ9sb0WWkY_8PHlxkqWrBP63wE-mhOn84&loadFrom=DocumentDeeplink&ts=4924.08)):

Exactly. Or, or, you know, on Facebook is just Michael Jessup.

Adapted Podcast ([01:22:08](https://www.rev.com/transcript-editor/Edit?token=GUV8qbOGgC_MiWrORn3ooYLULHqi6ZcMW_vSurqhfNKzbzq3-uP7gdlblMvpc2hObnbkVhxW0uozipx_lbsamu5mfkQ&loadFrom=DocumentDeeplink&ts=4928.52)):

Well, thank you so much for sharing, Michael. It's very early in the morning, and I hope you can embrace the day after this. But, um, I really do appreciate you sharing, um, your story and being vulnerable today.

Michael Jessup ([01:22:24](https://www.rev.com/transcript-editor/Edit?token=iEji1n7AgEOCdlxVUzx_hGqpB3JVjauZCDAnrmKDQ9-bv5KDUmdF00AIfZKeOj_lpNzJhTjnn5Cq3LXDtZlQaMEumsM&loadFrom=DocumentDeeplink&ts=4944.66)):

Thanks.

Adapted Podcast ([01:22:42](https://www.rev.com/transcript-editor/Edit?token=KIXfPg2pkpYzpLFI9ppXbameUQh4Xehva5bGW6HCnszNX6vrUAGuN3s66B84XnzUqoueYwq_wFiPUNhJleB_R_6lYww&loadFrom=DocumentDeeplink&ts=4962.78)):

You're a special person, Michael. Thank you. Thanks. Also goes to Jay Gin for our theme music. For more, go to jay jin music.com. Thank you also to Andrew Henry, and the rest of our patron supporters. Your support continues to lift up one of the first Korean adoptee podcasts ever made. Patreon supporters also get early downloads. To join Andrew and help us stay strong, go to pat.com/adapted podcast. Until next time, take care.