



LYNN GROGAN

COACHING

Reality Show Life Coach Podcast
Episode 1
Lynn Grogan (Host) & Shaun Roney (Special Guest)

Unedited Transcript

all right welcome to the very first episode of The Bachelor life coach podcast I'm super super excited I'm Lynn Grogan I'm a certified life and weight loss coach and with me today I have Shaun Roney Shaun do you want to go ahead and introduce yourself yeah hi I am Shaun Roney thank you so much for having me when I'm super excited about this I'm a certified ADHD coach and so what that means is I work with people who have ADHD tendencies is how I refer to it um so things that they see they don't have to be diagnosed in order to be diagnosed for ADHD do you actually need to see a physician and they will diagnose you but we all have tendencies to some extent and so I coach around some of those tendencies we can talk about that a little bit more as we go on yeah totally and that's what I thought was like interesting to have you on the show because you are a superfan but you're also a life coach and so it was interesting to get your perspective on this because I know nothing about ADHD I know a little bit more because I did some research but up until now I'm like well I don't know anything about this so tell me about like you watching The Bachelor because you had kind of a fun thing to say about your husband yeah so he started watching The Bachelor first I was not a fan because of all the drama I was just ridiculous but it was the one time we had to like sit on the couch together and kind of connect through a shared activity he likes to watch TV I don't mmm so I started watching and as seasons went on I totally got into it we've not missed a season you've watched them all that's amazing I am really jealous of that because ABC has made it very very hard for people to watch previous episodes yeah so I am a newer fan but like you know like you're you and your husband got hooked right away and my husband's also into it too

it's just like now I'm like I couldn't imagine not watching it so super fun so I want to let's see why don't we just like go ahead and dive right in and then we'll see what happens I thought we could start with just a big a brief show recap for anybody who hasn't watched it or just need some memory and Shawn feel free to dive in as I go through this all right so this is the first episode we have the bachelor Peter Weber and 30 women and so you know in true bachelor fashion everybody comes in kind of ridiculous what was your favorite person like what was your favorite person coming in oh my gosh tricky that's I didn't have a favorite no I know right it's like on the spot and what's funny it's what comes to mind are like my lease well the one that sticks in my mind and maybe it was more of an observation was when they said someone was flying in and he looked super intrigued like excited almost wow if there's someone like pilot like you know he's like I'm gonna lose my mind yeah like taxiing a plane in here I'm gonna lose my mind I think he said that and then she came up on the pedal flame and you saw his face just moments yeah I think so I like that moment I mean I also kind of love the moment where Hannah came in cuz I was just like okay let's kick off the drama all the ladies in the house get riled up and you know there's still that mystery there we don't know why she keeps showing up and so like at the very tail end of the entrances we have Hannah Brown showing up just to return a little trinket what was it like his wings or something his pendant yeah I think his wings yeah yeah and then okay so then after that we have Peter going into the house and then we have these one-on-one times right before the rose ceremony and I mean right away like Hannah Anna's stirring things up she's like interrupting like we kind of expect this at this point right like I don't know why it's a surprise to the people in the house I know right if you've watched the show clearly if you've applied to be on it you know that you're in for a rollercoaster yeah so I always think that's a little funny telling a cheek that they're so shocked yeah they're always so shocked yeah and so we have Hannah an interrupting three times and we have the first elimination he eliminates eight women including all three flight attendants which I thought was kind of interesting I don't know if that was just like his thing he's like I just don't date in-house like tendons but after that we have the first group date where the women have some obstacle courses that are flight related and then of course we have Kelly who cheats straight the finish line good for her and she gets the first group date rose then we have Madison doing the first one-on-one date have they ever so she met his entire family like have they ever done that before

that you know they have but it seems really it seemed really early in the season literally first episode to take someone to meet the family yeah and so I feel like it's usually done a little bit later in the season when they really have a feeling for who they want to keep around and how that person would click so having it so early I almost thought well of course she's gonna get a rose how like how could I send amazing after meeting you know his family in such a personal occasion yeah it's interesting I felt like that was the least dramatic part of the premiere like when I rewatched I was like I could skip that part they had like this wholesome moment and then we can go right like yeah so of course she gets the rose at the end and then the last part we have is that second group date which is hosted by Hannah brown again previous Bachelorette previous girlfriend of Peters and you know everybody freaks out again and then we have a cliffhanger we don't know what happens right what do you think's gonna happen oh I mean I think she's there because she's gonna bring interest in drama for sure you know I think part of it is production on the shows part um I do think you know she's being real as far as with her emotions and I think the show is really good and I'm not sure how they do it but in my mind I picture like sleepless nights like a teeny bit of sleep and a lot of alcohol and yeah they put them right on the break I know and none of them look tired like at that rose ceremony they're all like bright-eyed and I was like did they get like a power nap do they like have some secret to the universe that we don't have like I would be like curled up in the corner sleeping by that point I fall asleep at like 8:00 p.m. like every day I know I was actually like joking that I was like I think the difference between a life coach and a producer on the show is that like a life coach is like oh you don't have to believe all of your thoughts and the producer is like you should believe every thought and here's a few more yes all the emotions just like fall out yeah totally I know cuz I was like every because they must they're talking to producers right like when they're in their little one-on-one like behind the camera one of us in the moments the in the moments like that I was like oh man they could use a life coach but if they did I'm like I don't think a life coach could ever be on this show because they would be too good at managing their mind there wouldn't be drama okay I've thought about that before in the past for sure like oh they could so use a life coach I'm like no but then the show would actually probably fall flat like it would not get you know it wouldn't have any moments we had a drama it wouldn't have the drama at all so but yeah I was thinking about that so I was

like I mean obviously neither of us could be on the show we're married and two old we're not 23 anymore Sean it's true it's true back in the day I mean to get all that trouble that's the benefit that's the bonus to me and like to draw me close to the end and you go all those amazing places and you're willing to put up with all the drama then it's guild sales all right let's coach DUI are you ready yeah so we're gonna do five coachable moments from the show and Sean I like what I love about this is that like I went to open up we've been sharing this group doc for this week and I went in there and you had like the most amazing moments picked out but it was just like yes let's go so do you want to talk about the first one like what happened and like what you think about it yeah so fun so basically it was between Cheyenne and Hannah and and what happened is Hanna Ann had three opportunities to talk to Peter she pulled him aside interrupted whatever you want to call it three times and had time with him and Cheyenne got really upset about that because she did not feel it was fair so she actually says I feel really irked yeah and she takes action she goes and she finds um she finds Hanna Ann and she decides to have a sit-down talk with her yeah and what was so interesting I was thinking it's like the movie right where you see someone don't go in there don't go in there it's gonna be bad I was literally thinking do not go talk to Cheyenne right now because you're feeling hurt that's not what this is about you're not here to make friends you're here to like find the love of your life I know I was like nothing good can come of this girl like sit down I know and you know I was thinking about it I was like I don't know what the actual show rules are but I do know that like the only one I know of is like have you watched the show unreal it's been a while I want to say I've seen it once or twice yeah it's just like a mock of reality shows like The Bachelor but they're one rule is get cut and I was like I'm pretty sure that's the rule on The Bachelor too and I was like it anything else goes and so I was like thinking about this moment it's like Hannah Anna you know what it's almost like it's like when you go to the grocery store and there's like a queue to the back of the store and then they opened another like a third grocery aisle and then everybody's just like okay I'll I want to get my groceries paid for and leave but maybe I should wait for the people in front of me in line I think that's kind of what this is and Hanna ants like no I want my groceries I want Peter so anyway anyway what do you think

humans like just go get your groceries um so like what do you think what's going on here right like so like I think she didn't have I think that there just wasn't clarity around why Cheyenne was even like what her what she wanted to get out of that conversation why she even wanted to have it I think for a moment it's like she tumbled was in the tumble dryer and then thrown out that's what it felt like after their conversation like she's all spun around and confused with why they even talked um I think like looking at her she wanted to like set the record straight and just put it all out there and have Hannah and like hear her and kind of like resist it and fight back so that Cheyenne could prove you know like see if this is what you're doing and instead yeah I was like yeah I want you to have your time with them go get it girl yeah and she just was like this is not the script I had in - no totally and I think she wanted Hana and to like acknowledge like I did something wrong and it wasn't gonna happen right Hannah was just like no I'm not here to sit and drink wine and sit on the couch I'm here to go talk to Peter and get my husband oh yeah and I think Cheyenne was just like going into it going well if she says that I can feel better about this whole situation and that didn't happen right like Shannon was never going to do that no she's Hannah and actually is coming across as very confident and clear in her intention for being there and her thoughts now I'm sure it's gonna change in true bachelor fashion yeah what do you say is that consistent throughout the whole measure but right now she seems really clear on why she's there and Cheyenne is um I want to say like the thoughts that she has are keeping her a little more timid less confident she seems to be coming from the mind center the place of like let's just all get along yes I want Peter and I want to stay but I also like wanna be friends with everybody we all like me down by the rules maybe she forgot very black-and-white I think she forgot what show she was on they have very black-and-white thinking right like like okay if we could all just follow these rules that I have in my brain then everything's gonna go swimmingly and we see like that just doesn't happen like what do you think like would most help Cheyenne moving forward I think really just to stop and consider what it is that she really wants um and why she's on the show and just remember that first and foremost I feel like with the black and white thinking she's thinking it's all or nothing so you're either gonna follow the rules and that's how I think she has a belief that when you follow their rules things work out like that's how you're supposed to play a game to win like if you don't follow the rules is it really a win I think she has a lot of beliefs around that and in order to move forward I

think she's gonna have to consider what might this look like that's different than what I'm doing right now totally yeah she said later yeah yeah
and I think too is she's gonna have to decide which rules to follow and which ones not to and those might be her like
own personal rules for herself right like I might have to do something that I deem unkind in order to get what I want
in making those decisions and like liking them I think that might be like one of the hardest parts and I you know
witnesses on other seasons too is like people are like maybe doing things that are outside their comfort zones in terms
of almost morals and values like would you agree with that totally like that
voice in her head that's telling her oh this might seem unkind as you just said or you know what will people think if I
come across as unkind or pushy like all of those she really has to examine and
just like the reason why what why she's doing what she's doing totally yeah yeah
so it was like such an interesting moment too because usually at this point the show will paint the stealer as a
villain and I really don't think they went there right I think they're more promoting like hey Peter likes a girl
that takes a risk since bold and she went there and she risked Hannah and
risked rejection from Peter he could have been just like no way this is too much and I see how all the other girls
in the house are resenting you but he doesn't he doesn't go down that road he's just like yeah
so I think it was just like an interesting move on his
part like her thought clearly going into this is I'm gonna do whatever it takes to get Peter yeah
and I think paired
with like knowing who you are know I feel like part of Cheyenne struggle is
she's not really clear on who she wants to be yeah I think she knows who she has
been and now she's in a situation where she's really gonna have to look at that quickly and
come up to speed with who
does she want to be now going forward Anna Anne seems pretty clear on who she is totally
yeah and I
think it'll be interesting I hope I hope Cheyenne stays on the show long enough to see that
because I feel like it's
inevitable that you have to go through some sort of personal transformation on the show if you
stay like you have to open up and be vulnerable to get the
rose right like that's the prize for being vulnerable on the show is the rose so so good well let's
move on to the
second moment so what do we got next oh this is a good one talk about this
this was Victoria Victoria yes there's
so many Victoria's so many and there's her a little bit I think course um so
she first of all Victoria F she has a lot of thoughts in her mind and she says
that loud she's like there's so many pretty girls and just nerve like I'm falling behind like all of the
little

out clips of her are her talking to herself really nervously yes and so in this in this moment she has some time with Peter and it's a limited time right it's like they don't have a ton of time and she starts to talk to him and says you know I just I'm so embarrassed about my I mean my entrance and the one-liner do you remember the one-liner and he tries to like play it off and be like oh yeah totally that was good and then she's like was it too much and then he's all wait a minute remind me what the one-liner was and so she says it again and I'm just gonna read it oh my gosh can you actually read it without like going into Victoria mode I don't know but maybe said she's so uncomfortable she's kind of squirming out of her skin and she says the one-liner that she said was the one thing I want you to know about me is that I have a very dry sense of humor but that's the only thing that's dry about me um um so funny well that's the one thing she wants him to know about her right right in hindsight I was thinking this is like Victoria was sitting around with maybe some of her girls and they were talking about great ideas yeah her as she's coming out of the limo how to make an impression mm-hmm one of them maybe more gold girls in the group said I know what you should say and then she lived with it totally without actually owning it like we can tell she doesn't own it she doesn't like it she's just like she wants to make an impression she's so afraid that she's gonna be forgotten but she does something that she would rather have him forget yeah at the end of the day like she's like probably doesn't she probably watched that back and was like I can't believe I said that um yeah I it was hard not to laugh during that moment well and just the spiral downward like not only did she say it and then not move on but she said it and spun and set it again and reminded him and drew more attention to it and was just so uncomfortable with it the whole time yeah and when she finally got interrupted and somebody came to steal Peter there was almost like this moment of relief like oh thank god we can get out of this moment she's like so this is the one thing he's gonna like face his decision on whether I'm his future wife or not yes so you had said something like in your notes yes about past focus right like she's drawing him back to this past moment instead of trying to build this relationship forward which I think is so interesting like how we do this is just like okay let's tell you about this thing that I'm freaked out about that I wish you would forget but yet I'm gonna keep pulling you back to it like what do you think that's all about I know I think just maybe underlying it just a sense of general not enough miss hmm and I think her brain just started to ruminate on I

think it's what our brains do kind of goes back to things that we wish we would have done differently and try to like fix it or redo it we all know those moments where you know you it's like an hour after something happened and you come up with yes response yeah you're like I wish I would have said that that was good and then she's just like I think this is a good line I should try it again and it doesn't work out very well I also think that like her I think her identity is around being a very pretty girl and being the very pretty girl in the room and then it's kind of I don't know if she knows how to navigate the world without I think like she got there and she's like maybe her belief beforehand is I can do this I'm pretty like and not in like a derogatory way but just like oh like her confidence comes from being physically beautiful and knowing and that she is she's a very beautiful woman and then she gets into this house and it's just like wait I can't believe that anymore but now what yeah and we don't see what right we don't go anywhere with it it just kind of falls flat no what we see is kind of the borrowed line that she tried on for size that didn't work out because it just made her her thoughts about what she said just spiraled her down into more insecurity yeah like what do you think would help her moving forward hey is there hope for her I mean honestly if you like with Victoria just kind of slowing down awareness right is a thing so just noticing all of the things she's thinking and honestly I feel like with Victoria what might help is just the simple 478 breathing technique but you don't know what that it was ADHD so it's like kind of borrowed from yoga yeah but it's you breathe in slowly for four counts you hold your breath for eight counts and then you exhale slowly for eight counts four seven eight yeah strategy I do with some of my class yeah the start of a session honestly it just kind of sinners you and calms your nervous system so I feel like she could actually do something like that physical and then like decide how she wants to go into the situation next time I'm with Peter like who do I want to be why do I want to say yeah it'll be interesting to see if she brings up this line again my guess is she will not I think she's learned her lesson I think she's learned her lesson and you're right it will be interesting to see who she besides to show up as the next time um I have high hopes for Cheyenne before her but I don't know about Victoria I I think she could use a life coach yeah well and I think I'm Toria it's just gonna take time right so some of it is you know she has to get really comfortable with who she is and she wanted me and I don't know that there's enough time in the span of this season

for her to figure all that out I think it'll be a good jumping off like diving board for her I said her yeah like she'll watch this after the show she sat around with her friends on Monday night probably had a word or two to the friend that gave her that line in the first place exactly and I should move on all right so next we have kind of still in the aftermath of Hannah Ann we have McKenna and she's reflecting on how Hannah Ann has won me in first impression rose she's gotten the first impression rose and we see her sitting by herself she knocks back her glass of wine and she says to not get the rose made me question a lot of things I put myself out there for a second and she Hannah Ann stole him more than twice she had the balls she did it and I don't know why I didn't write oh I love that moment cuz it's just like here's this girl that's like I know I have this in me I have these balls I thought I had balls but she Hannah Ann has balls so it's like such a fun moment to see that like and it's something you picked up on to like what do you think yeah what do you think that that moments all about it like yeah what I loved about that moment is I feel like we see two stages linked in this little compact moment so we see awareness she knocks back the line and then she's like wow she went after it like yeah and I didn't so there's awareness but then there's also curiosity mm mm she is it with the question she says and I wonder why I didn't yeah I feel like she's kind of moving through the first phases of change yes she's being aware yeah yeah she's seeing what she didn't do she saw what she did do and then she saw what she didn't do in that very short Ranas she's like if she could watch her thoughts it would just be like I know I can do this differently I can show up in a way to get the next rose I bet I'm I'm guessing she identifies as being somebody he's a little bit competitive I would think so yeah I think so too it's engaged for sure you know Victoria F the difference I think is Victoria is still kinda is fluttering around with like this nervous frantic energy mm-hmm yeah I think Victoria is probably her thoughts are probably something like I'm not gonna be noticed and McKenna's like how can I be noticed right she's thinking like I'm going to be noticed I don't know how yet but here I have some evidence here of what works yeah yeah I think just I think when she said it made me question a lot of things the only other note I had was it I think she's questioning her her past believes how she's been in the world up until now like what being bold means oh yeah what do you think hazard oh sorry no maybe she hasn't done that in the past and like does that still serve her is there a way she can be different and

not so maybe judgy about how she felt in the past about bold people yeah
well it's interesting cuz we see that contrast with Cheyenne Cheyenne's solution to that was to
confront Hannah
Ann right to feel better and we see that McKenna doesn't go that route she's not like you know
what Hannah Ann's not the
problem actually Hannah Ann is the solution like what Hannah and did is the solution
um and she took that information like it was such a winning moment for me cuz I'm
like you could just see that glimmer of I'm gonna get to you like I'm gonna figure this out like I
kind of like it I
kind of like it I've can't I'm like kind of excited to see where she goes in the season um yeah just
see what her her
journey is like all right I feel like that happens in coaching actually you can sense when
someone's on like the
brink of being ready for coaching and some people like you know as coaches we do
consultations to tell my people and
help find out if they're ready to move into coaching and so I feel like that's what I saw in that
moment to I was like
oh she's like so ready for coach like she would do so great with some outside perspective yeah
she's just ready she is ready yeah you're right because she's not going in to blame mode she's
like taking full
responsibility for how she wants her journey to be on the season um and I
think she's almost one of the first people like we see Hannah and already doing it in actions but
that like almost seemed premeditated to me right like my
guess is Hannah Ann came and she's like I'm gonna steal him as many times as it takes and I'm
gonna give him this
painting right and then you see McKenna like maybe she had some strategy but now she's like
oh I become the next version
of myself right like I'm gonna turn up the volume a little bit which is so cool to see yeah totally
she's ready she's
ready for coaching all right what do we got next c1 takes the next one oh right
so this is the scene where there's a group date and you're competing on the trikes yeah it's
Hannah and Kelly oh no
no sorry it's Kelly and Tammy Tammy who I love not Tammy's got some boldness in her
anyways Kelly so they're on this obstacle course they go through all these different sections and
the final
section is they have to jump on trikes and erase this little obstacle course to the finish line Kelly
decides to just
like go straight through without following the cones and she wins and Tammy is so upset
because she cheated
like that's all you hear for the next ten minutes is you cheated oh my gosh she cheated
what is cheated what is cheating anyway I know well and I'm wondering like like
by definition it's almost like you have to get caught to have cheated almost
right and the producers clearly were like the producers were clearly like we
want to see where this goes on this on this on this group date like why do you

think it was so important to Tammy that people acknowledge that Kelly cheated I think really it's just because it didn't out the way that she wanted it to like had it been what you just said the producer is mixed it and said oh no that's not what we said to do so it automatically goes to Tammy and they could have done that just to create more drama yeah but I think Tammy would have been fine so yeah that behavior if she had done it in the producer it had gone Tammy's way there would have been no problem but I think because it didn't work out for her she wanted to have everyone kind of come around her and agree on a sense of rightness like what's right and what's wrong yeah she definitely had this idea Oh totally and and we don't see that happened like the producers obviously were on board and so this whole idea of right and wrong as it applies to The Bachelor right like there's there's no sense of that yeah and it's just suddenly like I think they went into it thinking like oh there's gonna be some very clear rules at least for a while I've watched the show I know how it goes right and then we see like from the get-go the rules don't actually fully apply in the same way and then I think that like just strips them a little bit of their self a sense of control right there like if I know the rules if I follow the rules I can say sane and calm on the show and then that doesn't happen right like what are the rules no no God as I say that irony of it is that they're on a show called The Bachelor where they're competing to meet their future potential husband in eight weeks which like what rules is that following it's not a typical situation but it's not a typical situation any of you think about it like eight weeks it's not that long so Kelly's just like well the most efficient way is just just ride right over Tammy's right there I'm gonna go do this right um and I think you know Kelly is kind of similar to Hannah Ann where she's just thinking I'm gonna do whatever it takes to get him and I think she has her boost of confidence because she did meet Peter before the show and so she's thinking like the rules don't really apply to me anyway because I already had this in with him I'm sure and then she mentioned something about the selfish mindset she has kind of a selfish mindset here and like I'm curious about like what that means cuz I eat I relate to that I was like I was selfish mindset like I want things to work out for me and one could argue kind of Tammy does too she wanted things to work out for her too like which would have meant by default it didn't work out for anybody else Yeah Yeah right I know what is I think what is a selfish mindset yeah I get that Kelly is saying basically she's putting herself before the other girls but you

could also argue that she's putting Peter before anybody and that you know the girls that don't do whatever it takes to end up on the one-on-one date with him are not focused on him they're focused solely on themselves so not him and building the relationship but they're focused just on their status with the group the girls in the house that's true which almost seems more selfish right because if they were actually focused on Peter they too would have scurried to the finish line yeah I actually didn't think about it that way it's just like because it's not a show like survivor where group dynamics actually matter like if somebody's really terrible like I'm in uh no I think about Luke P from The Bachelorette where everybody really really hated him you know it's tilt actually didn't matter to Hannah and like some seasons it does matter to the people but sometimes it really doesn't and my guess is that Peters just gonna go with his heart hard on the sleeve and he's not really gonna care if the rest of the girls in the house have a stink about somebody you know like not playing fair yeah Oh like what do you think here like what do you think would help the girls the most right like well let's think about Tammy right she's thinking more about fairness she's not focused on Peter she's not focused on the result that she wants yeah I think fairness is an interesting topic so I think when we want things or expect things to be fair it puts it completely out of our control it means I want things kind of doled out to us in an even fashion everybody gets the same thing and I think focusing on that is like gonna drive Tammy away from what she ultimately wants I think I mean I struggled with this too I used to be a huge know supporter of fairness and now it's more like personal equality equality and it starts from within so I want to feel a sense of justice and a sense of equality and when I feel those things I'm gonna show up in a way that creates more justice and equality in the world versus Tammy she's looking for fairness from other people it's not coming and so she's actually not contributing in a positive way to create more of it for herself either yeah well she's abdicating she's like abdicating all responsibility then to the rules of the show she's like if the producers could just come up with some rules so that I can win then I can win not seeing that like do you like your reasons for following whatever rules you think are there which my guess is now I'm wondering like if she will take a step back and be like oh do I like the roles do I want to play by the rules do I kind of want to like skip over them like these other girls because like there's no penalty so far like neither of them

have been rejected right you know whoo right and so obviously Peter kind of likes it I mean he probably likes to be bossed around a little bit too right like he probably likes it a little he likes a bold girl we push back I'm sure he loves a little push back you know which brings us to probably the ultimate rule breaker which you know at the end is gonna be Hannah right like because when we get to the second group date which was hosted by Hannah and she has gotten up on stage to tell the windmill story like actually we have gotten this far into the podcast and haven't mentioned the windmill maybe we don't have to mention it all the rest of the series right she tell us about them having sex four times and then she tells the girls like hey you all are gonna get up on stage and peter is 2 and you're gonna talk about sex great okay the girls were like okay Hannah's here whatever she's been here before but then we see some behind the scenes where I thought we got some real emotion from Peter and Hannah I think he still has a thing for her I think she still has a thing for him but you know like he invites her to follow the rules so he's like hey do you want to join the house do you want to like jump in here like and be a part of this official thing and then we see her like pause and just be like like what does she have to lose at this point I know I can't yet tell like how much of it is authentic how much of it is show production I thought with Peter what was interesting is he was like I'm so I'm totally ready to do this I'm over Hannah I did love her and I I got moved past that and then all the sudden at the end it's like well you know maybe he was over her when he thought she was over him but now they knows that she's not he's kind of like two feet kind of digging Lynne in the water totally yeah and I in that moment I was like I don't know if she can come back to this show because you see this side of him that's kind of weaker like he's coming from a the kind of jilted lover who was rejected and is now like there could be a chance right and like in that moment you know he's four about all of the other women in the other room he's just like but maybe this woman I loved will talk me back finally right um I did actually I almost forgot about all the other women I was like wait what's gonna happen is he gonna say no I was like well maybe this is the part where the bachelor like actually this is the only episode because Peter and Hannah and I think like what I kind of loved about the ending of this it's just the complete meltdown because it's just like now collectively we see like an entire group of women who are like if Hannah comes back I'm either marching out or

I'm gonna complain and complain right like they're I think you had a you had an awesome note here where it's just basically like okay like that means we're not enough if we need to bring on another woman and it happens to be the woman so therefore there's no competition here it's Hannah and everybody else in Hannah's probably gonna win like we suddenly see this like group of women who were so confident going into this just insecure thinking I'm not enough what else do you think they're thinking in that moment I mean can I trust him lying when he said he was over her is he really not over her she has like eight weeks already on the books with him yes he knows her so much better I'm sure they're thinking so many things I think for the first time they're like I don't know if this bachelor is here for the right reasons yeah I don't know like I I mean from like um if you take a step back and like from a show perspective I'm like you can't have two stars on this show you have Peter Bates like for that reason I don't think she's coming back but I would love for her to come back because there would be very many coaching moments like there already were she's just like she's just don't right back into it and like the tears you know like I think he's gonna have to take a bold stance too like waiting back the you know the affection of the women and reassure them I don't think she's coming back either I think yeah it's a set up a bit and he's gonna have to kind of make us decision like you said so that he's not seen as kind of that a little bit more if people meek yeah he Dixon yeah he did come across as that and he looked like he was just ready to go back if she would say yes he'd be like I'd be off the show whatever right um what contract would probably dictate he couldn't do that but I think in that moment he would have been like yeah I got a ring like let me go get a ring from them from the closet right um so be interesting to see like how they bounce back from this right um I think we have Hannah Ann on that date who's already feeling pretty confident so it'll be interesting to see if she stays as confident throughout this episode and it'll be interesting to see anybody quits thinking like well if I can't control the show I had the only thing I have control over is quitting like what that mindset is all about and they're all just gonna have to step up their game if Hannah did come back they would have to they would have to like dig deep become that person that just like can keep showing up for Peter no matter who's who else is there who else is in the house it's true I think in that case if she does come back the girls that are already of a strong kind of confident mindset aren't going to

have a little bit of the upper hand because Hannah has already been through it she's like lost and won and lost again and all publicly on TV she has nothing left to lose so she did come back like there's no fear for her right a lot of these other girls are really still scared or nervous about what they look like on TV and they look like in the house and Hannah's like I've looked like a crazy person I might have lost it multiple times I'm always crying my mascara is always on yeah yeah you know what I'm gonna get Peter he already knows right like she's already been to the end with him yeah yeah and everybody else is like I'm curious to see how time scarcity would come up there cuz there's already so many of them even this first episode that think they're behind they're looking around which there's no benefit to thinking you're behind in The Bachelor right because you're only going to stay behind if you have kind of mindset and so by comparison I'll be interesting to see what they do with all that yeah I feel like they'd have to get strategic and like limit the time that Hannah participates or maybe not you know maybe officially do not allow her back but put her in with the roses I don't know how they're gonna do it I don't know how yeah I don't know how they're gonna do it I don't think it's gonna be boring never never is um so that's five moments right like five coachable moments we got these fine ladies I can't wait to see what's gonna happen it's so funny cuz like I'm thinking back to previous seasons I was like oh the first episode there's not much to coach on there was a lot to coach on here in this episode and it's only gonna get more exciting is there any other things from that that you wanted to bring up yeah I second what you just said it is only going to get more exciting I was a little worried as well about the first episode I was like oh right three hours the girls all come off the limo can we coach on stuff but definitely things out there yeah yeah there totally is it's only gonna get better um so let's wrap this up here if somebody wanted to find you on the internet square what they looks where were they go Sean yeah they can go to my website it's WWE revealed pass calm our e ve D Bass calm well definitely look up Sean I will have a link to her website in the show notes at Lynn Grogan comm you can find all of her details over there and thank you Sean for coming on the show today thank you for having me so much fun