

# The Things We Need to Talk About More

**A Death, Sex & Money episode resource for mental health providers  
of all kinds - counselors, social workers, therapists, and more.**



**DEATH, SEX & MONEY**  
WITH ANNA SALE

# Welcome!

First, let me say, thank you for your work. We designed this resource for mental health providers of all kinds – counselors, social workers, therapists, and more – because we’ve heard from our listeners that our podcast has felt like a useful addition to the work you do. We take this as an enormous compliment. From the start of our show in 2014, we’ve wanted *Death, Sex & Money* to be a source of companionship as each of us makes it through hard experiences, relationships and life transitions – as we say in the show, “the things we think about a lot and need to talk about more.”

We have organized this guide around recurring themes in our interviews: death, sex and relationships, money, family, addiction, mental health, and transitions between life phases. We think these stories may be helpful in your work, because you’ve said so. Over the years, many mental health workers have told us how they’ve used our episodes in their work with clients and patients. This increasingly feels like an important part of our mission. We want to be there for people when they really need a reminder that they’re not alone, to offer them the experiences of others who have been exactly where they are. So, this guide is an effort to make sharing our show easy for you.

Let us know what you think. We’d love to hear from you at [deathsexmoney@wnyc.org](mailto:deathsexmoney@wnyc.org).

**In partnership,**

*Anna Sale*

**Host and Creator of *Death, Sex & Money***



# Sex & Relationships

## EPISODE

# Cut Loose: Your Breakup Stories

**Stories about breakups – rejection, liberation and confusion – and the advice you’d give others going through splits.**

“This episode was so incredibly helpful! It was like going to group therapy. I also went through a breakup with my boyfriend of 9 years, and although we were not married, we practically were, had even bought a house. [Listening to this episode] gave me solace in that I know I will be okay, and he will be okay too.” –Angela

## ADDITIONAL RESOURCES

**[Read: Cut Loose: \(Mostly\) Older Women Talk About the End of \(Mostly\) Long-Term Relationships by Nan Bauer-Maglin](#)**

**[Explore: The Break-Up Survival Guide Google Sheet and Website](#)**

## EPISODE

# Our Sex (Mis)Educations

**A look at our collective sex miseducations: the bedroom baggage we’ve carried around for years, the things we wish we’d learned instead, and the stigmas we still can’t shake.**

“I am a man who was affected by the purity culture of the evangelical church. Somehow despite all the damaging instruction I received, I’m now very comfortable with my body and my sexuality and I remain filled with wonder and joy when I am able to share intimacy and sexuality with another human. I wish I could have had this experience twenty years ago. But here I am, now, and I’m doing my best to move forward and enjoy what is before me as I am able. Thank you so much for talking about this topic. This has been a really helpful dive into a serious problem in our culture.” –Mark

## EPISODE

# Let’s Talk About Porn

**Your stories about secret hard drives, fantasy plot lines, illegal downloads, titillating Tumblr feeds, and giving porn up completely.**

“Thank you for having an honest conversation about porn. Not enough people approach this topic intellectually. It’s all, “Oh that’s lewd and unnecessary.” Sexual interests can be extremely telling about one’s identity.” –Dane

## EPISODE

# Dating Was So Hard, Until It Wasn't

**Katie Heaney wrote a memoir about her lifelong single status. Then she realized she was looking for love in the wrong place.**

“Thank you for this episode. I was in tears with feelings of recognition in Katie’s story. I felt the same ease and joy last year when I fell in love with a woman for the first time... I felt no awkwardness, had the sense that I didn’t need to be taught this, and my uptightness fell away. I had a sudden certainty that I knew who I was now - it was startling and wonderful.” -Amy

**[Read: Would You Rather?: A Memoir of Growing Up and Coming Out](#)**

## ADDITIONAL EPISODES

**[Why You’re Not Having Sex](#)**

**[Cheating Happens.](#)**

**[The Weight of Love](#)**

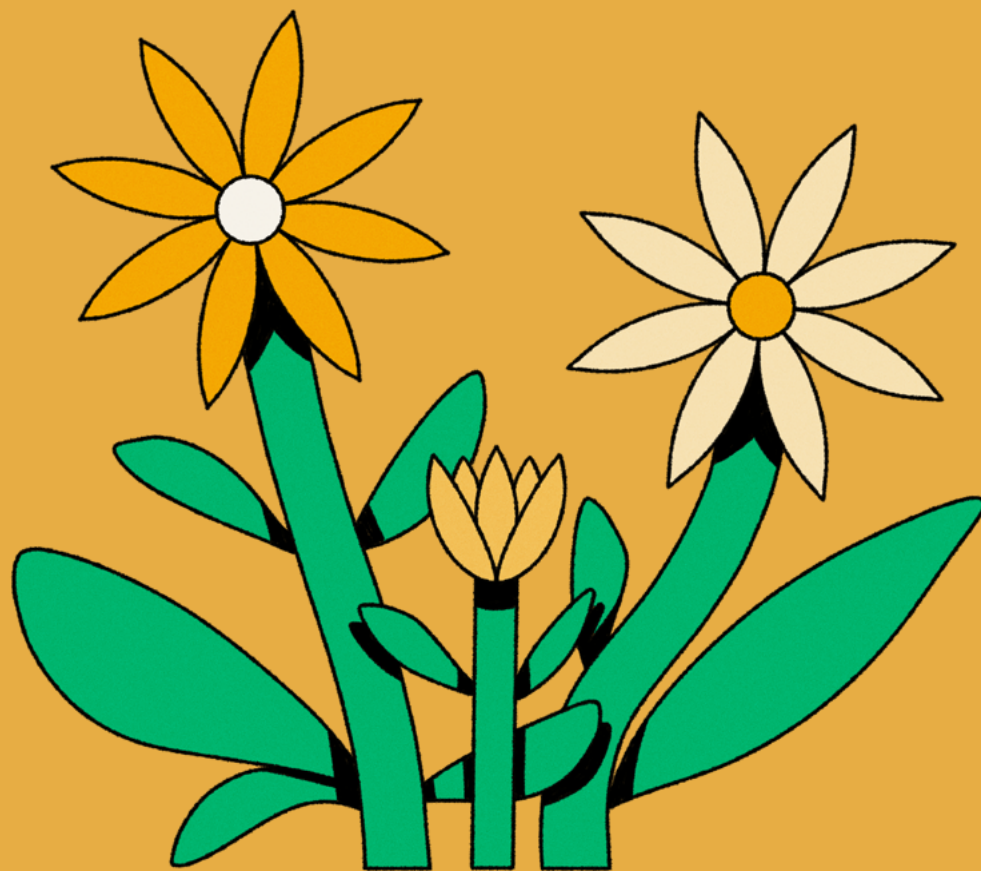
**[The Movies That Taught Us What Sex Could Be](#)**

**[This Senator Saved My Love Life](#)**

**[The Sex Worker Next Door](#)**

**[Affairs, Throuples, and Big Monogamy: Your Relationship Questions Answered](#)**

**[Hard Series](#)**



# Family Relationships

## EPISODE

# Estrangement: Your Stories of Ending Foundational Relationships

**Your stories about cutting family ties, leaving religion, and ending friendships.**

“These episodes provided vocabulary to something I have been experiencing all my life without knowing it and pushed me to think through what I want to do now as an adult and with what I have left to live.” -Angeliky

**Explore: [DSM Listener Compiled Estrangement Resources](#)**

## EPISODE

# Siblinghood

**Your stories about your relationships with your siblings, and how these relationships have changed over time.**

“It really spoke to me that there are others out there that are experiencing rough relationships or no relationships with their siblings.” -Lauren

## EPISODE

# The Power of Yesi Ortiz

**On the air, Yesi Ortiz is a warm, flirty host for a popular L.A. hip hop station. Off the air, she’s a single mother of six adopted kids.**

“As a foster-adoptive parent, I LOVED your show on Yesi Ortiz. Foster care is a hard thing for anyone, and kinship care sounds perhaps even harder because you have to be part of the family dynamic yourself.” -Annika

## EPISODE

# I Still Love My Dad, But I Don’t Love Guns

**A listener we’re calling Jack wants to tell his dad that a passion for firearms is no longer something they share.**

“You managed to capture a lot of nuance, and demonstrate what felt to me like a bit of a spiritual journey around relationships across difference and family of origin.” -Lezlie

**ADDITIONAL EPISODES**

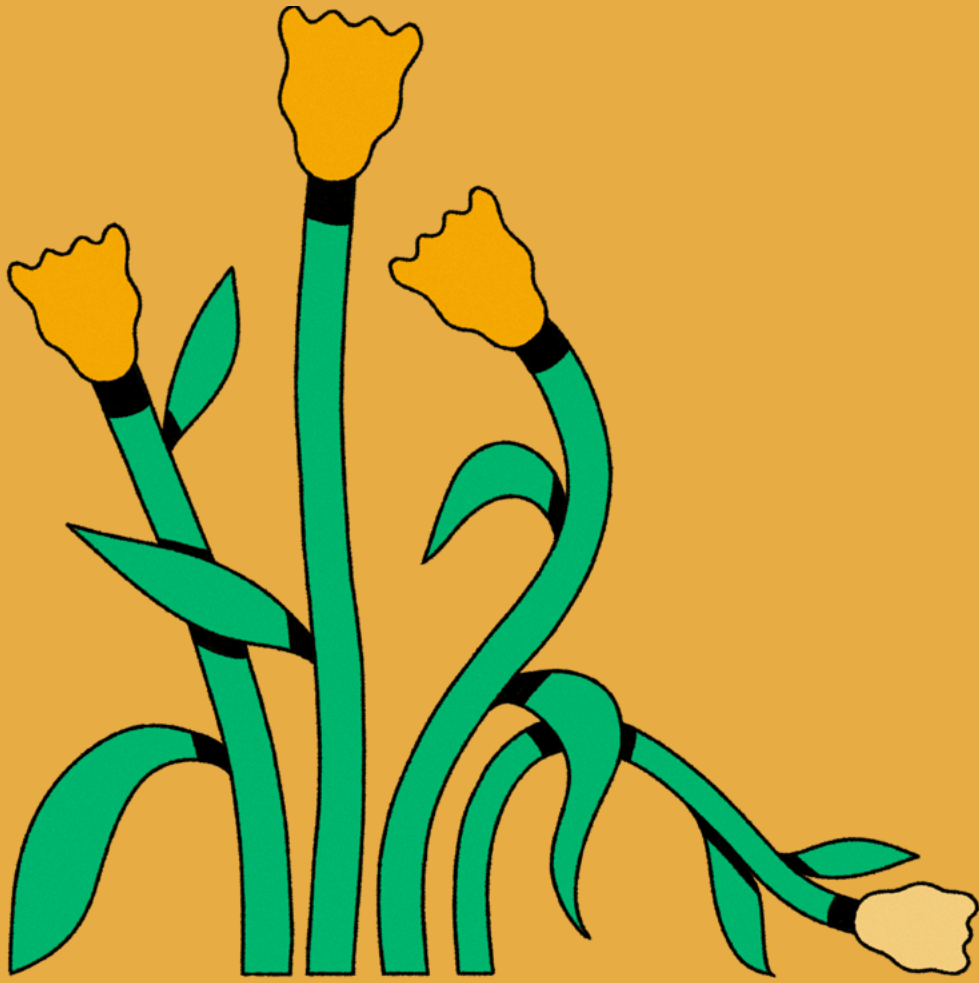
**[A Son and His Mom Laugh Through Darkness](#)**

**[My Father's Secret Life](#)**

**[Becoming a Father in Prison](#)**

**[Inheriting Divorce](#)**





# Grief & Loss

## EPISODE

# When Grief Doesn't Move In Stages

**Radiolab producer Rachael Cusick talks together with her grandmother about their shared loss, and about their experiences with Elisabeth Kübler-Ross's five stages of grief.**

"Hearing Rachael's story really made me feel better, and that I was not alone. Others have tried to help me but as Rachael said I never fit into the boxes of grief that everyone said." -Theresa

[Listen: A Radiolab episode about the legacy of Elisabeth Kübler-Ross](#)

[Read: A Modern Love column Rachael wrote for The New York Times](#)

## EPISODE

# A Widow's Guide To Grieving

**Leslie Gray Streeter's husband, Scott, had a heart attack and died. And in the immediate aftermath of losing her husband, who was just 44 years old, she says she found herself being hyper-aware of how she was performing her grief.**

"Wonderful episode... You can move on but you don't get over it. We were divorced when my first wife passed away but she comes to mind almost every day, often when talking to our son." -Michael

[Read: Black Widow: A Sad-Funny Journey Through Grief for People Who Normally Avoid Books with Words Like Journey in the Title](#)

## EPISODE

# When Grief Looks Like

**Rachel Ward's husband, Steve, died unexpectedly when she was in her early 30s. Afterward, she says in some ways she re-experienced adolescence—while feeling older than ever.**

"This episode spoke my heart's sadness." -Coral

[Read: I'm Sorry I Didn't Respond to Your Email, My Husband Coughed to Death Two Years Ago](#)

## **EPISODE**

# **My Stillbirth During Anna's Maternity Leave**

**We hear from you often about pregnancy loss, and the grief that accompanies it. Here is one listener's story.**

"I love your show and this one touched my heart and soul." -Pamela

**Listen: [More conversations about pregnancy loss](#)**

**Explore: [A collaborative spreadsheet where you can also suggest books, podcasts, songs and other things that have helped you grieve pregnancy loss](#)**

## **ADDITIONAL EPISODES**

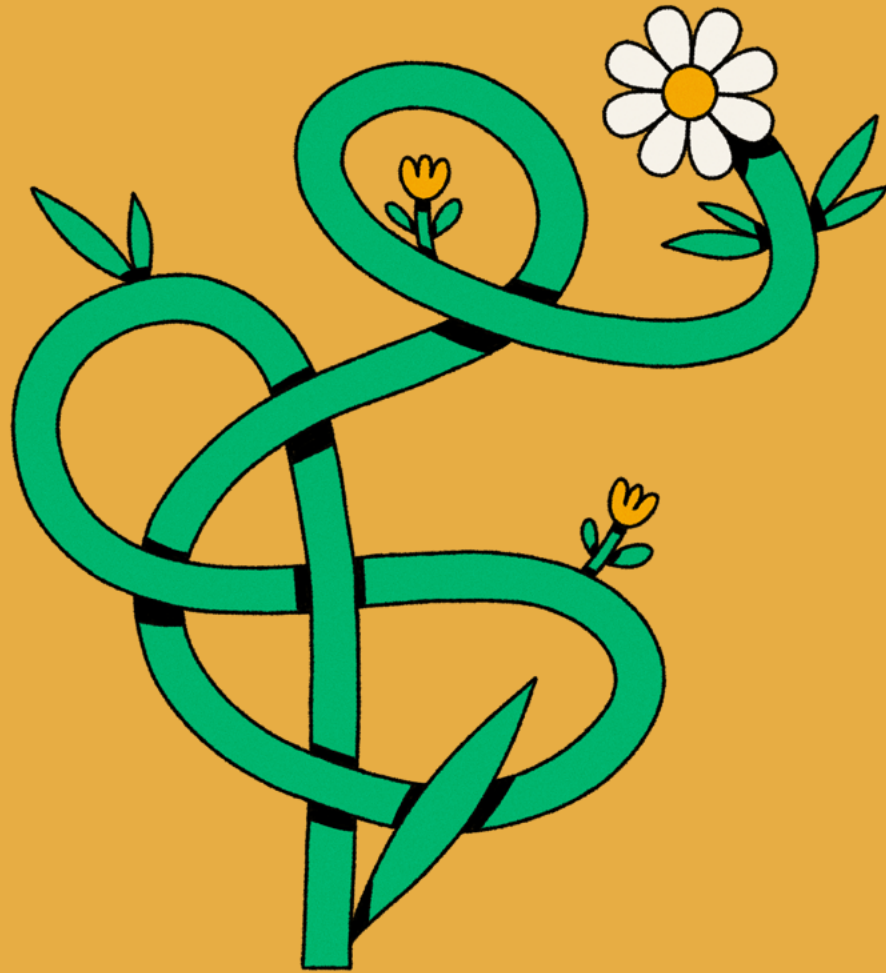
**How to Say Goodbye to Your Pets**

**We're Not Going To Have Karl Again**

**An Astronaut's Husband, Left Behind**

**I Was More Angry At God**

**Life Is a Mystery**



**Mental Health**

## EPISODE

# Hold On: Making Sense Of Mental Health, Together

**Three live national call-in shows about mental health and getting help.**

“I found myself snapping in my office and verbally agreeing to a lot of your people as well as sharing multiple episodes with my interns, colleagues and family. If I had something like this available to me when I was growing up, I feel like it would have been so much less lonely and I appreciate people with platforms taking time to have real and good conversations about mental health.” -Rachel, MSSA, LISW-S

**Explore: [Hold On: Mental Health Resources](#)**

## EPISODE

# In Sickness and In Mental Health

**Giulia and Mark Lukach got married when they were 24. Three years later, Giulia began experiencing paralyzing anxiety and paranoid delusions.**

“I’m the oldest of three sisters and the one closest in age to me has bipolar disorder. One of the hardest things for my other sisters and I has been not really being able to talk to many people about what it’s like to live with and love someone with bipolar disorder. It really meant a lot to me that you told this story the way you did.” -Caitlin

## EPISODE

# John Green on OCD, Writing, and Loving Middle-Age

**The author of “The Fault in Our Stars” talks about longing to fall in love as a teen, his life with mental illness, and why adulthood is underrated.**

“I was really touched by John Green’s account of his mental illness. I am the Dad that fielded the call when my daughter Rachel was in a similar situation.” -Bill

**Listen: [John Green in our follow-up episode, “They Were Managing Their OCD. Then Came The Pandemic.”](#)**

## **EPISODE**

# **A Brother, A Sister, And Their Eating Disorders**

**Two siblings open up to each other about eating and mental health, and why they kept it hidden for so long.**

“Such a tough episode to listen to, but that’s what’s so incredible about Death, Sex & Money.” -Joanna

**[Explore: Additional Resources for Eating Disorders](#)**

## **ADDITIONAL EPISODES**

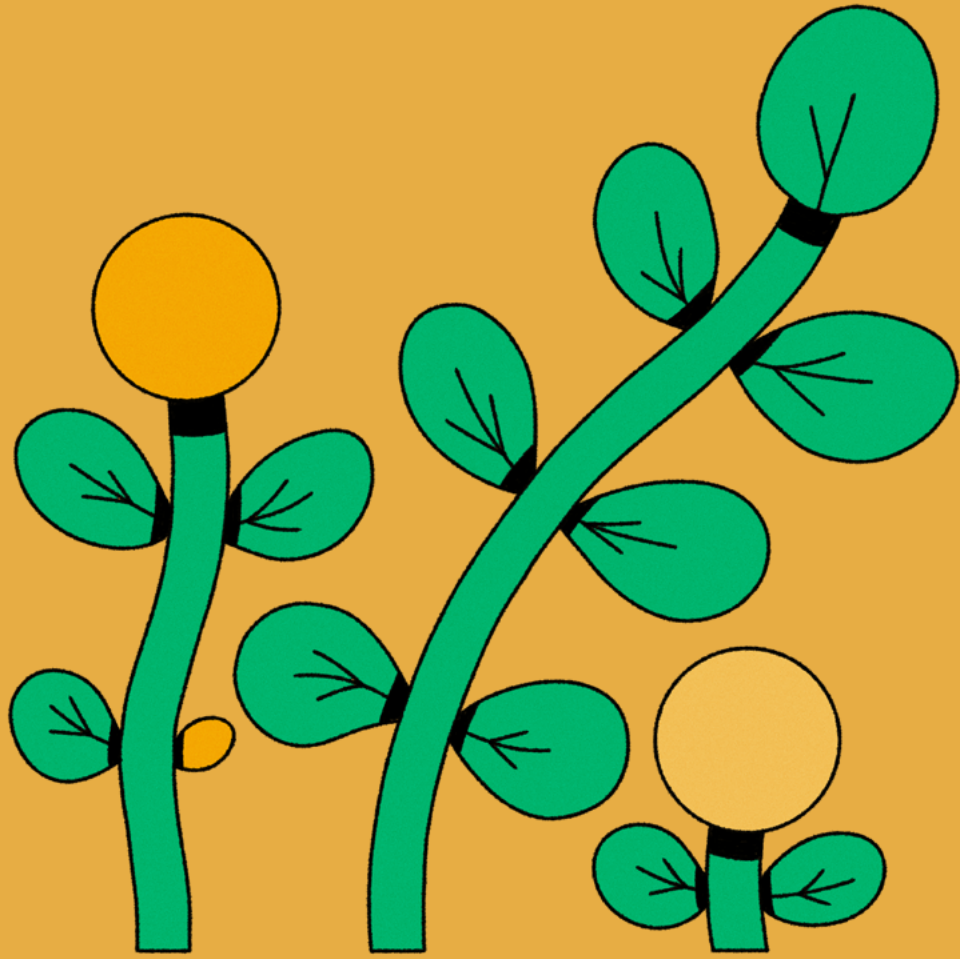
**Trevor Noah Talks Depression, Radical Honesty, and Braiding Hair**

**Can You Help Your Kid’s Anxiety By Changing Your Behavior?**

**How to Face Your Fears With Steve-O, Laurel Braitman, and Rev. angel**

**Decision Fatigue Is Real. We Called For Backup.**

**Maria Bamford Didn’t Wait For It To Be Perfect**



**Money**

## EPISODE

# Opportunity Costs: Your Stories About Class and Money in America

**In partnership with BuzzFeed News, conversations and essays about class and money—and the ways they manifest in our day to day lives and in our relationships with each other.**

“Great series. Very thought-provoking.” -Rich

**Read: [Buzzfeed News: Opportunity Costs](#)**

## EPISODE

# Our Student Loan Secrets

**There are 44 million Americans who have student loan debt. But when we asked our listeners to share their stories about their student loans, what we heard over and over again is how alone you feel.**

“I was shocked, horrified and moved by the stories I heard.” -Matthew

**Explore: [WNYC: Our Student Loan Resources](#)**

## EPISODE

# Money & Love: Your Stories About Money and Relationships

**Serious relationships are both romantic and financial partnerships. In many cases, negotiation over prenups, retirement savings, and joint checking accounts can complicate a romance. We hear from listeners about how money has affected their relationships, what they’ve learned, and what questions still linger.**

“Listening to this... a chord was struck in my inner self.” -Arthur



## EPISODE

# I Was In Debt. Then My Sister Offered Me \$16,000.

**What happened when a 27-year-old listener deep in credit card debt asked their older sister for financial help.**

“WOW. This episode. I spend money the same way Tessa does. I get fixated on something new and interesting and buy things and then completely lose interest and move on to a new hobby.” -Ida

**Explore: [Resources for Managing Debt](#)**

## ADDITIONAL EPISODES

[A Former Debt Collector's Unpaid Bills](#)

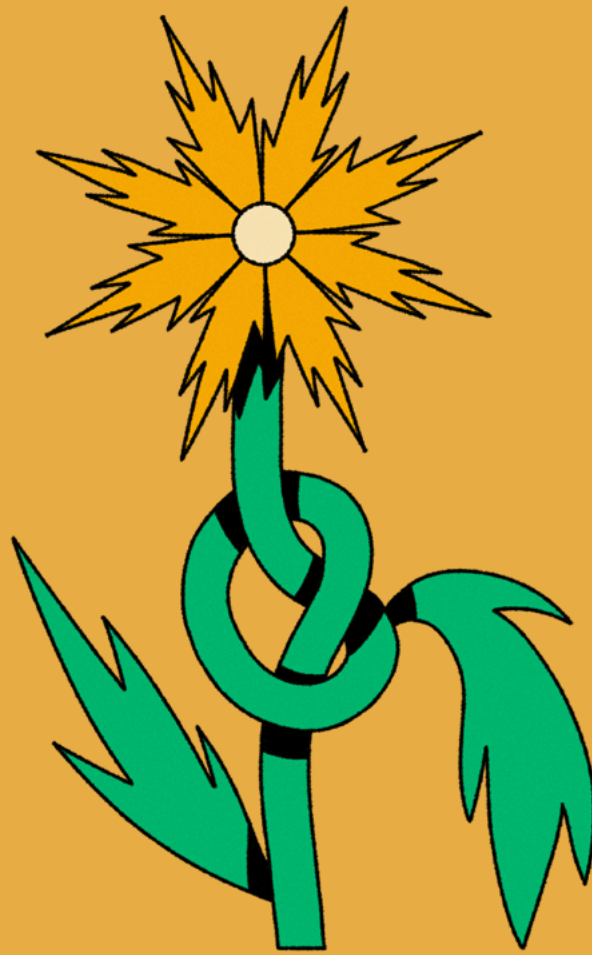
[Brooklyn Left Me Broke and Tired](#)

[My Awkward Money Talk With Sallie Krawcheck](#)

[Stop Calling Me 'The Homeless Valedictorian'](#)

[Why Lynn Nottage Cashed Out Her 401\(k\)](#)

[Bells and Bills: The Price You Paid For Your Wedding](#)



**Addiction**

## EPISODE

# Bottled Up: Your Stories About Alcohol

**We asked you about your relationships with alcohol—why you drink, or don't, the strategies you use to manage your consumption, and what alcohol brings you besides a buzz. Here's what you told us.**

"This episode struck a nerve with me." -Carol

**Explore: [Resources for Problem Drinking](#)**

## EPISODE

# Falling in Love... With Heroin

**Susanne and Mike met and fell in love with each other...and heroin.**

"Thank you so much for your episode with Mike and Susanne. Like so many other stories of addiction, it is at once familiar (even comforting) and horrifying. I'm trying to find my place in the world, as someone who's been touched by what is now a pretty common family story." -Genoa

## EPISODE

# Jason Isbell & Will Welch: Somebody Needs Me

**Singer-songwriter Jason Isbell and GQ editor-in-chief Will Welch met in 2004, at what Jason says was "the lowest point of my life." Since then, the two long-distance friends have seen each other through divorce, new marriages, career climbs, a cancer diagnosis and rehab.**

"Nothing better than two mates enjoying good conversation and each other's company. It's like eavesdropping and they don't mind." -Colin

## **EPISODE**

# **I Felt Like The Story Had To Change: Life After Heroin**

**Anna talks with her friend Danielle about her life after addiction.**

“It was a great interview, and I don’t recall ever having heard a host interview a former friend about addiction. I think it will give hope to a lot of people who need it.” -Terry

## **ADDITIONAL EPISODES**

**Confessions of a Nashville Power Couple**

**The Cookie That Ended Jeff Garlin’s Sobriety**

**How Are You “Surfing The Urge” To Drink?**

**How Jeff Daniels Got Sober, Again**



# Fertility and Parenting

## EPISODE

# Your Infertility Stories Have Many Different Endings

**What happens when you hit speed bumps on the road to having kids? Today, your stories of IVF, IUI, adoption, choosing to not have kids and managing your expectations through it all.**

“There’s so little space for telling our infertility stories, and I’m so glad you’re making that space.” -Jenney

## EPISODE

# A Trans Parent’s Adoption Journey

**Anna first talked with Liam and Marisa about their love story back in 2014. Nine years later, we hear about the next chapter of their relationship: becoming parents.**

“Both of my kids are trans and are partnered with trans people. It was so lovely to hear a story about someone living a full and joyful and typical life while being trans. There is so much bad news out there and many sad stories about trans people. We are very familiar and have lived those too, but I know from watching my kids launch into the world that there is a lot of good out there for them and ahead in their lives.” -Kim

## EPISODE

# Strictly, Entirely On The Fence About Having A Kid

**A self-described “fiery ball of ambition,” Avery Trufelman of The Cut podcast wonders how she’ll know whether or not she wants to have a kid.**

I really appreciated the conversation...This episode is timely for me as my spouse and I are discussing this topic and I’m wrestling with this decision in my own mind.” -Sally

## EPISODE

# I Was Your Father, Until I Wasn't

**A listener named Tony wrote to us about his deep love for his daughter, and what it was like to discover that he wasn't her biological father.**

As I listened to Tony share his story, I felt a surprising tightness in my chest. It was surprising because I am not a parent, empathizing in the way that I imagine a parent could... and though I am no stranger to heartbreak, it's still an odd thing to feel that deeply for someone you've never met, or even seen, given the nature of podcasting. Yet, I experienced such a visceral response to the pain and loss that Tony must have suffered. And after thinking about it more and admiring how gracefully you navigate difficult emotions and subject matter as an interviewer, I felt particularly grateful for people who are willing to share such profoundly personal experiences... which somehow makes this world feel just a little smaller. And to me, that is heroic.

And so I suppose I want to thank you both for moving me so deeply. Emotional transparency can be hard to come by, especially with the manicured way we sometimes portray our lives through social media... so I just wanted to acknowledge the connection that can happen when we have the courage to share our wounds with others. -Sara

## ADDITIONAL EPISODES

[Autism Isn't What I Signed Up For](#)

[José Andrés Googled 'How To Be A Father'](#)

[Doree Shafrir On The Out Of Control IVF Train](#)

[Can You Help Your Kid's Anxiety By Changing Your Behavior?](#)



# Moving Through Life Stages



## EPISODE

# Just Ask Us: Your Stories About Life After 60

**We asked our listeners to get real about getting older. This is what you told us.**

“I watched my mom and my dad and his wife suffer from depression in their last years, and I always swore I would never be like them. And yet, here we are. It’s easy to give up, and I try my damndest to not be that person. Your podcast helps.” -Jane

**Explore: [More Getting Real About Getting Older](#)**

## EPISODE

# Life as a Wife

**Cindy Chupack came into her second marriage with a house on the beach and an Emmy. Her husband came in with a lot of debt.**

“I found myself bristling harshly at what I perceived to be intonations of condescension - unintended, of course, but present nonetheless - in the way she spoke of her husband, and then found myself reflecting on how we’re still imposing these shitty antiquated gender roles on couples even if the arrangement is an entirely healthy option for the union.” -Jessica

## EPISODE

# Life in Our 20s: Advice from Niecy Nash, Alia Shawkat & Terri Coleman

**Your 20s can be hard—but getting advice from people who’ve been there can make things a little easier. And that’s exactly what we do in this episode, a live show recorded at the Ace Hotel in downtown Los Angeles.**

“The later I get into my twenties, the more anxiety I have that I’m ‘doing it right’, so to speak, and I took away some valuable lessons from listening.” -Sophie

## EPISODE

# Living Alone and Liking It. Sometimes.

**More than a quarter of American households are home to just one person. But we don't often talk about it, and it's clear from your stories that living alone can be pretty complicated.**

"Since my marriage dissolved at the end of 2019, I've been on my own again for the first time in 15 years. While it's still hard at times, your show reminded me of some of the good things about being single and responsible only to myself. I was listening to the show while making dinner and when it ended, instead of cleaning up, I put on some music that I'm too embarrassed to listen to around others, and danced around the kitchen like a goofball." -Anonymous Listener

## ADDITIONAL EPISODES

### Getting Real About Getting Older

### Strictly, Entirely On The Fence About Having a Kid

### Alison Bechdel On Menopause, Mortality and Punching Pennies

**This has been assembled with care by the Death, Sex & Money  
team on behalf of WNYC Studios.**

**Illustrations by Kseniia Puzrova**

**DEATH, SEX & MONEY**  
WITH ANNA SALE