



Recovery session

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Transcribed by [Amie](#)

00:00 **Michael Montgomery:**

It. Hey, how you doing?

00:48 **Alex Libre:**

Good.

00:49 **Alex Libre:**

Let me switch to my headphones. Or you're hearing an echo right now?

00:57 **Michael Montgomery:**

No, no.

00:58 **Alex Libre:**

Okay. Okay, we're good.

00:59 **Michael Montgomery:**

Let me see where you are. Yeah, hold on, hold on.

01:03 **Alex Libre:**

Yeah, no worries.

01:16 **Michael Montgomery:**

In the office. Oh, man. Man. Tomorrow, big listening here.

01:26 **Alex Libre:**

It's like a live, like a public listening.

01:28 **Michael Montgomery:**

No, no, no, no. But you, you get a rocks together and then we play it for people inside the organization.

01:38 **Alex Libre:**

Oh, nice.

01:39 **Michael Montgomery:**

And you know, it's always true. So I don't, I don't. I don't think it's a product of procrastination. Probably haven't had.

01:58 **Alex Libre:**

Is your back better now or is it still.

02:00 **Michael Montgomery:**

Yeah, I don't want to sit down though, because when I sit it can be really.

02:14 **Alex Libre:**

Same. I get back issues even sitting on my couch.

02:18 **Michael Montgomery:**

So, I mean, I'm in our little studio at the office, but you know, didn't go back and look at, look at this.

02:39 **Alex Libre:**

So I realized unfortunately that like there. I think there is one other, maybe two other meetings that I have not seen a transcript for. But there were two calls we did that I did like from my phone.

02:51 **Michael Montgomery:**

Oh, yeah, yeah, yeah.

02:54 **Alex Libre:**

So lost forever. But hopefully covered a lot of the same stuff in the two other calls. So I still need to find them. I've also been just slammed and didn't have a chance to send it over, so I'm glad that you wouldn't have had a chance to actually do anything with it.

03:09 **Michael Montgomery:**

Well, I'm sorry that the last couple of weeks we've been so crazy. Been putting in, you know, thinking stuff anyway, anyway, so.

03:27 **Alex Libre:**

Oh, nice.

03:28 **Michael Montgomery:**

And.

03:31 **Alex Libre:**

Missing the meeting for that.

03:32 **Alex Libre:**

Yeah.

03:32 **Michael Montgomery:**

Which I'm sure usually does.

03:35 **Alex Libre:**

Yeah, it was good meeting.

03:36 **Alex Libre:**

How was, how was dinner? Was it kind of rejuvenating?

03:39 **Michael Montgomery:**

Yeah, yeah, I mentioned, you know, I, I reconnect, connect him with my college union and then, you know, you know, he's a nice, nice guy. He's a Jersey, you know. You know, we just, we talked about, you know, how we got together, where we are and you know, he was one of a bunch of people. It just felt really, really good to see how aged we all were, what kinds of trajectories. It was

nice. I mean, I think, I think there's a little bit of selection. I think people who go back to a 40 year union, you know. You know, that's true.

04:29 **Alex Libre:**

Yeah.

04:29 **Michael Montgomery:**

So that was great. Great. It's like, like it's just been somehow that was kind of an old chapter.

04:42 **Alex Libre:**

College, you mean?

04:43 **Michael Montgomery:**

Yeah. Track many friends from college and not having Back. And so it's been nice kind of filling in some of the gaps. It's also important to me, you know, I have that tendency to. For Mel. Mel, like you've lost something that you can't get back. And so having some continuity really helps. So. Yeah.

05:24 **Alex Libre:**

Nopa. Like, no Polito or. Oh, no.

05:28 **Alex Libre:**

Yeah. Yeah.

05:32 **Alex Libre:**

Oh, I've also been there. I haven't been there since 2016, actually, now I think about it.

05:35 **Michael Montgomery:**

Yeah. I'm not. Not a.

05:43 **Alex Libre:**

I mean, how does it feel like reflecting on college stuff, you know, like. Like reunion this, like.

05:51 **Michael Montgomery:**

I don't know.

05:52 **Alex Libre:**

I don't know. Yeah, I mean.

05:54 **Michael Montgomery:**

I mean, you know. You know. Yeah. I mean, I. One of the things I think about, you know, I was searching for myself back then, and so there's a little bit of a. Kind of negativity part of my life, not that bad experience, but that I like, like lonely and I. That going back to. And made a lot. A lot of positives. Right, right. And that, you know, I did a lot of things that put me on this journey. A lot of things were like. Like, you know, important. I know, study. Really, really important parts of my life. So that. All. That all's good, you know. You know, again, we didn't have a. We had this like, phone. Right. And I had. I hadn't. He brought reunion. I hadn't seen it in 40 years. So it was such a trip to see my face. Thought about. About in so long. So he left it. You know, I. You know, you know, the drinking play, which was, I think more significant as I got to like when I was interestingly maybe not studying as well as I could have been procrastinating drinking. And I mean, I wasn't drinking like I was, you know.

08:05 **Alex Libre:**

Was it like other, like your peers at the time, or was it more than your peers, you think, at the time?

08:15 **Michael Montgomery:**

I don't know, more than my. I mean, I mean, I do remember, you know, you know, drinking alone. I remember, you know, I got down kind of alone, kind of enjoying that. So, you know, I know I was drinking every day or anything like that, but I think the way I drink drinking, I think had some of the patterns, you know, I mean, to procrastinate or to not think about what work commitments or work. No, I think. Right. Graduated. Like you're a graduate. Husband, professor. He had property, so like he hired to do it. And. Yeah, I mean, it was like getting me. I was constantly missing the deadlines and just. I did not get a job and it did not end well. I just did not. I mean, did I get a good story? So yeah, that wasn't great somehow.

09:51 **Alex Libre:**

I mean the like one thing that stuck out to me most from that share right there is like, like you said you were drinking alone in college. Very, very different phase in terms of most factors. And then when I was thinking about like how you drink alone had, had, have, have drunk, drunk alone like like sor years. I had sort of like categorized that in my mind as like almost like an escape from. From the relationship stressors and work stressors that basically various stressors. I guess primarily, I guess, I guess that you had this, you know, you know, high levels of stress in college. I'm sure like. But something seemed like maybe if. Maybe the reasons for drinking alone back then were different than the reasons from now and then there might be some other underlying.

10:43 **Michael Montgomery:**

Yeah, yeah, yeah, yeah. It wasn't. I mean, I don't know. I mean I, I don't think, I don't think I was drinking alone a lot. I mean, I mean the drinking alone really, really, really took off when I was doing it. I mean you don't want people knowing you drink drinking. I mean that was definitely part of it.

11:07 **Alex Libre:**

And you would tell people like you had no shame about having a six pack at home or you know, at your dorm or whatever in college that you weren't hiding it necessarily.

11:16 **Michael Montgomery:**

No, no, I really wasn't hiding until. Well, I started not going out after work was. But, but I wouldn't always tell her but, but that was different. Really Hiding.

11:48 **Alex Libre:**

What else happened around that time, like in your relationship especially. But like, like, like was there anything else that you remember specifically around like notable shift in how transparent you could.

12:00 **Michael Montgomery:**

Be way back when we got married?

12:11 **Alex Libre:**

Financial stuff.

12:12 **Michael Montgomery:**

Yeah, yeah, yeah, yeah. But, but no, no, that's why it's, it's been, you know, it has been hard. My wife and you know, you know, you know, you can't say, well, I'm lying, drink, drink. But I'm not lying

about anything else. You know, sometimes I buy things that I, you know, clothes or something. But it's not, you know, I'm not. I mean she know. But, but, but really, really. Only the day was bad. I think we got through all that eventually. But, but, but it's connected. It's like, like keeping secrets. Definitely. There's, there's, there's, there's something there, you know. You know, I think that, I mean, I think my wife right now, because we haven't been sleeping together together because my back is so bad and so you know, she. She's had some health issues.

13:29 **Alex Libre:**

Is her knee improving? Is her knee improving?

13:35 **Michael Montgomery:**

Yeah, Yeah. I don't. I don't know. It's like. Yeah, it's getting better. It's just part of our age, you know, so that's, you know, that's something I don't want to, like, comment about, you know, and, And I want to wonder. So she's almost. I mean, she looks great, but I Wonder where that's heading. 75.

14:27 **Alex Libre:**

Yeah.

14:28 **Michael Montgomery:**

But. But you know, I was thinking about last time, and it's true that.

14:37 **Alex Libre:**

Oh, yeah, yeah.

14:41 **Alex Libre:**

It goes all the way up.

14:42 **Michael Montgomery:**

Jesus. Don't show. No, no, no, no. Okay. You know. You know, I mean, stepping back, what do we want to do? And he also, like, finding creative. Like. Like, he's. He's writing stories. He's a writer. He's a journalist, editor. So he's dab labeling writing stories, which is an interesting creator. You know, target millionaires. So they're, you know, financially target. Target being financially kind of like, you know, I think that's one of the things enjoyed about me. I mean, that's what's great about reunion. You know, we're all the same age and we're all. That's what I enjoy. I mean, I mean, I guess, yeah, generally. Especially high school. Right, Right.

16:01 **Alex Libre:**

Yeah.

16:02 **Michael Montgomery:**

You just don't have to think about it.

16:16 **Alex Libre:**

I mean, is that like a. Maybe a common theme in terms of. Or like some moment of feeling like you almost don't share in common or don't necessarily know what you share in common with a lot of other people and that makes you feel lonely. Maybe historically throughout your life that, like, kind of feel like maybe you don't have as much overlap with people or you're not sure how much overlap you have, and therefore it makes you cautious in some way. I don't know. Something felt like.

16:47 **Michael Montgomery:**

I've had these memories of, like, wanted. I, I. I wanted. Yeah. I mean, I mean, I would draw like, like end. End of sports season.

17:14 **Alex Libre:**

Yeah.

17:15 **Michael Montgomery:**

Oh. I would stay home alone. I don't know. It's. I mean, I like, like, you know, I don't know. I mean, I sometimes thought cool, like, like not, not going like you're.

17:32 **Alex Libre:**

You're kind of too cool for it.

17:34 **Alex Libre:**

Yeah.

17:35 **Michael Montgomery:**

But what was I thinking about? I was remembering about something else that I didn't.

17:44 **Alex Libre:**

Yeah.

17:45 **Alex Libre:**

That I find.

17:45 **Michael Montgomery:**

Hug. When I was a teenager. But I also like the idea that, like, I like something other people and, you know, you know, studying Russian or going off. It was something that Other people weren't doing.

18:08 **Alex Libre:**

Yeah.

18:10 **Michael Montgomery:**

So, yeah. Yeah, it's a really nice, nice name. And it's, it's, you know. You know, it's nice. It's nice to get out and do things. That's another thing my white wife and I have been talking about. It's like we just. We don't get out out as much as we would like, like to. And we just need to find, you know, opportunities to do that. The city is so great. It's just fantastic.

18:38 **Alex Libre:**

One thing, I mean, what were you saying again?

18:41 **Michael Montgomery:**

I'm gonna have to.

18:44 **Alex Libre:**

Okay.

18:46 **Michael Montgomery:**

For this mix. But anyway.

18:51 **Alex Libre:**

Yeah, no worries.

18:52 **Michael Montgomery:**

This week things seem to be a lot better.

18:54 **Alex Libre:**

Okay. Okay, cool. I mean, I mean. So I have an interesting thought. Well, maybe it's a little self flattering. I think it's an interesting thought, but this idea that I haven't had for, in terms of like you saying that you were somewhat drawn towards these, like, less common, less mainstream interests. And that combined with sort of like a baseline feeling of almost inadequacy relative to the world or other people and like almost lack of self confidence. I think I've had that for a lot of earlier parts of my life. And that also correlates when I was interested in the most, like, like not, you know, sort of niche stuff. And I wonder if there's an element of feeling like because you have low sort of belief. Belief, you kind of don't want to compete with as many other people. Like a smaller market niche.

19:43 **Alex Libre:**

Yeah.

19:44 **Alex Libre:**

More easily. I don't know if that resonates with you. Exactly.

19:48 **Alex Libre:**

Yeah.

19:49 **Michael Montgomery:**

That's interesting. I think there's probably truth through that. Like. Like I can know more about Jazz.

19:57 **Alex Libre:**

Exactly.

19:59 **Michael Montgomery:**

Because I don't know anything about Jazzly. Yeah, yeah, yeah, yeah. Something you can kind of. Yeah. You know. You know, go off to Slavia.

20:19 **Alex Libre:**

Yeah, yeah.

20:20 **Michael Montgomery:**

You know, who's been, you know. I know, I know. You know. Yeah, yeah, I think.

20:37 **Alex Libre:**

Yeah, I wasn't sure either if it would. Right.

20:53 **Michael Montgomery:**

You know, competitive, you know. You know, where do you remind me, where did you go to college?

21:02 **Alex Libre:**

I went to Dartmouth.

21:04 **Michael Montgomery:**

You went to Dartmouth. And what was your major?

21:06 **Alex Libre:**

Philosophy.

21:07 **Michael Montgomery:**

Oh, wow. Wow.

21:10 **Alex Libre:**

Yeah, kind of ran random and I did all three med classes. I was going to go to med.

21:14 **Alex Libre:**

School.

21:16 **Alex Libre:**

Senior year and changed course and took a job at Google and fell into a random recruiting career.

21:25 **Alex Libre:**

Four years. Interesting. Yeah.

21:30 **Alex Libre:**

What division they're recruiting? Org.

21:33 **Alex Libre:**

Yeah.

21:33 **Michael Montgomery:**

Oh, I see. Right, right, right.

21:34 **Alex Libre:**

Yeah. Yeah.

21:36 **Michael Montgomery:**

So, yeah, I mean, I'm really, really looking. I truly believe that I haven't Procrastinating that much. I just haven't had that. I think 70 of that is my back.

21:55 **Alex Libre:**

Yeah.

21:56 **Michael Montgomery:**

I think there's definitely been a moment when I'm. I kind of freeze overwhelmed like. Like the paper that I have to get a first draft on and that, that, that, that slowly not. Not as much has. Has.

22:14 **Alex Libre:**

Do you feel like anxiety of some of various forms is still like a very relevant anxiety? Anxiety is still like a very relevant issue common thing.

22:27 **Michael Montgomery:**

Yeah, yeah, yeah, yeah. Absolutely. I mean you know, you know I was in the bath part of it. When you're immobilized it's a scary area. Right.

22:45 **Alex Libre:**

Yeah.

22:48 **Michael Montgomery:**

If it'll ever change. I was pretty bad but I general. I'm not. I mean.

23:03 **Alex Libre:**

Yeah.

23:20 **Michael Montgomery:**

Reasons.

23:21 **Alex Libre:**

And does your anxiety like around these kinds of things is your anxiety almost always like. Like ultimately reducible to like. Like any anxiety about what somebody else. Some. Some other person is going to think about you or about your work. Like, like, like. Like it's. It sounds like it ultimately tends all like sort of lead down towards you know, like you're worried what your. Your manager is kind of pissed at you for something like you know your might feel like you're slacking. I don't know. Like it seems to come. It all ends in the minds of other people in your life in some form.

23:53 **Michael Montgomery:**

Yeah, I think that's actually true. I mean, I mean I want to want to do a job at a base level I want but no, no, it's true.

24:08 **Alex Libre:**

Yeah.

24:08 **Alex Libre:**

Which I think is probably normal. Maybe all interpersonal sort of related anxiety. Yeah. I don't know. It seems. It seems interesting because there's just this that I'm feeling sort of like swimming around in mental soup here where like you have loneliness and drinking alone, you know, you know, escaping and getting lost. These things seem somewhat related to your perceptions of other people and your perceptions of other people's perceptions of you. And like. Like there's. There's something maybe. Maybe tying things together where you. I don't know like. Like one. One way way of. Or something along the lines like. Like you just kind of like reach maximum threshold how much stress you can take. You know. You know think thinking about what somebody else might think thinking about you or thinking about your work what they might. If you have had some more procrastination how bad that's going to mind somebody else and then you retreat into getting lost. Keeping your own world closer to yourself. I don't know.

25:22 **Michael Montgomery:**

Yeah. Yeah. That makes a lot, a lot of. I mean, I mean I'M thinking about this like, like.

25:30 **Alex Libre:**

Phone book thing, the phone bone thing.

25:32 **Michael Montgomery:**

You know. I mean I, I, I spent hours, hours looking when I was like looking, looking at people pictures and I don't know like, like I don't know, I don't know looking at it again. I'm like I have so much time. Was I, was I thinking about what I thought about me could be also.

25:51 **Alex Libre:**

Just like an interest in other people to some extent.

25:59 **Michael Montgomery:**

I have an amazing memory. I, I see one person one time.

26:11 **Alex Libre:**

Yeah.

26:15 **Michael Montgomery:**

But no, and I, I think that the drinking alone was just to get away with. I mean you know, like, like, like if no one.

26:34 **Alex Libre:**

Right.

26:35 **Michael Montgomery:**

I would have chosen.

26:37 **Alex Libre:**

Exactly. That's the key piece right there, I think.

26:39 **Michael Montgomery:**

Yeah, yeah, yeah, yeah, yeah. So I would like to get back like, like you know, you know focusing on something for the next meeting.

26:51 **Alex Libre:**

Yeah.

26:52 **Michael Montgomery:**

I mean, I mean I will do this with the AI on procrastination.

27:00 **Alex Libre:**

And I think, I mean like, like since we have the whole weekend for next Tuesday. I am going to a wedding. I'm going to have some time later today tomorrow. I'm going to send you prompts that you could put in and then we can use all that information.

27:35 **Michael Montgomery:**

Kind of. Kind of.

27:36 **Alex Libre:**

Yeah.

27:37 **Michael Montgomery:**

I would assume that's pretty normal.

27:38 **Alex Libre:**

I mean. Yeah. And I would just, just quickly say that you can also do like YouTube yourself and it like, like, like, like that's kind of what you do anyways. It's the same, same thing, you know. You know.

27:50 **Michael Montgomery:**

Right, right, right, right. Yeah. Okay. Okay. So, so we'll, we'll meet on.

27:55 **Alex Libre:**

Yep. And I'll send you some information and then. Yeah. Think we got.

28:06 **Michael Montgomery:**

Did you do.

28:08 **Alex Libre:**

Yeah, a little longer too.

28:11 **Michael Montgomery:**

I don't want to get business.

28:19 **Alex Libre:**

It was that one guy that talked a lot about, about his affiliation. Stanford one day. I don't remember him but, but I banned him from the meeting after this. Yeah, it might have been him.

28:36 **Alex Libre:**

Yeah.

28:38 **Michael Montgomery:**

Like a couple months ago.

28:39 **Alex Libre:**

Yeah, I think. Yeah, yeah. And it was a tense conversation. And then that guy apparently when you back a couple weeks ago intentionally asked me to be matched up with this other guy which I thought was well intentioned but really he felt like he was being bullied by that guy in the chat. So he like picked a fight with him in front of that woman and it was like.

28:59 **Michael Montgomery:**

Who was like a.

29:01 **Alex Libre:**

Funny hat on like Fedor here. Oh not, not that guy. Not, not that guy. He like a red haired flam point sort of, sort of top, top hat guy. I don't, I don't know wearing, like, a red top hat.

29:15 **Michael Montgomery:**

Oh, yeah. Yeah. Right, right.

29:16 **Alex Libre:**

Yeah. Yeah.

29:17 **Alex Libre:**

So anyway.

29:20 **Michael Montgomery:**

Like. Like.

29:23 **Alex Libre:**

But then last night, two people said. Good, good.

29:35 **Michael Montgomery:**

That's great. Great people. So we'll connect on Tuesday.

29:41 **Alex Libre:**

Yep.

29:41 **Alex Libre:**

I'll send you some stuff and I'll let you go. Thanks. Good luck.

29:47 **Michael Montgomery:**

Good luck.