

Kristin Cavallari

Hi Daddy Gang Although it's an off week for me it is not an off week for you I want to revisit one of my favorite episodes of the year and I figured maybe you missed it and maybe you didn't but you want to watch it again This is the Kristin Cavallari episode I had so much fun when I recorded this with Kristen I grew up watching the Hills in Laguna Beach So to get to meet Kristin Cavallari and be like you're literally the best same human being in person Gorgeous funny hilarious I just couldn't take it So Daddy Gang enjoy this week's episode Kristen I love you Have fun Goodbye What is up Daddy Gang It is your founding father Alex Cooper with Are we ready Ok That laugh I I'm like I know it so well It's like so weird to be in person with you now OK OK Kristin Cavallari Welcome to call her Daddy Thank you I have always been a huge fan Laguna The Hills owned all the DVD S would watch with my sister would binge watch But another reason I was super excited to have you on was because I follow you on social media Oh thanks I respect everything you're doing your career but specifically with your Children you deciding to not really show them and keep that part of their life private I mean I really I really respect it How did you decide to take that approach and protect your Children by keeping them off social media Well thank you because a lot of people don't understand it Um But if you go back to when I first joined Instagram Camden my oldest is on there when he was a baby a little bit And then um we just decided that we wanted to give them the opportunity to make that decision You know my kids may want no part of being known or whatever and I want to respect that and give them that chance to decide when they're old enough Yeah I feel like that's like a huge debate on social media because so many people with social media are posting even like their infants And then there's the debate of like we that's kind of fucked up because they don't have a say and now their whole life is going to be documented and then they're going to get to high school and people are going to be like I have all these Instagram photos of you but I think it's a it's a really good decision and I definitely want to do that when I have Children When do you think they'll get on social media I hope not until they're like 20 you're not giving them a phone they're never going to be um 16 I'd say it's probably realistic and you know long enough where hopefully they have decently thick skin and can handle some criticism because ultimately like that's my biggest concern with it is just how nasty people can be on social media So yeah and when it's your kids it's like I want to do

everything to protect them There was no social media when you were growing up But I'm curious did you have aspirations at all to be on television I did and it wasn't really until high school But um before MTV came I wanted to study broadcast journalism and kind of work my way in the entertainment world through hosting But then MTV came and everything just kind of fell in my lap And I thought you know when I graduated high school I moved up to LA I started at Loyola Marymount I literally went to one class like literally one class And then um I booked a job on UPN which you guys probably don't even remember that network but it was a network back in the day I was hosting a show And so my excuse was well I'm traveling around the country I obviously can't go to college and not that I want to like promote not going to college but it's the best thing I ever could have done college would have done nothing for me Right Because you already kind of had a career set in stone because you started in high school which is like not normal especially for like television You're in high school now We got to go through it Ok And MTV picks you to be on their new show What did your parents say when you asked them if you could be on the show Well so I was living with my dad in Laguna Beach My mom was in a suburb of Chicago My mom definitely had reservations because of the time MTV was a little scandalous at the time You know that was right after the Janet Jackson boob thing happened at the Super Bowl and um they didn't have the best rep and so she was a little worried but my dad was all for it and because I lived with my dad I'm pretty sure I only had to have my dad sign off on it Like mom I'm not even doing it Dad Why do you think your dad was ok with it I think he saw the opportunity you know I mean he just did and well also none of us knew what the show was going to turn into You know my dad probably at the time was like oh cute a little home movie No problem Have fun It literally was like a like school project that just happen to be from MTV And it's crazy because reality TV really Like no one had gotten famous from that yet So it was kind of like an undiscovered concept So I can kind of understand why parents would be like Sure Yeah it wasn't like it is today No one knew you know I mean obviously there was the Real World at the time Um I think the simple life had already happened and maybe the Osborne Show But other than that there was there was nothing really So yeah this was uncharted territory We had no idea I'm trying to picture myself in high school getting cast on a show I would have failed out I would have dropped out because you would have been no what a fucking crushed That's the point though I would have been like I'm obsessed I get to

go party with boys like how the fuck that was me Ok I was wondering like did it fully take over your life I mean yeah Well yes and no Yes And the second sense that yes I mean that was like what everyone in Laguna Beach was talking about We filmed every weekend for like nine months or something but because we were still in high school I mean I was actually going to class still And so during the weeks um you know my life was normal I was going to school doing whatever I was doing and then we would film uh I think sometimes Thursdays but mostly Friday Saturday Sunday When you came out did people that were in your school that weren't on the show treat you guys like no What happened was the first season everybody auditioned right Everyone did well And then when those people didn't get it fuck MTV that whole thing And then those people were on season two and I was like oh really Right Fuck MTV That pissed me off But I mean it's understandable And then it aired the first season aired I was a senior in high school and I were everyone else graduated and went on to school That was the one time the freshman coming in and looked at me a little differently And I was like ok this is weird You talked about the fact that your relationship with your dad was hard to heal in therapy when you were growing up What was that core issue between the two of you Well my dad wasn't around a lot to be honest We were living in Connecticut before my parents got a divorce and my dad had moved to Colorado I think I saw him maybe like once a month like for a while Um and then in Colorado is when my parents got divorced and my dad shortly thereafter moved to Laguna Beach and I was still in Colorado Then my mom got remarried and I moved to Chicago And then my freshman year of high school is when I moved to Laguna moved in with my dad my stepmom who was 20 years younger than my dad and my brother at the time who had also been broken up with he moved to Laguna when I moved to Chicago Um And honestly my dad and I were just never close and I just remember in high school I never wanted to be home like I just never wanted to be around that environment So that's why I think I fell into like friendships a lot and going out I was kind of the party girl and I was just you know that's where I found connections Did you want to move to Laguna I sort of had to because I was getting in so much trouble in Chicago And uh and I had a major issue with my stepbrother and like all of the pieces just fell in the place for me to move My mom wanted to ship me off to boarding school And my dad said let me give it a go let me see if I can control this wild beast So I moved to Laguna my freshman year of high school And honestly the best thing that's ever happened to me What were

you confident about in high school school And what were you insecure about Well it's funny because on Laguna Beach everyone thought I was a super confident kid and now that I've had to go back and watch the episodes for my podcast I don't see a confident girl at all I see actually someone who's incredibly insecure you know they that same confidence is quiet insecurity is loud Oh I was that you know I was overcompensating for my insane amount of insecurity And so I think most kids are a mess you know most high school kids you don't know the fuck you are at 17 years old But I I think really probably because I didn't have a family member in my life that I was really close to my mom now is my best friend But at the time we were not close wasn't living with her You know I never wanted to be home So I think that was probably a large part of it for me That is really interesting because I think like watching it back sometimes when you're in your head about whatever your insecurity is for you you're like I kind of feel like I'm alone out here doing my fucking thing Kind of just have to fake it till you make it Exactly Was there anything when you were social with your peers that you were insecure about No I mean that's really where I kind of found my identity I think And so I moved around a lot growing up and I think because I was always the new girl I was a survivor Like you could throw me in any situation and I was going to figure it out I knew how to navigate through situations That's maybe where where like the confidence came from because I wasn't someone who was going to like you know crawl in the corner and suffer I was like boom here I am Let's go But I was faking it though That makes so much sense I can completely relate to that where you're like I'm about to walk in this room and I have two options And so sometimes being like the loud one it just gets you in the door and it immediately if you exude confidence eventually you're gonna fucking be Exactly If you had to guess who would you be Now if the MTV cameras never showed up to your high school Oh my God I love that question I mean I think um wow if I was never on Laguna Beach I probably would have gone to school and you know did broadcast studied broadcast journalism hopefully it would have worked my way and still I don't know I feel like in a lot of ways I probably wouldn't be as far along on my journey as I am today because ultimately being on TV at such a young age and going through everything I've gone through over the years has really forced me to grow up a lot I think the older we get we realize life is building blocks and everything starts to make sense And so I feel like just everything that I've been through like I feel like this was supposed to be my journey So I can't it's hard to sit here and be like well if not because I just

feel like I was destined for this I think a lot of people are fascinated because like you said high school is hard enough Like high school is such an awkward time You're trying to figure out who the fuck you are You're dealing with peer dynamics family dynamics How did it feel And I think this is where we all are so fascinated did it with it because it's really not natural to have grown ups with cameras in your face Like I feel like your scenes were always like you chilling in bed with Alex in the morning like discussing what happened the night before But it's like how did it feel having these grownups come into your life Stir up drama and kind of like manipulate these storylines to get a good show going when you're in high school Yeah It's a weird dynamic when you really explain it like that I mean my whole life I had trust issues But then really when you're 17 18 and you have adults taking advantage of you and manipulating situations and in a lot of ways just sort of lying to your face I mean that's that will rock your boat for sure Trust is like my biggest issue with people And so that obviously didn't help that situation and now that I'm older and I've I've been on the other side of reality shows like Barry Cavallari I was an executive producer which was the best thing for me to end my reality TV career with that experience because it left a really good taste in my mouth But it was also really eye opening to be involved in those conversations of like oh these are the storylines we're getting and no matter what you do they're going to get the storyline they want So I understand from a producer's perspective now that I'm an adult why they do the things they do they have a job to do I get all of that I just think it's a tricky thing when you're dealing with Children I mean we were kids you know that's where it's like ah it's tough It's really tough because in one part it became one of the biggest shows and then on the other end it's like yo you're in high school that's your life When you say they would lie to your face Can you give us an example of something you remember Well so I look at Laguna Beach on the hills as two very different experiences Um Laguna Beach was more just no one really ever told us what was going on or like what they were trying to do You know no one prepared us for what was coming I just remember one producer in particular before it aired saying well you know you can definitely tell that you're not from Laguna Beach And I was like oh OK like what does that mean And then it came out and I was like oh you mean because everyone's going to fucking hate me and this is so not who I am you know But like I don't know a bigger heads up would have been nice How much you guys fucked with me That kind of stuff when you say fucked with you Are you saying like they really

leaned in to try to make you that villain Oh Yeah Oh Yeah And that's why I've really loved doing the back to the beach podcast with Stephen because we literally go through scene by scene and break it down and it's been therapeutic for me It's been eye opening It's been really fun also just to break it all down because I'm not emotionally invested in it in it anymore Where at the time I remember Stephen being like that's not how it went down but I couldn't hear him or believe him because I was so upset about it And so yeah being able to go back and watch it and just get to the bottom of it I've loved every second of it when you realize like wait I look like the villain in this What the fuck did that do to you Mentally I was I was pretty wrecked for a while I was so upset I was really upset when I saw the first episode it was hard It was you and Lauren Conrad essentially the first premise was like you guys fighting over a guy did you And Lauren was it really only over Steven or were you two just two personalities that probably would have always butt heads regardless of if a guy was involved Well we were never friends but we never fought or anything you know And so MTV coming definitely made it a way bigger thing than it ever was And Lauren and Stephen did have something but it was before MTV came And then of course MTV caught wind of that That was like the only thing they focused on and in a lot of ways try to keep it alive And that was where I felt really threatened And so I put up walls I was all I knew how to do at age 17 And so yeah it goes back to that thing where I was always a survivor And so if I felt like you know threatened and people were like coming after something that was mine A K a my boyfriend or whatever it was I was going to get scrappy I mean that's just what I knew how to do I have had many of your now castmates on and being on Laguna Beach and the hills and getting to like directly interact with Adam Dello What was your experience with him I mean it was it was never great I had my issues with Adam without a doubt And again I mean I kind of said it earlier but I understand now as an adult why he did the things he did It's not that I agree with them but I mean he had a job to do I think my biggest issue with what Adam did was he would create these storylines on the show that were bullshit but then he would go and feed them to the tabloids So not only are you living this shit on the show but then I'm having to answer questions and the tabloids and people are painting this picture of me which isn't true at all And again I get it because the tabloids fuel the show and you know at the end of the day it's all fine it's all worked out But um I I had my issues with Adam for sure I don't think he's a good person but I think he's a great producer I'm actually kind of upset though because Stephen and I were

supposed to have him on our podcast and he you know had us going around and around and around And then two days before we were supposed to film he pulled out and it's just shitty because A you could have told us upfront and b he totally opened up my career right Started my career But we also started his career like without the cast of season one of Laguna Beach Adam wouldn't be what he is either So I just felt like why can't you come on It's a mutual respect thing Answer some questions about how the show is created and we'll call it a day You kind of make him because yeah he had like the format But if you guys didn't show the fuck up and do your iconic scenes like there was not going to be a huge media mogul moment for MTV in that category So it's like Spencer did talk about what happened with Heidi Did you know about that And do you know No because that was before I had come on the show Um My issue with him was a bribing situation and him uh creating this storyline that I was doing drugs and was out of control partying my ass off in my early twenties I had a really good time I don't regret anything I was never out of control It was never cause for concern I was never not showering which is like what us Weekly had said that I needed to go to rehab and all this shit And so that wasn't cool I remember that Yeah he bribed the girls to call me out on camera for doing drugs with a purse So but and and that was difficult and Adam and I got in a huge fight about it because what I was doing then because then he fueled it to us Weekly I would be on camera filming and I'd be like I know it was Adam going around just running my mouth and Adam called me and he was like you have to stop saying that I was like but you did that's also fucked And I think that's where I think it's fair for you guys You're not discrediting the show Even you sit here and you're saying great producer he knows what the fuck he's doing But I do think it's fair to clear your name because I was going to ask you that about like there was that huge sin I remember with the hills where it was like she's on drugs She spun out and they like got you and you like just woke up and they were the girls were like trying to have an intervention and I was like is Kristen really on drug And that fucks with you because your kids are going to watch that one day Like and so I think it's fair for you to be able to at least clear your fucking name with you I I party like I'm not going to sit here and say I never did I had a lot of fun I'm glad that I did I got everything out of my system but it was never I never needed rehab No one in my life was concerned about me like it was totally under control I love it If there if you can be a part that's under control But uh yeah And yeah so and I just hope that lo learned you always have to get that shit in writing you know

because she never got her purse She didn't know what kind of purse was it I don't I want to say it was a Birkin Shut the Yeah but you got to get that shit in writing I would have been like give it to me first and then I'll show up Damn No Birkin for love and no rehab for Chris I hope it was worth it When you look back Young Kristen is like in that moment cameras around what were the perks of having the show in your life And then what was like the most negative part that you look back on now with perspective I mean the perks were it was fun I would get phone calls being in you know whatever class during senior year and MTV would be like hey can you fly to New York tonight to be on TRL tomorrow Like yes absolutely Like this stuff is fun you know I mean so there was a lot of cool things going to the MTV VMAs and all that stuff was really fun I mean I was still in high school so it's not like I was getting great dinner reservations and stuff you know But when I graduated high school and I moved up to L A Yeah like I never waited in a line at a club or a restaurant like that was it was fun It was very very fun Um and then the biggest downfall I'd say And well I guess more so back in the day was the tabloid world that aspect of it Now I'm not so much in the tabloids like I was back in the day But what I don't like now is every time I feel like I do an interview like what they take they'll take nothing and turn it into headlines for click bait and that shit really pisses me off still Like I just did another podcast and we were talking about dating and I guess we were talking about Instagram Um and I said that I only noticed the verified ones because they go to the top I'm not and we were like joking around So now all these fucking articles are like Chris is using Instagram as a dating It's like no I'm not that's not what I was saying Right No I do I totally get that like the spinning of the words and it almost makes you not want to do shit Makes you not want to talk Which I think you do love to talk though I know but I feel like in the last few years I don't talk as much because I I'm not people probably don't know this about me They probably think I love all the attention I actually don't unless it's for something positive Like my company like I'm James or something then I'm like all right That's great But I really I don't care about being in the press or the tabloids I really don't Is MTV paying for everyone's therapy They should be But no they didn't offer No And actually Steven told me on our podcast that they gave him a speech coach and I'm like really Because I probably needed one out of everybody and they didn't offer me that They offered him back when he was in the Did he need a speech I think so I did like I would have gone against the character They wanted me to be like rough around the edges like wild Kristen How do

you think having your first relationship like serious first love and relationship air on TV impacted your future relationships Oh I don't think my relationship being on camera affected my future relationships I think just being in the press then affected my future relationships And again it goes back to that whole trust thing Unfortunately I've had to be careful with guys that I date because a lot of guys or what I have found is a few different things They get a little taste of fame and they lose their mind They become addicted to it almost or it's really threatening for a lot of guys So then they they get really jealous and insecure about it So that's been really tricky For me when you say they get addicted like how can you immediately tell Like oh fuck he's turned it takes me a second Um You can just tell like what I can't fucking stand is when a guy will plant bread crumb bread crumbs You know that same on Instagram Like I dated a guy I dated a guy who would come to Nashville and he would like tag the location and I'm like why you've never tagged a location in your life Now That shit I can't because it's so purposeful Like he's looking to kind of be like I hope this gets picked up by someone I hope there's an article like are they seeing each other You're disgusting You're like I don't even know you that well we're trying to get to know each other like before we actually start dating like chill the fuck out or what I've noticed if it's not about the guy the attention they do not like that So then they're like oh you know like like it's because it's not about you So you married someone that was famous and was in the public eye How did you meet Jay Cutler So I um well I got a call from my publicist in 2009 when I was still filming the Hills and he said Jay Cutler wants to fly you to Chicago and take you on a date And I had no idea who he was um and I just wasn't interested quite honestly So I said no I obviously told my mom about it though because a year later I was visiting my mom who lives in a suburb of Chicago and we were going to a Bears preseason game with my cousin for actually my friend Matt Leinart who was playing on the opposing team And my mom said you know didn't Jay Cutler ask you out And I was like oh yeah I totally forgot about that My cousin who was like the biggest Bears fan told me what an idiot I am so long story short I got his family passes to meet him after the game thinking I would never talk to Jay ever again And you know but my cousin would be like over the moon about it and he walked in and he was a lot cuter in person and uh we hung out two nights later and then honestly we just moved so fast I mean we got engaged after eight months and it just moved what initially attracted you to him So at the time I remember my life felt very claustrophobic living in LA I couldn't leave my

house without a million paparazzi every day and I just was over it Um Every guy in LA I felt like was a little bitch to be completely honest And I wanted someone who could be the alpha because I felt like everything in my life I was always the alpha So I wanted to be in the passenger seat for once Jay checked all of those boxes and and um and honestly we just had chemistry like you can't pick and choose who you like like you know what I'm saying And so we just had that spark and uh and yeah so with where I was at at the time in my life it was he was perfect for me I wanted to discuss dating an athlete and marrying an athlete because I've dated I was going to say a few I've dated a lot of athletes Ok Everyone knows I've dated a lot of athletes had serious relationships Flings whatever And they're an interesting breed was Jay your first professional athlete that you dated I have a few under my belt as well and I already knew kind of the game you know it helps you have them under your belt because you kind of know you get that world so well So well you have like the whole playbook ready to go like musicians fucking insane I won't go near another one but athletes I could do that world Oh they're all fucking do that shit in my sleep Absolutely What were some of the perks of dating a pro athlete in your mind Well in Chicago I mean he was a huge deal you know And so it was like instead of me always having to get a dinner reservation like Jay could fucking do it like dumb shit like that though But it mattered at the time Um Life was just it was easy and fun with him totally You know Did you fit in with the other players' Wives I did You see I didn't as well because they would want me to go to a luncheon or like do a lot of that shit which I wasn't I couldn't do no But like yeah we all got along You got along but maybe you weren't at all the luncheons But no I don't think I went to a bear's lunch until my last season There was always ask me and I'd be like ladies I got to go to work and they'd be like but we have a lunch at noon on Wednesday You're like sorry No but they are sweet They are they are what I found was that most of them had been together since they were like 18 so many of them And I guess I get it and I think that's where maybe it was cool because you had a different dynamic where like a lot of them try to stay with the people that knew them before they got big And you and Jay had a different dynamic because you both were big in your own right So there could kind of be this mutual like we both have our own things going on That makes sense What were some of the hardest aspects of being married to someone whose job is to play football Well I mean I love someone who has their own shit going on So that was great But I think the hardest part was watching him get the shit beat out of him week after week

you know football is a really tough sport And so that was difficult especially after we had kids too you know then things just become even more serious But um other than that loved the schedule loved him traveling loved him go Like I please go Do you You know I also feel like football is like one of the better schedules Not bad at all Baseball It's like I'll see never That's why they have girlfriends in every city every single city they would always call it like road beef and I was like excuse me why are you saying this in front of me and my boyfriend's friends would be like are road beef in like so I dated a baseball player who actually sent flowers to me and one of my friends on Valentine's Day I mean this was so long ago But um yeah I was like oh yeah No no no shame They were like what No And totally told me he had a girlfriend up in San Francisco I mean oh yeah I was like oh ok Well hey there's something about the honesty Wait they're like but she's my girlfriend in that city You're like you're here Why why did you you ever worry about Jay's behavior on the road when he was gone I didn't And that's why football is actually a good sport because they're gone for one night They have curfew the night before it's the night before a game As soon as the game is over they get right on a plane and come home there's no room There's no I mean listen they do and they have and they will continue to But at the time I didn't have any reason to suspect Suspect How did the dynamic of your marriage change Once Jay retired I mean it actually kind of didn't and we started very Cavallari right away And so um it kind of it didn't and he was just around a lot more Ok So you guys were getting to spend more time a lot more time Yeah initially when you got engaged you postponed the wedding you said one of the reasons was you didn't want to be a stay at home wife What made you think that you would have to be staying at home if you got married I mean it was so much bigger than that though I think I probably said that at the time to like say something and move on But um basically I ended the or I called off the engagement the same reason I got a divorce same reasons I should say And so I guess if there's any takeaway from that is you can't ignore red flags People don't change and you got to trust your gut I was 23 when I met Jay You know I was a baby and at the time of my life getting married and having kids was the next natural step I'd gotten everything out of my system and I don't regret anything at all And I really am thankful for our time together But um yeah I just think you know now I'm so different dating I see shit a mile away and now it's like no I'm actually not going to put up with that because you know what it is now for me it's a huge turn off instead of being like oh well you know maybe he'll change maybe we could fix him

It's like no no no no goodbye I don't have time for that anymore You say it wasn't because of loss of love that you guys got divorced but because you couldn't be in a toxic relationship anymore What was toxic about it So here's my only thing because I have three kids with him I'm very careful about what I say If you and I didn't have microphones in front of us I'd fucking tell you But you know that's their dad and my oldest googles us now and I just want to be very careful My mom never said anything bad about my dad growing up and I really respected that and I want to be that kind of mom And even if I don't say anything the headlines will say I've fucking trashed him somehow So I just you know it was toxic I think period End of story That's all I kind of need to say When did your family and friends realize forever They did because I know sometimes you can like try to hide it because Yeah OK I I kind of hid it from some of my friends My mom knew every step of the way And my best friend Stephanie who's in Chicago But like Justin my best friend he didn't realize it until he moved to Nashville And then he saw it firsthand when you get to a place where you are trying to hide stuff from your friends or your family That's also a red flag for yourself Like why aren't you telling your friends It's so true and then it's like to get out and then it's almost harder once you're so deep in it by yourself that then to try to own rangers on your own island And then you're like how do I even tell my friends because I've been faking this for so long But you you're saying your family knew you weren't fully alone Yeah My mom knew my mom knew and you know because uh my mom went through some similar stuff with my dad She was actually the perfect person for me to have because she understood what I was going through and so that that was good I also think it's really important if you do have issues with your dad for you know obviously for girls especially to work through that shit before you get married because otherwise we end up with our dad when you think you have any fucking issues with just even like your family your parents that shit If you don't work on that you're about to turn right around and do the same fucking shit And so it can be a little bit of like a daunting process but you have to work through it or you're going to marry your father Exactly When you are breaking up with someone it fucking sucks Even if you no matter what side you're on no matter what and what is worse especially with social media is like it's hard to see someone move on Yeah How did it make you feel or does it make you feel like if you still see or if he's like out with other people like I hope that he finds someone I really do I mean I want him happy My kids benefit from that you know so I hope that he gets remarried and I

mean I really do Obviously the first time I heard about it it stung a little at anybody you know But totally and I'm friends with almost all of my exes and I I I think that that's a good thing Like I really value the time I've had with everybody I've learned from every relationship I've had and I really want all of my exes to be happy and be in a great relationship for young women Listening It's fucking hard to end something that especially I'm sure when you have Children like you have deep ties with someone there is love there because what you've created the world you've created with this person But when you know something's not right for you how did you like mentally work through ending it officially Because that scary it's really scary I mean it took me a few years to actually pull the trigger to be honest for you Was it just time or were you finally like ok something happened Like now I'm going to do it No it was more just time It was like nothing major happens at the end you know it was just time and I remember always asking my mom like well how am I going to know And she would be like you'll just know and I did I just kind of knew and you know it's the scariest thing It's also the saddest thing I mean it's so many emotions but it can also be the best thing you know And so I really don't think anything good comes easy really like with anything in life And so but also you don't want to just make an impulsive decision either And I think that's why it's important to write it out I've also seen couples that have worked through shit and come out on the other side You know So I mean I think with any relationship you just have to realize what are deal breakers for you what's important to you and what's not And I was really unhappy I mean and that was the bottom line and I was in an unhealthy relationship And so that to me is not worth it also I didn't want my kids thinking that that was normal and you know I wanted them to see me happy and see me Eventually not right now but eventually see me with someone who really respects me and treats me the way I need to be treated Ok You are now recording a Laguna Beach Rewatch podcast with your ex-boyfriend in high school I don't know if I could ever fucking sit down with my ex-boyfriend and be like let's and also the fact that you have to rewatch it It's like holy fuck Do you see yourself ever hooking up with Stephen again No I went to dinner with him almost two years ago and we can which was fun I mean we had had a couple of drinks and we were yeah it was just fun you know and then um I was actually dating someone at the time you know I'm just making up for lost time And so I think that was kind of what the issue was was that I was dating someone else and um it just kind of just didn't turn into anything Do you feel like you guys are Like because you

know how everyone's like your first love Like do you think there's any way you would explore it again No I really once I'm done with someone I'm done it's like a light switch flips and I can't go back Are you guys having that moment I actually feel like this is something I would think about in high school It's like are you guys having any of those moments where together you kind of regress back to the high school version of yourself together because you do you even know adult versions of each other Well we've kept in touch and we would hang out a little bit before I got married and stuff But um and I think had we not gone to dinner almost two years ago I don't know that the podcast would I don't know that we would have well I'm sure we would have had the same chemistry but it put me at ease because I was like I know that we still can you know banter back and forth have fun together So that was a good thing You need to take us through the last date you went on OK Uh Where did you go Did you like the person Kristen Give us the d this is a good story OK OK here we go So I hate actors You know I've always known that like in my early twenties I went out with a few and I was like they're the worst but an actor asked me out I was like all right So this was in L A This was probably like two months ago and went to Laurel Hardware He doesn't hear this It's ok I've gone on dates there too Let's just pretend it was me there But you there Who was it We don't know Keep going That's a good place for drinks So he was slamming drinks like slamming drinks And then at one point he was telling me he does his own stunts We were sitting at the bar ok It's fucking packed He gets up to reenact a stunt that he had done runs into the waiter and it's like oh I'm so sorry I was like please sit the fuck down I can't just creating all this commotion in the middle of Laurel Hardware I am so turned off He tried to do a stunt re enacting a stunt in the middle of a packed restaurant I was like please sit down just drawing so much attention like oh my God also why are you doing a stunt What the fuck down And to confirm anyone that's not from L A that is a packed bar It is not a hardware store Thank you very much It was awesome So then did you talk to him afterwards He's texted me a couple of times and I can't be I can't just like go someone but I give him like a one word response I don't even know I'm in a serious relationship literally Ok So you're just kind of like I get that Wait why do you think you can't go someone I'm too fucking nice Which people would not know about me I'm too nice Really I wouldn't want to be ghosted either I would actually appreciate someone just being like hey you know what You're great but didn't feel any chemistry totally Which I said that to another guy I was like hey I didn't feel any chemistry and his friends

were making fun of me for weeks about it I'm like I actually thought I was being like mature not wasting anyone's time I love that What can they say to that Exactly He deleted my number and told all his friends and everyone was making fun of me I'm like ok well that's thank you for validating Why the fuck I don't like you and like I'm an adult and like sorry you couldn't take the fucking truth I'm trying not to waste anyone's time Move on if you you are not having a good time on a date because I feel like this is me and I'm wondering if it would be you They won't know that I'm not having I know I'm gonna like people please it up and be like yeah laughing and then he's going to think we're leaving and I'm having the best time and I'm not going to want to talk to him Are you do you give signs on a date if you're not into it I know because the same thing like I'll fucking show up to the party you know But what I've been doing is I won't go on dinner dates I will get a drink They usually turn into dinner because they got them too fucking nice But like this guy who was acting out stunts got dinner with them Like what am I doing Let's get the like dude I gotta fuck Yeah So because I know because I need to come up with a better game plan I'm like oh I have an early morning you know actually this is another funny story I almost want to say who I was with in my early twenties ok You have to call her daddy Come on All right I'll say it Don't say it This is going don't sit right I'll tell you the story So I went on a date with a guy This is my early twenties kind of my partying career right He was vegan and he was sober and I was like um one or the other right Preferably both but or like be both So I was like I have an early morning sorry went back to his house made out with him on It was bad I was like I have a really early morning tomorrow I got you know changed in my car went to hide I'm such a dumb ass Of course there's paparazzi The next day he was like my friend saw you at hide I was like oh really Oh you gets so crazy I was on my way home and I got an email that the event in the morning was canceled So I thought you were asleep I'm gonna go to hide I felt so I felt so bad and he's really cute But like at the time in my life I'm eating meat and I'm drinking a lot of alcohol I can't do this I actually respect the honesty though because I have done something similar where like if they're just not on your wavelength and especially when you're in your early twenties and you're like I am going to every club I want to be known at that club My job is to go out right now I don't think you understand that And so it's like even if they're a great guy maybe if you met him later on like I've seen him not that long ago but like a great guy you know like it's not meant for you You're more interested in getting fucked up at hide and I go to hide man OK Can

you tell us who is the most famous person you've denied Denied God Um what about initial your publicist is having a panic attack Well you know what tell us the profession Um I didn't deny a lot of people back in the day to be honest Um You're like did you just hear my famous I'm staying on the date with the guy doing the stunt Alex Everybody had had a dinner with him All right Getting denied Ok How about this You see someone on Instagram You find attractive OK How do you vet these people to see if they're worthy of you d ming them and pursuing them I won't DM You don't I won't make the first move on it Why Um OK so where I'm at currently in my life I want to be pursued I want to be fucking courted I want the man to put in some fucking effort And I think because guys now so again I was I was with Jay for 10 years This is my first time dating in the social media world Like it's a fucking shit show out there I hate every second of it but guys are lazy as fuck now and they're always looking for the next best thing So it's like no I'm sorry I don't have time for your little bullshit anymore Like let me see how serious you are and put in the effort So no I'm not making the first move I've said ladies if you want something slide the fuck in but where you're at in your life also kind of dictates what you're going to do So for you I totally hear you We're like I'm not I'm going to sit on my couch drink my tea and wait for the men to come in and if they're not fucking side are a bitch I don't give a fuck Ok I think that's one thing I did do was um I went to a show and I posted a story of this musician who I did end up dating So he saw it DM Ed Me So like that in a roundabout way is kind of like I like that That's a good way to do it If you were going though to slide into someone's games let's pretend like something hits you on a Sunday night The kids are gone You're bored you're like maybe I'll give it a try What is what is it's gotta be fucking hot I mean what are you going in with if you had to if you pick up line what would you say Hey hi It's like I'm so lazy with it Hi period Ok This is a fun game What would I say Um It really depends on the guy the situation where he lives Like if he lives in Nashville like it would be different than if he lived in L A right So it would be I don't know like shit I don't I don't know because like Nashville you could be like something about like like do you go to like or like hey are you in Nashville Like something like that If they're in a different state then it's like LA I come out here quite a bit so I feel like I'm going to be in L A and bla bla bla bla like what are you up to Yeah you have good game Like we know we know we still got it you know like I do know that that's what I think That's the best part I remember watching on the hills when you came back and you with brodie he was like drooling because it

was just like you know how to get the guy bro Do you think I would ever go anywhere I've ever no I just saw him actually and I met his new girlfriend I love brody But no brody is the only ex I ever went back to though And it was because I was filming the Hills on the show We didn't actually date but we hung out a little bit I can't remember how it all but what you saw on the show was all bullshit Like he and Jay pretended to break up but they never actually did like all that dude those fights I I was like Kristen how do you get yourself riled up to just scream with these Is it easy for you to get rattled up though when you're filming now Not anymore But like back in the day Oh yeah When you showed up I forgot the scene But you showed up Oh my God I remember your hair looks great You were looking great You showed up and you're like you want oh my God you piran God I know I was hammered I watched that back and I was like oh my Heidi And Spencer was my first day really filming Heidi and Spencer came with bottles of tequila and it just went south And when they show you know what I was mad about though So before I started filming Adrian and I talked about how we know that they want us to fight and you know they want you to go after Justin Bobby and we're not going to fall for that shit I was like yeah no we're not Then we're filming and she comes up to me and picks a fight and I was like what Oh I said so that's why I was like so it's gonna be like that because I was like what fuck we just had this conversation That makes so much sense Oh my God I forgot that So it's gonna be like that really doing whatever I was like fucking am I are you crazy Fuck all of you It was a game on that actually makes a lot of sense How you got that riled up and that you guys just Google Kristin Cavallari You came at me like fucking piranha and you we'll watch the glorious moment that Kristen almost loses her shit But it truly was such an iconic moment And also that's so good to know you were hammered because that line was so iconic I'm better when I have a little buzz like that shit just comes out of my mouth See sometimes people look like idiots Kristen's like give me a fucking tequila and I will rock the way better I love that OK When you're looking at someone's Instagram now that you're learning how to date with social media what is a photo that laugh guys I can't I feel like I've heard that since I came out of the fucking room I'm obsessed It's the giggle It's the cute one also where the guys are endeared and then it's also like sinister for women Be like oh my God Is she going to cut my face off or do I not kill me OK Wait if you're going to a guy's Instagram he D MS you you're like OK what could be a photo that you see that you're like absolutely not like a shirtless selfie The model photo It's like like sorry gym selfie Yeah No we

don't need to see it No Be a man a manly man who's not taking fucking shirtless photos in the mirror I agree We don't we don't need to see it bro I wouldn't care I I agree with you Mine were um the fishing photos when they're like holding the big fish in the photo And I'm like sir what your thing I just I just I can't take it I'm from the north east I just to be honest I would actually love to find someone who's not on social media or maybe they have one but they really don't post you know that that's the goal when I met my boyfriend and I was like show me your Instagram and he was like I don't have one I was like I was like I will marry you officially have a second date Daddy That was you're going to find it you're going to find it Um Does someone's prior dating history in the industry affect if you're going to pursue them I would be lying if I said not at all But if you've dated some fucking trash buckets yeah it kind of stands out Give us the definition of a trash like a trashy girl Got it Yeah like that because then I'm like why would you be into me I'm not saying I'm a fucking Sae but you know what I mean Like I'm not saying I'm not trashy too but I have like my own category of No no but I get what you're saying If like you can tell the vibe of someone if they're dating someone completely different like you're like I have my business I have my kids like I don't got time to bullshit Exactly Like I'm just at a different phase in my life The shit I put up with when I was 21 is totally different What is a non-negotiable for you Now in a potential partner a non-negotiable is someone who cannot take any accountability and who is insecure I mean honestly I need someone who is so comfortable in their own skin because that's been the crux of most of my relationships That makes sense Like you can't I've had that before too where it's like because then it comes to you just constantly having to build them up and you're like and they're threatened by everything in my life And it's like I can't I don't have time for that I can't babysit you would you date an athlete again It's not at the top of my list I I'm like I'm not I'm not looking for one They like me for some reason Um And so I wouldn't rule it out but I'm not looking for that and I would love to get I mean I'm fucking 35 now like they're all a little young for me now I've been attracting a lot of guys in their twenties though I don't know what that's about I don't know what's going on I mean I've just decided that like thirties at least ok like in my perfect mind I'm like 45 a businessman not on social media No one knows who the fuck they are But that's just not what I've been attracting So I don't know but maybe you're also at a point in your life where like since you're newly single and you're getting out there like maybe that's also it's going to shift but like you're giving some great energy that like the young

bucks are like kind of like like you guys know I have three kids Right I'm like cool I just want to throw that out It's like turning them on even more You're like it's like a 26 year old just asked me out I was like 20 fucking sound like you're hot But no I was like I can't you're like are you going to hide tonight I've been there done that man I can't ok If you could go on a date tomorrow with any person of your choice ok Who would it be Alexander Scars Guard So how you say his name Who is that Google him Someone google him please Big little lies I mean maybe his character wasn't the best in the show but you know he had another shit You're like I don't I'm not that off of that character I like it's not because of the character it's because of him guys You really worked through your shit ok That's a good answer Ok As we wrap up you are everywhere I feel like when I was prepping for this interview I'm like I can't keep up with Kristin Cavallari Enough Do you feel exhausted by the fact that your income and your job is slightly dependent at times on you being in the public eye Yeah I do because honestly if everything went away I would be ok But now that I'm a single woman especially supporting three Children I have to keep my money coming in Right And so yeah it's kind of a in the same breath what I'm doing now I really love like the podcast for example I've really enjoyed and I do feel like because I live in Nashville I can kind of separate a little bit and I go back to a really normal peaceful life And so I actually think I have a really good balance with everything Right Know I think that's great Yeah And being on TV sometimes I feel like we get a version of you like you said everyone's I just learned that you weren't like the most confident girl in high school And it's helpful to hear you be able to kind of like debunk those myths about yourself through time What is something you feel like people don't understand about you that you wish you could just like set straight and they understood like who Kristin Cavallari is Well I think there's obviously a lot of sides to my personality I do have that like fiery go getter part that I think a lot of people do see I also can be very shy and very reserved I'm a home body I recharge by being quiet and having a long time and I I just think people would be surprised at what a normal life I live Like people always assume I have chefs and nannies and butlers It's like I don't have any of that shit you know And so I think um I don't know I think I'm way more normal than people probably think No I love that You're explaining that because I think also like you could be in L A going to all the places is getting paparazzi all the time Like it it takes someone to like specifically try to like maneuver the world and not be photographed all the time and there's ways to

do it is Um but it's cool that you're like living in Nashville you because isn't your house like not Yeah I'm actually like 35 minutes outside of the city like out in the country So you're living a pretty normal life when you're there Yeah I am And the other thing too is like I'm not seeking press like obviously I just did this video for my company with Tyler Cameron for uncommon James which I knew would get press but that's different That's for my company I'm not like out there trying to like be in the press and be in the media and like only date someone famous and like I'm not I don't think like that And so and I think because I am in the press a lot like and I actually roll my eyes at that shit and I'm like how the fuck are they creating a story out of nothing I actually just had to like talk myself off the ledge there the other day because I was like OK look at it this way At least you're being talked about people care It's like you know I have to just kind of like turn the narrative around in my head because otherwise I'll drive myself insane Do you think it's helped you though that you have now this brand that like now you're not just fully it's not all about Kristen and who she's dating and your love life and your social life because that's what it originally was Now You have something you're like No this is my business and this is like something that's completely independent of who I'm dating and that's how I can justify it I'm like well if people are talking about me my company benefits and so it's all good It's all good Totally Kristen Thank you so much for coming and calling for me Oh my God we have to do it