

John Mayer

What is Up Daddy Gang It is your founding father Alex Cooper with John Mayer Welcome to Call her Daddy I am so happy you're here John I think we need to tell the Daddy Gang who are my listeners how did we get here Because we went to a little dinner the other night and I want to kind of go through what happened at that dinner because people are probably like how how did you get John Mayer to come on your show There's only one way which is to find me personally have dinner with me Be cool and you're actually an incredible pitch woman for coming on the show And I I didn't really have an intention of coming on We had a great dinner Cassie David you and me And I think there's something to do with December where you've all year been yourself followed your rules done What you normally do don't do what you don't normally do And I think somewhere in the last couple of weeks of each year I go like I wanna do something out of character I'm so happy This is what you're calling out of character and you get to sit down with me because I yeah I pitched you like why you should come on the show and you and I kind of like battled for a minute Meanwhile Cazzie sitting there like eating her chips like loving every second of it just being so happy that she debilitated It was a debate and you decided to come on what I liked about that meeting at um dinner was that you are very sure of yourself Have you always been that confident Like what were you like in high school Oh that's I've had a so some degree of confidence Uh It took that to get out of my town to get into the world to push against the forces of people who were saying not just not encouraging me but actively discouraging me from doing what I ultimately have done And so the quality of that confidence has changed from like a beat down every door push yourself on people as much as you can all the time to something um way more relaxed So everyone when they first start out is way more confident than they than they need to be because they don't know how confident they need to be Right And so I was kind of obnoxious when I was younger I mean if you're spending your whole youth pushing against these forces of you can't do it You're crazy You're gonna end up on the street This is a terrible idea That's gonna have a hangover effect on you for a long time where you're gonna still keep pushing That's really interesting because I can imagine like I was why I'm asking about high school is because I feel like we can agree that there are such formative years where peer approval socially is so important towards the way that you view yourself How did you get along with people and how did

people treat you I didn't and they didn't I didn't have a presence I went to school to get it over with And my life began at three o'clock in the afternoon when I came home and played guitar So I didn't dislike anybody and I almost didn't even need that particular level of approval I was kind of invisible and I just went to go I didn't really pay attention in class It it's it's really hard to explain and there are people out there who I think would understand when you're 13 years old you got five years before you can even do anything on your own And those that was the hardest part of my entire life was from 13 to getting out of high school because you already know what you know and you have to go through the rest of this kind of rote plan that's been set for everyone And I remember sitting in class going like I'm not supposed to be here right Like you so you're saying you knew what you wanted to do You knew you were going to be a musician You're like why am I in social studies Like what the fuck am I doing here Did people bully you like were you the like dorky musician or No I was bullied a little bit but I was always kind of big and I was tall I remember getting um punched in the arm for flinching I don't know if you've if that's still a thing This is the most butch your show has ever been I'm talking to you about Christmas Festival Ok Did you date in high school I had one girlfriend in high school but I didn't really date I had one girlfriend in high school What were you like in like uh what was John Like in high school Dating Probably the best version I ever was of myself I would like to think that was the best version And the next time is the best version I only had one girlfriend before everything changed in my life to me Like the truest most innocent realist like sweetest it was high school Did you ever through your fame Wonder if you should reach back out I did I did reach back out a few times because you were looking for what Mm Uh maybe to bring that part of my life into the new part of my life But by that point she was married and had kids and I thought that's a separate chapter or or or that thing in my life was a separate chapter I don't have to talk to people to know that I'm I'm ok that we're ok I think that's telepathic I liked you said that at dinner Um just something about like there's certain people in your life that you don't need to be in their life anymore But it's really cool when you have a mutual understanding whether it's an ex whether it's someone that was your friend at some point to just be like we don't need to talk to know like we're good we don't talk anymore for whatever reason But like yeah I mean there are a couple of little outstanding still vibrating things I would love to get to 100% closure I don't think that's realistic in anyone's life Do you have someone in your life that it's always going to be incomplete I I think

everyone has a couple of those but but for the most part it's been important for me to move on into my adult years in my life with the piece of like we're cool We don't have to talk Um ok so we're we're about to leave high school because I'm just kind of going through the journey of you You performed at your high school graduation I did Were people nice to you then or no Yeah That was right around the time where I started to reveal myself as a guitar player And I had put to I was in a band and we had written a couple of songs We had written a song for graduation I didn't actually graduate at that ceremony so I didn't get enough credits to graduate I had to go to summer school And so it was a very deep moment to play that song and walk off the field while the rest of my friends graduated and I walked home OK But just so everyone knows that six years later you're a Grammy This part freaks me out chronologically speaking this part is maybe one of the only aspects of my life that truly blows my mind because it's such a short period of time that felt longer to me I was I graduated in 1995 and six years later I had I was playing arenas or you know at that point I was playing clubs but I had an album out and that would end up winning Grammys and that was six that was six years So it didn't really fucking matter that you had to go to summer school You're like I I didn't even graduate and and you know what I always think now is like there are people who get branded misfit loser you know um um you know in some way sort of developmentally disabled No they're not They they're on some other track that they have no school for You know I love that You're saying that too It goes back to what you said of like I was sitting in that class and I knew I wasn't supposed to be there but I had to be there It's interesting to hear you say like it's so crazy to me that six years after I graduate college I'm winning a Grammy for your body is a wonderland You were dating someone at the time that you're writing this iconic song which you weren't No That was about my first girlfriend That was about the feeling which I think was already sort of nostalgic I was 21 when I wrote that song and I was nostalgic for being 16 I thought it was a different No that's that's one of those things where people just sort of form that idea It gets reinforced over the years No no no I had never met a celebrity when I wrote that song And did your high school girlfriend know you wrote that about her That's a good question Maybe maybe she didn't she didn't to this day maybe she didn't Yeah So if you were my high my one and only high school girlfriend that was actually about you And this happens a lot with songs right So I've made a rule I guess I always had a rule that I would never tell anyone what's I don't I don't write songs about people I don't

write them for people or about people I might use a relationship that inspires me to write something So yeah even if I was writing a song because of someone it's like that goes away and I'm left with the song So I'm not I don't like telling anyone that a song is about somebody because most of the time it's not And it takes people away from themselves because they're just visualizing who I'm writing about But the songs come out they mean things to people Sometimes people think it's about one person other Sometimes it hurts the song Sometimes the song doesn't do as well because people go well he's just petty and I go it's got nothing to do with that But I'd much rather keep the sanctity of these songs intact and have a couple of them kind of burn a couple of them because people think it's about one person and it's not because it's really important The most important thing in my life now is are my songs And so when I go play songs now I'm playing songs that I see people in the crowd are reliving their life It ain't about anyone but the people I'm singing to it's now about their college years It's about their sick family member who died It's about their fight with cancer and how they beat it It's these songs now for people are these way points in their lives It's not about any one person You know the 1st 33 records in my life was just like proving proving and you should and then you start hearing people tell you uh thank you And your music got me through a dark time That's so much deeper I mean I definitely think everyone should have those prove it ears and enjoy them because I definitely did like now do you see now do you see And I had a lot of that I had a lot that I had to get out when I first started and it was obnoxious and to them and I get it and I think it explains a lot of younger people who have just hit the scene who you're like this person is fucking obnoxious I have a lot of grace for it because I you never know how hard someone had to punch to get out of their town or their family or a you know and and you just I think that's where people were like I got the Douchebag title a lot and I was trying incredibly hard but I had been trying incredibly hard since I first played the guitar to get where I needed to get I couldn't get the message like John they like you just fine they like you just fine you know I really appreciate you explaining it that way because I I now to have a different opinion especially maybe in the music industry or you know actors and actresses like the way that maybe people are being perceived online and the way they're acting probably is really not who they are It's they're trying to elevate to get the attention to get the approval And eventually as you see people in their careers and this is you don't even have to be famous to have this You can be doing it at your job you can be doing it socially You're trying

to make a name for yourself you're trying to have a presence and it probably feels inauthentic but you want to be seen you want to be heard you want to feel accepted and that can lead to you feeling like what am I even being myself right now So I respect that That's thank you I mean that's what everyone goes through Everyone by the time they grow up have grace for other people on the way up as they fight through those things the people who are the most vicious are the people who have yet to ask for grace because they don't need it yet because they still have this view of the world like they're in total control and they're going to make all the right decisions for the rest of their lives until they don't and and and I feel like that's just something everyone passes through What do you cherish the most about the rise of your career Oh that's a great question The rise or where I am now I'll tell you I'll answer both The rise is that it was during a really cool time Um I don't think I would have had the same success I have now if I had begun three years ago I think I'd be trying and trying and trying uh on social media and trying to get things out there I mean there was just so fewer people doing things that you automatically had more people paying attention So I'm really lucky that I came up when there were just fewer cars on the road in terms of you know making songs and having people pay attention to you and being seen And now where I am now the greatest thing is that any idea that I have I can do any idea that I have I feel like if there was a song idea that I had for any musician in the world I'd have a pretty good chance of them at least listening to it And that's really interesting to me that that to me is the greatest thing is like the songs I already have that I'll take for the rest of my life But also any idea that I have I think it there any musician in the world would want to go like I wanna hear what mayor has for me So I feel like that's the idea that I could bring anything to life that came to mind That's the ultimate for me I'm interested So as your rise to fame how did your interactions with women change Oh that's a that's a good question And I think I saw the approval of women as being something that was like each time somebody liked what I did I felt like because of the way that I was brought up that that was the only time that was gonna happen And so I feel like I was made to believe growing up that if somebody liked me that was pretty much an accident and that should be capitalized on And so I felt very deeply when somebody liked me very deeply I think uh look you know the elephant in the room is that I'm on a a show that caters to women and I have a couple of uh name plates on me like Lahar and womanizer and stuff and and I think look that is what that is That's the role I play on the big TV show that I didn't

write That's fine Maybe I had a hand in it or something But um I think people would be surprised to know that it was less me going like you know the meme of the guy behind the tree It was less this and more like this me Yeah Yeah You know because it was it was always set forth to me that like um that shouldn't happen right Like without dissecting into your childhood the a woman's approval and attention to you Clearly there was an insecurity within you that you perk up and would fight till the end to make sure that you're getting to experience that as long as they're willing to give it to you and you're like waiting for someone to give you the approval and that like breathe breathe life into you essentially And you loved a woman giving you attention or validation Uh Most of that is true and it's so true It's like I I can't even I won't even flat spin about that after this is over I won't even that's some things are too true for me to get upset about That's remarkably true What you just said except it was it was a little less overt in terms of me being like yeah keep going keep going because I did invest myself II I did invest myself in relationships Well and I think we can also agree and we talked about this a little bit at dinner like there's you have perspective now right Like we can wrap things into a bow Now It's like oh I see what I was doing in high school why I was so insecure and I was looking for the guy's validation and then like I can now see what I was doing in the moment you have the feelings but you can't put it all into a box You now can be like I get it Now I get what I was doing I see the interactions I had and now I see this theme and now I'm able in later in my life to be like whoa that's why I did what I did also known as growing up what a fucking also known as growing up And like like I said like the people who are gonna understand this interview the most are the people who have had that either been on the receiving end or the giving end of that You know it's the people who haven't had that yet who will probably have the loudest reactions because they don't understand it yet And we all meet up at the end of this at the end of these crazy twenties and thirties we all meet up and I meet people I can't remember if they were mad at me or if I was mad at them because we all meet up after this craziness and we all go through our own stuff you know we all meet up at the end and I and we go hey how you doing This is uh I'm sure a hard question to answer What is it like try your best for almost everyone in the world to know who you are Um Because I don't really live exposed to all of it It I don't quite feel it and I'm ok with it because it's linked to something that I have to do anyway I get to do this thing If if I'm having a day where I don't like any of this stuff I can pick up a guitar and listen to

myself play and go That's why you do it So the fact that this is all linked to something that I do objectively well that I can listen to and I could write a song I could play a song I can play the guitar That's what anchors me to all this stuff All of this is happening because I play the guitar write music and sing in a way that people want to pay attention to I can't imagine what this would be like if I didn't have that grounding element And as I get older I have so much empathy for people who are really well known but don't quite have something to hold on to like a buoy You know my life gives me this buoy which is I can write a song I can play guitar It's tough even that way But it's not like I'm famous from a thing that happened to me or a thing I was a part of that I was no longer a part of because the person who hired me for the thing didn't want me anymore So it's very stable I've come to terms with the fact that it's never gonna be another way and most of it now because I don't really interface with people for anything other than music For the most part it's like I have manufactured irrelevance in the parts of my career that I want to be irrelevant That is really scary to do It's really scary to come off of that loop when you're in a news cycle news cycle news cycle to really go I wanna I wanna shut down this part that part that part and that part and feel like you're dying inside because those parts are going away Now all I have left is like people who want to talk to me want to talk to me about music I make people aren't I'm not trending on Twitter just because I got on a flight and it was tough It was tough to be like yeah you're gonna play music you're gonna play music and you're gonna put it all into that and not a day trading how people feel about you So you're saying that you didn't essentially play the role of the guy in Hollywood the singer everything didn't work Well that people started like you said like people started writing headlines I didn't deserve the role Why do you think that it wasn't made for me I'm the musician guy who writes songs that are like kind of hits And I thought that I was just through my own manipulation of the thing was an a lister and I was going to I'm an A I'm an a list celebrity It's like no you're not But I had this moment in my twenties where I thought well this is why I belong This is why I should be and obviously it wasn't because I didn't really handle it very well you know I was like didn't handle it very well And so then that all kind of shut down and I got a chance to start it up again and I haven't ever been happier in my life I'm known for what I do You're kind of essentially alluding to like you fucked up in your twenties or that yeah late twenties early thirties and that kind of set you on a different course of I've got a but a more natural course I'm only doing what I should be doing and and I think

there's a lot of people who are stuck in that loop of like not being where they want to be but not wanting to be forgotten And it's scary the idea that if you pulled away you'd be forgotten that if you if you got off Twitter you'd be forgotten that if you didn't throw yourself into the mix every day you'd be forgotten It's beautiful to be forgotten in the ways you ultimately don't want to be known You know what is an experience that shaped who you are that very few people know about That's a that's a good one Um Anxiety deep anxiety before there was a social media that could tell you what anxiety was Um Not to say it makes it any easier but anxiety um feeds off of feeling isolated by it And so it's a little bit easier Now when you can read other people's experiences and go oh ok Well I mean having anxiety and mid nineties late nineties it's like you think you're going crazy You know And so that to me gave me so much more depth so much more depth those feelings those those feelings of panic those feelings of the walls are closing in Um they come with questions they come with every question on why why can't I sleep What's going on in the universe What's going on in my body turns into hypochondria How many is my heart beating faster Is my it's my throat closing Why do I feel my pulse in my ear and you know web MD looking up everything and whatever that is also makes you super keyed in to yourself in a way that for me I wrote a lot of a lot of my music came from wanting answers after feeling really really lost because I lost my weight just in my head Like it got to the point where when I would have an anxious moment I'd be like well here comes the song Do you ever get that Totally But I think there's points where I was worried that good content sometimes comes at your lowest And it's really hard to describe unless you're a creator where you're wondering if you're self-destructing to like you're gonna write a great sad song If you go through a great break up I'm gonna have an incredible episode If I break up with my partner or I but at what cost for you as an individual outside of your craft and your job is that extremely detrimental to just your life I never and I can say this with great confidence I never tried to induce an experience just to write a song ever in my life Ever I've never thought if I do this I'll get material I promise you I would have absolutely in those moments as a 2021 22 23 year old guy traded every song I was going to write to not have that feeling No doubt about it No doubt about I would have said take all the songs I'll ever write Stop this feeling from happening right now And for whatever that feeling was it just focused my eyes on the important things What's going on in life What is that's where these lyrics come from You know that's where my first three records are from They're

about managing anxiety Why Georgia Why am I fucking here Am I living it Right Like why am I here You know there's a song not myself on the first record Would you want me What That's all about having a panic attack in front of somebody Suppose I said I I you know it you know would you love me or I don't remember the lyrics like would you want me when I'm not myself Like you ever have a panic attack on a date Oh man that's how that's how you bond with someone right there That's how you have Well I mean they make things you could take now for that But I yeah I I want to Ok so I went on a date I was I was going on a date and on my my senior year in high school with like one of the prettiest girls couldn't believe that I'd gotten to the point where like this girl wanted to go to the movies with me I didn't drive until I was out of high school So I was riding shotgun So right there I'm being driven by the girl I'm going on the date with by the time we got to the movie theater and I was eating like Tom's because I had such bad nervous stomach This is before like you figured out Benzodiazepines and I was eating Tom's stomachache And before we even got out of the car I was like I have a stomachache Can you drive me home And she drove me all the way home and I got home and as soon as I got home I was like oh I'm deeply uncomfortable in in in a lot of situations And so for a really long time I would resist going out with anybody because it would make me so nervous that my stomach I would just be it would be terrible This is why I love sitting down with people because when you think John Mayer you can get any woman you want right in in media land you could get any man you wanted But I was saying being a famous guy is like being a hot girl Oh that's so interesting Being a famous guy is like being a hot girl Ok Well let me bring up my next question Ok People have been obsessed with who you've dated in your career and if you're going through like the tabloids and everything it's like John Mayer is the guy right And recently you joked that you're America's ex boyfriend Why did America break up with you That's that's my way of taking some of what I think is the air out of a of a you know that's like elephant hunting in the room I I like I like the statement Yeah I mean that's how they see it Bottom line I'm one guy living one life I don't need 300 million people in my life to agree that I'm an ok person Most people until the dawn of the internet needed about eight I've got multiples of eight which makes me a very happy and lucky human being I only need to meet one more person that I want to spend the rest of my life with So I do not need to have this worldwide consensus that I'm an ok guy What is your type Right Hot Successful Makes more money than you That's really funny Well I mean

every relationship I've ever been in was devoted to the idea that this could go the distance my entire life today included If you told me that I could have a great two months with someone but it would end on the first day of the third month I would not be interested I have always sought the potential for long term relationship I know what my mistakes were looking back not worth talking about We all As long as you do the accounting as long as you do your homework as a human being as you stand in the shower and you waste a little water and you go yeah I really meant well But I did do that or yeah they meant well but they did do that and you go wouldn't do that again I would approach that a different way Maybe even from the beginning maybe even from day one seeing them across the room Who knows as long as you're aware of what those things are and how you can apply that to the next relationship I I don't see a problem with any past relationships ending badly I just don't I mine are different because they are well known and I have not had a relationship in a lot of years And uh it's funny how I think I started to notice like people would look at pictures of hot dudes on the internet and be like I love this guy I'd be like that picture is from 2002 You know what I mean And it and it helps me understand that we tend to hold on to the part of someone's history that we that sort of revealed itself the most or was the brightest or the most easy to visualize And so I still look I'm still in a lot of people's minds in a good way doing something I'm not doing anymore whether they're attached to a record or a tour I was on they still wanna share youtube videos of a tour I did in 2014 or whatever And there's still people who go oh yeah he's the he's he's the man whore or whatever you know but it's not on each and every person to update their knowledge of me every year You know what I mean But it's like you haven't updated your Facebook So everyone's looking at 2009 that's actually a brilliant observation It's like the world creates my Facebook status But but so here's here's why that's ok If somebody gets you a little bit wrong if you said something and someone recounts it and they get one word wrong and it makes something sweet Sound Not sweet You're gonna jump out and go That is not what I said Here's how I said it You're gonna fine tune that thing that you're being misunderstood for There comes a point where if you're so misunderstood It's almost like they're thinking about a different person So the me that most people who don't know me are thinking about is so far away from me that I don't actually feel I don't actually feel like disrupted in any way by it They're talking about a character or a thing that's been like an artifact right Like this one little glitch that sort of grew and became this other thing I don't feel the

need and I hope you don't think this is like me going like let me set the record straight No no no I I you know you're just taking us through your psych being being being misunderstood at this age is nowhere near as painful as it was being misunderstood in my twenties And a lot of the shit that I did in my twenties was an attempt to reset the misunderstanding and I made it worse Someone said to me years ago you're trying to eat the monster that's trying to eat you I've never heard a more true thing said to me and I look at other people right now and I go Elon Musk you're trying to eat the monster that's trying to eat you I see it and I have grace for other people trying to do it We haven't learned that retreat is an option Retreat is an option I don't know where this idea of stubborn fight to the death stuff came from You lose everything it's really interesting to hear you talk about it because what I think we can also get to and you don't have to be famous to have this being misunderstood There is something inside of all of us at one point when you start to feel that it's a really exhausting scary feeling and you really wanna fight to correct everything If you if there's a rumor about you in high school if you if something happens at your job and people see you the certain way you start to spiral and then there's that moment where all of a sudden after so much fighting so much clawing so much trying to eat them up right You're like at peace with like I don't give a fuck because you're good with yourself Your reality is stronger than their ability to distort it And at first when it's not it's one of the most sickening frightening painful things to have your reality distorted And if you're smart theoretically you start coming up with a plan to engineer how to undistorted the reality that's been distorted And that's the beginning of the failure because your behavior stops being natural and starts being what I did If you're gonna distort me I'm gonna distort me I lost myself in that The idea of I'm going to be more like you think I am as a way to somehow phase cancel what it is as as if playing into it would make everyone in the world who shares my exact thinking Go oh he can't be that because he's acting like that He's in on it So that didn't work and that didn't work And that and it was like I look back sometimes and I go like you could have retreated and nobody knows how to retreat because the stakes are so high the stakes are so high You've got half of the world going Well you love it when you do that and the other half of the world going you're losing your mind and you go well I know one thing can't give up now and it's like but you could and six months from now you would be so happy that you did I feel especially with social media you're trying so hard to prove yourself on this platform that's fake to begin with And I really feel like it's helpful to talk

through like there is an option to retreat and you don't have to post that photo to prove you were at that place You don't have to post this photo and edit it So you look at certain even though you don't look like that way in person like there is just some extreme peace in allowing yourself to enjoy what's in front of you and the people that know you and care about you and your friends and your family Like I've been subjected to it where I'm trying to prove that I'm not this girl and I'm not this girl And then all of a sudden I'm like I don't even know these people what am I doing And you're losing your center center point And I also think that people need to go through that A lot of times people think that the the stuff that didn't go right in their life was a mistake And I don't think it's a mistake because I don't think there's any other way around it I don't even look at it like a problem It's like that's just the way it has to go Have you ever been in love Have you ever been in love Yes You're currently single Looking back at past relationship Is relationships Is there anything that you have looked for of something of like a theme of what you want to work on within yourself moving forward That's a hot question I don't know yet because I haven't gotten I never really got to the part of relationship that was the smooth sailing part I have a feeling when I do I'm gonna have a lot to work on but I'll be excited to work on it because it won't be that incredibly fundamental stuff of like how do we how do we stay together You know like I'm always supremely impressed by couples that I know who are having a hard time but haven't even considered breaking up That's hot Like that to me is the hottest someone complains about their girlfriend or their wife and you're and you're like you start to allude to them wanting to go somewhere else and like what are you talking about No I'm not going anywhere else We're just having a hard time I love that and I I have a feeling that um I'm gonna be ready to cop to a little bit of intellectual control issues only on an intellectual side Like I can be I can be I'm trying to be a little more heart overhead but I can be a little heady and I think it's cool to say to someone This is my thing This is what I'm going to work on And I love the idea of sharing that with someone and them saying you're doing it again and you go I'm doing it again Sorry What is your dating style like And how has it evolved Like what are you like II I don't know I don't date that that much I look at it like this dating is no longer a codified activity for me It doesn't exist in any kind of it's it's not patterned anymore I quit drinking like six years ago so I don't drink anymore I don't have the liquid courage How do you feel about that How has that changed your dating life You have to be honest you have to express yourself You have to be really glaringly

honest Here's who I am Here's what I like Here's what makes me nervous Here's what I reject as an idea in relationship I don't know about uh you know you have to express your anxieties You can't you can't just walk over them by drinking You have to be like here's what I'm anxious about and when someone in life accommodates your anxiety that's bonding right Kind of cutting past the surface level bullshit and being like can we connect on a way that feels cozy and like we know each other past just like hey so like where did you grow up first Yeah you're done with giving the um the free trial There comes a moment where your free trial runs out How quickly will someone know that you're into them It takes me a while it takes me a while Uh I think the way to my heart now as I get older is I don't know that I have like five hour dates in me I don't have this deep excursions at a table that go into like this sort of job interview vibe I would rather have someone I'll be honest with you I've thought about this before I would love someone to say hey I'm coming over your house for an hour and a half I'm bringing my laptop just need the wi-fi code I'll be on the couch I'm not trying to take up all your space I have a really good feeling about you I don't want to do the thing where I start to make you feel claustrophobic because I really have a good feeling about you Give me the wi-fi code I'll eat one of your yogurts Talk to me when you want to talk to me I'd be like I wanted to do that Do you know how many people are gonna DM You'd be like John can I have the wi-fi code I'm gonna just come over Maybe I said that just for I mean but but I actually think more people would find love sooner if it was less intense exposure for shorter periods of time but more frequently does settling down freak you out This is the part that always shocks people They go you don't wanna get married Of course I wanna get married I'm just you're not gonna see me go on a battery of dates with different people I am a pocket listing I'm not really on what is it The MLS all the heavy lifting is done in my learning what I need to learn and just in terms of entering in a relationship I can't wait for someone to be mad at me because I said that I would take the dry cleaning in and they were going to until I said I would But then I didn't And if you're gonna tell me you're gonna take the dry cleaning you have to do that because and I would love that I would love that because that would suggest that we're into something deep meaningful and secure It goes back to what you said your friends you're like oh ok So you're going to leave and they're like fuck no like we're in this nothing's hotter to me than conflict resolution conflict resolution I am horny for conflict resolution In the middle of an argument We're having an argument and I go wait I do do that I did do that

I'm sorry you're right I didn't no you're right I didn't get it I do do that I'm sorry What's something that is currently keeping you up at night What's something that is currently keeping me up at night Metaphorically keeping me up at night Yeah Whether I should put out a whole record as my next release or song at a time Can't tell put a record out you get a week comes and goes put a song at a time out and you get repeated shots repeated looks at the ball Um So why why wouldn't you do that I think I'd probably put a song at a time out I think I think I think I think song at a time is right for this next record Like I would love a record personally So I can just binge it like a little Netflix moment But I get what you're saying is like you get to kind of yeah I'm not on a label anymore And so that's kind of keeps me up at night that the next thing I do would seem to be would seem to be I hope it was small enough that a camera couldn't catch it I'm not with the label anymore Oh yeah Yeah Yeah That was badly timed That was badly timed I'm not with the label anymore Can I also get a nail file so I can can I get a nail file and say I'm not with the label anymore No Sorry I'm deeply concerned about um anything being on this dark sweater Thank you Um Being not being on a label feels a little bit like the next thing I do I have to prove myself Can you explain what are how is your um writing going Like you write everything I write everything I mean that part's really fun looking back on it to have 100% ownership of the songs I've written but it's I mean it's hugely time consuming hugely time consuming and as you get older time gets more valuable which makes this you know this deep diving that I do feel a little harder because no matter how old you get this stuff still takes a year to write You know when you're one guy and you want to sound like you're five guys You've got to be yourself five different ways and you can't do that all in one day So the way you make music that sounds really complex is to hit it repeatedly on different days with different mindsets which takes a very long time Very long time You write a whole song and you'll go oh I only needed that one verse which is actually the chorus to this thing and that dies and then this moves over to here and I would never do it any other way I'd rather not put a record out than fall off in that way And when you're saying this like are you go to a recording studio I go to a recording studio every day 9 to 5 I have a job without it I would fall apart How many people are in that studio with you One or two It's just me and an engineer and an assistant Sometimes guitar tech comes in and out and I go home I think about what I did that day how I can make it better I'm always writing I bring a new thing in Is this a thing No Is this a thing Yes actually no Is this a thing Yes Actually hell yes

They're all different experiences And when you win you go home feeling like a God Did anyone see what I just brought to life today I cannot believe I still have it I still have it This is incredible This is incredible And then you have to go write another one you go write another one and you're stuck in the same slog that every other song was and you go I'm garbage I don't have it anymore I'm out I'm done and you'll find another one I'm on top of the world Sometimes I'll write a song and it'll be really good and I'll go just don't write another one for two or three days Just relax because you're gonna only be as happy as the last thing that frustrated you Right You know what is it like What does it feel like to be on stage performing in front of thousands and thousands of people It's its own dimension It's its own dimension I will go on record as saying I'm really different than most musicians in that I don't and I'm gonna have to finish this thought because it's gonna sound a little scary if I if I don't I don't feed off the energy of the crowd I it is not a drug to me You hear people say when the lights go down you hear that noise it's like comes to me like a drug and I know that's how most people feel That's not how I feel every night before I go on stage I go OK All right Here we go because I'm a little nervous to do that Not that I don't think I'm going to be any good at it but just the act of it is foreign and then I'll get on stage OK All right And then somewhere in the middle of the first song I'm gone I'm gone Having the time of my life The one thing people don't understand about that job the entire time I'm up there I am worried that they're not having as good a time as I could give them Not worried to the point where it's unpleasant but it is a constant consideration Do they want this song or do they want a different song Are they waiting for this song to be over or are they on the am I playing Like if I had to make a set list right now I'd hate it because I have so much music from so many different areas of music that I don't know what anybody is exactly wants So I have to start writing a set list that would disappoint people equally and satisfy them equally And so I only want people to go that was great I only want them to be happy So I spent a lot of time while I'm playing going like uh do they want this one And the answer is always yeah man they want those songs But while I'm playing it's a very strange mix of like hyper confidence and like the person I really am which is like as I'm like ascending through through through the cosmos playing guitar I'm like I don't know if you like this one or not but I hope you do It is the holidays this is a holiday special I've never done this before Are you a New Year's resolution kind of guy Vaguely I don't um I also think like I I've done well enough in my life that I don't have to like overhaul everything as I as I go through and

yeah I I'm a New Year's resolution guy Um are you asking me what that might be Do you have one No not yet I'm going to come up with that on vacation This is part maybe of the New Year's resolution which is to just do things that are a little uncharacteristic What you find uncharacteristic every once in a while And so this is really me going like ok this is out of character and that's ok I know it's out of character it's gonna be ok If I say a thing that the news cycle picks up and gives me a headache for two or three days I know I'm gonna be ok So there might actually be something that exists that I didn't see coming That's really nice for people to go Oh I never really heard him talk in long form you know so we're kicking off your New Year's resolution like you come in and call her daddy ok You're gonna kill me I begged you too right This is what I beg John I know there's a guitar here on to bring his guitar more because you know I love the Daddy gang Everyone listening watching I love you selfishly I need you to play just a couple of things I get it You wanna you wanna watch me do the thing I just talked about for an hour Get the guitar Let's go Here we go How do you feel These are how you sound Mhm It's not a silly little moment It's not the storm before the car This is the deep and dying breath still that we've been working on Mhm Can't seem to hold you like a WW So I can hold you in my arms Nobody's gonna come and see us We put too many fall and we go then you can see it soon Wicker going down You know that way to my dear We slow dancing Yeah I was the one who I always dreamed of You were the one that tried to draw How dare say it's nothing too baby You're the only light I ever saw I think the most of all the sadness you know you'd be a bitch because you can you try to hit me just to hurt me So and leave me feeling dirty because you can't understand We're go and die You can see it soon We're going down and you know that we do my dear We saw dancing in a go cry about it Why don't you go cry about it Why don't you go cry about go cry about go cry about it Oh my dear We were slow dancing and oh yeah Yeah No don't think we are in the open Don't think we should learn somehow Don't think we I don't know by now by now but you think we should have learned somehow I don't want to I don't want to down my dear We were slow dancing in the Thank you very much Wow I I have no word Thank you It's not like there's like this guitar solo stuff that I do in the song but on an acoustic I just have to be like no it's fine We can use that line in Georgia I am driving 85 in the kind of morning last all afternoon I'm just stuck inside the gloom Give me do you know who says that goes That Who says I can't kiss Stone Turn off the lights in the telephone Me and my house to know who

says I can't kiss Stone Well who says I can't take time and meet all the girls in the county line Wait on fate to send this Oh I did it wrong It's ok Don't you see the cheat of of having a Yeah Do you do this before You have sex with someone No I I do it after sometimes No you should never play guitar to have sex with someone But a little naked guitar playing after is very memorable with a little gut hanging over sitting on the end of the bad little gut hanging over You know it's nice I don't think anyone is staring at your gut John I like the way people look when they fold all up all weird when they when they sit up no matter who you are you look weird when you sit up and it's cute You know what I mean Right now you sure not but people everyone no matter who you are you sit up you're like it's great Yeah And after you're all done and we just looks sort of like dopey in a cool way So yeah this is actually when I came up with um I came up with who says a kiss stone I think I was in bed a little stone on a bed and it was after having some some fun And that's when an acoustic guitar is great It's it's so lame to do it before So you're telling me that a special someone got to watch you create a line Can you sing Daughters Yes I can Uh and daughters I think I think it might have been on this guitar I wrote that in 2003 I was in New Zealand or Australia and I was in the shower when I came up with it and got out of the shower naked and skipped the next thing I had to do which was a radio interview I was like I can't do the radio interview I have to write this song because it it was the cyclical as soon as I broke because you know it was like fat is being good to you Daughter will love like you do You know that was interesting And then when I came up with the circle of girls become lovers who turn into mothers And then I came up with some mothers being good to to that whole swirl I was like that's something like the the geometry of that It seems like a lot of your songwriting is happening when you're naked because a lot of things Yes Yes In the shower A lot I wanna put a microphone in the shower But what I like about daughters is that for all the tracks people use for songs And I love songs with a lot of tracks But this is one of the songs where the whole song is on the guitar This is this is the whole song of daughter That's the song It's like crescent payoff except for the shaker I no a girl She puts the curling inside of my world but she's just like a maze where all of the walls are continually change And I don't like him to stand on the steps with my heart in my hand Now starting to see that maybe it's got nothing to do with me Fathers being good to your daughter Daughters will love like you do Girls become lovers who turn into matters So mothers be good to your daughter to you Now the thing that people got wrong about that

song was that I'm not really talking to father I'm not a 24 year old guy going like hey older men It was um it's about the frustration of wanting to have a relationship with someone who can't because of upbringing So if you've ever met someone you're like oh I can't I can't fix this particular part of your operating system And then you're so desperate because you wish you could have that person that it really is a leap of logic to say you're so upset that you're going like stop You know what I'm saying Like I wanted this girl so badly to be to be able to receive my love Whose ass do I have to kick And I think it got read That's what happens when you work metaphorically is people misunderstand it a lot And so I think people thought that I was just like well I'm 24 Let me tell dads how to raise their daughters But it's like a big like first dance wedding song And I think it works both ways and as I get older it works a little easier as both ways I just didn't think a 20 it didn't make sense to some people out of 24 Now I I didn't get that obviously and now I completely get it where it's like oh you're kind of being like hey I love this girl so much but she's a little fucked up because her dad did I earned the money Yeah it's it's this idea that it's a little selfish you know like hey I kind of I kind of wanted to love this person asshole You know it doesn't make it it's emotional It's like it sounds logical but it's mostly emotional What is the one Ok I'm going to forget the name because it's not give me keywords It's um um not broken heart but it's like not dancing with a broken heart with a broken heart Such a good one It's on the piano but it's weird to do on the guitar Sounds exactly the same It's up there But it's like when you're dreaming with a broken heart it's like I have to really sing in the waking up is the hottest part and I figured out how to sing it Now you roll out of bed and down on your knees and for the moment you can hardly breathe Doing what she see here is she stand at my room No she's not because she's gone gone long ago when you're dreaming with a broken heart Love is the hardest pie Isn't that what it is I think So She takes you in with a crying eyes I said I don't remember her name and once you start to uh does it does the same lyrics as the I don't know but I like all at once You start to say goodbye Wondering take my love and live wake up by my side No she won't because she's gone gone gone gone And it's like how about being old enough now that I can't remember some of those songs I'm picturing myself driving home from a break away Right Do of sleep is in my hand That's right I have to fall asleep with roses in my head Yeah Yeah Then it's a way up Do I have to fall asleep with roses in my is in my hand And would you get them if I did Mm No you won't because you're gone gone gone gone gone Right And then it

goes just the verse one more time when you're dreaming with a broken heart
The waking up is the hardest part I've been in a while That song got me
through so much heartbreak I I did I I woke up one day I was making
continuum I woke up and I had had a dream about someone and I had a
crush on them the whole rest of the day because I had had a dream about
them Do you still have dreams where you wake up and you loved someone
And now you have a crush and you're all emotional for it It's the best feeling
in the world as you get older But I went to the studio and they were working
on something else and I went and sat in this big reverb chamber and closed
the door and I was like I've got to work on this song and that's all about the
pain of having a dream about someone that you don't know but have a crush
on or that you know and have a crush on for me I didn't really know this
person but just had a crush on them I'll never say who Uh because it's
random it's very random It's not Yeah Waking up is the hardest part Wow
Yeah because you're like oh John I want to I'm gonna speak for the masses
that you just made a lot of people's holidays It's truly like it's so fucking cool
to see Uh I mean keep talking I Yeah this is a good way to end the show I'm
really happy that you came on the show We got deep We had fun We're
friends now which is fun I have a new friend Thank you for sharing your
location with me He was like he's not that yeah I'm excited Um No you
brought out a side of yourself that I really appreciate you sharing because it
is very cool to see someone that is so huge in their own right But to get to sit
with you and hear just a little bit of the personal side of you makes this even
cooler Thank you Thank you for um being kind to me and good to me and
making me feel comfortable I'm now a fan of the show Um I if you if I don't
if there's an initiation into the daddy gang but I will do whatever I think you
have to look into the camera to say hi Daddy Gang Hi Daddy Gang Who
John Mayer Thank you so much for coming and call her daddy Thank you
for having me It was so much fun Have yourself a merry little Christmas Let
your heart be like from now on our troubles will be out of sight and have
yourself I'm merry little Christmas now Oh God Thank you very much You
might have to edit that one I didn't nail that bridge