

HIGHLIGHT = IN YOUR OWN WORDS

TWISTED SISTERS: EP 26 - "STANDARDS HIGH, SQUATS LOW!"

ACT ONE

INTRO [7-15 MIN]

- Welcome listeners to the show
- Introduce this week's Topic: **"STANDARDS HIGH, SQUATS LOW!"**
 - **EX:** Today we're talking about the importance of keeping your standards high and your squats low!
- **Disclaimer:** "This is purely entertainment..."
- **APP UPDATE:** AMP is now **available for Android** users! You can now share the show with the GREEN BUBBLES in your groupchat!
- Promote Amp's **CLIP** feature
 - **EX:** If you love something we say and don't want to forget it, you can always CLIP a moment from the show to save for later, by clicking the scissors icon at the top of your screen
- Remind listeners that they can now share a **REPLAY** of the episode with friends. (you can find replays on the Twisted Sisters Amp page)
- **We're taking calls today!** So if you have a question about how to keep your standards high or need any dating advice from Bella and I, call in to the show a little later!
- **ROSE BUD THORNE**
 - Check in/what's going on with you this week?
 - Any reaction to Cardi B throwing mic at fan who threw water on her-on stage in Vegas? What would you have done? Was she justified?

- Any reaction to the passing of actor Angus Cloud?
- Apparently Aliens do exist, but no one seems to care.
- Thoughts and hopes about the WGA/SAG strike?
- What's something positive that happened this week?
- What's something irritating you this week that you're trying to see the positive side of?
- What's your high thought of the week?

[SONG BREAK]

TOPIC DISCUSSION [20-25 MIN]

- **Welcome listeners back:** tonight we're talking about having standards in your dating life, but also the importance of having a standard for yourself and maybe even your career.
- Let's get into it:
 - What are your top dating standards?
 - What experiences led to you setting these standards?
 - Has anyone ever told you that your standards are too high/low?
 - What could be considered unrealistic standards? (list some of the most outrageous dating standards you ever had or have heard of)
 - What standards are considered too low?
 - What are the pros of having high standards?
 - What are the cons of having high standards?
 - Have you ever had an experience where you were impressed by the bare minimum and thought, "I really need to raise my standards?"

- Do you think the bar is low in the current dating scene? (How so, give an example of a recent experience either you or a friend has had)
- What are some basic dating standards that you think everyone should have?
- Have you ever had a friend who had shallow standards and you had to tell them to be more realistic?
- Have you ever lowered your standards to date a specific person? How did it turn out? Was it worth it? (ANY FUNNY STORIES?)
- What about “BOUNDARIES”? What are your dating boundaries (ex: no calls or text after 11pm)?
- How do you implement boundaries?
- What is your reaction when someone you’re dating crosses a boundary?
- Have you ever been in a relationship where you didn’t set clear boundaries? If so, please share: (what boundary was broken, how did it make you feel, how did you want to react vs. how did you actually react. Did they do it again?)
- Where is your line in the sand? What type of behavior will you absolutely not tolerate?
- What are some good boundaries that you think everyone should have? (ex: verbal abuse, lying, cheating, etc)
- We’re going to take a break but when we come back we’re going to talk about our personal standards.
- Go to break

[SONG BREAK]

ACT TWO

- **Welcome listeners back:** tonight we're talking about the importance of keeping your squats low and your standards high! We've talked about dating standards, now let's chat about our own personal standards!
- Let's get into it:
 - What are some of the standards you hold yourself to?
 - (EX: staying consistent with skin care or working out, self discipline, must speak from a positive POV, etc)
 - Do you have any personal moral standards that you will not break for anyone?
 - Do you have a standard for the type of women you allow into your inner circle?
 - Do you have a standard where you must commit a certain amount of time towards your craft or business goals?
 - Do you have a standard for work/life balance?
 - Do you have a standard on work quality?
 - Bella, what standards must a script meet for you to agree to work on it as an actor or a director?
 - Dani, what standards does a venue/festival have to meet in order for you to agree to DJ/perform there?
 - Do either of you have certain Backstage/Green Room standards? Anything weird, funny or interesting (IE: Jlo refuses to have Virgo's on stage with her, Green jolly's only, etc...)
 - Why is it important that you maintain standards for yourself?

- Tease upcoming emails and calls

[SONG BREAK]

ACT THREE [EMAILS]

[WELCOME BACK]

- Welcome back to “Twister Sisters,” we’re Bella and Dani Thorne and if you’re just joining us, today we’re talking about **THE IMPORTANCE OF KEEPING YOUR STANDARDS HIGH!**

EMAIL QUESTION:

- So we also received some questions from you guys at our new email address twistedersisters@wheel-house.com. If you or someone you know needs advice on anything and you’re too shy to call in, simply send us an email there and we will try to answer as best we can.

FAN EMAIL:

- Hi Bella and Dani, I saw online that this week’s topic was going to be about standards and I could really use some big sisterly advice. I have this friend, we’ve only known each other for a couple of years, but when we met through mutual friends we were both newly single and I thought she was a great time! Soon we became inseparable. Over the years we’ve bonded over our last relationship trauma and how “terrible” men could be. So when she told me about her “EX” this guy (we’ll call him “MIKE”), who would never take her out on dates, who would introduce her to other women he’s dating, and say cruel

things about her. I thought he was awful! Fast forward 2 years into our friendship, she's plotting to sleep with her married boss. (He's very good looking so I get the temptation); but this goes 100% against my moral standard. As someone who's been cheated on before- I DON'T DO SIDE CHICKS! To top things off, she's become "friends" with his wife, while trying to seduce this lady's husband behind her back. Most recently, she attended a private party that her boss's family gave at their house and wore a straight up "Freakum Dress!" That's when she crossed the line (in my book). When I told her that I thought this was inappropriate, she then confessed that the ex ("Mike") she "Broke up" with right before we met, was another married guy and then suddenly it all made sense (his treatment of her). This doesn't sit well with me. What if I introduce her to a friend's boyfriend/husband- can I trust that she won't try to get with him too? I have a standard for myself and any woman that is around me to never (knowingly) be a side chick. Would I be wrong for ending this friendship? This type of behavior is too toxic for me.

- **React, give advice**

- **Take break an Tease upcoming Calls**

[SONG BREAK]

ACT FOUR

TAKE CALLERS [20-25 MIN]

- **Welcome listeners back**
- Remind listeners of the topic: **Keeping Your standards high**

- Tell callers to call in if they need any dating advice on keeping their standards high

CALL IN #1 [CALL: 1 MIN // ADVICE: 5-7 MIN]

- **DISCLAIMER:** Just so you know if we detect any bad vibes or anything weird, ya blocked. Also, please stay on topic.

- [CALLER #1 QUESTION]

- [BELLA AND DANI ANSWER]

CALL IN #2 [CALL: 1 MIN // ADVICE: 5-7 MIN]

- **DISCLAIMER:** Just so you know if we detect any bad vibes or anything weird, ya blocked. Also, please stay on topic.

- [CALLER #1 QUESTION]

- [BELLA AND DANI ANSWER]

[SONG BREAK Optional*]

GOODBYES [2 MIN]

- Thank fans for listening
- Ask listeners to email their questions to:
twistedersisters@wheel-house.com
- **PROMOTE AMP APP:**
 - What we love about this platform is that anyone can use it. You don't need to be an actor, musician or influencer to have an amp show. So after listening to our show today, get inspired and start your own...

- **NEW CALL TO ACTION**: Matter of fact, we dare one of you to create your own 20 minute AMP show about tonight's topic "Standards." use the hashtag #TwistedOnAmp in your show title then share your amp show flyer with us @ TwistedSistersRadio on Instagram.
- who knows we may even call in to your next live show!
- Until next time, I'm Bella and I'm Dani and we are the twisted sisters!!
BYEEEE!!!