

Alright, how's going everybody? My name is Scot McKay and you're tuned into yet another Mountain Top Podcast from X & Y Communications My name is Scot McKay. I'm your host and you can find me all over social media at Scot McKay on X TikTok on YouTube. and also in Truth Social, although I don't hang out there much, mostly all politics and at real Scot McKay on both Instagram and Threads And I'm on record already saying threads is a cesspool and stay out of it. Well, today,

We're going to talk about something where angels fear to tread and I think most men are made more scared of it than even the angels but before we get to that also want to remind you guys that the mountaintops summit facebook group is there for you hope you guys all join we're having a great time and also if you haven't been to mountaintoppodcast.com lately got bunches of new stuff there you can download show notes all kinds of cool things

With me today, as you can see, is a first-time guest. her name is Ada Gore, and she's a guided journal coach and public speaker. And she's up in the beautiful Caldwell, Idaho country up there. That's God's country up there, especially this time of year. And today we're going to talk about what to me is a touchy subject. So thank goodness Ada is happy to talk about it glibly and at length and great detail.

We're going talk about navigating women's cycles. And I think the first thing we think of Ada is a woman's menstrual cycle. But before we even get into that subject, I want to welcome you to the show and say thank you for being willing to get on this show to begin with to talk to these guys about it. So yeah, welcome to the show.

Ada Gore (04:45.122)

Thank you. It's a privilege. I'm really grateful to be here.

Well, we're glad to have you. You just had your fourth child, right? A daughter. So your hormones are raging even as we're talking about this. Just a little bit, yeah, you you're very easy going. You seem like me, you seem like you're anti-fragile and unoffendable. You have to be if you're from Idaho, right? All the people who were offended left Idaho a long time ago and went back to California or Oregon, right?

Ada Gore (04:45.122)

Little bit, yeah.

Scot McKay (02:17.038)

Yeah, it's true. Yeah, that's true.

Scot McKay (02:24.362)

yeah yeah Oregon yeah

It's very interesting that you said you used to work with dentists. You don't anymore because you have like these great teeth. know, I'm sure you traded out, you bear those teeth, know, when you have teeth like that, you get angry with them. I'm sure you got lots of trade outs from nice dentists for working with them and hence the perfect teeth, huh? Maybe.

Yeah, sometimes.

Scot McKay (02:50.676)

Maybe. I think, you know, I haven't had a ton of dental work done actually. I've been really fortunate with my teeth, thankfully.

Well, stay out of fist fights and MMA and, you know, works out with your teeth much better that way. Yeah. And drink chamomile tea instead of coffee. That's another thing they say.

I do my best. Yeah, I try to stay out of fistfights.

Scot McKay (03:09.582)

about also coffee and chamomile tea? That's what I do.

Yeah, well, you're doing very well then for someone who's a coffee drinker. Yes, you're quite welcome. So you just had your fourth child, little girl, fourth time was a charm. You were a boy mom until then. How's that? Right? Yeah.

Thank you.

Scot McKay (03:25.218)

Yep. Yes. Uh-huh. Three boys. I love it. It's awesome, but I had no idea about having a girl. I have a boy mom. Yeah. Yeah.

Yeah, you strike me as a boy mom, which is a good thing. Yeah, you know, you're all woman all the time, but you can handle it. You know, you're you're no shrinking violet anymore.

I can handle it.

That's right.

And tell us a little bit about what led you to want to focus on educating us as men. I mean, you you're not coming at it from an arrogant perspective or a patriarchy perspective. You're a very nice lady and you like guys. Obviously you have lots of them in the house. But you really think that there's there's an understanding gap there. There's a knowledge gap. And if guys understood women better, maybe vice versa to

Scot McKay (03:57.346)

Right.

Ada Gore (04:15.874)

we would all get along better and have better relationships. you know, I'm only assuming that having four male human beings in the house, and I don't know if your pets are male or not, we, gauge that around here. We talk about who's got more by how, you know, the pets, we count the pets and the boys versus girl debate, including hamsters and gerbils and, know, whatever lizard got caught last night and thrown in a plastic cup. Was that all in, did that all enter into it? It must have, but

yeah.

Ada Gore (04:45.122)

You tell us about how you became passionate about this particular subject data.

Yeah.

Scot McKay (04:50.22)

Okay, so yes we do count our animals and I'm proud to say that we got 15 new laying chickens that are all women. we officially, yeah, we officially have more girls than boys, which was not true for a long time. And our cat's girl and our dog's a girl. So I feel like we've started to even things out a little bit, but how I got into this.

Free eggs, you couldn't care less about the price of eggs.

Ada Gore (05:09.486)

Wow.

Scot McKay (05:16.019)

So my husband and I met in our late 30s. We were both 37. And I had had some issues with my own cycle. I just was really not aware of it. Even as a woman, I really was not aware of how it worked. I knew to track it and all that kind of stuff. But it's not a pretty subject, I would say, and not something that a lot of people really talk about. And we were like,

Right.

three months into our relationship and my husband was raised by a single dad. Okay, so his mom passed when he was young and he just didn't really have any women in his life. And so now he's in a relationship with a woman who's like all woman and we have this one of those, you know, terrible fights of a new relationship. And I remember him looking at me and he's just like kind of got that like deer in the headlights look of like.

like a Barney Fife, or you know like that like that

I know who are you when you get so, I've never seen someone get so mad. it's, and he looked at me dead, you know, dead serious, like you're like a stranger. And, and I was like, what, you know, so that was a, was a big part of this is like, I need to help him understand what PMS is just like help him understand what that is and how to navigate that. And so.

Scot McKay (06:44.073)

I started reading all these different books for myself and for my relationship. And I stumbled across this framework called the four inner seasons. And it just made so much sense to me. It's so easy to understand instead of all this talk about estrogen and you know, it's that I don't have any connection to those words. And I don't think a lot of people do where it's like I can.

I understand it, but I'm not like, yes, estrogen is high, that means this. estrogen is low, that means this. It's not, I guess, common sense how hormones work. But the four inner seasons, can I just dive into it really quick and explain it?

Well, I'm guessing, first of all, that when you talk about the four interseasons, these can all fly by within a space of 20 minutes. You don't have to wait for an entire year to see all four of these, right?

I mean, it depends. the four, basically, usually the menstrual cycle is four weeks long. It's a month. And so you have, hey.

for sure. Now that much I understand even though I'm a dude. Maybe it's by force majeure and you know I can always count on what I'm not going to get any by you know the calendar.

Scot McKay (07:57.515)

Yeah, right. And you can count on when you are going to get some. So it's.

Although there are some brave women out there who aren't afraid of powering right through it.

That's well, and it's really, yeah, because it's really individualized what your experience is. And I think a lot of that has to do with understanding where you're at in your cycle and what to do, what's appropriate to do. So week one is when you're actually on your period and that's winter. And it's just, it's winter. It's right, right. Yeah, cold, it's cold.

Yes. Sure.

Ada Gore (08:21.902)

Boy is it ever yeah, especially in Idaho. Yeah Maybe floor Floridian women or you know, Arizona and women probably the nicest time of the month You can probably flip, know the metaphor. Yeah. Yeah

Right. You flip it. Yeah. Well, so it's winter, which means, you know, lots of rest, not a lot of energy, not very outgoing, needing some chocolate snacks and more naps. Like it's winter time. Yeah, exactly. So then just like winter, you go into spring and everything kicks back online. So that's when you start to, right afterwards.

and iron supplements.

Ada Gore (08:59.03)

right afterwards.

It all starts kicking back online and heading up and that's the hormones estrogen progesterone. start kicking back up and it's spring and your lips are fuller and your boobs are fuller and you look good and you're happy and bubbly. yeah. It's like, well, that's a little so.

And your dude can blow his load and you won't get pregnant and all kinds of stuff. Yeah.

That's individualized too. Yeah, that's not... Yeah, it depends. Maybe we guys have our own seasons we go through as well. But for sure. I believe in that, yeah.

Berm can live a long time inside. So you need to...

Scot McKay (09:30.793)

Yeah, well that's very true. yeah. Well, so men have this whole thing on a 24 hours. So ours is 28 days and men do this 24 hours. Every 24 hours you have the same thing. Your testosterone is high in the morning, that's your spring. It continues to go high and then it levels out through kind of the middle part of the day, that's your summer. And then it starts to decline around two or three o'clock and you kind of want a siesta.

Then we start pushing back some beers and Maker's Mark and it's through the floor. Winter, baby. Yeah. We literally fall. During autumn, we fall. Yeah. Mostly because we're drunk. Winter, we just sleep through that like a bear. Yeah. See, winter, we sleep through winter like a bear. We hibernate. Yeah. Makes sense. Well, you can't. You got four kids. Yeah. Yeah.

It's fall, you're headed into winter, and it's time to hibernate. Yeah.

Yeah, okay. Be careful out there guys. Yeah. Yeah

Well, most of us women want to too. So yeah, so then it's spring. I never sleep. That's not, I guess I'll do that someday when I'm dead. But so spring, then you head into summer.

Ada Gore (10:29.294)

Someday when they come with the grandchildren. Yeah, you could just take a nap whenever you want. The parents have to pay for them and change the diapers. You just get to bounce them on your knee and give them junk food when the parents aren't looking. Yeah, wonderful. I'm looking forward to that myself someday. Yeah. Anyway, okay, so.

that's true. That's true. And then I

Scot McKay (10:39.551)

And I can just send them back and be like, wow, this must be really hard for you guys. Yeah, I mean too actually, but I'm really in the thick of it right now. Okay. So spring, then you head into summer and summer is prolonged energy, strong focused, but you ovulate, which is when you can get pregnant right at the change from spring to summer.

yeah.

So that's when libido is really high.

And yeah, God's dirty little trick is that's also when you're horny-est. Yeah.

Exactly, exactly. be, you know, that's when it's like, but this is the way I think of it. So there's the four seasons, the winter of your period, then spring that rolls you into ovulating and summer, and then you go into fall. And fall is what we would call PMS. Each of these seasons also has like an archetype of a woman that you can think of. So winter is the crown or the old woman.

Ada Gore (11:27.138)

Mm-hmm.

Ada Gore (11:37.826)

Mm-hmm.

Scot McKay (11:43.401)

Spring is the maiden. Spring is the maiden. She's young and cute and flirtatious and full of life and bubbly and you can just dance with her all night long. Summer is the queen.

I don't want to think about that. Okay.

Ada Gore (11:55.382)

I'm getting to the age where I can think some winter women are more still like the spring ones, you know. The older they get, the younger and cuter they look to me, the older I get.

That's true.

Scot McKay (12:05.269)

That's good, that's really healthy. That's good. Okay, and then summertime is the queen, and you can think of this like this. So you know the queen, she sits on her throne, but she can also give you an heir. So that's when you can get pregnant between spring and summer. And then you go into fall, and the archetype for fall is the wild woman who's out in the woods barefoot running around kind of crazy because

But enough about me. Go ahead.

Ada Gore (12:21.645)

Mm-hmm, mm-hmm.

Scot McKay (12:33.673)

That's when all of those hormones tank. They start to decline really rapidly. And all of a sudden, all the bubbly, all the energy, all the wanting to be social and flirty, it goes away.

And this is PMS Time.

CMS time. Yep.

So what is PMS?

Premenstrual syndrome. basically, so these guys, for our listeners, you're out in the dating world. Or you're, hey guys.

Ada Gore (13:00.002)

These guys. That's what the lady who's PMSing would call them. These guys. These guys. You people. Yeah.

These guys. So yeah. So really what it is, so when handled correctly, and this is another reason why I'm so passionate about educating men in particular about this, when you understand her cycle correctly, you can use it to make your relationship better, but your own life too.

you can really harness. It's actually very powerful. It's a powerful cycle if you understand it and aren't living opposed to it. The problem is we all kind of assume that we're all working on that solar calendar like a man is, but women just aren't.

Well starting to sound to me like if we're working on a 24 day calendar, 24 hour calendar, wishful thinking, and women are on a 28 day calendar, then this is about as likely as a broken clock being right twice a day.

Kind of. mean, you, the, if you use it correctly, PMS, that's when my husband was like, you're like a stranger because it can feel, it can feel like where's, where's the maiden that was like hot to trot all night and like wanted to go out and thought I was so hot and was always feeling my muscles and like, you know, where'd she go? Because this woman's just mad at me about everything and

Ada Gore (14:11.886)

I don't know this one

Scot McKay (14:30.153)

She's like, you know, she's tired and like, like she's a stranger and it can really feel like that. And so educating yourself around your woman's cycle to understand like number one, the number one thing you can do is understand this is not personal. She feels this about everyone in her life because she's not in her spring. She's not in her summer. She's in her fall. All the leaves are coming off everything.

is it's starting to get cold she's running out of energy because she's about to bleed and go into winter time and so the best thing that I can do the best thing men if you are experiencing this or you're dating a woman and all of a sudden she kinda like seems kinda cold or you go on a date and you didn't feel like the fire was there whatever number one don't take it personally at all

Mm-hmm.

Scot McKay (15:28.759)

because it's not about you. Number two, this is the time. This is the time to stand in your manhood. Because if you can, if you can really embody like this really cool, different creature woman here in front of me is totally reactive and out of energy and kind of wild, if I can just, yeah, yeah, cold.

You mean cool in the literal sense. She's kind of, you all the leaves are brown and the sky is gray. Yeah, okay, all right.

Bristly yeah, yeah, she's bristly like you know I might last week we were joking about this and then I dropped that same joke this week, and she's like excuse me You know you're like Why worse yeah? Yeah, week. We'll laugh about it again, and you'll think who the hell is this person like why is she so up and down? It's it's because of it's because she's in their fall and winter so if you can hold that space and like don't get reactive

Don't you ever talk to me like that again, least not till next week. Exactly, Yeah.

Scot McKay (16:29.099)

Don't get hurt, just be like, I'm sorry, babe. Just brush it off. Listen to her and brush it off. Don't become reactive, because here's the problem. When she's in her fall and her winter, and you're a married man, you understand this, if you engage.

And I've been married to both a crazy woman and a sane woman. So I know the difference even between that and what you're talking about. Yeah.

Okay, so you've seen it, right? So when she's in that season and she's really reactive, if you take it personally and you react, nobody's, nobody's going to be able to hold their own because it will just spiral out of control because she can go bigger than you can emotionally. So if you get emotional in that time and you don't pay attention,

then this is when you're gonna have your meltdowns. This is when you're gonna have huge fights. This is when you're be like, who is this person? Why isn't this funny?

One of your suggested questions here was, what's the biggest mistake men make with their partner when they're in, when she's in her inner fall or winter and what should you do instead? is that what you just described or is there more to that story?

Scot McKay (17:41.109)

Yeah, that's exactly it. So you're going to have to, if you want to, and if you can. here. I like it.

Wait it out. We're going to have to be riders on the storm here. Keeping up the music references. Yeah. Go ahead. We've got late sixties, you know, medley going on here with the mamas and the papas and the doors. Yeah. There we go. Alright. Let's keep it up. Let's come up with some more. Yeah. Okay. So how are we going to take care of business here?

that's the best. that's the best. Into the 70s? Yeah, we can roll. the best thing that you can do is... Every day. We can go pretty far with the music references, but I'll lose my train. I've got like postpartum brain, so I'll just like go completely gone. But what to do instead?

Little BTO action, yeah.

Ada Gore (18:19.79)

I'm here for it.

Scot McKay (18:28.767)

If you think of it like this.

Well don't lose your train of thought, make it a long train running.

Okay, and then cue the train in the background. Yeah, yeah, please. Wouldn't that be amazing if that happened right then?

yeah, that's right, you actually have a real train that may happen. God, that would be awesome if it just came right now, right with the Doobies Brothers reference. You know, I could just, you down around the corner. Yeah, it's probably down around the corner. Yeah, right. About a half a mile from here. Yeah. Yeah.

You

Scot McKay (18:48.905)

It might be. We're kind of in the center of a big loop, about a half a mile from you. So the best thing you can do is just...

Awesome, if it came like a minute later it was really half a mile from here. I'm sorry, I'm making you lose your train of thought, which is what brought up that reference. That's what brought up the reference.

My train of thought, I know it might. Now I'm like, I'm anxious to see if it comes through, but I don't know that it will. It's not like, you know, there's a very good schedule. just kind of comes when it comes, but.

that.

Ada Gore (19:18.04)

Hopefully the engineer isn't high on cocaine because then he better watch his speed.

Okay.

I'm full of them. full of it today. Casey Jones, you better watch. That's a Woodstock classic right there. Yeah, baby. Alright, go ahead. I'm glad you're not PMSing right now, because you would be very angry at me for trying to derail your train here.

You're full of it. Okay.

Woodstock. That would have been a fun thing to be at.

Scot McKay (19:40.941)

So you know what wouldn't happen actually though because now I understand this I wouldn't be angry with you. I would just Three months. Yes. I'm here. Sorry. I'm three months postpartum I went Not in terms of craziness not at all

and your three weeks postpartum, is miraculous. I lost your video. There it is, it's back okay.

Yes, three months, okay. Same difference. No, I kid, yeah.

Yeah, well you've got four as well. So you've been through the postpartum roller coaster

Boy, have I. Well, okay, I didn't want to derail you. Finish talking about what you were discussing with us, if you haven't lost your train of thought. And then we could talk about the unique quandary of pregnancy itself, when you're guy trying to navigate that, because I would love you to tell these guys about that too. So you have fall, winter, spring, summer. I think we're pretty clear on what that looks like for most women. Is this?

Scot McKay (20:22.455)

Okay.

Scot McKay (20:30.844)

God. Yeah. I would happily talk about that.

Ada Gore (20:44.704)

Is this the kind of thing where if a woman, for example, my wife, would say, I don't even PMS. I don't even know what PMS is. Is she frontin'? I mean, it's just she does it differently, or it's a little more subtle, or can this come to extremes woman by woman? You have already said women are individuals, but I'd like you to comment.

Mm.

Scot McKay (21:04.299)

Yeah, so this is what I'll say. The more in tune a woman is with her own cycle, the better she'll navigate it. So she may say, I don't really PMS because PMS is premenstrual syndrome. It's when people are, when women are really struggling during that fall as they go into winter and have their bleeds. like someone who's PMSing would be someone who

Yes. Okay.

Scot McKay (21:30.455)

Potentially their hormones are out of whack and so when they start to decline, maybe they just dip. Maybe it's like not a slow decline, but it's just instant. So they wake up the next day and everything's tanked and they feel crazy and everything upsets them. They're going to cry at anything that's even remotely sad. They're going to blow about anything that's even remotely triggering to them that so, but then someone who's like more in tune with it, maybe a little bit more hormonally healthy. It'll be a little bit more gradual.

and easier for them. yeah, if she says she's not really PMSing, just thank the gods and enjoy that. But I do want to go back to, I remembered what I was talking about, what a man can do instead. And this is the number one mistake they make versus handling it correctly. So the number one mistake is taking it personally.

Okay.

Ada Gore (22:19.523)

Yes.

Scot McKay (22:25.471)

Why are you picking on me? Why are you so emotional? Why can't you be logical? Getting really upset and offended.

Yeah, hello. It's like, well, I'm a woman. I am a man, but I'm a man with a whoop. So things are a little different. The best thing that you can do, if you can think about this, if you can really think about this as if you're the king and she's your queen and you have an empire and that empire, that's your household. That's your podcast. That's the people in your life. That's all your bills, everything like that. This is your kingdom. She's your queen.

What's beautiful about this is that in the fall when she's the wild woman, that actually serves a purpose. She's not just crazy for nothing. There's a point to it. She's not crazy. She's paying attention. She's alert. So she's able to, instead of suppressing things that are annoying, she sees them very clearly. And in her winter, when all the hormones go offline,

It's like, imagine, I've heard older men talk about this. I don't know, older men, that's just how I've heard talk about it. like when you're younger, wiser, yeah, like when they were younger, their sex drive was so

strong that they just did so many dumb things. That as they got older, it was nice that it kind of chilled out a little bit because they could actually get something done. That's like how wintertime is for a woman. All the sex hormones kick off.

They're wiser, they've been there already, yeah.

Scot McKay (24:02.035)

And so you're not thinking about reproduction and you're not thinking about that stuff. So you can listen. So if your queen goes into her fall in her winter, imagine that you're like at court when she's telling you all the things that aren't going great. She's saying, you know, that friend of yours, he's a piece of shit. Get him out of here. And you're like, he's been my best friend for 10 years or whatever like that. If you can think of her as your queen who's saying,

You

Ada Gore (24:26.381)

course.

that man does not have your highest good in mind. And think about it. That man, there's something off about him. Or if she says, you work too much and you're not getting paid enough, you might hear that as like a complaint of like, she wants more money or whatever. If you can see through that to your queen advising you of your own worth and your own value, that you don't have to sacrifice like this, that you deserve to have

Uh-huh.

Scot McKay (24:59.037)

Decent hours and super high pay because you're her king and she doesn't like to see you being taken advantage of and she misses you Yes, it's the truth it's the truth but it's unfiltered because she's a little wild She's a little crazy so it might come out and if you can slow down and not react to me like she's criticizing me She's being really cranky. I'm not gonna get any I'm not gonna get late tonight. First of all, you can get late tonight if

A little shot of truth serum there in the fall.

Scot McKay (25:27.475)

If you handle this correctly and you see like there's actual power in all of this authenticity of hers, if I can listen and not be reactive, which is, I'm not saying that's easy when you have like a five foot something or a four foot something screaming at you to like calmly be like, this is good. This is good information from her. Your wife, your woman. I have a five foot something, five, eight.

Who are the five foot something, four foot something? Is that your wife? you like tiny women.

Ada Gore (25:56.844)

Most women are.

I'm 5'8". Well, my mom's in the... Maybe my mom's. I've got some shorter women in my family and some taller women. So that's why I said a 5' something and then a 4' something. I don't want to discriminate to my shorter sisters. Yes. Yes.

Well, it's funny because my daughter is a four foot something because my wife is five foot one and her best friend's father is six foot nine. So this little girl is yeah, this little girl is literally twice the size of my daughter and they're like BFFs. It's so strange. It's so strange to watch them hang out together, you

know, but hey.

Whoa! Six foot nine?

Scot McKay (26:25.067)
Ha ha ha.

Scot McKay (26:30.411)
That is weird with adolescents, because my son's 6'3 and he's 14. And his friends are like really small and it looks like a big brother and a little brother and they're like the same age.

He's on his way, Oh yeah, yeah.

Ada Gore (26:46.126)
Yeah, well my son's 5'10", nobody knows what happened to him, because he's got chaparitos for parents, and so he just caught the tall gene, I guess, relatively speaking. Not like my daughter's friend's husband, but, you know, our dad, excuse me. It's not like that in their family, yeah, but 6'9", I wouldn't want to be 6'9".

That's so tall.

That's almost, yeah, like hard to be in the airplanes or the back seats of a car, tall. Or just a bed, have your legs off the bed. Yeah, yeah. There's a limit to tall.

yeah.

or the front seat of a car when you're 6'9". Yeah, I know, it's awful. Yeah, yeah, yeah, I'm telling you. Yeah, once again, enough about me. Alright, so what is the women work different framework, Ada?

Scot McKay (27:27.821)
Okay, so for

your listeners tuning in.

Okay, you're soft peddling this one. I feel like you're trying to find the right words so you don't offend the hell out of us. So let the fur fly. We're unoffendable. Go for it.

You work.

Scot McKay (27:48.205)
Well, I think that in general, with feminism and all the other isms that have happened, there's this idea that we're all the same. Anything you can do, I can do better. And there's all this equality. OK. OK. So it's, yes, yes.

Yep.

Ada Gore (28:08.266)
Well, is not sameness on this show. Well, let me give you a little background briefly. We do not believe masculinity and femininity are female constructs. We believe masculine energy is male, feminine energy is female. If I have a feminine side, she's a lesbian. I'll tell you that straight up.

See this little butt chonky?

I'm also straight. make arrows jealous. Okay. I mean, you know, I'm an LGBTQIA advocate, but I don't understand. I don't understand it. I can't relate to it. But,

Mm-hmm.

Ada Gore (28:44.743)

We I also have what's weirdly because to me it just seems like it's common sensical natural obvious I believe masculinity and femininity are the building blocks and indeed the catalyst of sexual attraction because If we weren't hot for each other we wouldn't make babies because as you know as well as I do they're a pain in the ass You know, my god, why do we love them? You know, then they make them cute and look like you so you don't kill them This is all this is all filed under God's dirty little trick with me

They're so hard. There's so much work. I know.

Mm-hmm.

Okay. So that's where we're coming from. We believe in masculinity and femininity. 100 % of the guys listening to this are about being the most masculine man they can be. We also believe masculinity is inherently virtuous. Providing, protecting, know, having the best interest of those who he's trying to provide and protect for it, you know, in mind rather than being this toxic masculinity perversion.

Mm-hmm.

Ada Gore (29:40.089)

But the trick that you're alluding to is is is brainwashing men into think any masculinity and all masculinity has got to be toxic do better without getting them anything to Replace it with you know just be neuter and then meanwhile the feminists hijacked the virtuous masculinity thinking that's gonna work out better for themselves It doesn't okay, so now we're on the same page continue Is that the train?

Right.

Scot McKay (29:57.805)
doesn't.

Okay, same page. So, it's the train.

man, it was like a half an hour from here, not like a half mile from here. Wow, so close, so close. I know, man. We were like literally 10 minutes off. It would have been perfect. Yeah, right. Yeah. High on cocaine. Yeah, exactly. They stopped. They lived in an alternate universe for a while. Actually, I have a customer who was a train engineer for years, and it seems so cool.

It didn't know the- they didn't know the song.

Scot McKay (30:17.559)

Probably someone in their 20s driving that train. Doesn't know the reference. I don't cook. The props, maybe. I mean, why wouldn't you? You're just driving a train on tracks.

I mean, yeah. Yeah. really?

He said it was cool for about a month. Then it was just doing the same thing over and over over over and over again. Predictably, mean, literally, you can't even like take a rest stop. You can't even go to Bucky's because you're on a track, you know? I said, God, I never even thought of that. But you know, being a little kid playing with HO trains and building model railroads, I was like, that would be the

ultimate, you know? But it isn't, no. He got out of it. Now he does something completely different, retired from it. Isn't that crazy? But enough about the train.

ain't that the truth of everything though? Yeah. Right. But I that's right, you're in Texas. Yeah.

think it would be so cool.

Scot McKay (30:55.147)
Yeah.

Scot McKay (31:02.125)
Well, now we know. Okay. What was I saying? wait, thank you. Thank you, Scot. Yes. So the problem is there's so much programming, even all of us who think that, who understand inherently like, no, this isn't adding up. Like it's good to have men and women be a little different. So the problem is there's still so much programming that women

So, work differently. There's a framework.

Ada Gore (31:23.825)
Of

Scot McKay (31:28.813)
You know, if you look even at like a tampon commercial, these are women who are supposedly like menstruating on their bleed. It's just put in a tampon and go play tennis. Put in a tampon and go ride a horse. Because there's an expectation that you should also be just like a man the same every day. Because men are the same every day. Like you were talking about, that inherent virtue, that providership, that strength that you can't take a week off every month as a man.

and continue to to be that safety in that provider that's not how we need to wake up every day with a good charge on yes you can go you know cut the firewood and or whatever and you know do all the things

Just as long as I stay on my testosterone replacement, I'll have a good charge on every morning.

Just get that charge, right. So that's as a man, very different. they'll charge you for the charge, charge for a charge. So, but we still, we still, especially younger generations, have an expectation that women are going to be like a man, especially like in the workplace. There's an expectation that women work that nine to five, which works really well as a man.

They'll charge me for it, but I'll have that charge on.

Ada Gore (32:23.881)
Heh.

Ada Gore (32:39.841)
heck yeah.

Scot McKay (32:44.237)
But as a woman, it doesn't work because whether you're in your winter or your spring, you're supposed to show up and do the job. And so what women work different is about is learning and understanding and rewriting that in your own mind of like, especially if any of these, if any of you listeners are in the workplace with women around you, which you probably are,

understanding that you just inherently expect her to be like you. It's not on purpose. You just expect her. That's the programming. And she's got a similar job to yours. So she needs to show up and do it every day. And it's not. Women don't work that way. And in fact, what happens a lot of times, it happened to me. That's one of the reasons I went on this journey to understand this. Women burn themselves out. We're seeing lots of infertility.

That's the programming though.

Scot McKay (33:41.367)

We're seeing lots of low libido. We're seeing all those things. A big part of that is because women are supposed to rest a lot more than we think. And especially when they're in their winter. on their, this is the advice that I give to women. If you're in a nine to five or in some sort of high executive role and you're expected every day to show up and be the same.

You have to carve out places where you can rest. that means on your lunch, you don't take a lunch meeting. You instead go to your car and sleep or you skip the gym that morning and you sleep in a little bit or you go to bed a little bit earlier, whatever you need to do. You have to have more rest. You absolutely have to have more rest. And for men understanding, like I've heard sometimes men like kind of saying, Oh, my partner is so lazy. She's like lazy. Well,

Wait till they have kids then they'll redirect that statement towards the teenagers. Yeah.

We've got it. We've got a change in ourselves.

You have your entire old age to lay around. You're 12, you're 16, go out, be active, have an adventure. Eh, whatever.

Scot McKay (34:48.617)

I know. Do something. Yeah, do something. anyways, yeah, that's what women work different. It's about educating people to rewrite that incorrect programming.

Well, you know what? What's happened also is we've been trained not to like the differences. And then we get sort of weirdly bigoted against the gender we're trying to attract, thinking that there's something wrong with them and they're all terrible. And usually this is rooted in failure, frustration, and bitterness. So you have feminists who have been hurt by men, and you have these men going their own way, hashtag mig-toe guys.

Right.

Scot McKay (35:20.684)

Right?

Ada Gore (35:35.485)

who think everything's women's fault and they're just awful human beings. And yet we still stay obsessed with talking about the other gender. Because naturally, the law of nature is we're attracted. We want this approval. We want the attraction from the other gender. And when we fail at it and we don't get it, we get bitter and our claws come out. Or when they hurt us when we were trying to be nice, et cetera, et cetera.

Mm-hmm.

You know, not like Mr. Nice Guy, but trying to be decent and what we get is, you know, just pounded for our efforts. The danger, just like in any other form of bigotry, you know, especially at the systemic level,

is we start thinking out there all the same because they're different. And when we don't understand someone, we fear them. And when we fear them, we hate them.

Right?

Ada Gore (36:27.273)

So what I do is I like to focus on how men and women are still human. If you win the lottery and I win the lottery, we'll be ecstatic together. If your dog runs away and so does mine, we'll be upset together. We're all still human, but it's that dance of masculinity and femininity that, see, if we deny that that exists, and it's all a social construct, and masculinity is designed to keep women down because it's toxic, that fairy tale keeps us from recognizing the reason why

Mm.

Ada Gore (36:55.953)

men and women seem different from each other. And it also, if we fail to recognize that, as crass as it sounds, it reduces sexuality to body parts rubbing together. And that offends every woman I've ever met. So it just seems like we're running this vicious cycle of not making any sense when it comes to evaluating masculinity and femininity and the quality of the differences between men and women versus the problems there. To me, men providing, protecting,

Hmm.

Ada Gore (37:24.285)

For some reason, sick puppies as we are, we love being the hero. We love putting ourselves in harm's way. We love, you know, that risk. We're really crazy and, you know, we don't live as long as women, you know, on average, probably because of that. Meanwhile, women do love having fun and being playful and bringing the party and joy and fun. I always tell guys, dudes, why are you trying to make her be a man? Why do you need her to go to the Knicks game with you?

yeah.

Scot McKay (37:50.763)

Yeah.

Right.

Why do need her to watch, you know, American Sniper with you? Well, there's a lot of women who love that movie. A lot of women don't. But, you know, why are making her watch war movies with you and like superhero movies? She's a, she's a chick. She wants to go shoe shopping. She wants to go to the mall. You can't stay in the mall. She wants to drive, you know, a white SUV with tan leather interior and you want a, you know, three quarter ton pickup truck with a diesel engine. There's nothing wrong with her because she's different. Right? What happens is though,

we're denying our own nature as men and women when we're scoffing at the difference there. Because we as men have a hard time having fun. We have a hard time shutting down. You know, I joked previously, and I would still joke again, I'm not sorry I did, about how, you know, our fall, we really do fall down because we drank too much in the afternoon and, you know, tied one on. And then the winter, we hibernate like bears because we passed out.

Mm.

Ada Gore (38:52.553)

There's a little truth to all comedy. But men have a hard time having fun and women are there to recharge our batteries so we can go out and fight some more protecting and providing and that's hot. It's sexy. And the women and men who understand that and do that for each other have the hottest, horniest sex ever. Because that's how we're designed and that's how we all probably got four babies a piece around here.

I So you were saying like men love to be the hero. I love a hero. My husband, love... The whole dynamic is actually really beautiful. The problem is when we expect them, each other to be like us. that's because we think things would be so much easier. Exactly. And it's not, it's not that way. And so your woman, your womb man.

Yeah, we do.

Ada Gore (39:30.855)
Mm-hmm.

Ada Gore (39:37.735)
That sameness instead of equality. Yeah, bad.

Scot McKay (39:45.939)
She's got your womb for the two of you. That's her job. Her job is creative. Her job is to create. You give her ingredients, she makes you a cake. You you give her a house, she makes you a home. You give her your seed, she makes you a little carbon copy. Like, that's what your womb man does for you. And in return, you honor the fact that she works differently. She needs more rest. She needs protection. She needs, sometimes,

Awesome.

Scot McKay (40:16.083)
She needs for her king to be like, babe, go take a nap. I will handle this. Because she literally is just exhausted. A lot of times the cr-

You see, already just, it was automatic. I respond extremely well to the word babe. I said, huh? I said, my wife, I said to my wife when we were dating, she was so cute. She says, is there anything that you really love or that you like when women do that you see me do that you want me to do more? I was like, God, that's such an awesome question. I love it. I love this check. I said, yeah, I love it when you call me baby. I just love to be called baby. But, and so she does, she calls me baby all the time. I don't know why.

Yes? Yeah.

Ada Gore (40:58.281)
I'm a grown ass man, but it's just such a feminine thing to do. Right. Right. She does. You know, it's funny because I get a lot of guys who are a little bitter and angry with the feminism thing and they get real brisk, they get spooled up. They're not just bristly about it. You use that word bristly prickly. They get all spooled up when, when they feel like men are just acting like simps is the word they would use.

Well, and she's your woman. So who gets to call you that? Just her. Just her.

Scot McKay (41:12.649)
Mm-hmm. Mm-hmm.

Scot McKay (41:21.259)

quickly. Yeah.

Scot McKay (41:26.761)
Hmm. Mm-hmm.

You know, you're just being supplicative and you're giving this woman everything on a silver platter castrating yourself and giving away your power and your manhood and she's just using you. She's going to divorce you and take everything and you know, probably, you know, you'll never see your kids again, blah, blah, So, one time one of these guys took issue with calling a woman your queen. And it was very easy to kind of quash that whole argument because I said, well, if she's the queen, what does that make me?

Mm.

Scot McKay (41:49.333)
Mmm.

Ada Gore (41:58.505)
oh snap you know what I mean it's like oh yeah well you would be the king it's like I can handle that you know what I mean yeah

Yeah!

Scot McKay (42:04.575)
Yeah, you're on a throne, she's next to you, what are you guys doing on the throne when nobody's in the hall? You know, like, this is a beautiful imagery, this is wonderful. You want a queen, because you have a kingdom. If you have a kingdom, you need a queen. That's exactly who you need.

Well, I'm going to tell you, just, three months ago, you have a three month old baby girl. Okay.

don't ever call your daughter princess because she'll take it seriously. That's where the analogy kind of comes to a grinding halt. It's like, boy, yeah, I'm queen, she's king. If she thinks she's princess, she's going to try to usurp both y'all's throne and take over. Yeah. And it's funny because my daughter's first name is Sarah, which literally means that. And I think maybe if we would have thought that through better, we might not have gone there.

It's her throw now.

Scot McKay (42:50.123)
Mm. Mm-hmm.

Scot McKay (42:57.833)
Okay, my daughter's name is Maeve, which means queen, so.

Middle days.

Ada Gore (43:02.351)
Well, there you go. Do have a boy named Nave, which would go along with that? Okay. I actually, I could have one at least that could be named that. That's an underused word. Well, this has been a great conversation. Lately, you've been talking about journaling. You want to give these guys a little insight on how you pivoted towards that and what might happen if they go to mountaintoppodcast.com front slash gore.

You

No.

Scot McKay (43:13.93)
It is.

Ada Gore (43:31.389)
And by the way, frontslashgore is available because Al, you know, he wouldn't come on the show for some reason. Yeah, yeah.

is lost. So, yes, journaling. Very important if you're in the dating world because you need to dump all of the stuff that happened in your brain because of all your sex hormones and because of all the stuff going on in your life. If you're dating, it's so great to reflect. Or if you're in a relationship, reflect on the interactions. Reflect on your woman. Think of how things, what did she say exactly? Has she said this before? How did I?

Okay.

Ada Gore (43:50.193)
Okay.

Scot McKay (44:05.951)
How did she respond to me during that date? Reanalyze it, because when you're in the moment of things, I think journaling is the most powerful tool, period, of anything.

Women catalog their sexual experiences, don't they?

I mean, some of us.

I know they do. Maybe you didn't, but a lot of women will write down what happened every time they've ever had sex. Men don't do that. You would think that a shoe would be on the other foot, but it isn't. Isn't that something? Yeah, but I've heard that.

yeah. yeah.

Scot McKay (44:37.995)
Well, I think in general, I think in general, potentially, men, in our culture at least, could take more self-reflective time. Like if you look at Marcus Aurelius, like if you look at the Stoic movement, these were men who sat in contemplation and wrote things down. And they left.

thousand percent.

Ada Gore (44:59.337)
Can we talk about that for a second? I know we've completely derailed what we were gonna talk about. This is near and dear to your heart too. This has never come up on this show. Yeah, we'll have to have you back and talk about this in particular. I think the media age killed that impulse in men. Because I think if you look at people from the Civil War era and even the early 20th century and the people back in antiquity, they left a lot of notes.

Yes.

Scot McKay (45:06.251)

Yes. really?

Yeah, this is powerful.

Scot McKay (45:18.826)
Hmm.

Ada Gore (45:29.949)

You know, famously Leonardo da Vinci had pages and pages and pages. But even if you look at guys like John Milton and these guys who are considered, you know, some of the greatest authors in the English language, it was all because they had ideas and wrote them down all the time. And then next thing you know, he's got a bunch of books. I think we spend so much time video gaming and being fed other people's ideas that we don't sit down with our own anymore.

Mm-hmm.

Scot McKay (45:46.176)
Yes.

Ada Gore (45:57.671)

And I think that's an archetypal feature of humanity that we're losing. And I think you've touched on an amazing point. What do you think it would take to get men to unplug, tune out, and tune into their own journaling? Another 60s reference. Not the LSD, without the LSD. Ha!

That's right.

Scot McKay (46:15.691)

Without the LSD or with it I mean I'm not gonna judge but but I don't know what it would take but I hope if it's if a guided journal Seems like you know my husband has this rigid impact drill that every time he uses it. He's like I'm so glad I bought this tool I remember when I bought this so like it's his favorite tool. He loves this impact drill if You could start to see a journal as a tool like

Okay, well.

Ada Gore (46:38.397)
Hmm. Yeah.

Scot McKay (46:45.605)

one of the best tools that you have in your relationship and in your life. and it doesn't have to be a, it doesn't have to be a guided journal, but I do have some guided journals that can be helpful. It can be a notebook. It can be the notes app in your phone, but in particular, if you're dealing with your relationship and you want your relationship to improve, you are a hundred percent accountable and responsible for your own relationship.

That's a little mind hack.

Scot McKay (47:12.243)

So do the research of yourself, get all the files out and onto a page or onto your notes app and see what's really happening here. What patterns, men are so smart and so powerful that if they take some time, they can figure out their woman. They can.

There's something happening here What it is ain't exactly clear Hopefully there's not a man with a gun or-

What it is, ain't exactly clear.

until you sit home. I mean, probably, but he's on his journey. He's on his journey.

I had to find, you know, had to do the comedic recall thing and find at least one more 60 song. Had to have.

Scot McKay (47:49.899)

I I love that song. So that was a good one. Yeah, I, I want, I would love for men to start journaling more partly because I want the world to have access again to great minds and men are not, I think, always living up to their potential because they're not taking that time to study themselves, to study their woman, to study.

Buffalo Springfield,

Ada Gore (48:15.133)

Yeah. Yeah.

You're, you know, the greatest thing that you can do is figure yourself out. It's the greatest thing.

Well, think that's where it all comes full circle, is what I'm trying to spit out. Because you understand your woman. You have to understand yourself, too. If you don't understand yourself, then how are you supposed to understand the people around you, especially the people you love? How can you know how to provide and protect if you don't know what a woman's loves, hopes, dreams, fears are? And her cycle, we can add that to the pile. But if we're so...

Yeah. Yeah.

Scot McKay (48:46.795)

Mm-hmm. Yeah, and her cycle because it's already a big part of your life

Yeah, yeah, absolutely. A thousand percent. And if you don't sit alone with yourself, I mean, some people would call it meditation, but you're talking about actually writing it down because then you have a record of it, like a diary. And

Mm-hmm.

Yep. And you can burn it if it's scary for you to think of someone finding it. That's a big part of it. Burn it. I mean, literally, write all the truth down. I'm terrified of her. I'm afraid she's going to leave me. I love her so much. you're, you know, like some of that stuff is real in us or like, what if I'm not enough? Or, you know, those things, you don't want to say them out loud and you definitely don't want someone to read them maybe.

Mm.

Ada Gore (49:24.713)

Mm-hmm.

Scot McKay (49:33.333)

But you have to get that out before you can get to the gem of whatever's in there that you do have.

We can learn a lot about yourself in the process. It's a learning experience to write all this stuff down

because then you get the thoughts form where they may have been nebulous before. I think that's fantastic. again, when they go to mountaintoppodcast.com, front slash gore, where are you going to send these guys, Ada?

Mm-hmm.

Scot McKay (49:48.201)
Mm-hmm. Mm-hmm.

Scot McKay (49:57.181)
Amazon, I've got my journals on Amazon so they can purchase them there or this can just be their call to pay notebook and start but if you find that you would like a rigid impact drill tool your favorite tool a guided journal a guided journal can be that I mean I'm glad he has it so

Okay. Okay.

Ada Gore (50:11.602)
And who wouldn't?

A chick wouldn't.

Ada Gore (50:19.773)
Alright so you know what we're actually recording this a little bit ahead of when it's going to actually be dropping on the scene so basically lost your video again keep sleeping on this doesn't it we have more staying power than your video does doesn't we Ada? goodness I hope she didn't completely lose her battery

Yeah.

Ada Gore (50:45.159)
Well, that might be what happened. Good timing, if nothing else. If anything, I can also tell you guys that mountaintoppodcast.com front slash Amazon will feature Ada's journals. And yeah, she dropped out. How about that? She tuned in, turned off and dropped out. What I want to do then is end the show when we were pretty much close to the end anyway. And

What I want to do is let you guys know that if you haven't been to mountstoppodcast.com recently, go there and check out all the show notes. Check out all the pictures of our guests, download all kinds of goodies, including the book, Sticking Points Solved. And you can also check out our sponsors, longtime sponsors, all great folks, Jocko Willink's company, Origin in Maine. Also, the Keyport and the guys at Hero's Soap, when you partake of anything from any of our three longtime sponsors.

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