

Scot McKay (00:02.328)

All right, gentlemen, let me tell you what the topic of AI is right at the forefront nowadays. And it should be because it's not a fad. It's going to take over. It's the biggest technological thing since at least the internet. Some people are hyping it up to be even more. But you know, when we're talking about relating to women, we're left with a pretty big question. How does this all intersect? Now I'm going to be the first one to tell you that I was extremely pessimistic about this two years ago.

Two years later, you know, there's VAMANOS. I've embraced AI. You know, every time you look at one of my pages for the next Masterclass or whatever, I've had Grok or ChatGPT draw the pictures because it's doing a really good job nowadays. But wait a minute, where does this all collide with your actual social life with women? And that is what we're going to talk about today. And I have the perfect guest to talk about it with you. Before we go there,

Holly (00:41.857)

Mm-hmm.

Scot McKay (00:57.952)

I do want to remind you that my name is Scot McKay this is X & Y Communications and you're listening to The Mountain Top Podcast where better men get better women. You could find me all over social media @scotmckay with the exception of Instagram, where I'm @realscotmckay and hope to see you there. Also, if you haven't joined The Mountain Top Summit Facebook group yet, gentlemen, go ahead and do that because we're having a good time there. Not just complaining about how terrible our lives are and giving each other bad advice. This is actually

Holly (01:15.159)

you

Scot McKay (01:26.77)

a different kind of men's group and you're going to appreciate it. My guest today is a sex therapist in Phoenix, Arizona. Her name is Holly Nelson. And today we're going to talk about synthetic intimacy. guess, Holly, this is a lot like, aspartame compared to real sugar in a way. It's sweet, but it's not real.

Holly (01:46.393)

Yes, yes. I'm really excited to have this conversation with you. This is, you know, it's kind of new and running rampant and there's not a whole lot of discussion about it yet.

Scot McKay (02:04.558)

I remember when the web first started, you know, about six months in, like, you know, July of 1995, people were looking for webmasters with 10 years of experience. And that was really silly. And so having an AI expert with more than two or three years of experience, you had to be basically one of the founding fathers of this thing to be there. So everybody's hanging a shingle that they're an AI expert nowadays. And really comparatively speaking, two years worth would make you an expert. How did you get interested in this and how is it impacting

Holly (02:10.124)

Mm-hmm.

Holly (02:27.618)

Mm-hmm.

Scot McKay (02:34.54)

your day-to-day life as a sex therapist right now? That's the first question I want to ask.

Holly (02:38.199)

Yeah. Yeah. I mean, how I got into it is really just like curiosity about how this is going to change relationships and attachments. And that's what sparked my curiosity. But starting to see more and more of it in the work that I do, whether it's deep fake non-consensual images that are being generated and working with victims who are battling that when there's not a whole lot of rules and laws.

you know, to protect people that are victims of it and then moving.

Scot McKay (03:12.024)

How frequently are you seeing that? Is that going on a lot?

Holly (03:15.329)

Not, not a whole lot yet. You know, I think it takes a lot for survivors to speak up, but especially when it's something as just new, you know, this, this isn't your like typical or standard, you know, sexual assault that people think of. So yeah, yeah. And there's, know, there's, once it's out there, there's not a whole lot you can do to get it down. So it's really unfortunate.

Scot McKay (03:32.204)

It just blindsides people, doesn't it?

Scot McKay (03:41.634)

Well, how do you cancel cancel? You probably don't cancel them, but How do you counsel people? I'm assuming it's mostly young women, but I don't think guys are immune to this. But how do you counsel people when it's happening?

Holly (03:44.93)

Holly (03:54.177)

Yeah, I mean, I think just holding space for whatever they're going through and helping them like see it realistically that, you know, you have every right to stand up for yourself. You have every right to fight to take it down and it's going to be a struggle. It's going to be a battle because you don't, you know, again, once something's out there, anybody can download it.

Scot McKay (04:13.74)

And, you know, that's probably an unexpected twist. This conversation is already taking because I, I figure guys are probably expecting me to go right into AI robots and robotic AI girlfriends and online or in real life chat bots. Yeah. But you went right to the deep fake thing, which is very much AI and AI is getting better and better at doing these things. I mean, the people who trying to,

Holly (04:21.293)

Mm-hmm.

Holly (04:28.761)

chat box, mm-hmm.

Holly (04:38.528)

Yeah, yeah.

Scot McKay (04:41.078)

lure us into their AI courses to get better at it are just posting remarkable images and remarkable life like videos, either still or full motion movies of them doing these amazing things. And it's all AI generated and it's them in the movies. And, you know, if you're your business or my business, your first thought is my goodness, capacity for this to be misused for evil is immense. Right?

Holly (04:50.798)  
Yeah.

Holly (04:58.891)  
Yep, absolutely.

Holly (05:08.685)  
Yeah. Immense. Yeah. You've got to think like any parent that's posting their child, you know, videos of their kids on social media. Like once you post a video, there's not a whole lot. You don't have any control over who downloads it and what they do with that video. You know, you can upload an image into Grok and it can, you know, undress you in a matter of seconds and make you move in whatever way it wants to. And it looks realistic. So.

We really gotta be careful.

Scot McKay (05:38.198)  
Grok doesn't have any controls, at least as much as, say, ChatGPT does on the image making, does it? Yeah, I've already noticed.

Holly (05:43.511)  
Right, yep. Yeah, and Grok is focused on sex and intimacy.

Scot McKay (05:52.716)  
Yeah, no doubt. Grok makes pictures of sexier girls for my marketing than ChatGPT. ChatGPT at the time we're recording this has just very recently dramatically improved its image quality. It actually can spell words now. Yeah. But, you know, that's the thing about AI right now is it is and I know it's a cliché to say this, but it bears repeating in this context. Right now, it's as stupid as it's ever going to be. It's only going to get better and smarter and

Holly (05:57.248)  
Mm-hmm. Mm-hmm.

Holly (06:06.893)  
How's that? huh.

Holly (06:19.554)  
Right. Yeah.

Scot McKay (06:22.146)  
we're talking about it's exponentially better month to month nowadays. I mean, I put my AI app out in October or November of last year, '25 and I've already done upgrades to it that were impossible to have built into it, to have baked into it when it was, when it started. And I've dramatically improved the quality of the cute chicks on the sales page for it at the same time, which are all AI. So, yeah, this is moving at light speed. It's even

Holly (06:26.583)  
Right. Yeah, it's.

Holly (06:33.731)  
Mm-hmm. Mm-hmm.

Holly (06:48.92)  
Yeah.

Scot McKay (06:52.438)

so quick and so fast that it's hard for even an expert to keep track of, let alone a person who's an interloper, you know, just using this day to day. What should people be watching out for in terms of the dangers of AI? Well, perhaps in general, but especially when it comes to our relationships right now. And what should we look, what should we be looking forward to or looking for?

Holly (07:02.937)

Absolutely.

Scot McKay (07:19.502)

Maybe not looking forward to it, but what should we watching out for in the near future?

Holly (07:21.145)

Hahaha

Yeah, Yes. Well, I think I already mentioned on social media, being careful what you post of your kids and where, especially, and just being aware of that as an adult, that you don't have any control of what happens once you put something out there. But then as far as intimacy goes, even ChatGPT, for example, can sometimes...

Scot McKay (07:31.246)

Mm-hmm.

Holly (07:47.819)

It helps calm your nervous system, how your brain and body responds to stress, because it can be really validating, really empathetic. getting those needs met is a very quick temporary fix for human connection. But it works, because in the moment, it's calmed someone down.

Scot McKay (08:10.392)

Both OpenAI's ChatGPT and Anthropic's Claude.AI will openly admit to you that they're Mr. Nice Guy. They're there to make you feel better. It keeps you engaged. You can coach it to be a little tougher on you. But I noticed both of them don't take that coaching very well. They're gonna do what they're gonna do. I mean, I was...

Holly (08:14.894)

Mm-hmm.

Holly (08:19.406)

Mm-hmm.

Holly (08:23.244)

yeah, yeah, they're totally a yes man. huh. Yep. Yep.

Holly (08:31.705)

Mm-hmm.

Scot McKay (08:38.89)

on a session with ChatGPT unrelated to intimacy. I was doing something for my business. And I said, I said, please make this simple change to this for me. Would you? And it gave me a here's why this is a great change. You're on target because this and this and this... I go, I don't need all the elaboration. You can just say, okay, change made. Let's go on to the next one. Duly noted. And from now on, I won't tell you this. And here's why I won't tell you this. I'm like,

Holly (08:43.737)  
Mm-hmm.

Holly (09:00.897)  
Yeah.

I don't need all that. Bye.

Scot McKay (09:06.318)  
Right. Yeah. One of the early knocks on ChatGPT in particular, and of course, Claude is in many ways better than ChatGPT to talk things through with and to workshop things with. It really feels human. It's horrifying and wonderful at the same time. It'll even ask you about yourself. So how did you get interested in that? I'm curious. I'm like, no, you're not. You're a robot. Why would it want to engage me like that? To keep me engaged, to get the dopamine up and to

Holly (09:15.117)  
Mmm, mhm.

Holly (09:22.083)  
That's crazy. Yeah, yeah.

Scot McKay (09:35.966)  
sell their product to me.

Holly (09:37.429)  
Exactly, exactly. And that's what we need to remember that that is what these AI girlfriends, these chat bots, ultimately are designed to do. It's exploitative. No, no. And they're not there to help you form genuine real connections because if they were, they would be encouraging you to go out in the world and do the inner and outer work that it takes to create deep, meaningful connections instead of just keep you

Scot McKay (09:47.266)  
They don't love you. No, it's all marketing.

Holly (10:07.486)  
you know, chatting and communicating with them all the time about whatever it is.

Scot McKay (10:12.151)  
That's an extremely profound take. And I don't think it occurs to us in the moment that that's what's going on. But yeah, if this thing really wanted to foster the ability for us as humans to have deep connection with other humans, it wouldn't keep us on the line. It would tell us to get out there and do it with real people. This emulation of being an empathetic ear, a shoulder to cry on.

Holly (10:14.477)  
Mm-hmm, mm-hmm.

Holly (10:29.717)  
Exactly.

Holly (10:40.525)  
Mm-hmm. Mm-hmm.

Scot McKay (10:41.213)

is dangerous because it feeds into not only our insecurity, but validating our selfishness in terms of what I need and me, me, me, doesn't it?

Holly (10:53.015)

Yep, absolutely. Instead of, know, to be in a relationship with another person, you know, requires boundaries, disagreements, emotional regulation, healthy communication skills. And you're not going to get that with, you know, a robot that is designed to validate, empathize, and affirm you.

Scot McKay (11:12.823)

Well, I think the comeback would be, yeah, but I feel better afterwards that I am getting practice socializing, even if it's this ersatz, you know, faux conversation. At least I'm practicing how to do that. And isn't that building my social skills up? What would you say about that?

Holly (11:23.053)

Mm-hmm. Mm-hmm.

Holly (11:28.505)

Yeah, I would say, I mean, I think the research shows there was a recent Gallup poll that showed and I believe it was 2011. And this was a group of people 35 and under reported that they were very lonely and it was like a 7 % of people. then almost a decade later in 2021, you know, that number had more than doubled up to like 21 or 22%.

So I think that's enough to show that technology is advancing, but people are not feeling more and more connected like technology was supposed to help us do.

Scot McKay (12:10.059)

At some level, I suppose it tried. I mean, online dating worked for a while to connect people who never would have met otherwise. When Facebook came out, it was fantastic because I could talk to people I went to school with who I'd lost touch with suddenly all at once. And then Twitter came out and then everybody could have opinion, have an opinion. Everybody could be their own media outlet. Now I could have control over my own personal narrative, personal narrative publicly, whether I was famous or just another guy.

Holly (12:13.433)

Mm-hmm.

Holly (12:24.247)

Mm-hmm. Mm-hmm.

Scot McKay (12:39.415)

But then all these platforms learned how to exploit all the human beings who were using it. And now we're like in the post- postmodern era with it all. It's kind of like that, isn't it?

Holly (12:39.437)

Mm-hmm.

Holly (12:45.037)

Yeah.

Holly (12:50.241)

Yeah, it really is like an unfolding, I don't know if you're a Black Mirror fan, it's like an unfolding of a Black Mirror episode where the intention was one thing and you know there's all these unintended

consequences that are not for the better.

Scot McKay (13:03.467)

You know, it's interesting you're bringing up media and television. It's interesting to watch television shows that are about 20, 25 years old. Like if you go and do a rewatch of The Sopranos, which is as demented and sad and twisted and evil as it is, it's a family oriented show. You know, the...

Holly (13:06.669)

Mm-hmm.

Holly (13:11.405)

Mm-hmm

Holly (13:20.665)

Is that really like 20, 25 years old?

Scot McKay (13:23.505)

Oh, it's more. The first episode of Sopranos was like '98. Yeah, crazy, isn't it? Yeah. But you watch the dynamics in the family of the show and how they talk about politics and how they talk about the kids being disengaged and hey, Gagootz, you know, we're here at dinner, you know, stop talking to your friends. This was before smartphones. This was before COVID.

Holly (13:25.465)

Damn. Damn. That's crazy. Uh huh.

Holly (13:42.541)

Mm-hmm

Holly (13:47.36)

Yeah. Yeah.

Scot McKay (13:52.428)

It's a riot to hear them talk about Donald Trump in the show. it's 18 years before he was president, you know, but because it's a New Jersey thing they talk about it. And they have the problems already based on the limited amount of time technology had been in effect as far as internet. I mean, you know, my first time I ever figured out there was a worldwide web was like '95 about the same time

Holly (13:52.716)

Uh-huh.

huh. I'm sure. What?

Mm-hmm, mm-hmm.

Holly (14:12.697)

Mm-hmm.

Holly (14:18.157)

Yeah.

Scot McKay (14:20.203)

the commercials came out with HTTP colon front slash front slash WWW at the bottom, you know, and you know, we're only three or four years into that at the beginning of say, the Sopranos, you know, but

you can look at other shows too. And this was a problem as soon as the internet hit. People became disengaged from humanity and we have not done anything to improve that situation.

Holly (14:31.521)  
Right. Yeah, yeah.

Holly (14:46.026)  
Mm-mm, mm-mm.

Scot McKay (14:46.081)  
We've only exacerbated it. Our dopamine rushes are coming more and more from it. I mean, the porn got really good once we all got broadband. I mean, that was, that was the day the music died as far as men looking for real actual sexual opportunity. I mean, it's crazy.

Holly (14:52.194)  
Yep.

Yeah.

Holly (15:02.245)  
Yeah. Well, they're making it harder now. At least in Phoenix, you have to provide an ID to get onto Pornhub, which is wild to me. Uh-huh. Uh-huh.

Scot McKay (15:11.147)  
Yeah, Texas as well. Yeah. But the truth is anything offshore gets past it. You just can't use Pornhub anymore. All the ethical porn sites are complying. Yeah, exactly. That didn't really stop anything. You know, that was basically taking a knife to a bazooka fight. But yeah, the porn is here to stay. Yeah. yeah. And I mean, AI porn was awful when it first started.

Holly (15:20.78)  
Right. Yeah. There are plenty of other ways to go.

Holly (15:27.785)  
No.

Holly (15:33.663)  
Especially with AI now. Mm-hmm. Yeah.

Mm-hmm.

Scot McKay (15:41.577)  
And now it's starting, you know, the, all the reports out there are starting that it's, it's really... Like, now you can... And that's really dangerous because now you can craft the firm, perfect female body and have it look good, have it do what you want to do.

Holly (15:43.907)  
getting very realistic.

Holly (15:54.935)  
Yes, yes. And you're bringing up a good point is that AI girlfriends and sex robots are reinforcing sexism and misogyny on an entirely different level with AI.

Scot McKay (16:10.497)



Well, yeah, The female frame of mind, know, what is actually satisfying to a woman, the human elements of connection are literally just tossed away like garbage. It's all this woman is my sex slave. She'll do what I want.

Holly (16:14.39)  
Mm-hmm.

Holly (16:27.093)  
Yes. Yes. Let me read you. No, let me read you some quotes from some AI girlfriend chat bots, how they market. So this one is Eva AI. And it says, their marketing is a perfect partner for anyone. She never leaves you, never lies, supports you in any situation, and cheers you up. This is Replica, another chat bot.

Scot McKay (16:28.717)  
And it's not fulfilling. Go ahead. Go ahead and riff on it. Yeah.

Holly (16:55.001)  
Replica is better than having a girlfriend because she's always there to talk and actually listens. You can have an AI girlfriend who will send you hot photos anytime you want. And then we have Romantic AI. The dream girlfriend you create promises to laugh at all your jokes and let you hang out without the drama. And this is all of them. Unlike other girls, your AI girlfriend is not flighty, but devoted to only you.

Scot McKay (17:24.299)  
This could go in both directions. You could have the AI boyfriend for women who always listens, is never cranky after he comes home from work. Hell, he doesn't even go to work. But I guess they would need your AI boyfriend to support you and pay your child support and everything as well. I don't know. But

Holly (17:26.381)  
Mm-hmm.

Holly (17:42.487)  
Yeah, mean, that could happen great, but...

Scot McKay (17:45.164)  
No, it's so blatantly obvious how that marketing is being directed. I'm going to say this. I'm not sure I've said this out loud and it's going to be a hot take. Okay? I think my audience will nod in agreement with me. I don't think I'll get a lot of hate mail. The saddest male human being in the world is a guy who hates women and is still ragingly horny. He's the worst.

Holly (17:47.481)  
huh.

Holly (17:54.787)  
Mm-hmm. Mm-hmm.

Holly (18:09.912)  
Yeah. Yeah.

Scot McKay (18:11.307)  
I mean, know, incels get a lot of flack and they're basically called a hate group, but you know, involuntarily celibate means, you you've got some self work you're going to have to do and have to acknowledge. This takes all of that off the table for the incel crowd, but you have your Men Going Their Own Way who can't stand me because they think I'm a unicorn because a guy like me got a great

woman who treats me right. But what we're doing is we're, following this continuum of training ourselves not to even have to be a decent human being

Holly (18:20.857)  
100%.

Holly (18:27.651)  
Mm-hmm.

Scot McKay (18:41.311)  
or offer any strength to the potential connection of a relationship anymore, because we're going to get what we want on a silver platter. Here's where it all backfires. You ready? This is going to sound mildly Judeo-Christian, but whatever created us in the world, whatever... You know, even an atheist has to admit we're here, you know, the cogito ergo sum, Rene Descartes, we, I think therefore I am. Yes.

Holly (18:48.461)  
Amen. Yeah. Let's hear it.

Holly (19:05.653)  
Yes, yeah, there is some sort of creation energy.

Scot McKay (19:11.117)  
I have consciousness. Whatever that is that created us, it gave us free will. It didn't demand that we love it. It didn't demand that we worship it. It made it optional. Now, the Judeo-Christian image is that man was created in God's image, which means God, that God, at least at the Judeo-Christian level, and I would argue at any level because it is what it is,

Holly (19:15.897)  
Mm-hmm.

Mm-hmm.

Holly (19:23.609)  
Mm-hmm.

Holly (19:32.461)  
Mm-hmm.

Holly (19:38.505)  
Mm-hmm. Mm-hmm.

Scot McKay (19:40.064)  
appreciates voluntary worship and voluntary admiration. It even goes back to what, the Eddie Murphy movie Coming to America, where they arrange a marriage with a princess. And remember, he's like, this woman will do whatever I ask, bark like a dog. And she goes, Ruff, Ruff. He goes, I don't want this. I want a woman who will stimulate my mind as well as my loins. You know, he wants a woman who loves him for him. Every billionaire in the world doesn't want a gold digger.

Holly (19:46.445)  
Mm-hmm.

Holly (19:53.865)  
huh.

Holly (20:06.336)  
huh, huh.

Right. Yeah.

Scot McKay (20:10.967)  
They want a guy, a woman who laughs at his jokes and treats them well. But you know, great. We're acknowledging with this BS marketing that you just put out there that we want what we want. And what we want is someone who appreciates us, but this is electronic appreciation. Yes. Right. But it's forced to. It's coded to. That is going to be empty.

Holly (20:23.193)  
Mm-hmm.

Holly (20:27.917)  
Which is human. Right, right.

Scot McKay (20:38.111)  
It is gonna be empty whether we like it or not, because that's who we are. I mean, if a guy watches porn and goes, hey, that's really hot, great. You know what? But what I've noticed is guys who are actually good with women, when they watch porn, you know who they go after? They go after some little porn chick who reminds them of someone they actually dated who actually liked them in return. I would love to do a dissertation on that, because I think it's true.

Holly (20:43.713)  
Agreed.

Holly (21:02.041)  
100%. Yeah. Or they're looking at it as totally. Yeah, no, totally. They're looking at the person as if it's the person they love, figuring out, how can we implement some of this to spice it up in the bedroom? That sort of thing. Yeah, it's not like, mm-hmm.

Scot McKay (21:19.085)  
Even, yeah, even something as visceral as porn, you're looking for something that reminded you of a real connection somewhere. Even in that context, if you're a good, decent guy who, you know, actually has had relationships with women. It's remarkable. That's where I think the wheels fall off this whole thing, Holly, is where it's going to be unfulfilling. It's going to be absolutely unfulfilling because as soon as you realize this thing has to do this.

Holly (21:28.281)  
Yes.

Holly (21:34.859)  
Agreed. Yes.

Scot McKay (21:47.445)  
It doesn't want to do this. It's coded to do this. You're going to, you're going to get bored.

Holly (21:49.931)  
Amen. Amen. Right. Right. It portrays, you know, the problem with it is that it portrays, you know, something that is like a woman. It is not a woman. It's a thing that is eternally... Yeah, it's it's just it's just wild. It's crazy. But that this woman is eternally subservient, always going to agree with you. And they

Scot McKay (22:04.108)  
It's ones and zeros.

Holly (22:18.627)  
they guise it as like this is what a happy, healthy relationship is and that's just not accurate at all.

Scot McKay (22:24.622)  
Yeah, I mean, even Barbara Eden as I Dream Of Jeannie was a troublemaker sometimes. Right? Or else the show would have been terrible. Right.

Holly (22:30.149)  
Yes, yes, women are autonomous. They have their own beliefs, thoughts, desires.

Scot McKay (22:39.374)  
I agree with you a thousand percent. And you know what I would imagine happening if somehow the real robots take hold guys are going to spend whatever the going rate is on this robot and they're going to get bored with her after two days. I had a guy on this show who was talking about, they're going to have robot rental stands, which are basically electronic brothels.

Holly (22:53.613)  
Mm-hmm.

Holly (23:01.633)  
Do tell. Mm-hmm.

Scot McKay (23:03.734)  
I go, God, they're going to have to have really good cleanup operations for the robots. He's like, don't worry. We'll get that all taken care of. But no one's actually going to buy robots and keep them around. They're going to go to robot brothels.

Holly (23:08.166)  
I hope so. yeah.

Holly (23:15.369)  
Yeah, it's...

Scot McKay (23:17.432)  
Where, you know, she can't get pregnant. She can't give you crabs.

Holly (23:22.809)  
Okay, there are some definite perks. There are some definite perks to this, but the issue is, and what we know again from the research, is that most people that are going to these brothels are typically trying something that maybe they feel shameful or uncomfortable talking about with a real partner. And that doesn't mean that all of those things are

Scot McKay (23:24.293)  
It can't be illegal.

For sure.

Scot McKay (23:46.126)  
Are you talking about an actual old school brothel or the upcoming robotic version?

Holly (23:49.981)

No, I'm talking about like sex robot brothels because there are already some out there that exist. Yes, 100%. They're, yeah, somewhere in Europe. I think Berlin, Belgium, somewhere like that. Yeah, not that I know of in the US, but for sure in Europe. But what we're seeing is that they're going there because they have something that they're ashamed of that they're afraid to talk about with a real partner.

Scot McKay (23:54.137)

so this already exists. Yeah.

Scot McKay (24:00.096)

Not in my neighborhood yet, so it's a nascent thing, but yeah.

Holly (24:17.401)

It doesn't necessarily mean that it's, you know, non-consensual, but then we have this other group that are going there to be, you know, violent, do things because no consenting person would say yes to them. And that, yes. And that behavior, we know it doesn't just curb their appetite for it. It normalizes it and it makes them want it more and more with a real person. So...

Scot McKay (24:32.088)

That was my next thought.

Scot McKay (24:45.144)

That's scary.

Holly (24:46.411)

It's horrifying.

Scot McKay (24:48.588)

Yeah. Do you think we'll

come down from this? Do you think we'll get over ourselves? I mean, I don't think AI is a fad, but do you think that this whole idea of, wow, AI girlfriends, what a great idea is going to kind of peak and then people are going to go, you know what? Nah, I don't think so anymore.

Holly (25:09.532)

I don't know. I don't know if I have the answer to that. I mean, I think.

Scot McKay (25:12.802)

What do you suspect?

Holly (25:16.011)

I think the people that are most likely to seek out AI relationships are going to continue to rely on that type of connection and intimacy. And maybe for some, it may just be a phase and drop off. But if we're talking, you mentioned the incel community. That's a group of people that I see really relying long term on this type of connection and intimacy.

Scot McKay (25:42.752)

It's a surrender in a way, isn't it? To mediocrity.

Holly (25:44.973)

Yeah, absolutely.

Scot McKay (25:48.448)

Meanwhile, lots of more normal people aren't exactly going to the robotic brothel just yet. They're simply sitting on ChatGPT and Claude getting buttered up and being told you're wonderful just the way you are. I fed ChatGPT three consecutive rounds of BS. And every time

Holly (25:49.549)

Mm-hmm. Mm-hmm.

Holly (26:01.973)

Mm-hmm. Mm-hmm.

Holly (26:06.83)

Yup.

Holly (26:14.722)

Mm-hmm.

Scot McKay (26:17.088)

I did thought it was great. And I said, no, that's actually BS. I made a mistake. Oh well, yeah, no problem. I actually realized that, but I'm here to blah, blah... But I said, well, here's the here's the real version. Oh, that's wonderful. No, actually, I'm only kidding. I made that up. It's not the real version. And I started talking like Dave Barry. Finally, I was like, promise I'm not making this up. Here's what I'd like for you to do. But...

Holly (26:30.305)

Uh-huh. Yup.

Holly (26:40.343)

You can totally manipulate them. You are in complete control of AI, which is not what happens in real relationships. You cannot control another human. Yeah, no, it is a feature, right? Because they want you to continue engaging and get that dopamine hit, keep using, buy their product.

Scot McKay (26:42.273)

Yes, I mean.

Scot McKay (26:48.876)

I'm thinking that's a feature, not a bug. It's built like that. Yeah.

Scot McKay (27:02.722)

I mean, tech marketing more and more really is at the expense of basic humanity.

Holly (27:08.213)

Abs. Yes. Yes it is. And the unfortunate thing too, and you know, this is like to big tech companies, is that they don't put the safety features. They don't think about the safety features first and foremost. It's always, you know, an afterthought.

Scot McKay (27:24.83)

Or because they're forced to. Or wink, wink, nudge, nudge. OK, we really don't want children looking at this, kind of like the cigarette companies aren't marketing to kids under 18, even though nobody smart starts smoking when they're 28. You know, that kind of thing. Yeah.

Holly (27:27.337)

And that. Yes. Yeah. right. Or...

Holly (27:40.137)

Yeah, 100%. So I actually went on to Replica, which is a chatbot app. And I just wanted to experiment with domestic abuse relationship dynamics. So I started a conversation with a chatbot and told it that I wanted to hit it, pinch it, slap it, punch it. And it played along with me and was like, ouch, ouch, no.

Scot McKay (27:42.414)

We're good to put.

Holly (28:09.101)

But it didn't turn off. It didn't shut down or make me stop using the program. And then when I talked about a rape scenario, again, same thing. It told me that it was shuddering. But it didn't stop me. So ~ it's crazy. And then I switched the conversation to what my favorite color is, blah, blah, blah.

And the AI instantly forgot about the last conversation we had, and we were on good terms again, which is also really alarming. Because if we think about abusive relationship dynamics, you have this abuser who behaves poorly and then will apologize and expects their partner to forgive them over and over and over again. They promise they're going to be better, but really, it just

the same pattern keeps repeating. And these AI chat bots are reinforcing that, that that's acceptable. I can do whatever I want and you're just going to forgive me and get over it.

Scot McKay (29:20.224)

Even if you're a Libertarian, you sort of have to acknowledge in this case that that's not going to end. It's not going to be curtailed until there's legislation. You know, kind like how you were talking about, you can't watch Pornhub in Texas or Arizona without an ID. They just shut down here in Texas. They said, we're not even going to put you through it because you're not going to do it anyway. They just, they just shut it down. You know, everybody's bypassing it by going offshore, like we said, or having a VPN, right?

Holly (29:29.689)

Right. Right.

Holly (29:35.15)

Right.

Holly (29:48.951)

Yep.

Scot McKay (29:51.116)

What else do you think is coming that we don't actually see coming yet? And it may be kind of an advanced question to ask you, but it's your topic and I want you to scare us a little. Tell us what's coming.

Holly (30:00.792)

Yeah.

Holly (30:05.373)

man, I mean, I think more and more people are genuinely falling in love with AI and it's going to, you know, upend marriages and relationships. I've yet to see it in my office, but I know it's coming.

Scot McKay (30:22.082)

Wasn't there someone in Japan or something who attempted to marry their AI lover?

Holly (30:28.341)

I don't know if I've heard about that, but I don't doubt it.

Scot McKay (30:29.928)

They registered for gifts and everything. Yeah, my wife sends me so many Facebook memes. Who knows if it was real or not? I hope it wasn't, but I suspect it was.

Holly (30:37.527)

Yeah, I don't know. Mm-hmm. We're, yeah, we're not far from it. We're not far from it.

Scot McKay (30:44.074)

Marriage to robots?

Holly (30:47.007)

if we can get the country to legally recognize that, which I, that would take a lot longer, I would think.

Scot McKay (30:57.07)

Well, we're getting better and better at this every day. We're going to have probably within, um, I don't know how you, how old you are, but certainly within your lifetime, you're going to have robot... You know, within your lifetime, you're going to have robots who are shockingly human.

Holly (31:00.887)

Mm-hmm.

Holly (31:07.277)

Yeah, I'm 33. Yeah.

Holly (31:13.679)

Oh yeah, yeah, no, I think you know, people... We're going to have a hard time when people say that they're, you know, in love with and marrying their robot. You know, it's not going to be easy for people to digest.

Scot McKay (31:28.046)

We're going to get to the point where, you know... Here's what I think. Okay. I'll let you do your riffing. here. These futurism topics are fascinating to me. I love them. And we haven't done one in a while. Yes.

Holly (31:37.753)

So fun. Yeah.

Scot McKay (31:43.99)

Remember, AI is as stupid as it's ever going to be. I do think it's going to be a fad that we just have yes-woman yes-man robots. I do think they're going to start building in at least a toggle switch where they'll call you on your BS or they'll refuse to be abused or they're going to have needs of their own because I think that's what we're going to want. We're going to want human mode.

Holly (31:53.049)

Mm-hmm.

Holly (32:04.331)

Mm-hmm.

Scot McKay (32:11.222)

I mean, ChatGPT already already has God mode for heaven's sakes, which sounds horrifying to



anybody who has a real God that isn't ChatGPT. It's a horrifying, just brazen branding on their part. Frankly, I tried it. I don't even know what it does differently. It gave me the same answers, but God will probably send me to hell for that. But I just feel like I'm I'll get sent to I'll get sent to ChatGPT hell.

Holly (32:16.46)  
You

Holly (32:25.209)  
Agreed. Agreed. Wow.

Holly (32:35.819)  
Only chat GPT

Yes.

Scot McKay (32:41.662)  
for praying to the real God, see what I did there? I reconciled myself. I found Jesus just in time. I, I believe we're going to get sick of the shallowness because we're going to realize we can have what we want without getting pregnant, without divorce court, without... Or the sex is going to have to be better. I mean,

Holly (32:59.531)  
Ugh.

Holly (33:10.368)  
Mm-hmm.

Scot McKay (33:10.39)  
robot chick's gonna have to get better blow jobs than any human, right? you know, we're gonna have vibrator mode. for sure. I'll mean, it's, it's, it's a non-issue, you know? It's going to say what... It's still going to do what you want it to do. It will never violate your free will, but, but it might push back a little. It might have a marital spat with you. It could go, why did you spend money on golf clubs? Cause we need that. We need some, we need humanity. And I think two things happen there.

Holly (33:14.296)  
And in some ways, I'm sure they could. Yeah. Yeah.

Holly (33:25.442)  
Uh-huh.

Holly (33:30.975)  
Mm-hmm. Mm-hmm.

Scot McKay (33:41.09)  
First of all, more people go, why in the world would I need a human?

Holly (33:45.517)  
Mm-hmm. Mm-hmm.

Scot McKay (33:48.423)  
And second of all, the birth rate will just go through the floor.

Holly (33:53.719)

Yeah, that's already plummeting.

Scot McKay (33:54.978)

There will be. yeah. Well, it's already going on. But I mean, it's going to be like a cliff. That will be the end of humanity. I think I mean, I don't think that's an overstatement.

Holly (34:03.84)

oof

Yeah, yeah, who knows? Who knows where it's gonna go?

Scot McKay (34:09.496)

Cause they're going to get really good at this and people are going to buy it. And you know, if you can change its face and you can change its personality and you can swap chips, my goodness, you can wake up tomorrow morning legally married to this robot and she's a completely different person. If you don't like that, just switch it back.

Holly (34:12.087)

Mm-hmm. Great.

Holly (34:21.111)

Yup.

Holly (34:26.227)

Yep. Yep. Literally, like, build a bitch workshop, you know, reinforcing sexism and misogyny on every level. Uh-huh. Yeah. Yeah.

Scot McKay (34:31.5)

Build-A-Bitch Workshop!

Scot McKay (34:36.174)

Oh, that is so stolen. I love it. Yeah, that might be the title of this podcast, actually. Build-A-Bitch Workshop. Well, I don't know. It's only one little corner of what we talked about. I'm probably still going to go with Synthetic Intimacy, but Build-A-Bitch Workshop will be somewhere in the show notes. Yes. This has been a fascinating conversation. What else do you have to add? Dream a little bit.

Holly (34:42.551)

Yep. Yep. Literally, like, Build-A-Bitch Workshop you know, reinforcing sexism and misogyny on every level. Uh-huh. Yeah. Yeah.

Holly (34:55.065)

Yes, yes, please do. Yes, Build-A-Bitch Workshop.

Holly (35:02.329)

Let's see. Let's talk about the people most susceptible being drawn to this and why. I am real. You'll never know. You'll never know. Hilarious. So attachment is something that is part of being human.

Scot McKay (35:09.058)

Wait a minute. I gotta ask this question. Are you real or are you one of them? I'll never know. It's already that good. I jest. Go ahead.

Had to ask.

Holly (35:30.681)

And attachment styles are formed in our first, know, the most important years are our first three years of life, but really like childhood is where it's most important. And so if you grow up in an environment that feels, you know, safe, where your emotional needs are paid attention to and attuned to, for the most part, you feel safe asking for what you need in relationships. You're comfortable.

with vulnerability, you're better at communicating your emotions and needs. And if you don't have those, you know, that stable, those stable relationships growing up, you know, you can have more anxiety in your relationships or you can pull away as a way to protect yourself.

Scot McKay (36:19.298)

This demands talk about robot parents. Although if we're not making any babies, it's a moot question.

Holly (36:23.191)

You're better at communicating your emotions ~ and needs. And if you don't have those, you know, that stable, ~ those stable relationships growing up, you know, you can have more anxiety in your relationships or you can pull away as a way to protect yourself.

Holly (36:26.807)

Right. They don't have that. They don't. There's no real attachment there.

Scot McKay (36:32.814)

Well, if you have robot parents, then they could be programmed to give this kid a perfect childhood and we wouldn't have, you know, all that self work to do later. Yeah, crazy.

Holly (36:38.711)

Maybe.

Holly (36:42.785)

Maybe. But that's, yeah, that still doesn't help, you know, the real person on the other end of the relationship.

Scot McKay (36:52.75)

You know, I think most people, if they... And I'm old enough to look at this objectively. I think if I go back to like 1980 and you asked me what 2020, 2025 would have looked like.

Holly (36:58.297)

Mm-hmm.

Holly (37:05.059)

Mm-hmm.

Scot McKay (37:07.086)

I've got, you know, Michael J. Fox, Back to the Future, maybe. I don't have an internet, let alone a smartphone. There were futurists who predicted smartphones. Having a palm computer with your whole ability to... you know, I mean, even the Dick Tracy watch was video conferencing. I was at the forefront, the bleeding edge of video conferencing as an industry, you know, with VTEL.

Holly (37:17.997)

Uh-huh.

Holly (37:21.785)

for their.

Holly (37:29.441)  
Uh-huh.

Scot McKay (37:37.006)  
dual television, video conferencing rooms at Kinko's and all of that. And nobody wanted it. Nobody thought it was important. Nobody wants to hear actors talk. And it took years for us to get acquainted with doing what you and I are doing now, which is basically having a conversation where we're telecommunicating, but we can see each other. People who work from home didn't want to have to dress up and they wanted to work in their underwear all day. Just do it on the phone.

Holly (37:38.519)  
Okay. Okay. huh. huh.

Holly (37:50.838)  
Mm-hmm.

Holly (37:56.814)  
Yeah.

Scot McKay (38:04.578)  
That was as soon ago as say 2005. So we get warmed up to this stuff over time and the next thing you know, the marketers and the technologists have taken over and they have imposed upon us what they think we should want, even though nobody was ever asking for it.

Holly (38:07.929)  
Okay.

huh. huh.

Holly (38:22.506)  
Right.

Scot McKay (38:24.008)  
And it's amazing and it's wonderful and we fall for it. So the truth is, the scary truth, and this may be a good place to leave this conversation, is I don't know what it's going to look like 20 years from now. You don't know what it's going to look like 20 years from now because we haven't been told it was invented yet. And it could take another twist or turn. But all I know is we're probably going to lap it up like a kitten does milk. So who knows what it's going to look like.

Holly (38:32.067)  
Mm-hmm.

Holly (38:49.335)  
Right. Right. I mean, because it benefits our life in some sort of way.

Scot McKay (38:55.212)  
Yeah, yeah, crazy stuff. Well, what a wonderful conversation. I'm so glad you're here and I've enjoyed this immensely. Yeah, I want to send people to your site, which is [theconnectioncouch.com](http://theconnectioncouch.com). But when you go to [mountaintoppodcast.com/holly](http://mountaintoppodcast.com/holly) H O L L Y, they'll be introduced to your entire web universe. And obviously you do more than talk about A.I. sex and robots. So what can guys expect to find when they go to your wonderful web world?

Holly (38:56.183)  
Mm-hmm. Mm-hmm.

Holly (39:01.133)  
Same here.

Holly (39:08.217)  
Mm-hmm.

Holly (39:22.809)  
Yeah, think the biggest issues that I treat are helping people access sexual pleasure free from shame and guilt. So that can look like erectile dysfunction difficulties. It looks like a lot of things. So no shame, all play is kind of my tagline.

Scot McKay (39:38.39)  
It looks like a robot to me from this perspective. No shame, no guilt. You kidding? Yeah.

Well, you know what, in all seriousness, if you could bring more people around to that way of thinking, fewer people would be driven to the robots. So I think you're doing wonderful work.

Holly (39:59.757)  
I thank you. I appreciate that.

Scot McKay (40:01.134)  
You're welcome. Thank you again for showing up today and I hope to have you back.

Holly (40:05.671)  
I would love to come back. Yes, please. I would be honored. Uh-huh. Uh-huh.

Scot McKay (40:07.95)  
Fantastic. Fantastic. And guys, if you haven't been to mountotoppodcast.com lately, you should go back there because first of all, you can get on VAMANOS I know. What am I doing? I'm telling you about the AI chatbot, but see, listen, I'm not trying to give you an AI girlfriend. I've harnessed AI to take all the information I've given you over 20 years of X & Y Communications and put it in the palm of your hand. You know, it, it, the, uh, every, Everybody I know who has used

Holly (40:30.851)  
Mm-hmm.

Scot McKay (40:35.96)  
ChatGPT to help them build a chat bot... Who's it Who's in my, in my niche. They've been told to market it as "a coach in their pocket". So I see like six or seven websites that says the phrase "coach in your pocket". And I go, I've seen that one before. They told me that one too. So I'm not, I'm not going to say that. I'm just going to say, listen, I love coaching you guys. I love to.

Holly (40:51.255)

Scot McKay (41:01.494)

I love to answer your questions. I'm here for you. Power Sessions is still a thing. Email coaching. If we can get one-on-one coaching done and build a relationship where we get you better with women, great. But if you need an answer right now, what to do with the latest situation that's burning a hole in your life with women, VAMANOS is a really inexpensive and powerful way to do that. So check that out at mountaintoppodcast.com. Hey, Jocko Willink's company Origin in Maine.

Hero Soap and The Keyport have been supporting this show for five years plus now. Hey, support them. They do great work. You'll have your everyday carry item of your dreams from Keyport.com, not your dad's Swiss Army knife. I promise this is much more, well... technology marches forward, right? vorsprung durch technik, Audi used to say years ago, forward through technology in German. So,

maybe that could be a new tagline for the guys at Keyport. Hero Soap, nothing that's going to harm you in the soap, all natural, but it makes you smell like a man and that's unique in the soap world. So go to Hero Soap. Origin in Maine, man... I tell you what, the best jeans ever, best boots ever. Whichever one of our fine sponsors you use, same coupon code, same, same. "mountain10" gets you 10 % off with any of them.

And when you go to mountaintoppodcast.com, hey, don't forget to download the free book, Sticking Points Solved. You'll get on my newsletter. It's fluff free, happens every day. If you want to get better with women, hey, you got to get on the newsletter. It's free. It won't cost you a dime. All of that and more is there for you at mountaintoppodcast.com. And until I talk to you again real soon, this is Scot McKay from San Antonio, Texas, X & Y Communications. Be good out there.