

Scot McKay (00:07.115)

All right, gentlemen, you've probably heard the term situationship bandied about, but not much on this show. Today is where that changed. What the heck is a situationship? Are you in one without even realizing it? Should you get in one? Are they as bad as all the people who've heard the term before say they are, or does it actually got key advantages? All of that and more today on this episode of The Mountain Top Podcast (.com),

where better men get better women. I am your host Scot McKay and I want to introduce to you our guest. Before I do that I want to remind you that I'm on social media everywhere except Instagram @scotmckay S C O T M C K A Y. On Instagram, if you dare it's @realscotmckay and If you haven't joined The Mountain Top Summit Facebook group yet gentlemen, you ought to we're having a lot of fun there. Okay, so today's guest is Dr. Karen Stewart.

She is from... Hello there. Yeah. I'm about to introduce you. I want to tell these guys who the heck you are. I'm sure they like you already as I did. You're very charming and very upfront. And that's a good thing. Yep. You are a clinical psychologist and sex therapist in Beverly Hills, California, which has got to be interesting. So are you the sex therapist and clinical psychologist to the stars?

Dr. Karen (01:03.896)

Hello there.

Dr. Karen (01:13.07)

Thank you.

Dr. Karen (01:18.435)

Yes.

Dr. Karen (01:23.097)

on

Dr. Karen (01:28.23)

I've seen a couple of folks that you'd recognize. Absolutely. Yeah. I certainly can't tell you who, but you know, you know how that goes. TMZ hiding outside my door, right?

Scot McKay (01:30.711)

Yeah. And I'm sure The National Enquirer would love to get their hands on whatever you talked about.

Yeah, yeah. Well, that's wonderful. That's actually very interesting. Today, we're going to talk about situationships, which is a term that I don't know, I started hearing probably pre-COVID. It's been out there for six or seven years. Usually it's something that's kind of chick talk. Women tend to talk about like situationships. It's like Cosmo magazine stuff. But I've been hearing it enough nowadays and obviously for every woman in a situationship... Unless we're, know, while we're talking about straight people here.

Dr. Karen (01:54.04)

Chick talk, okay?

Scot McKay (02:07.606)

which most of my audience is, there's gonna be a guy in there too. So it does affect men. And this time we covered this thing and hit it with a big heavy hammer. What is... What the heck is a situationship, Karen? Like, let's solve this.

Dr. Karen (02:15.32)

Deal.

Dr. Karen (02:19.796)

So Let's just solve this. So a situationship is when you're in a relationship, but it's not titled a relationship. We don't do titles. We don't do labels. More than friends, more than friends with benefits, but not monogamy. So it's somebody that you might see every Friday night after happy hour at work. You know, it's somebody that you might text two, three times a week. It's this ambiguous person that you spend time with, but you don't declare you're in a relationship.

Scot McKay (02:47.424)

Well, it seems like most guys would love that situation. That seems like it hits it right down the masculine fairway.

Dr. Karen (02:49.806)

You know You know what? Yes, if you want to look at, know, how, you know, the stereotypical man, you know, he wants to have a good time. He doesn't want any type of, you know, commitment. Sure, it can be great, but it can also have some huge drawbacks even for men, believe it or not. Yes.

Scot McKay (03:06.048)

I'm sure it can, You know, you, You consider how men start relationships and manage for their part once they get into relationships. And probably a really good juicy way to jump right into this conversation would be, I understand that there's first of all, something called girlfriend mode. If, if you start

Dr. Karen (03:26.135)

Mm-hmm.

Dr. Karen (03:29.932)

Yes, there is.

Scot McKay (03:32.425)

Seeing a woman more than once a week and start talking to her every day, she's going to make this assumption, which seems strange to the male mind, that you're exclusive, that that's your boyfriend, girlfriend, my goodness, who else could you be possibly seeing and talking to that much, right? Right. And then you get into the Mr. Big situation on Sex And The City and it's just nothing is ever clarified. Everything's murky. So it gives the guy plausible deniability without having

Dr. Karen (03:37.358)

Mm-hmm.

Dr. Karen (03:47.49)

For six days a week, yes.

Dr. Karen (03:52.963)

Mm-hmm.

Dr. Karen (03:57.015)

Yeah.

Dr. Karen (04:01.336)

That's right.

Scot McKay (04:01.356)

without having to admit he's out there banging other chicks, et cetera, et cetera. So what I always tell

guys is look, around the second date, it's a good idea to ask a woman what you want out of this relationship. What are you looking for out of your dating life right now in general? And just listen to what she says, because I think a lot of guys make an assumption that women are going to want to lock them down and get all relationship quickie ex post haste. Meanwhile, that's a stereotype. Meanwhile, I know lots of guys who

Dr. Karen (04:14.062)
Mm-hmm.

Dr. Karen (04:19.224)
Sure.

Dr. Karen (04:25.134)
Absolutely. It's an absolute stereotype. Yeah.

Scot McKay (04:30.092)
who would love to lock a tick down and get married and start making a legacy and babies and stuff now. So after you have that talk on the second date, I always tell guys it's a pretty good idea to figure out what the two of you want out of this relationship and where it's going and agree on it before you say, have sex. Because I think a lot of guys, they'll say whatever it takes.

Dr. Karen (04:34.188)
Mm-hmm, sure.

Dr. Karen (04:40.492)
Okay.

Dr. Karen (04:48.782)
Mm-hmm.

Okay.

Dr. Karen (04:54.882)
Sometimes put the ...sometimes put the cart before the horse. Let's be honest, okay? Yeah. Yes, yes, I am.

Scot McKay (04:57.112)
Yeah, yeah, yeah. You're, you're on to me here. So because otherwise the woman will once again assume this is exclusive because I mean, you know, gross, how many chicks are you actually having sex with? Meanwhile, the guy's going to say, well, we never talked about it. So again, plausible deniability. I don't want say I'm off scot-free because that would hit a little on the nose, but, you know, I didn't do anything.

Dr. Karen (05:06.104)
That's right.

Hahaha

Mm-hmm.

Dr. Karen (05:22.509)
Mm-hmm.

Scot McKay (05:22.952)

I mean, I never said we were exclusive. How could you possibly assume that? But she's got her feelings tied up in this now and she's made the assumption one way where the other guy hasn't. That's where I think the situationship thing can creep in, even if it isn't what we meant to do around here. You know what I mean?

Dr. Karen (05:25.42)

That's right.

Mm-hmm.

Dr. Karen (05:41.218)

I love what you're saying. I'm going to take it a step backwards. Just a couple of steps behind what you said. I would love to meet the guy who is hopefully your audience is listening that if they're in dating world, they're on that second, third date when they're like, this is going really well, maybe I'm to take her home tonight to have that adult conversation because a vast majority of folks out there, men and women, but I'm going to stereotype with men right now, don't have that conversation. They want to play it off as cool. They want to play it off as like, I don't want to seem like I'm too into this girl. You know, I'm Mr. Cool Guy.

But I actually do like her. Maybe she really would be somebody cool to spend some real time with. So there's so many misconceptions between communication that what you just said is exactly what I would tell my patients to do, or even friends. Look, if you like the person, be upfront. What do you like? What are we doing here? Are we just having a fun time? Are we potentially gonna take this somewhere? Are you even looking for that with anyone, let alone me? So I would love to know that ahead of time.

But you know, to your point, we're going to say your guys out there are great and they're going to have that second or third day conversation. Lay it out there. But I will also suggest you have to be ready to answer that question too. You know, when you ask a girl, you know, say, Hey, so, Hey, we're having fun here. You know, so what do you want? And if she lays it out to say, to be honest, I'm looking for a serious relationship. I don't like to play around anymore. You know, eventually I'd like to get married. I want to have kids. They need to be ready to have the exact same conversation and be honest. PS If they're saying,

Scot McKay (07:04.618)

even if it's the Even if it's the way around.

Dr. Karen (07:05.952)

Even if it's the other way around, if they're thinking, you know, to be totally honest, I'm, yeah, I mean, you might get a girl that will say, to be honest, I just got out of something big, not really looking for anything. You're really cool, but definitely not looking to settle down anytime soon. And he might say, well, shit, I like her. I'm looking to take it slow. You know, I thought you were, you know, and he's sitting there like, man, I thought we'd have the cutest kids ever. So I think, yeah, I think that's where the situationship comes in is that when these folks don't take our advice.

Scot McKay (07:19.01)

Yeah, I'm looking to take it slow.

Scot McKay (07:27.829)

Yeah, right.

Dr. Karen (07:34.54)

They play it cool and you know, the females are thinking, my God, know, women are notorious and I'll

say it. Women are notorious between reading between the lines. Like you said, you know, you're, you're telling your guy, yeah, I took her out three times every Friday night. It was amazing. You know, yeah, I met her sister, but whatever it just happened to be in the same restaurant. She reads that exact same situation as... Let's hope. So they take that. Yes.

Scot McKay (07:56.813)

Let's just hope her sister isn't hotter and more charming. Yeah.

Rule number one, if you want to have the hottest woman in the world as your wife, first you have to have the hottest woman in the family in your estimation. Otherwise you're in trouble. Anyway, I'm sorry, continue. That was extracurricular.

Dr. Karen (08:09.934)

okay. Okay. You're in big trouble. Okay, deal. Good way. Good advice. Good advice. Extra. Okay. So what I'd suggest with the situationship is that we all sit around and we make up these assumptions exactly like you said, males and females do interpret dating dating very differently, especially if they're looking for something. So the female will take that exact scenario. I just said, you know, it's been so cool. Like, you know, he texts me good morning every day. He's taken me out every Friday night for the last three nights. I mean,

I think this is going somewhere. When he's just... There you go. Maybe exactly like, oh, so when, when are you bringing him home to Christmas? So neither of these people have talked about anything. So... Says your Jewish grandmother, like when are you bringing a nice girl home. So I think that's where situationships kind of just fall into our laps. You know, again, it's for both sexes. If we don't talk about things, we don't know what's happening. So

Scot McKay (08:41.122)

Girl, it sounds like you have a boyfriend says BFF. Yeah.

Scot McKay (08:52.962)

Says your Jewish grandmother, yeah.

Dr. Karen (09:07.958)

you fall into a situation where you would never ever do that any part of the world. You're never gonna show up to work as, you know, and just say, well, they never told you how much I'm gonna make, but I'm just gonna show up. I mean, they must like me. They put me on the schedule four times this week. I mean, do I, do I not? I mean, I'm here. I'm actually doing something, but that doesn't mean I'm gonna get paid for this. So we just don't know where things are headed. And that's, again, communication has to be the key there. And I'm not saying it's easy, PS. It is not easy at all.

Scot McKay (09:20.6)

Do I

Dr. Karen (09:36.322)

to be able to have these conversations. But once you have the conversation, you can really, you know, let the air out of the tires type thing.

Scot McKay (09:44.299)

Yeah, otherwise you're going to end up in the basement at your desk guarding your stapler like in Office Space. Are we in a relationship? Are you paying me? Yeah, you don't want to be that guy. You know, something that you mentioned that I think bears elaboration, it bears the need to elaborate.

Dr. Karen (09:49.102)

There you go, yes. That's right. No, of course not.

Dr. Karen (10:00.194)
Okay.

Scot McKay (10:04.076)
Guys are afraid to be honest with women because they think women are not going to want what they want. And that is a dangerous assumption. Now, so a guy is thinking, you know, I really don't want to get into a relationship. I would like to date several women at once and actually see how it goes before, you know, I go into something really committed here after a date and a half. I'd like to have myself a minute here to figure out where this is going. And so.

Dr. Karen (10:10.092)
Mm-hmm. Yeah, it's very, yes.

Dr. Karen (10:21.25)
Mm-hmm, mm-hmm.

Dr. Karen (10:26.561)
Sure.

Dr. Karen (10:31.106)
Mm-hmm.

Scot McKay (10:33.558)
And this, this is, this has got two sides of the coin. So bear with me. So they're playing keep away from this notion. I really don't want a girlfriend. I really don't want to be exclusive. And that's when they start...

Dr. Karen (10:37.048)
Mm-hmm.

Scot McKay (10:47.512)
traipsing into this gray area of I'm sort of not telling her the truth. Yeah, baby, you're all I think about. You're all I want. And then he gets laid and kicks her to the curb because the conquest is over and she's she's crestfallen because of that, at best. And meanwhile, lots of women will well, they don't want to look like sluts. They're not going to slut shame themselves. I mean, probably in the OnlyFans age that might be out the window and I may be talking like a dinosaur, but I don't think... You can't

Dr. Karen (10:53.027)
Yeah.

Dr. Karen (10:58.19)
Right, of course. Yeah.

Dr. Karen (11:08.526)
Mm-hmm. Mm-hmm.

Dr. Karen (11:12.494)
You're not a dinosaur.

Scot McKay (11:17.172)
assume women are going to actively come out and say, yeah, I'm just a horny little slut. Can we please just go home and screw? Okay. You can't make that assumption, but women will use code words to

insulate themselves from the slut shame and tell you, hey you know, I'm kind of horny and I haven't had a guy who turned me on and knew how to act like a man and be masculine and actually care about me and like me for who I am. But underneath I really, really, I, I, I am really horny.

Dr. Karen (11:38.926)
Mm-hmm. Mm-hmm.

Scot McKay (11:47.201)
Okay. And I just got out of this relationship and I really don't want to jump in anything else. So casual isn't the right word I want to use because that feels kind of slutty. Right. Playing the field feels slutty. So they'll say, you know, I'm just relaxing and taking it easy for a while or I'm enjoying my social life. And most men will take that. And I mean,

Dr. Karen (12:00.622)
Mm-hmm.

Dr. Karen (12:07.086)
Mm-hmm.

Scot McKay (12:13.944)
come on, man. We need a crowbar upside the head to get the message that this woman is attracted to us. Yeah. Right? And so that guy will, will, will come to me and go, Oh man, she put me in the Just Be Friends Zone. She doesn't like me. She's not attracted to me. She probably is just going to use me for a meal ticket. So I take her out to eat. And first of all, why are you taking her out to eat and spending all that money? You know? Second of all, it's like, I don't think so. I think she's just trying to tell you what she wants you to know without well, feeling slutty.

Dr. Karen (12:16.462)
Sometimes. Yep, sometimes you do.

Dr. Karen (12:41.422)
Yes. Yes. Yes. I think that's a great way to put it. I think that that's one of the things I was going to say about situationships is that listen between the lines and also listen directly to what people are saying to you. If somebody says to you straight up like that, like, you know, you can also read between the lines, especially in your situation with this, you know, we'll call her this girl that she just got out of something. Yeah. You know, I'm just kind of out here having fun. I'm not sure what I'm looking for yet, but you know, I've been with the same person for five and a half years and

Scot McKay (13:10.392)
I I don't want to get married again just yet. The ink on the divorce papers aren't even dry yet, for gosh sakes.

Dr. Karen (13:12.3)
I don't want to get married again. I've been...

Yeah, Yeah, I just... You know what? I've never been I've never dated before I'm on the apps for the first time hint hint So I'm just having a good time That's not friendzone. So I think it again in a perfect world, especially females don't want to say yeah I'm just looking to get laid even though they might want that, you know, and there's a lot of evidence right now... Exactly.

Scot McKay (13:24.14)
hint hint

Scot McKay (13:36.695)

Well, they know how they'll be treated. They know how the guy will suddenly tune out and go, well ick. That's when men get the ick is like, how many guys have you done this with this week? I mean, you know, are you going to become, I mean, you like the Governor of Maryland here with all the crabs or what? A Sopranos joke, by the way, good one. We call him the Governor of Maryland. Yes. So women...

Dr. Karen (13:41.622)

Yeah. It is is. Yeah. Exactly. Yeah.

Dr. Karen (13:53.262)

Okay, okay, I like that one. The crabs, okay.

Scot McKay (14:05.78)

Women learned probably somewhere in junior high school, not to advertise sluttiness. Meanwhile, men are clueless and we don't understand it. Now here's the thing. If men can power right through that and keep their frame and, and make a woman feel safe and secure instead of pressured.

Dr. Karen (14:10.411)

Absolutely, yes.

Mm-hmm.

Dr. Karen (14:20.686)

Mm-hmm.

Scot McKay (14:29.272)

And it's okay that she said that and he responds to that without slut shaming her and even might say, well, you know, how does that relate to your sex life? And she's like, well, I'm glad you brought that up because women can talk much more glibly and openly about sex in general than men can. Men clam up and start personalizing it. Yeah. A hundred, a thousand percent. Okay. Well, yeah, The next thing you know, The next thing you know, she's saying

Dr. Karen (14:33.454)

Mm-hmm.

Dr. Karen (14:41.902)

Absolutely. hmm. Yep. 100%. Yeah. 1000%. And Azar, you go first.

Scot McKay (14:56.162)

Can we just, you know, you're so sweet and you're so nice. You took me out to dinner and you're suggesting we go to a nightcap or something. But why don't we just go see what your, how your place is decorated? Let's just do that. You know, and then she'll start opening up and she's pushing the envelope to see if you're going to shame her or not. And if you treat her with respect and you actually like her for something other than sex, it's going to all flow very quickly sexually.

Dr. Karen (15:05.058)

Yeah. Mm-hmm. Yes.

Dr. Karen (15:10.188)

Absolutely. Mm-hmm. Mm-hmm. Mm-hmm.

Exactly. Well, I also think it's a very good indication if she says anything indicating her home. you know, my house is right down the street. We can just go grab a glass of wine there. That means her house is

DTF. OK, that is almost a guarantee. Nobody's going to go to their house just to hang. Yeah, it's her safe place. She knows she can kick you out at any moment. It is, you know, her walls, her everything, her neighbors, if she needs that, sadly, and it's sad but true. But, you know, it's her safety zone. So

Scot McKay (15:29.495)
Her house, yes.

Scot McKay (15:33.558)
Yeah, but that's her safe place. Yeah.

Scot McKay (15:42.616)
Yeah, sadly.

Dr. Karen (15:48.14)
I think with women, especially some of the signs to look at is that, you know, I've heard this from, you know, friends, patients, you name it, that when they talk about another man in not the best light sexually, that should be a major, major green flag. Woo woo. This is what I'm trying to say. Oh my gosh. Yeah. I just got out of my marriage. It's been 10 plus years. And, you know, I don't remember last time we connected, you know, he just wasn't interested anymore. You know, he was, you know, I just, I'm in a different place in my life. I'm looking for more.

You know, and those are very nice... Those are very nice things to say too, though. You got to be careful. You're right.

Scot McKay (16:18.157)
Gotta be careful with that too.

You gotta be careful with that too, because sometimes a married woman may be casing you by saying those things about her husband.

Dr. Karen (16:27.98)
Hmm, a married woman. Okay. In a situationship.

Scot McKay (16:29.761)
Yeah. Yeah. I mean, that's a little off track. Yeah. That's definitely a situationship. importantly, we are still talking about what leads us into unwitting situationships. So, you know, we're very much on track here. If you have that conversation, you feel like you're doing everything right. She felt like she did everything right. We have this connection, but we still haven't defined what we're doing here. Now. I said, there were two sides of this coin. The other side of the coin is the guy who

Dr. Karen (16:33.428)
And that is a situationship.

Dr. Karen (16:47.682)
Yep, yep.

Dr. Karen (16:52.909)
Okay.

Mm-hmm.

Scot McKay (16:59.319)
doesn't want to look needy. And he doesn't want to advertise his intentions because that would make

him less mysterious. Or he's been told by the pick-up artist community back when it existed that, you know, you never compliment a woman, you never give her a straight answer, you never tell her you're interested because then you've sawed off your balls and you've given your power away. But here's the caveat to that.

Dr. Karen (17:01.036)

Yeah, exactly. Yep.

Dr. Karen (17:07.597)

Mm-hmm.

Dr. Karen (17:11.31)

Mm-hmm.

Dr. Karen (17:15.416)

you

Dr. Karen (17:19.544)

Sure, sure.

Scot McKay (17:23.789)

The grand elixir that cures any chance of you looking needy or clingy is being authentically popular and having options. You're not needy. know, neediness, you can't camouflage it being there and you can't camouflage it not being there. You can wait three days to call her after you get her number, but you're just waiting three days to look needy. So,

Dr. Karen (17:43.47)

I like that.

That's exactly it. Yes, you're absolutely right.

Scot McKay (17:50.944)

If you're coming off to a woman as a guy who knows his way around women and you probably could have a date with someone else other than her and you're not Mr. Desperate, what in the world, Karen, is wrong with just saying, I like you, this date is going well, you look better than your pictures if you met online. What is wrong with that? Nothing.

Dr. Karen (18:08.45)

I see absolutely nothing wrong with that. And I hear that stuff all the time. Again, we're gonna stereotype males. That part of that neediness is, to me, it's so aggravating. Being a female who was in the dating world for a very long time and had plenty of friends that are attractive, successful, you name it. And these ambiguous guys who are like, I don't know, maybe. Nothing's a worse turnoff when you figure out somebody's needy. Honest to God. Needy and insecure. Yes, yes, needy and insecure.

Scot McKay (18:32.919)

It doesn't make you feel safe or comfortable.

Dr. Karen (18:37.996)

The fantasy guy would say, you know, I gotta be honest, you know, you look great. Yeah, I love your pictures. You look so much better than your pictures. Wow. I'm so glad we connected. Would love to see you again next week. I'm having fun already. You're... We just click. Yeah. You make me laugh. You're like, this is cool. Authenticity is the hottest thing ever. And it does. You can also there's a fine line that you can go overboard and compliment every seven seconds. And then you're that's a big mess, you

know, or you can. Mr. Nice guy doesn't work all the time.

Scot McKay (18:46.817)

I'm having fun already on this date. I'm already glad we met. Yes.

Scot McKay (19:02.201)

That's right. Well, then that's Mr. Nice Guy and your and or your needy. No, it doesn't work ever really. It's fake and it's got an agenda. But regardless, we're still headed towards a situationship, even if we do everything right, we've talked about so far in this podcast. So, I mean, let's say you're out on a date and she says, I just got out of this horrific divorce. mean, the ink isn't even dry. I just really need to get out there and get social.

Dr. Karen (19:07.724)

Right. Right. Yeah.

Dr. Karen (19:17.932)

Yeah, mm-hmm, that's true, that's true.

Dr. Karen (19:26.05)

Mm-hmm. Sure.

Scot McKay (19:30.273)

I'm not even sure what I want right now, but it's not to sit at home and binge watch Netflix and eat Ben and Jerry's. And the guy goes, well, yeah, me too. You know, I I'm really not anxious to get married anytime soon. I think I'm going to wait till I'm a little more mature to start a family. I think that's what I want too, and then they agree to a situationship.

Dr. Karen (19:36.429)

Mm-hmm.

Dr. Karen (19:45.486)

Mm-hmm.

Dr. Karen (19:51.238)

I would say that's not even a situationship in that way because everybody just threw all their cards on the table. So she's saying, look, I'm not in any hurry to settle down. He's saying me neither. know, neither of them are discussing what they're doing outside of their interactions, though. They're not discussing monogamy. They're not discussing if they're still on the apps, if they're dating others, if they're sleeping with others. I personally think and again, this is very female. I'll say it. When you start having sex with somebody,

you should have that discussion if you're being sexual with others. Just for health reasons. I mean, ideally, you could get tested, you could do the whole thing. We could all say everybody should wear condoms. We all know that doesn't happen all the time. So just for safety reasons to be able to discuss that. We're all adults here. And to talk about pregnancy and making sure somebody's on the pill or condoms or sexually transmitted diseases. Yeah, that's the ugly stuff of connecting with somebody,

Scot McKay (20:22.541)

Well, just for health and safety.

Dr. Karen (20:47.576)

but we should talk about some of that stuff. So if you don't wanna do all that, yeah, go ahead.

Scot McKay (20:50.037)

Okay. I was just gonna say we need to bridge a gap here because you said, okay, that isn't a situationship because people threw all their cards on the table. Okay. Well, okay. So you're defining situationship as, there's a loose end somewhere about this relationship that hasn't been talked about, not necessarily simply as tightly wound is, okay, we don't know where this relationship's going.

Dr. Karen (20:54.232)

Okay.

Dr. Karen (21:01.166)

Absolutely. I think so. Yeah.

Dr. Karen (21:12.098)

Right?

Scot McKay (21:18.743)

Because I've heard situationship reminded that way. We've mutually decided this is temporary. You're probably not my future. We're keeping each other company now. We'll see each other when we see each other, do the wild thing a little bit, play kissy face, cook each other dinner, watch our favorite show together every Tuesday night. But you know, this is going to end. Now, that's different than our friends with benefits because. You know, we're planning on getting a little relationship, but with a timeline.

Dr. Karen (21:19.156)

But we're, we are mutual. But we mutually, yes.

Dr. Karen (21:27.704)

Mm-hmm.

Dr. Karen (21:31.118)

Yep. Yep.

Dr. Karen (21:41.954)

Mm-hmm.

Dr. Karen (21:47.586)

Yeah, That's, that's that's my definition of it. I mean, I think where it gets murky is that when one or both catch feelings and when it's say... Yeah. When it's a month, two and a half. OK. Every Tuesday night we've had our show, you know, been to your house, my house. I've cooked you dinner. You've met my cat. The whole thing. We're now hanging out on a regular basis. That becomes comfortable for one or both parties. And then it becomes murky because it's, you know, two and a half, three months and they're like, gosh, you know...

Scot McKay (21:49.005)

So kind of.

Scot McKay (21:56.3)

Of course.

Dr. Karen (22:16.578)

We talked about being casual. Now I don't know what to do because I kind of like this person. I'll be honest. I've taken myself off the apps. I'm on pause everywhere. I'm not talking to anybody else. What is he doing? Is he talking to anybody else? So unfortunately, it gets super awkward. It's a terrible feeling because it could either lead to, you know, kind of sort of one of two ways. rejection. Because if the other

person's like, honestly, I love how this feels right now. I don't really want anything else. I thought it was pretty clear that

Scot McKay (22:30.285)
Yeah, that gets awkward.

Dr. Karen (22:46.156)
you know, we're just hanging, okay, then you're gonna be hurt and have rejection and or need to make a decision if you want to move forward on having the Tuesday night dates. Or you open this up and you say, hey, I'm kind of feeling this here. What do you want to do? And like, so glad you brought that up. Why don't we consider what, you know, actually being in a proper relationship. So it can kind of only go one of two ways. The biggest problem I see with that is that when somebody is not honest, if somebody has

clearly caught feelings and they're having a good time and they bring that up to their partner and they say, hey you know, really like you. What's going on? And they're like, yeah, no, I'm casual. Oh yeah. I'm casual too. Nevermind. And then that person sitting there continuing in the situation without a proper guideline. I personally think that increases anxiety. It can really affect self-esteem in certain ways and probably just overall not nearly as happy in the relationship...situationship.

Scot McKay (23:40.984)
Right. Okay. So I like where this is going because if you have a friends with benefits situation, then the friends with benefits situation has been decided upon. It's been contracted. Okay. Whereas Like, you know, we decided on something, Maybe not written and signed, but you know, we've, We've made an agreement together. Right. Yeah.

Dr. Karen (23:53.142)
Yes, I think so. Mm hmm. contracted.

Dr. Karen (24:02.614)
Mm-hmm. Yeah. I'll see you when I see you. know, when I'm drunk with the girls, I'll give you a call. Yes.

Scot McKay (24:10.519)
Right. This is, know where we're, We know what we're doing here. And I like the fact that you're defining situationship as something where there's this error of omission somewhere. You haven't been quite upfront with me about this one key little piece in order to give yourself some sort of plausible deniability again somewhere. I think that's where you see the articles

Dr. Karen (24:21.678)
That's

Yeah.

Dr. Karen (24:30.04)
Mm-hmm.

Scot McKay (24:35.309)
and the YouTube videos talking so negatively about situationships because I think that is what the defining factor is of a situationship versus friends with benefits because they're very close. But I've never heard it articulated so clearly.

Dr. Karen (24:39.926)
Agreed.

Yes.

Yes.

That's it. That's my definition of it. I mean, I, my vision of situationships and you're right. I'm female. I am on good old Instagram, follow a million different, you know, influencers and all that nonsense. And it's always the he's such a jerk. I can't believe him. But the backstory is that you never defined what you were doing. You assumed. You made tons of assumptions. Yes, you went on 17 dates and yes, he took you to brunch and you met grandma and whatever. He never told you he was his girlfriend.

He never told you that he was, you know, this plausible deniability. mean, if we were in a courtroom, yes, we can all agree he's kind of a jerk, but maybe he's not that big of a jerk because you could have also asked questions. So, situationship versus friends with benefits. In my opinion, friends with benefits is more of a purely sexual relationship. I think situationships are... But you like each other. Hang out sometimes. Exactly.

Scot McKay (25:37.835)

you like each other and you hang out sometimes. Otherwise, it's just sex buddies. Sex buddies is Sex buddies is just, you know, you live in the same apartment complex as I do and we take care of each other because we're hot for each other and that's it.

Dr. Karen (25:48.938)

Mm-hmm. Mm-hmm. And that's it. And we have made that definition of, you know, even in those situations, oftentimes folks are having, they're dating others, they're open about it, they're like, oh, I have a date tomorrow. I don't know what I'm going to do. And you know, and they might even... Yeah, so.

Scot McKay (25:59.93)

Well, I should hope so, actually. Maybe the person Maybe the person they're dating doesn't hope so, but you know, yeah.

Dr. Karen (26:05.378)

There you go. Yeah, they're sleeping Yeah, that they're sleeping with somebody else. So yeah, that's I think situationships. That's where it gets murky because we don't, there's no define... definition of it. That ambiguity is the killer.

Scot McKay (26:15.521)

Now to go, To go back to what you're saying about the gal who's upset with this guy who's such a jerk for a year because, you know, now I'm finding out he doesn't want this or he doesn't want that. And, you he's such a jerk. Guys can tell women exactly who the hell they are. I don't want any children ever. I'm not bringing any kids into this God forsaken world. I don't ever want to get married again. I've already spent \$150,000 on a divorce.

Dr. Karen (26:32.173)

100%. Yes. Mm-hmm. Mm-hmm. Mm-hmm. Mm-hmm.

Dr. Karen (26:44.278)

Yep. Yep. 100%. That's right. I can change him. He'll he'll love me eventually. It'll be fine. He was he's so good with his kids. I know he's gonna want more. Yes, you're absolutely right. Mm hmm. Yeah, that's exactly I think the problem. Yes. Mm hmm. It absolutely happens a lot too. And it's a huge stereotype, but females do have kind of a

Scot McKay (26:44.947)

Not going to happen, captain. I'm not doing it again. And the woman's just not trying to hear that because she loves him. I can change him after a year. Surely he'll change his mind.

Scot McKay (27:00.023)

And a year or so in he's a big jerk because he want what she wants. So that happens a lot too. Right.

Dr. Karen (27:13.6)

a lens they're looking through. And I will say females because I think there is, you know, at certain age groups, there's the biological clock, there's the desire for partnership, there's the, you know, when you're in your, I would say late twenties to late thirties, women who want marriage and children are actively seeking that, whether they want to say they are or not.

Scot McKay (27:35.075)

Have a career 'til you're 30 and then when you're 30 years old and two days, it's like, my God, my eggs are drying up. Hurry up. know? Yeah.

Dr. Karen (27:42.646)

My eggs are drying up and I'm the last one in my friendship group to be partnered up. And what am I going to do? And oh, my sister has four kids and you know, I'm the only one in my family. Yes. And then that's when their lens gets a little fuzzy. So the guy, you know, on the fourth date he might be like, you know, completely, I've literally seen it. I have witnessed it. I have been there. I'll admit it. I have been there where, know, you meet this great guy and... Yeah, it pretty much. Yes. So

Scot McKay (27:51.939)

Yes.

Scot McKay (28:04.441)

It's societally mandated practically.

Dr. Karen (28:09.634)

You know, and for the guys out there, this is what I always tell guys, and this is a total tangent from the situationships, but it's similar about, you know, ghosting culture. Ghosting culture is huge right now, and that kind of is adjacent to.

Scot McKay (28:18.137)

Hmm.

Well, it's because it's all transactional and human beings don't even exist anymore.

Dr. Karen (28:23.53)

That's right. All we are is a picture on the screen or a phone call or it's just one date, I don't owe her anything or owe him anything. And I despise that phrase because it's terrible. And where situationships is kind of adjacent to that is this idea of like, well, I don't owe you anything. Yeah, we spent six months together. I slept with you fifty times, but still not cool. Like, let's talk through this.

Scot McKay (28:32.738)

Me too.

Scot McKay (28:44.055)

I don't know you. Well, on the ghosting front, it seems like if there's a situationship and we're getting dangerously close to having to disclose, well, throw all our cards on the table. The ghosting, it could be late-onset ghosting at that point. Yeah, that would be terrible. Yes, that's the worst. It's dishonest. It's just not caring.

Dr. Karen (28:58.476)
Yeah. Yeah.

Dr. Karen (29:03.902)
would be terrible. Late onset ghosting is terrible because it's that's the absolute worst. Yes it's dishonest, it's cowardly, it's it's pretty yeah it's pretty disgusting. No.

Scot McKay (29:13.357)
The ultimate transactional mindset. Disposable people. A.I. is not helping that, you know, which is well-travelled on this show, by the way, right now. But you know what's really funny is that about seven or eight years ago, Dawoon Kang, who's one of the sisters who started Coffee Meets Bagel. They got really touchy feely with their with their customer base and wanted to know how they tick.

Dr. Karen (29:23.97)
Mm-hmm.

Dr. Karen (29:37.834)
okay.

Scot McKay (29:43.063)
And so they asked everybody, what is your number one gripe with online dating and apps? And predictably it was ghosting. Then 90 some percent of the same audience admitted they do it.

Dr. Karen (29:49.528)
Mm-hmm.

Yeah. Yeah.

Dr. Karen (29:58.508)
I could see that. Mm hmm. That's terrible. Mm hmm.

Scot McKay (29:59.898)
That was crazy. Yeah. So it's a me first culture. Yeah. It's, And it, it, leads to this comfort level with my own dishonesty, even as I'm vilifying the person on the other side for theirs.

Dr. Karen (30:15.362)
Mm I wouldn't even say vilifying. Well, I mean, in that example, yes, You're angry. They're the bad guy. I would never do that. But I have good reasons why I'm ghosting. So exactly. Yes, because they're a jerk. They're terrible people. Yes. So I think what you know, what the ghosting is that we're all... they're all anonymous in certain ways, you know, with the culture of, you know, the dating apps have made everybody anonymous. Back in the day when we were actually forced to meet people or we for... you know, we got set up with people.

Scot McKay (30:19.364)
yeah, you're angry. They're the bad, they're the bad person.

Scot McKay (30:25.625)
Right. Well, I would do that, but I have a valid reason. They did it because they're a jerk and they're horrible. Yeah. Yes.

Scot McKay (30:44.451)
Hmm.

Dr. Karen (30:45.134)

You're not going to ghost your, you know, your cousin's neighbor because you might see that person again, or there's accountability because they know your cousin. But, you know, Jane, the, the girl on the app that you've been talking to for two weeks and chose not to talk to her again, click, you'll never see her again. She's not even real. And even after you meet her, people can ghost after many dates and... Just don't do it. Now, anybody out there listening, don't ghost. Just, just even send that one line text like, Hey, I had a great time, but this isn't a match. Click.

Scot McKay (30:59.661)

She's not even real until you meet her. Yeah. Yeah. It's crazy. It's crazy.

Scot McKay (31:14.457)

Well, I think the moral of this whole story, Karen, is authenticity is rewarded. It's sexy. And, you know, if you're, if you're trying to get someone into a relationship or they don't want what you want, you're not going to get what you want anyway. So we're going to save everybody involved. You know, just straight up, we're going to save everybody involved, a whole lot of hassle, a whole lot of trouble, a whole lot of heartbreak and a whole lot of time.

Dr. Karen (31:14.786)

Great.

Dr. Karen (31:30.882)

Right, that's a great way to put it, yeah.

Dr. Karen (31:39.212)

Mm-hmm. Mm-hmm. Yeah.

Scot McKay (31:43.372)

If we have the balls to just simply express what we want accurately, and then the person can take it or leave it. But what I think a lot of men in particular don't realize is no matter what it is we're looking for out of our dating lives right now, it will be shocking to us how many women will agree to that. And it'll be their vision too. If you just are honest about it.

Dr. Karen (31:50.083)

Yes.

Dr. Karen (31:59.968)

Mm-hmm.

Dr. Karen (32:07.562)

Mm-hmm. Mm-hmm. If you're just honest about it.

Scot McKay (32:09.825)

And if you're honest about it, if you're still doing online dating apps in 2026, God bless you, but just be honest. I know they're at least trying, but I mean, even when you meet someone, hey if it's going to work out, it's going to work out. If it's a square peg in a round hole, find out now not 10 years into marriage. God, I hope not either. Her name is Dr. Karen Stewart. She's

Dr. Karen (32:15.374)

There's a lot of people out there who are. Yeah. Yep.

Dr. Karen (32:26.274)

Yeah, that's right. God, hope not.

Scot McKay (32:35.349)

a clinical psychologist and sex therapist in Beverly Hills, California. Man, I would love to be a fly on the wall for some of those sessions. And when you go to mountaintoppodcast.com/stewart gentlemen, you will go to Dr. Karen Stewart's website. Karen, what will they find when they get there?

Dr. Karen (32:40.878)

Thank you.

Dr. Karen (32:56.586)

I have a website that offers a little bit of information, but it's a great way to contact me or one of my staff where we can connect you with a therapist or we do consultations and hopefully I'll be having my own podcast here very soon. So maybe you can, you can come talk to me.

Scot McKay (33:10.009)

Sweet. Does it have a title yet?

Dr. Karen (33:14.358)

It does. It's The Intimate Desire with Dr. Karen.

Scot McKay (33:17.627)

I would love to be a guest. It's going to be guest oriented. You're going to have guests. Yeah.

Dr. Karen (33:18.734)

Yeah, great. Okay. I do love your perspective. What's that? Absolutely. Yeah, yeah, Absolutely. No, I would love to work with you. You're very interesting and... Okay, please.

Scot McKay (33:27.427)

I'll drop you a hint. Well, Well, thank you. I interrupt too much because I just found out on the last episode that I'm ADHD. for sure. Probably, maybe. Most of us, I think all of us. The whole world is ADHD now. Yeah. One big revolving Adderall pill. That's all of us. You can steal that.

Dr. Karen (33:32.192)

I do too, unfortunately.

Dr. Karen (33:36.238)

Me too.

Dr. Karen (33:45.1)

There you go.

Dr. Karen (33:49.901)

Hahaha

I'm writing these down. Yep.

Scot McKay (33:55.288)

Yeah. You know, here's my hint. It is so much easier to run a podcast that's 35, 40 minutes long with a guest than to just soliloquize for that.

Dr. Karen (34:05.206)

And sit in there and talk to yourself and be, you know, pontificate about how great you are. Yeah, I could

see that.

Scot McKay (34:07.522)

I

We have a guy who purchases a half an hour of time on our talk radio station at 10 o'clock on Saturday nights, and he'll teach you how to buy and sell cars. And sometimes I just listen to him, like if I'm coming home from something on a Saturday night around that time. Just for the entertainment value, because he'll just go off and he can listen to himself. He can listen to himself talk indefinitely. I actually called the guy up one time to talk to him when I was selling a car, and he's the same

Dr. Karen (34:19.308)

Nice. All right.

Dr. Karen (34:29.858)

He loves talking to himself. Yes! There you go.

Dr. Karen (34:39.148)

Okay.

Scot McKay (34:39.383)

same on the phone and he knows... he's old enough he knows a little bit about everything and it's hilarious. It's, it's as annoying as it is charming.

Dr. Karen (34:46.232)

But you know what? He's He's probably a great guy to have at the dinner party because you name anything, he knows how to talk about it. He's not...

Scot McKay (34:50.701)

you bet.

That's great dating advice too, Wikipedia surfing. Be curious. Always be observant and curious. Yes. Isn't that funny? Anyway, that is my podcast tip to everybody. Yeah. Oh, yeah. And I'd love to come on and be a guest for sure. Absolutely. Yeah. We think a lot of like on these things. Plus, it's fun to talk about. It really is. Yeah. And I'm going to have you back on this one, too.

Dr. Karen (34:59.702)

Always be observant, yes.

Dr. Karen (35:05.752)

Thank you, I'm gonna hold you to that one, I like it, yep.

Cool.

Dr. Karen (35:14.924)

And it's fun to talk about. You have a good energy. I like that.

Deal, all right.

Scot McKay (35:20.919)

Very, very good. Again, go to mountaintoppodcast.com/stewart and get you some, gentlemen, Dr. Karen Stewart. Thank you so much for joining us. Big fun. Thank you. Yeah. Guys, you want more big fun? It doesn't stop at mountaintoppodcast.com You can download Sticking Points Solved, which is a free

book. What happened there is you guys wrote me letters over the years and I compiled a full book.

Dr. Karen (35:28.915)

Thank you, Scott. This has been fun. Thank you.

Scot McKay (35:46.905)

that I think covers a great cross-section of just about what every guy deals with with direct actionable answers to each. It's free. Yeah. Won't cost you a dime when you go to mountaintoppodcast.com. If you haven't talked to me about what's on your mind, give me your feedback on the show. Not only can you get on my calendar for 25 minutes for free at mountaintoppodcast.com to talk about it. You can also email me at scot@mountaintoppodcast.com anytime. I say that at the end of every Tuesday Snippet From The Summit.

Dr. Karen (35:51.235)

Mmm.

my gosh, amazing. Okay.

Scot McKay (36:16.727)

I don't say it enough on the full episodes, but you most definitely can. Our three long time sponsors, I'm just going to thank them real quickly today. It's going to be Jocko Willink's company Origin in Maine, the guys at Hero Soap and also the guys at The Keyport. Hey, you know what? You can visit all of them. The jumping off point is mountaintoppodcast.com. You can find links to all of them. I'm just going to say this. If you've never checked out what any of all of our sponsors have to offer,

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This is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there.