

Scot McKay (00:02.598)

All right, gentlemen, how's it going? This show is for you if you are a dad or if you're possibly ever going to be a dad someday in the future after you've had a history of being successful with women. After all, that's what we're all here to do, right? If you're single and looking, then you want to be as good with women as possible. You want to date lots of women, high-quality women, raise the bar, have lots of experience before you finally.

Meet and you know, get hitched up with the woman who's right for you. And then what happens is life changes. You become a husband, you become a parent, and then you become a parent of a little girl, possibly. And then you have another whole mind shift. Well, my name is Scot McKay. You're listening to the Mountain Top Podcast for Men. And my guest today is a returning guest. He is from innerconfidence.com. His name is Robbie Kramer. And guess what?

He just recently became not only a dad, but indeed a girl dad. Congratulations, Robbie. Welcome back to the show, man.

Robbie Kramer (01:10.36)

Thanks, Scot. Great to be back. And yeah, so far so good. It's been a month and a few days and my my baby daughter looks just like me, unfortunately for her. She

Scot McKay (01:22.396)

Yeah. Well, you know, hey, you know, first of all, you're a handsome guy. Give yourself some credit. But you know, the number one argument I think, if anyone ever tries to shame you for preferring hot women and having a hot wife, which you know, keeping it a buck only ugly people do. That you know, that's hate. That's jealous hate there. The number one argument for having a hot wife is cute kids.

Robbie Kramer (01:45.72)

Right.

Robbie Kramer (01:50.326)

Right? Good genes.

Scot McKay (01:51.772)

No How do you argue with that, right? Yeah.

Robbie Kramer (01:54.253)

Yeah. That's all I mean, that's hardwired in, right? It's like I I don't know. I just I could never live with myself, you know if I didn't have that. You know, there were periods of my life where I may have, you know, hooked up with a girl here or there that I wasn't super proud of, but the idea like actually dating that person, having a relationship with that person that you're not attracted to, I don't know how guys stomach that. It would just be a prison.

Scot McKay (01:57.365)

You bet. What

Scot McKay (02:18.846)

you were always gonna spend the rest of your life finding excuses. If you're not, you know, well, you know, I wanted to be attracted to what's on the inside. I didn't want to be shallow or anything. And I noticed especially a lot of guys who are men of faith believe that being attracted to a woman sexually.

Robbie Kramer (02:22.189)

Yeah.

Robbie Kramer (02:30.04)
Sure.

Scot McKay (02:39.728)
is some kind of sin tantamount to lust. And my my retort to them is always, who do you think created sexual attraction, the whole concept of it? I mean, is that not intelligent design? I mean, I thank God every day for sexual attraction. I just love the fact that there's hot women roaming this planet and I got the queen of them all, you know, in my life. yeah, for sure.

Robbie Kramer (02:52.141)
Right.

Robbie Kramer (03:01.698)
Yeah. I don't think guys would do anything if it if it wasn't for hot women roaming around, right? We'd just be hanging out and stuck with whatever vices we've got and

Scot McKay (03:10.037)
Well

You know, procreation, you know what I call procreation? I call it God's dirty little trick. The whole thing. I mean, first of all, kids, it's a good thing they're cute and they look like you. Because they're a real pain in the ass. You'd probably kill them, you know, like lions eat their young or whatever, Rodney Dangerfield said, right? and yeah, they have to be cute. There's nothing more pathetic than a parent, and this exists, unfortunately, who thinly veiled low low key can't stand their kids.

Robbie Kramer (03:17.442)
Mm-hmm.

Robbie Kramer (03:24.433)
yeah.

Robbie Kramer (03:29.069)
Ha ha.

Scot McKay (03:43.38)
Resents their kids, doesn't like them. That's really sad. And so, you know, a great first step to mitigating the possibility of that ever happening is to make sure the kids are cute. Now, here's another thing. Enough about me.

Robbie Kramer (03:46.658)
Yeah, that's

Robbie Kramer (03:54.305)
Right.

Scot McKay (03:59.835)
You look well rested and happy, which obviously means you had a little girl. Because if you had a little boy, I mean little boy it's like having a dog. You get a girl dog. That's the advice, right? Because boy puppies chew everything up, they're noisy, they piss all over everything, they wreck the house and they're out of control. Yeah. Well, that's the thing with the the little girls too. They tend to sleep through the night and they're well behaved until they hit their twelfth or thirteenth birthday.

Robbie Kramer (04:28.503)

Then it shifts.

Scot McKay (04:28.81)

Then all of a sudden the boys have outgrown their knucklehead stage by then. And you know, the girls are starting to become a real problem. Now I know I just basically ransacked through childhood. Yeah, c but you know, that's that's it in a nutshell.

Robbie Kramer (04:38.667)

yeah. Well that's how it was for yeah. That's how it was for for my family growing up. you know, I was a pretty rambunctious little boy. But then once I, like you said, turned thirteen, fourteen, I was easy to deal with. I just, you know, wanted to go play sports and play golf or whatever. My you know, never really gave my parents much of a run for their money. But my two little sisters, man, through high school, you know, they're doing all sorts of shit, getting in trouble.

Crashing cars, stealing cars. God. Yeah. But our daughter, she's you know, she she cries a lot. She's she's definitely not as chill as my my sister had a daughter two months ahead of us, and she does not make a sound. She squawks instead of cries, that's it. And our daughter Sophia, she's she's she's great. She's you know, but she's not quite as easy.

Scot McKay (05:11.392)

Threatening to run away with some kid, you know. Yeah.

Robbie Kramer (05:37.122)

But like you said, I think I I am well rested, surprisingly, because my wife is she's a gangster. She you know, she's like, You sleep on the couch, you gotta work during the day. You know, she's happy to stay up with the baby and breastfeed and you know, so I've been I've been sleeping pretty well. I can't complain about that. A few nights here and there. I yeah.

Scot McKay (05:59.073)

Well now now hold on. If she's breastfeeding, you're pretty much off the hook unless she starts bottling it up and going into distribution. Yeah.

Robbie Kramer (06:06.187)

Yeah, we've started a little bit of that, which is good and and I enjoy that too. It's fun feeding her. You know, you get that binding time.

Scot McKay (06:11.476)

Yeah, now see these are things you do when you're a first-time parent. Mom makes sure I breastfeed every kid. Man, by the time we had the fourth one, you know, between the two of us, we were basically like Anheuser Busch around here. We were bottling that stuff up and storing it in a warehouse. And it's your turn to, you know, heat one up and, you know, serve the kid. But yeah, moms tend to be very attentive and really enjoy that.

Robbie Kramer (06:27.201)

Right.

Robbie Kramer (06:32.286)

yeah.

Scot McKay (06:37.95)

part of motherhood. And you know, a lot of times it can leave us guys thinking, well, what can I do? What can I... how can I help? And, you know, you start answering questions that mama really isn't asking because you're trying to help. And it's endearing, but it's very unnecessary. And that's one of the

things that you learn also by the time you're into your third or fourth kid. But you know, there's a lot of very interesting things being said here.

Robbie Kramer (07:01.911)

Well, I actually had a kind of a was I I call it a blessing in disguise, but about a week ago my wife spiked like a 104 fever and you know, we we took her to the hospital and she didn't really have any symptoms, but turns out she had a kidney infection, which is sort of common postpartum, not super common, but she had to stay in the hospital for three straight nights. So I was alone with the baby. Obviously I had my I had help with my sister and my parents live close by.

Scot McKay (07:11.716)

no.

Scot McKay (07:23.017)

It is.

Robbie Kramer (07:31.595)

So I wasn't really alone, but like I was, you know, up all night taking care of her, doing the feedings with the bottle and whatnot. but that was amazing bonding time and it and it showed me, you know, a side of the motherly duties that I never would have experienced otherwise.

Scot McKay (07:46.442)

Well you're darn skippy, your sister better help, especially if cousin Squawky over there is so easy to handle compared to Sophie over here. Yeah, totally.

Robbie Kramer (07:49.026)

Yeah.

Robbie Kramer (07:54.551)

Totally. She had all the milk. Worked out.

Scot McKay (07:58.517)

So how do you feel about this, man? How did you feel before becoming a parent compared to during the pregnancy and after the baby was born? What was your psychological series of shifts? Cause I'd be curious, you know, to see how that went for you. Cause it's different for different guys.

Robbie Kramer (08:16.203)

Yeah. Yeah, so I'm forty-four and we I I got married at thirty-eight or or sorry, forty. I've been married four years. But we we started dating when I was thirty-eight. And right, you know, right around that time I kind of felt like, Okay, you've done enough manwhoring and being a player and doing all the stuff like that in my late thirties where I was ready to to start a family. And I I knew I always wanted kids, but it was weird because we you know, we were together for

four years before we ever had kids. Married for four, sorry, together for like six years almost before we ever had kids. and I felt like the older I got, the less motivated I was to to actually want the kid. I I got really into golf and just the business. And I'm like, huh, do I really want a kid? This is gonna change my lifestyle a lot. But then when I when we found out that she was pregnant, I was I was stoked, but I only wanted a boy. I was like, this this better be a boy. I really hope it's a boy so I can, you know.

Teach it all my ways and then teach him, you know, all the all the things I like to do. And so my very first you know, when we realized it was a girl, I was disappointed for a split second. But then with each passing month, I got more and more excited that it was a girl. And now I'm so stoked that we had a girl. and I even talked to another guy recently who who had just had a girl too. And he was like, Yeah, I was

disappointed as well. Cause, you know, as a guy, you wanna you you know, you want a little boy sometimes, but it's just so cool being a girl dad.

And like having that that special connection because you know, like only a matter of time before they start liking you more than mom, because you've got the you know that that cool father-daughter connection. And and you know, I that that was the most interesting shift for me is how I was so wanting the boy and now so stoked on the girl. and that happened before we even had the girl. That happened probably, you know, three months before she was due.

And that just shifted in my brain. I don't know if that's you know, just d intelligent design, like you mentioned, where you you just end up accepting whatever comes your way and and then enjoying it. But yeah. Did did you have any thoughts like that before you were a parent?

Scot McKay (10:33.056)

Well, intelligent design, aka God's dirty little trick. Again. Yeah. Oh man, so much to talk about there. I love this subject already. My first child pregnancy. of course it was my wife's, not mine. I'm I'm standing by, you know, was when I was in my early 30s. I don't know if I felt ready to be a dad, and I was sitting here

Robbie Kramer (10:37.27)

Right.

Robbie Kramer (10:53.74)

Mm-hmm.

Scot McKay (11:02.632)

all poised and ready to say to the entire audience, hey look, if you don't know whether you want to be a dad or you're thinking this is horrifying, I never wanted this, I still don't want this, that's okay, deal with it. And it was heartwarming for me to hear you say, Hey, yeah, you know what? On one hand, I always kind of sensed I'd be a dad. And the older I got, I was kind of starting to make peace with it not happening, which I think is a bit different a phenomenon and still very understandable, frankly. but man, once the pregnancy happened.

My first thought was I don't want to die between now and nine months from now and never have met my kid. So I got this weird phobia of of dying, you know, and checking my symptoms and everything. I know that's kind of bizarre, but I've heard other guys say the same thing. It's like, yeah, these poor bastards who get in a car accident when their wife's pregnant and they don't ever get to meet their kid. Their kid never meets their father. I had that obligation to be present and be there for my kid.

Robbie Kramer (11:42.934)

Mm-hmm.

Scot McKay (12:02.758)

even while she was still in utero. And my my oldest is a little girl. And the interesting thing for me was all these swirling thoughts of you know, am I good enough? Am I gonna be enough of a father? Good, now I've survived, you know, till the day she's being born. Now what? All of that seemed to kind of resolve into a quiet confidence as soon as I saw that little kid's face.

Robbie Kramer (12:30.871)

Mm-hmm. Yeah. Yeah.

Scot McKay (12:31.454)

Because it's a miracle. She looks like you. You realize, hey, that she didn't sleep with the, you know, the

Amazon delivery guy. It's my kid. Now, here's the fair warning. Here's the fair warning I'm going give you. As you grow up, you'll know for sure you don't need a paternity test when they start exhibiting the same exact bad habits you have. You'll be like, God, that's my kid. You know what I mean? Just fair warning there.

Robbie Kramer (12:39.821)
But it's so much different.

Scot McKay (12:56.948)
But I looked into those eyes and I was just smitten. I was in love. I was like, God, I love this... I I would die for this little creature. She weighs seven pounds and I would die for her. And I... Again, God's dirty little trick, you know.

Robbie Kramer (13:07.105)
I before I had Totally. Yeah, I'm I'm curious if you experienced you know, they say it's different when it's your kid. And that couldn't have been more true. Like holding other people's babies, dealing with other people's babies. I had no interest whatsoever. I'm just like, you know, I don't want to drop it, or you know, I w can't relate. You know, I and maybe that was I I grew up as the oldest of four. And so

Scot McKay (13:28.575)
yeah, right.

Robbie Kramer (13:36.534)
I think as a child having to deal with, you know, babies, I was just annoyed. Like, mom and dad don't have time for me. You know, this stupid, annoying, crying babies, like ruining my shit. And I didn't realize that until till just the other day. I was like, you know, I bet I'm curious if if the elder children aren't big baby fans because they had to deal with babies growing up and babies kind of stole their their thunder.

Scot McKay (13:42.496)
Yeah.

Scot McKay (13:48.243)
Yes.

Robbie Kramer (14:04.685)
You know, so I had I had I was worried that when I had a child that I was gonna be like just super annoyed and not wanting to deal with the baby. And I I was genuinely like shit, because if that happens, that's gonna be miserable. And thank God the opposite happened. Like I'm so stoked to hang out with her and do all the things, even change her diapers. Like, you know, she she looks in my eyes all the time and it's it's amazing, but I was very worried about that.

Scot McKay (14:30.693)
I think most of us would echo your sentiments. I think there's guys out there, there are guys out there who are real jerks and nothing changes. But one thing you're gonna notice, and you know, you said you're 44, you're already noticing this in a variety of different spectra of of masculinity and manhood. But as you evolve from being a little boy to being a man to being a grown-ass man to being more mature.

You realize painfully in many cases, as you look back on your own memories of self, that boy, the Dunning-Kruger effect is very strong in young, dumb, cum, you know, stupid, young, dumb, full of cum, stupid masculinity. As you mature and you gain wisdom, you look back and go, Boy, these people don't even realize how stupid they look. Right? You know.

Robbie Kramer (15:15.351)

Full of cum. Right.

Scot McKay (15:25.459)

The easy example is you have this hot car and you squeal wheels from one red light to the next, thinking you're going to impress all the chicks, and the 40-year-old version of you just crosses his arms and goes, no. That didn't accomplish anything. Well, similarly, when you get on an airline flight, and there's some moron just mashing the button, getting the flight attendant's attention, because you can't put up with this.

Robbie Kramer (15:39.765)

Needed a new set of tires.

Scot McKay (15:51.457)

crying baby three rows in front of him. The entire airplane goes, yeah, that's the guy with no kids. Because he doesn't get it yet. Now, what you said, it doesn't change the truth of it. Other people's kids are still annoying to hear cry. As a matter of fact, sometimes I'll hear, I'll hear kids like scream and cry in this like entitled way or this particularly annoying way. And I'm like, yeah, if I was the parent, I'd murder it. Mm-hmm.

Robbie Kramer (16:00.131)

Yeah.

Robbie Kramer (16:20.385)

Mm-hmm.

Scot McKay (16:21.086)

Yeah, exactly. But I'm not the parent. And you know, your kids cry is different. It it's a different siren song that speaks specifically to you because it's your child. Yeah, it's true. Absolutely. Part of God's dirty little trick. Hundred percent. No, I I think you're absolutely right. Yeah, fantastic.

Robbie Kramer (16:32.844)

Yeah.

Robbie Kramer (16:40.429)

Well yeah, I I was very relieved, like I said. And yeah, hopefully guys who are who are listening to this, you know, if if you know, you're having that thought, like, my god, dealing with this kid, you know, it it I think I had that worse than anyone else who could have had it. And if I'm good, you'll you're good too. That'd be my advice. Yeah.

Scot McKay (17:00.296)

I had it pretty badly. I mean, I'm strongly resonating with what you're saying. And I've had other guys on this show say the same thing as we've talked about it. Now you talked about, hey, you know, getting the man whore out of you and being a player, et cetera, et cetera, and now you're married. A lot of people, the stereotype, the conventional wisdom is the more women you've had dalliances with in the past, the harder it is for you to be

Robbie Kramer (17:04.597)

Okay, good. Yeah.

Scot McKay (17:30.116)

faithful to any one woman once that time comes.

Robbie Kramer (17:35.179)

Hmm. It's interesting.

Scot McKay (17:36.456)

What say you about that that sentiment?

Robbie Kramer (17:39.822)

That's certainly not the case for me. I really struggled to be faithful in my twenties. I basically cheated on every girlfriend I had because I wasn't comfortable or confident enough to say what I wanted, which was to be in a more sort of open relationship and to be able to explore and have adventures. You know, I was basically, you know, before I even got into any of the, you know, world of attraction or seduction or any any of that.

I just kind of went about relationships like in high school and college with just a standard, you know, you you meet a girl, you start hooking up, you become boyfriend, girlfriend, and you're monogamous because that's what you're supposed to be and she won't like it if you're not. But then even when I got into like the pickup stuff and I learned to juggle a bunch of women and and build a rotation, I wasn't confident enough to be like, you know, I I want something open and and just sort of like lay it on the table. And I got over that. Eventually I was able to do that in my late twenties, early thirties, and then I

I had a lot of you know, crazy different relationships. I tried basically tried everything out that I could try. but I I kind of knew at the end of the road for me that if I was in something open and not committed, I just knew I it would be very hard for me to ever focus and and I it it would I think would take me away from a a level of depth that I was capable of with one partner.

Just because, you it's just that new relationship energy is so intoxicating. Right. And if you allow yourself to be taken by it, it's you it's just you're just gonna keep doing that, I feel like. And if you do focus on one girl and you make that, you know, difficult decision, I guess you could say, t to be faithful, it it feels difficult in the beginning, maybe, but after that, there's so much freedom in it because just one less thing you have to worry about or deal with and

I felt like a lot of that a lot of those sexual conquests for me were just that adventure validation seeking stuff. It was almost more for like the other guys and being a dating coach too and having a bunch of guys follow me and be like, that's so awesome. You did this, or you bang this girl, or that, right? Like, you know, it's fun. It's like the locker room talk and the broing, growing out. but yeah, I've been faithful for six years now and

Robbie Kramer (20:03.82)

You know, it allows me to focus on so many different things and it and it's easy. Like the the longer I go, the easier it is. So yeah.

Scot McKay (20:12.104)

You know, you brought up an interesting dynamic there about being, you know, in your late twenties and the expectations are kind of thrust upon you that, you know, you should be kind of relationshipy. Now, here come women, they want to get married, they don't want to just whore around anymore either, and yet you're still not ready for it. But you don't know how to be honest about that, because you're not even sure what your own intentions should be, and is it okay for me to keep feeling the way I'm feeling?

And yet you also touched upon something that I think inevitably happens, importantly, once you've had the opportunity to "play the field". And then that kind of summons the original question of do you think that you're better off or worse off in terms of your probability to remain monogamous to one woman, faithful to monogamous with one? Do you think you're better off or worse off in terms of your probability

to remain monogamous successfully and faithfully with one woman, or does it hurt you to have, you

know, had these other experiences? I think absolutely positively, the more you become at peace with your ability to attract the kind of woman you really want and have sampled different kinds of relationships with different kinds of women you really want.

I think it makes you a more astute observer as to when the right woman actually did come along. And you go, Yeah, you, you're exactly what I like. And I know this because it's been field tested. Therefore, you've also at that same time, you know, and and like I said, choosing the right woman is a combination of several factors. I've said this all the time, especially in the context of deserving what you want, which is sort of a tagline around here.

Robbie Kramer (21:42.667)
Right.

Robbie Kramer (21:58.573)
Mm-hmm.

Scot McKay (21:59.251)
Not only does it have to be the right woman, but it has to be the right timing. Right. So you meet a woman and go, Wow, you're exactly who I like. And at the same time, you know, I'm over this. I've had the ad I've had this adventure. And it's time to meet the woman of my dreams and start building that legacy and having that adventure that I couldn't have any other way. And if we're honest with ourselves, that's the only way to have kids. You know, these kids, these women.

Robbie Kramer (22:02.996)
Yeah, that's so important.

Scot McKay (22:29.472)
You know, these women having test tube babies and they don't need a father around. Yeah, they're lying. It's it's a lie. It's not the design.

Robbie Kramer (22:35.084)
I couldn't imagine. It's like I have so much more respect for any single parent after experiencing a month. I mean, it's all encompassing. How do you do that alone? That like

Scot McKay (22:42.468)
sure.

Scot McKay (22:46.858)
Yeah, that's not the intent of what I'm saying, by the way. If you are a single parent, bravo, good for you. you're a hero. However...

Robbie Kramer (22:49.441)
Sure.

Robbie Kramer (22:54.56)
But you're you're saying it's it's no I don't I don't think people like desire that, want that, you know, like when you could have this amazing journey together, you know, and build this family. Yeah.

Scot McKay (23:01.662)
Right, that's right. You know, I'm not gonna do the classic NBA stereotype and, you know, NBA player stereotype and knock up a bunch of chicks and because I'm worth a hundred million dollars, I just pay them all off to, you know, be quiet and raise the kid. I don't think that's any way to be a dad. Yeah, being a dad means being present and doing what you have to do for that kid to grow up the way you would

like to parent.

Robbie Kramer (23:09.793)
Right.

Scot McKay (23:30.75)
You and your wife together, which brings me back to the idea of being a girl dad. You mentioned before that, you know, you'd always wanted a boy. And I think that's what we're trained to think as men. You know, I want a chip off the old block. I want to teach them how to throw a hanging curveball, et cetera, et cetera. And it is very cool. And when my wife and I got married, she had a son and I had a daughter. And her first pregnancy, bless her heart, she's adorable. And I mean bless her heart in the best possible way, not the Southern Texan way.

Robbie Kramer (23:45.131)
Mm-hmm.

Scot McKay (24:00.691)
But bless her genuinely for saying, I want to give you a son, you know, without me hammering her. And she did, and he's awesome, and he's a chip off the old block. But she came back to me a couple of years later, you know, after I thought I was gonna die, because this kid had kept us awake 24/7/365 for three years already or whatever. It might kill me, I told her, but we'll do it. Cause she wanted a daughter. And of course, you know, these things aren't for sure.

Robbie Kramer (24:06.41)
Mm-hmm. Yeah.

Robbie Kramer (24:28.651)
Yeah.

Scot McKay (24:28.831)
Well, we did a sonogram, and sure enough, my daughter was born. And let me tell you something. Your whole life you go thinking, yeah, I want a son. And yeah, man, having a son is great, but having a daughter is absolutely, positively, equally great for a completely different reason. for completely different reasons. You mentioned like she's kind of team dad. She just thinks

She just thinks like, you know, you're a hero. You provided, you protected, you make me feel safe. I just love you. And they just do adorable, cute, endearing things that make you want to give them love. I mean, there's nothing cuter than your three year old daughter on earth. There's nothing more precious. And... Right.

Robbie Kramer (25:10.964)
Yeah. yeah. Wearing dresses and r running around as princesses and daddy, you know, it's like

Scot McKay (25:18.823)
And just the the the validation of your masculine presence in a non sexual way, obviously, is a huge eye opener for a lot of guys who've been thinking their whole young lives, pre marriage, the reason why I'm a man is because I'm gonna attract women. And the more masculine I am, the more laid I get. All of a sudden you realize that being a man and being masculine has so much more

depth to that. I mean, you have little little girls who are like, you're modeling for them what they look up to when it comes down to masculinity. And it's hard to put into words, but you just realize that the importance of your masculinity has platonic depth to it vis-a-vis how other female creatures respond to you. And this depth can go down to female... the dogs

Robbie Kramer (25:57.59)
Yeah.

Scot McKay (26:17.523)
you have in your house, other women, you start treating older women like grandma age women differently because you're wielding this masculinity differently as a provider and a protector, not just someone looking to get laid. You know, my kids got in the sport of BMX and I became a team manager, coach, and an announcer, which means I'm the bestower of nicknames and telling kids they're cool from the microphone and

Robbie Kramer (26:17.717)
Mm-hmm.

Robbie Kramer (26:30.241)
Yeah.

Scot McKay (26:45.597)
You know, other kids, little girls would come hug me, you know, before races and tell them they missed me, you know, missed me. And, you know, it it's adorable. And it's because I'm a girl dad. It's because I get it. You know, you were talking about being macho for your guys, you know, in the best way possible by going out and banging some chicks when you're a dating coach. As we talked about before we hit record on this, I was always a girl dad. And I was

Robbie Kramer (26:52.992)
Mm-hmm.

Scot McKay (27:12.359)
I'd met Emily a month and a half after starting X & Y Communications before it really became anything. So essentially my entire tenure as a dating coach, I've been married and a girl dad.

I actually still to this day take guys out in field and teach them how to get better with women. And I do it with my wife's blessing. So like that's kind of my version of street cred vis-a-vis what my gig is compared to what yours was versus what it now is. Yours is evolving to that point. But people can understand that.

Robbie Kramer (27:42.753)
Yeah. It's way easier to market, by the way, when you already have the the testimonial. You know, I've I my business my business went you know, got significantly better once guys saw that like, wow, you have a beautiful wife, like that's what I want. And it's just, yeah, it's like it may and and it was funny because a lot of guys, you know, they they'd say to me, like, how are you still a dating coach? Because you're married. I'm like, what do you what do you mean? My wife is totally

Scot McKay (27:48.712)
Yeah, yeah.

Scot McKay (27:58.496)
You bet.

Scot McKay (28:02.633)
Proof of concept.

Robbie Kramer (28:11.306)
All about this. She comes out with us. She helps him dress. She does everything with their Instagram.

Like, she's she's giving raunchier advice than I am. Yeah.

Scot McKay (28:21.189)

you bet. And importantly, it's because you have given her nothing to be jealous over. You chose her. See, she knows she was your favorite. So it doesn't matter who came before her. She won. She feels chosen. Therefore, she feels safe. Hey, my wife goes out in field with me to help guys get better with women. So she's probably the she's a better pickup artist probably--by accident-- than probably 80% of the guys who called themselves pickup artists 15 years ago. It's remarkable, actually.

Robbie Kramer (28:49.59)

For sure. Yeah, we'd have after parties.

Scot McKay (28:51.571)

But you know, that's another thing, that's another whole aspect of it.

Robbie Kramer (28:55.414)

Yeah, we we had a you know, I I run these infield week long programs. I call them immersions. And typically, you know, it'll be, you know, guys

Scot McKay (29:05.565)

My immersions are only four days, probably because I'm ADHD.

Robbie Kramer (29:08.524)

But at the end of the night, my wife's up, you know, longer than anyone else trying to, you know, get the guys to hook up with the girls, helping them isolate, like doing all the thing. I'm like, You're the best wingman here. And the girls listen to her because she's, you know, she's another girl. She's safe.

Scot McKay (29:19.593)

You bet. Yeah, yeah.

Yeah, yeah. You know, there's so much to talk about here. But I do want to give some thought to how the entire world of men's advice has been evolving. You know, back when you and I both started, there was a PUA movement and it was cool to teach guys how to get better with women, but there was always this misogynistic thread around the PUA world that you and I, I think to our mutual credit, avoided.

Robbie Kramer (29:35.603)

yeah.

Robbie Kramer (29:50.988)

Yeah.

Scot McKay (29:51.348)

You know, I was always called Captain America at the mastermind meetings, you know. a lot of guys were, you know, how do I get the same night lay? And, you know, it's all about banging these chicks. And it's funny, after that pickup artist movement, for various reasons that have been well documented and covered on this show disappeared, it seems like it just resurfaced as the men going their own way in the red pill movement.

Robbie Kramer (30:15.435)

Mm-hmm.

Scot McKay (30:15.699)

Instead of selling a product designed to help you get better with women, I'm just gonna take those same

average, frustrated chumps, those AFC guys, herd them all into an echo chamber and we're just gonna hate on women together, and that'll drive up, you know, lots of engagement and get me ad revenue on YouTube. I don't know about you, but I've noticed that I don't hear the term men going their own way anymore. The #MGTOW. Red pill has kind of turned into "woke" in terms of the stigma.

Robbie Kramer (30:33.025)

Right.

Robbie Kramer (30:39.818)

I never hear MiGto, you know.

Scot McKay (30:45.597)

That's applied to the term itself, right? And what have these guys all done? Well, I've noticed, and we were laughing about this also before we hit record. We had a good conversation. Probably should have had the whole thing recorded, but let's revisit it here on this one point. A whole lot of the guys who were around 20 years ago beating their chest with misogynistic pickup advice. Oops, 20 years later they're cough, married, and have kids. Now what? Well, a lot of those guys quietly

Robbie Kramer (30:47.741)

Mm-hmm. Yeah.

Scot McKay (31:14.879)

pivoted into other things and went and did something else.

Robbie Kramer (31:16.513)

Yeah.

Scot McKay (31:19.679)

some of the guys who were always using a pen name are still doing so with the blessing of their wife. That's a limited number of guys. But there's been this shift. Now I'm noticing that men are showing up who used to be PUAs, used to be dating coaches, and they've kind of doubled down on yeah, I'm married and I have a daughter now, but I'm still a tough guy, and we're still gonna like have locker room talk here around women.

And is taking the strangest turns. Like one guy who has actually been on this show before saying, Yeah, you know, I was a man whore, but I found God and I, you know, I'm gonna save myself for marriage. Now that he's married, he's like, you know what? If you only have one, if you you know what, if you only have one wife, you're a simp, you know, God wants you to be, you know, polyamorous and have six wives, and that's to drive engagement.

Robbie Kramer (31:50.593)

Yeah.

Scot McKay (32:13.981)

And then there's other guys who are doubling down on like the you know, you're gonna call me toxic masculine. Yeah, well, you know, screw you and the horse you came in on. Except it's not like an Andrew Tate thing. It's more like, here's my wife and kid, and you know what? She answers to me and she does my bidding, and she's completely under my control, and she stays at home and cooks and cleans and votes for Donald Trump and makes me babies, and you know, she's completely

subservient and you know she's a compliant woman, right? and I'm thinking to myself, that really drives that drives a lot of comment, drives a lot of engagement, you know, especially from women, and it drives up his ad revenue. But, you know, for him to say, unless you're like me, you're a simp, the first thing that

I thought of is, you know, you're still doing what you're told.

Robbie Kramer (32:52.14)
Quite odd behavior.

Scot McKay (33:12.627)

You know, that is the classic example of backlash is, you know, you're gonna tell me that the future is female and feminist this. Well, you know, I'm gonna have a woman in my life who does what she's told, stays home barefoot, pregnant, and cleans my house and does cooking for me. And if you don't do that, you're a simp. And I'm yeah, well, you know what, you're still in still I said, and I'm thinking to myself, you know, I didn't engage it because it's not worth it. But I mean.

You know what, you're still doing what someone else told you to do. To me, the ultimate alpha when you're a dad and a father is first of all, go get the woman you want. You know, have her have the personality you want, engage with her the way you want, build the life you want together, and go have that adventure together. To me, it's kind of the equivalent of hey, the American dream is.

Is go get a four-year degree, start, you know, in the basic management level at IBM, claw your way through middle management till you get a gold watch at 65 and get two weeks of vacation off a year, live in suburbia and drive a BMW. That's what someone else told you to do. There's a whole other alternate reality you could pursue if you had the balls to do it. So I think the stereotypical view of you know, what having

what having a compliant, subservient woman looks like is submissive submissive woman, I think is the biblical term.

You know, that's just one example of the kind of lifestyle you can build. Now, I told my wife about this and showed her that and had a laugh about it. And she said, I don't see the problem. You know, lots of women want to be like that. She goes, I'm kind of like that. You know, I I respect your leadership and you know, we let you make the decisions around here. I go, Yeah, but this is different. This is almost like you're a simp unless you're lording it over her and she responds because she has to.

Robbie Kramer (35:00.277)
Mm-hmm.

Scot McKay (35:15.379)

For me, you know, if you want to respect me and honor my decisions because you respect my masculinity as a feminine human being, it's because you wanted to and because our relationship is built around honor and trust like that. She goes, Well, yeah, is he saying something different? I'm like, Yeah, kinda. She's like, Well, then ick. I'm like, Well, exactly. But there are women out there who are like that. I mean, we had a woman on this show who championed being a submissive. Her husband calls her master, but then again.

Robbie Kramer (35:37.356)
Well that shows you that you've got the best of Yeah.

Scot McKay (35:43.944)

I think they're both also driving engagement. And I told her that to her face and she didn't deny it. But, you know, it's interesting to see how these guys have found themselves fathers and yes, girl dads, and have had to pivot and go, wow, how do I, how do I keep doing the messaging I've always been doing, even though my life has changed and I can't hide from it? And my answer to them would be, I don't think you have to. I think you just remain authentic and I think men will respond to it. What do you think?

Robbie Kramer (36:13.823)

Yeah. Well, I think what you just said about how your wife responded to to the scenario is you know, the best testimonial you could have because she she's effectively saying you have all of the benefits of what this guy is preaching, but you're not doing it from a place of tyranny. And yeah.

Scot McKay (36:31.911)

No. Beautifully said, yes. Yeah. Yeah. And also I we're I don't want a woman who is my yes man for a better way to put it. know, it's kinda like Eddie Murphy in Coming To America. You know, he gets a wife will do anything. Bark like a dog, right? You know, he he says it and she barks. He's like, you know, this isn't turning me on. I want a woman who will challenge my intellect as well as my loins, you know, or stimulate my intellect as well as my loins. I'm like

Robbie Kramer (36:35.573)

Versus yeah, I mean

Scot McKay (37:00.249)

Amen, brother. That's what I wanted to. You know, my wife is very feminine, but she's also a total badass. I mean, she'll go on adventures with me, and she's a BMX racing champion, and she's one of the most underestimated women I know. And importantly, I'm not raising daughters to be shrinking violets around here either. You see? So I'm not sure I'd want to want my daughters to

Robbie Kramer (37:21.267)

Yeah. Yeah, I think

Scot McKay (37:25.705)

To grow up like that and become that for some guy who's gonna be a controlling jerk someday. So why would I set that example? Why would I wanna set that example? I don't.

Robbie Kramer (37:30.859)

Exactly.

Robbie Kramer (37:35.402)

Yeah, I mean that that message that that guy is basically touting is, you know, raise these yeah, driving clicks and i if that were to be to become the reality, it right we'd have a a whole society of of women who, you know, just were are just looking for their next controlling tyrannical you know, macho man guy, that wouldn't work. That'd be that'd be awful. So yeah.

Scot McKay (37:40.681)

Clicks, driving clicks.

Scot McKay (38:00.254)

Right, exactly. Yeah, exactly. I think I think the the beautiful part of this conversation

Robbie Kramer (38:04.575)

They would rebel against it. Sorry, okay? They'd rebel against it and they'd they would become the the feminazis that we...

Scot McKay (38:11.411)

Well, I mean, it's great if the woman has low self esteem and feels like she needs a man to make her decisions because she's incapable of making them herself because she doesn't have any independence at all. But again, I'm not stimulated by that. So to call me a simp because that wasn't my choice, I think misses the mark. If I would If I had architected a life with a woman in a way other than I wanted to, or settled because I didn't feel like

she was hot enough for me or that she was interesting enough for me or anything less than I liked or she was ordering me around. Okay, then yeah, call me a simp. Simp your brains out at me. You know what I mean? But, you know, if you're making the decisions, you get the woman you want and you architect the life you want with her and your masculinity is respected and honored and you're receiving feminine gifts from this woman, I I can't judge what you're doing. As a matter of fact,

If the guy we're talking about, any of these guys we're talking about, the first guy with his six wives, or the second guy who, you know, his wife is a, you know, Donald Trump voter and pops out babies for him and says yes, sir, to him. I mean, if they're happy together, I I can't judge that either. It's just when I start saying your image of this has to look exactly like mine, that's when I feel as if I would be depriving men of their authentic.

autonomy as men to be the architects of their own life and their own family.

Robbie Kramer (39:43.433)

Yeah, now they're just operating from a place of well, if I don't do this I'm I'm a simp. And yeah, right.

Scot McKay (39:48.903)

Right, because I I have to do what I'm told, or else I'm a simp. Which, of course, is the most ironic statement of all time. Exactly.

Robbie Kramer (39:53.973)

That's the simpiest thing you could do.

Scot McKay (40:00.126)

man. what a great conversation.

Robbie Kramer (40:01.705)

Yeah, I I read a book, I I read a book way back in the day. After I read The Game, I read The Rules, and then I read a book called Why Men Love Bitches. And I think there was Why Men Love Bitches, Why Men Marry Bitches. And, you know, they they weren't like deep dives or anything like that, but I found them to be helpful for just from the opposite side. And I'm like, no, it's true. I do really like a a strong, independent woman, but one who, you know

Scot McKay (40:13.332)

Yes.

Robbie Kramer (40:30.943)

Who wants to follow me and who loves me. And, you know, she's a bitch to everyone else, but she's not a bitch to me. And hey, if I'm, if I deserve to be, you know, bitchy towards because I was an idiot or an asshole, then great. But yeah, the this whole idea of I want the subservient barefoot popping babies in the kitchen, like that never appealed to me. Like, and also the opposite.

Scot McKay (40:53.245)

a Monty Python movie, yeah. we had another one. Throw it on the pile. Yeah. You know. Alright, I love it, man. I I'll tell you. another one, I can't remember the name of the bloke who wrote it, right? But you know, How To Be The Jerk Women Love was circulating around the pickup artist community. I mean there's something to be said for

Robbie Kramer (40:59.444)

Right.

Scot McKay (41:19.703)

if this woman is faithful to you and shows up in a way she just doesn't show down and shows up in a way she just doesn't show up for anybody else, that's sort of interesting to people. And there's also the woman who can tame the savage beast, and that's the subject of every eye roller of a fantasy romance novel that any romance author chick has ever written, right?

Robbie Kramer (41:47.167)

Yep. Fifty Shades Of Grey.

Scot McKay (41:47.54)

You know, this guy was a bad boy, but I put him on a leash and, you know, broke him. You know, more power, right? If the two of you have a relationship where you just love each other and everybody else can go to hell. I mean, you know, okay. I don't know if that's what everybody's looking for either. So again, it comes down to it comes around full circle to the same thing we've said. It's as a man, the number one feature of your relationship is that it's healthy because you architected it that way.

Period. You know, there's another guy I know and he's drawing clicks by just teaching guys the opposite of being pussy whipped. You know, all you simps out there who are p-whipped, yeah, why don't you show the chick who's boss and don't answer her calls and you know, and it's like, you know, this is just starting to sound like you don't like women at all. And I don't understand the point. If you don't like women at all, go drink some whiskey and ride a motorcycle, play golf or something. You know, I mean that's that's your choice too.

Robbie Kramer (42:17.929)

Yeah. Absolutely.

Robbie Kramer (42:26.282)

Right.

Robbie Kramer (42:43.685)

I'll you see the the most popular videos at least in the last year or two, hopefully this trend is changing. It's it's the guy in front of the whiteboard, you know, with his if you don't do this, this and that she'll cheat on you. you know, if you don't Right. And you know, it or it's you know, here's how to get any woman to fall in... You know, it's just it's it's I don't know, that they're the the I feel like the guys who

Scot McKay (42:58.687)

Well that's the classic red pill BS. Yeah.

Robbie Kramer (43:11.849)

are struggling, right? They just they need they almost need that figure to just tell them what to do, right? Like just you do this, this.

Scot McKay (43:17.363)

Well, yeah, but there's a nuance to it. It's it's here's how not to let a woman disrespect you and get laid anyway. You know, and you know, the family law system's out to get you, so you're getting your balls sawed off. See, to me, I think that's the red pill message that men are becoming wise to. Like, yeah, you know what we've been had. These people have been preying off our anger. And I'm just sick of being angry. I think I want a relationship where I feel like I have a partner, and I just I don't believe all women are horrible. Now

Robbie Kramer (43:32.831)

Yeah. I I I hope they are. I've seen

Scot McKay (43:46.418)

Are people becoming more transactional? Are people kind of getting a huge blind spot towards what makes a relationship great and how connection works? Absolutely. But I mean, that's the subject of the next time you come on. You know what mean? I think being a dad, being a girl dad in particular, does change you. It does give you that evolution of thought, that that kind of awakens you from that Dunning-Kruger

attitude you had as younger, a younger man. But I'm not sure in the end we have to apologize for having been that younger, as yet unmarried, as yet not a father version of ourselves. I think it's all just part of the grand rite of passage. So it's not something to apologize for, but I think if you're gonna deny the evolution you're going through, I think that's like the ultimate stake in the heart vis a vis being authentic.

You know what I mean? And I I think there's nothing wrong with being authentic. Hopefully that's what you and I are doing. That's how we're showing up for these guys. Because, you know, as we get older, I think we do gain some wisdom. We do gain some perspective. And I'm sure there are younger guys out there rolling our eyes at us and they're like, you know, okay, Unc, whatever. Right? I'm gonna go out and bang some chicks. Well, I mean, you know, more power to you, brother. Go out and do what you gotta do while you're still young. But I'm telling you.

Robbie Kramer (44:45.811)

For sure.

Robbie Kramer (45:04.425)

Mm-hmm. Right.

Robbie Kramer (45:11.795)

Absolutely.

Scot McKay (45:13.651)

File away everything we're saying right now because we're not wrong. We're just further down the path. Yep. Good stuff.

Robbie Kramer (45:19.273)

Yeah. Yeah, I I pretty much knew, you know, deep in my my gut or whatever that it was going to be a girl. My first child would be a girl. for for whatever reason. And everyone was like, Yeah, you know, that's karma. You're a dating coach, you're gonna get a girl, blah, blah, blah. But I I was never you know, even though I was a player in a whatever, a PUA, whatever you want to call it, like

I still always really loved women and always had you know, I never wanted anything bad for them or I never wanted to get one over on them, you know? And yeah, I I'm I'm excited to kind of guide her and mold her in all the ways and you know, tell her like, well, if a guy's doing this, it probably means that or he's not that into you, or you know, you know, 'cause my dad never really... My dad was he's amazing. But we never really had a whole lot of conversations about the birds and the bees or

Scot McKay (45:52.201)

That's right. Same.

Robbie Kramer (46:16.223)

you know, how to how to behave around women or anything like that. He showed me. He was a great role model, like he didn't tell me, he showed me, and that was

Scot McKay (46:19.039)

That's right.

Scot McKay (46:24.233)

Well, you know what? I think that's important for dads. I actually have a whole audio program on that. How To Talk To Your Son About Women And Sex. Because I felt like, you know, keeping it a buck here. I did such a great job at it, almost on accident, by guessing. It turned out so well that, you know, I bottled it up and sold it. And, you know, it's 20 bucks for the guys who want it. And I think I did it right. I'd say you also start early with that. I mean, I caught my son with that

Robbie Kramer (46:29.826)

yeah.

Robbie Kramer (46:48.149)

Yeah.

Scot McKay (46:53.999)

so early that his eyes turn into saucers when I told him what penises and vaginas were actually for. He's like, you gotta be kidding me. Like I legitimately, he would need an academy he would be up for an Academy Award if he was fake in the fact he didn't know what sex actually was before I got to him. And I said, you know, I'm really glad I got to him before society did. Cause then, you know, I get first crack at this messaging. Because that way, you know, I get

Robbie Kramer (47:19.305)

Yeah, that's so important.

Scot McKay (47:22.249)

first dibs on the messaging he gets. You know, and I think that's important.

Robbie Kramer (47:25.045)

That's half the battle, I feel like. Wherever you hear it first is such a strong mould.

Scot McKay (47:30.441)

Yes, yeah. So that's important. Now when it comes to daughters, probably if mom can handle that talk, great. But if that's not gonna happen, the dad has to be there. And also, you know, if the w if the and also, you know, if the little girl wants dad to give that talk, there you go. I do want to deliver a little bit of a mic drop here before we close. That bit earlier about little girls going haywire.

About the same age that little boys stop being knuckleheads. I don't think that's set in stone. My little girl's almost 15 and she's still team dad all the way. And she's, you know, she and I still have a wonderful working relationship. I have a smart daughter. I have an empowered daughter. And I think that has a lot to do with it. But I don't think anything that people have warned you about has to happen. And

listen, if you do the best you can, if you do it the way you had it designed on paper and your kids make a mistake or they don't like you or something happens that was outside the plan, listen, that happens too because we're dealing with individuals here who can make their own decisions. I know plenty of great parents who kid whose kids I know plenty of great parents whose kids are wayward. And I also, and these are kids I really have a soft spot in my heart for.

Have disastrous train wreck parents and are good kids. You know, those kids are amazing. But... Oh yeah. For the kid. On the kid's part. But I just, you know, dads, it doesn't have to go haywire in the way you've been warned. You do have control for that. And if you do your best, and despite your best intentions and designs, you run into problems.

Robbie Kramer (49:04.265)

Hmm. That's impressive.

Yeah.

Scot McKay (49:25.811)

Handle those problems one at a time and get through it together with your kid, with your wife. That's what family's supposed to be for. Good stuff. His name is Robbie Kramer. innerconfidence.com is the website. He's also got a podcast going. You can check that out as well. And when you go to mountaintoppodcast.com/kramer K R A M E R, just like the Seinfeld character.

Only a completely different persona. you'll be magically teleported to innerconfidence.com. What are they gonna find there, Robbie?

Robbie Kramer (49:56.49)

Ha ha.

Robbie Kramer (50:03.103)

Funny you you say the Kramer thing. My my first PUA name, this is embarrassing, was Cosmo K PUA. That lasted for about two days and then I decided to change it. Before the Cosmo from...

Scot McKay (50:15.035)

It's better than some of the Fartknocker PUA names I've seen out there. That wasn't actually a bad one, no, but fantastic. Yeah.

Robbie Kramer (50:21.293)

man. yeah, no, at at the site you'll find the mainly the the thing that I like to promote is my my community. So it's small, about 50 guys, kind of in di different growth houses around. And I plug guys into that and work pretty closely with them over the few months to a year and get them all spoofed up and ready to go. Spiffed up, I guess the word is not spoofed up. Yeah.

Scot McKay (50:45.747)

Yeah, rizzed up, I think is what the kids are saying. Also, let me say that again. Yeah, rizzed up, I think, is what the kids are saying. Yep. Well, congratulations. Whoops, we lost your we lost your video. Come on back.

Robbie Kramer (50:53.504)

Rizzed up.

Robbie Kramer (51:04.575)

I think my my other camera somehow disconnected, but all good.

Scot McKay (51:05.565)

It's okay, we can cut it.

Scot McKay (51:14.351)

yeah, you something your your device changed. It's all right. It'll be good. That that was it actually happened at a at an opportune time. Well yeah, man, congratulations. Let's get you all set up. Yeah. Yeah, man. Congratulations to you, your lovely wife, on little Sophie, and congratulations on being a dad, man. Thanks for coming and sharing your story on this show today, man. It's always great to talk to you, and this has been a special episode.

Robbie Kramer (51:19.423)

Okay.

Robbie Kramer (51:24.009)
Perfect.

Robbie Kramer (51:42.377)
Thanks for having me, Scot. It's it's always a pleasure to to come on the show and I really enjoyed you know, what we kinda got into here. It's way different from the usual podcasts any other podcasts I've ever been on, quite frankly. So yeah.

Scot McKay (51:55.22)
Yep. Well, life is gonna be different than any other life you've ever lived. You can trust me on that one. Great stuff, great stuff. Guys, if you haven't been to mountaintoppodcast.com recently, check out the special report Flip The Switch: 5 Things You Can Do Right Now To Get Better With Women. It's yours free when you join my newsletter. If I haven't talked to you on the phone, guess what? I'm exactly who you think I'm gonna be. A lot of you guys are settling not for the wrong woman, but for the wrong lifestyle.

There's a little tool that you can use in the form of a quiz accessible from my website that helps you kind of figure out what is it that you need to do? What is the kind of change you need to make? Everything from just looking at things differently to completely reinventing yourself and everything in between. You'll get a much better handle on what you really need to do, what heavy or light lifting needs to be done to get you where you want to be.

That's there for you at mountaintoppodcast.com as well. That way, when you get on the phone with me, That way when you get on the phone with me, we can really talk about how to architect your life the way you want it to be. The term that we've used quite often on this particular episode, it really does apply. All of that and more is there for you at mountaintoppodcast.com. While you're there, visit Jocko Willink's company, Origin in Maine, the guys at Hero Soap.

And also the guys from The Keyport, longtime sponsors of this show. Use the coupon code "mountain10" for 10% off with any of those guys. And you'll be glad you did. I use products from all three of those sponsors on the daily. And until I talk to you again real soon, this is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there.