

Scot McKay (00:02)

All right, gentlemen, check it out. We all know we're supposed to be masculine. Men are naturally masculine. And I've said time and again that, you know, if you really just relax into who you feel you're meant to be as a guy, your masculinity will kind of take care of itself. There's not a real whole lot of heavy lifting to do. But I also know that we as men like to have a plan. It is really uncomfortable for any of us to go into any situation without a plan.

Scot McKay (00:31)

So my returning guest today has what he calls The Masculine Blueprint which is like your roadmap to making sure you get this right. GS Youngblood is my returning guest, and he is a men's coach and the author of two books that you should have on your shelf. One is The Masculine in Relationship, and the other is The Art of Embodiment for Men. And he sold nearly 90,000 copies. So that's a job well done. Good books there.

GS Youngblood (01:01)

Mm-hmm.

Scot McKay (01:02)

this is his third time back on the show, I believe. GS from San Francisco, California. Welcome back, man.

GS Youngblood (01:09)

Hello, Scot man. Good to be back. Thanks for having me.

Scot McKay (01:13)

Yeah, and thank you for helping create a roadmap for guys to kind of sort out

GS Youngblood (01:18)

Mm-hmm.

Scot McKay (01:20)

Kind of head check, I guess, whether we're actually doing this masculinity thing right. And obviously, I think you'd probably agree that every guy's an individual and we all have nuance, but you have a blueprint, a masculine blueprint. What are the components

GS Youngblood (01:35)

Mm-hmm.

Scot McKay (01:36)

of it?

GS Youngblood (01:37)

Yeah, let me even before I answer that question, just let me say it this is the question, like what does it mean to be a man in today's world? And there's so much conflict. And, you know, the way the pendulum was over here, and then the pendulum swung pretty far to the other side. And I think that we're we as men were finding our footing and about what it actually means. So hopefully the pendulum is swinging back. And that's what I wanted to give these guys. Like any guy. You don't have to be

GS Youngblood (02:02)

six foot five and wealthy and handsome and charming and all these things. Like you could be the average guy. Follow the blueprint. Yeah, exactly. Follow the blueprints. Yeah, yeah,

Scot McKay (02:09)

Don't forget the six pack abs. Yeah. If you're gonna go full #MGTOW on us, yeah, yeah. Right.

GS Youngblood (02:15)

you got it right. So I wanted something that was accessible for every guy. And so and you know, should I jump into the three components of it? Would that be the the the most helpful?

Scot McKay (02:25)

Well, I think absolutely yes, but to kind of build out on what you said, you know, we talk a lot around here about how for years being a man was kind of obvious. What masculinity was about really wasn't up for grabs. Women were women, men were men, and the mountain lions and dinosaurs were jealous. And you know over the past couple few generations.

Scot McKay (02:52)

You're right. The the waters have been muddied and you know what ended up being the cultural culmination of all this was, you know, toxic masculinity and the future is

GS Youngblood (03:02)

Mm-hmm.

Scot McKay (03:02)

female and feminism responded to or reacted to, because I know those are two words that you create a clear differentiation for, but more on that from

GS Youngblood (03:12)

Mm-hmm.

Scot McKay (03:13)

you personally.

Scot McKay (03:14)

The reaction to that accusation of all men being toxic and believe all women because they're all angels, meanwhile, came in the form of either guys really backing off and going, man, I'm not even gonna talk to a woman anymore, or else I might get arrested or something. And then the other side doubling down saying, Hey, you know what, you're gonna call me toxic, I'll show you toxic. I'm not even warmed up yet, you know.

GS Youngblood (03:37)

Yeah.

Scot McKay (03:39)

And the common denominator there is going to jail.

Scot McKay (03:44)

You know, cause you have Andrew Tate and his brother in jail and you have all the other guys who were on the other side of the spectrum fearing they were gonna get locked up and put in cuffs. And that's no way to live as a man. So, you know, I I'm glad that you brought that up because that is foundational around here. But yeah, man, heck yeah, by all means, tell us what these foundational elements are that create this blueprint.

GS Youngblood (04:05)

Yeah, and

GS Youngblood (04:06)

and but you got me all fired up, Scot. So I'm gonna just say one thing before we jump in. Cause

Scot McKay (04:08)
All right, man. Sure.

GS Youngblood (04:10)
it this is such the cultural conversation. And

Scot McKay (04:13)
Mm-hmm.

GS Youngblood (04:15)
like look, for anybody out there that that has experienced somebody who's a toxic masculine, I'm really sorry about that. But to take that and then project that onto everybody is just wrong. And it's not wrong morally, it's just wrong because it's not accurate. It's not how it is. Yes, there are bad apples out there. There are very bad apples like the Tate Brothers that

GS Youngblood (04:35)
That cause harm in their pursuit of of of headlines. But most guys are good men and they just need to be shown the way. And that's really what the blueprint is about. So let's, you know, for anybody out there painting the toxic brush onto all masculinity, please stop because I'm it's really you projecting that out of your own pain, of your own narrow experience. Having

Scot McKay (04:57)
Importantly,

Scot McKay (04:59)
since this audience is all men, I think that has to go both ways. There's a lot of guys who are real angry at every woman right now because

GS Youngblood (05:07)
Yeah.

Scot McKay (05:07)
they think they're projecting that onto him. And he's used to seeing it so much that he's got his guard up against everyone female.

GS Youngblood (05:13)
Yeah. Yeah.

Scot McKay (05:14)
And that's leadership, and it's leadership in the wrong direction. So yeah, all there are some women out there who are perfect

GS Youngblood (05:17)
Yeah. Yeah.

Scot McKay (05:19)
sweethearts who are looking for a great man too. You know, maybe not perfect, but perfectly imperfect.

GS Youngblood (05:22)
Yeah, and that's most. Most most

GS Youngblood (05:24)

Most women are good women. There's some bad apples who are actually genuinely toxic.

Scot McKay (05:26)

Agreed. Agreed. Yeah. Same thing, yes.

GS Youngblood (05:30)

yeah. I do want to let's bookmark that. Let's go into the blueprint, but let's let's bookmark what we just said because there's a I want guys to understand what the difference between it's somebody who's truly toxic versus a woman whose needs aren't getting met. And that's a really clear distinct important distinction that one's gotta make. So let's just bookmark that. But let's let's head where you wanted to take us here, which is the blueprint and the

GS Youngblood (05:52)

The blueprint, my contention is is well, the blueprint has three elements to it. And my contention is if you embody these three elements, you will be living more from your masculine core. So this is the paint by numbers part of this. Not saying it's easy, but it is straightforward to understand. And so the three elements of the blueprint are respond versus react. This is about the quality of a man who's he's very grounded.

GS Youngblood (06:19)

His nervous system is settled. He's not, he's not kind of in this permanently jacked state. There's a certain quality of like stillness about him and choicefulness, and you can feel that. He he pauses before he speaks. That's that's always a nice marker of somebody who's really grounded. They can leave a little space for the conversation to breathe. But that he's not getting defensive and having to throw up his defenses every time the heat comes from his woman. And so that is respond versus react.

GS Youngblood (06:50)

Second element is provide structure. And this is about masculine leadership. It's that quality of inner clarity that a man can have, of knowing what he needs first and foremost, knowing what she needs and really being attuned to his partner enough to roll in her needs to his leadership, and knowing what the moment needs. I mean, this is kind of the wisdom that that men develop over time about what is what is needed in this moment for the greater good. And

GS Youngblood (07:16)

A man who is providing structure is harnessing all of that inner clarity and then he's expressing it externally in the form of leadership and structure. And it doesn't mean that he's in charge, it doesn't mean he's making all the decisions, but he is structuring how things done get done. He is making sure that the ball gets moved forward. Whatever that means, he's bringing forward movement and clarity and progress and directionality is is what I like to call it. So that's provides structure.

Scot McKay (07:43)

As opposed to chaos.

GS Youngblood (07:46)

As opposed to yeah, I mean you could say chaos or you could just say a lot of of uncertainty or lack of clarity of like who what are we doing here and who's doing what and what should we do? You know, any man that just tolerates that in the air,

Scot McKay (07:56)

Doesn't make a woman feel safe.

GS Youngblood (07:58)

Yeah, exactly. It doesn't make them feel safe. Which leads us into the third one, which is create safety. So this is this is like physical, financial and emotional safety. And I I think, you know, physical and financial are pretty obvious.

GS Youngblood (08:13)

Protector and provider roles we need to fulfill as men. We can talk about that if you want. Big one that I think guys trip up on is emotional safety. And this is this is about understanding her emotional dynamics and really helping make space for her emotions, even if they don't match up with logic, which they shouldn't. They don't have to match up with logic, they're emotions. But a man that can really master the art of of creating safety and connection with his woman, his life is a lot easier. And I would say for anybody out there that's like,

GS Youngblood (08:43)

you know, the hell with all that emotional shit that's for women. I'm telling you the the key to a number one, a better relationship, two, more ease and respect and sexuality and all those things you want in in relationship, all of those are right on the other side of emotional connection and safety with your woman. And so guys don't don't dismiss that.

Scot McKay (08:59)

Let me stop you real quick because you said

Scot McKay (09:01)

a lot of guys are like, Yeah, I don't want to do all that emotional stuff because that's for women. Gentlemen, if you want to relate to women and have satisfying relationships with women, it's okay that's for women. That's what leadership is. That's what providing and protecting is all about. You're not doing it for your health. You're not doing it because it's your hobby. You're doing it because there were clear, concrete results.

Scot McKay (09:26)

That are good for the relationship because you are

GS Youngblood (09:28)

Mm-hmm.

Scot McKay (09:29)

fomenting this safety and security for women. That's kind of simplistic, but it's relevant.

GS Youngblood (09:32)

Yeah. Yeah, I always say Yeah,

GS Youngblood (09:35)

it's totally relevant. And I always say that it's not masculine to be fighting with your woman all the time. Like if you don't understand her emotions and you don't have some emotional you know, EQ yourself, you're gonna be fighting all the time. It's not gonna make you look like a masculine man, it makes you look weak. 'Cause it's nobody ever

Scot McKay (09:52)

That's right.

GS Youngblood (09:53)

wins the fights. That's the that's the problem. So Yeah.

Scot McKay (09:56)

You mentioned

Scot McKay (09:57)

being defensive and being quick to respond and jumping in and if you look at US presidents who have arguably the most powerful job in the world, the perception of presidents as wise and smart versus well, frankly, being dumbasses is often tied to how they conduct themselves in press conferences.

GS Youngblood (10:22)

Hm, interesting.

Scot McKay (10:23)

So the

Scot McKay (10:23)

presidents of the United States, and this is bipartisan, frankly. You know, Obama, Clinton, Reagan, we're all very good at kind of rocking back on their heels. You know, you could just see Bill Clinton going.

Scot McKay (10:38)

Yeah, you know,

GS Youngblood (10:38)

Mm-hmm.

Scot McKay (10:39)

here here's the thing. I did not have sex with that woman. He didn't just

GS Youngblood (10:41)

Yeah.

Scot McKay (10:42)

go like I say a George W. Bush going, Yeah, yeah, yeah, yeah, yeah. You know what? this thing. Yeah, yeah, you know what? You're wrong about that. And and people widely thought George W. Bush wasn't the smartest, you know, the sharpest tool in the shed.

GS Youngblood (10:56)

Yeah.

Scot McKay (10:57)

I think the jury's still out on Donald Trump 'cause it depends on which day and what he feels like, frankly, which is sort of interesting because he kind of breaks

GS Youngblood (11:04)

Mm.

Scot McKay (11:05)

all the rules. Joe Biden.

Scot McKay (11:08)

You know, kind of in the same boat with George W. Bush for whatever excuse you want to make for him. But this is this is huge that even the most powerful men in the world struggle with this.

GS Youngblood (11:22)

Oh yeah, because and I'll tell you why. Let's break this down. It's like, why do I get defensive? Here's

what here's why. This all goes back to your childhood, guys. I I you know, for those of you that don't want to admit that, I'm sorry, it does. We get into situations, let's just say in our relationship, we get into situations with our women and they come at us with some anger. That anger usually touches on some part of us when we were younger, when we weren't enough or didn't do it right, or we got chastised or

GS Youngblood (11:51)

punished or anything like that. I've talked to, I mean, I've talked to hundreds of clients over the years, and this is such a common story. So it touches some emotional memory from back then when you didn't have a lot of power in the situation. And it doesn't feel good. It makes you feel very anxious and helpless. It did as a kid and guess what? Transport 30, 40 years into your adulthood. It's the same thing. So

GS Youngblood (12:17)

When she comes with a complaint and we immediately want to go come with our defenses, that's us not wanting to feel helpless or wrong or incompetent, like we felt as a kid. And that same sense of helplessness transports through the years and decades. And and so that's where the defense is, because we just we're it's a mad scramble to get out of trouble. I see this so many times. Guys are trying to get out of trouble. I tell guys, Scot, I'm like, look, you're a grown man.

GS Youngblood (12:44)

You can't be in trouble unless it's the law. That's different. But in your relationship, you can't be in trouble. That's for little boys. And so it's it's I'm coaching them, whether it's through somatic means like embodiment practice or through through other means that are more cognitive, to really notice when you're trying to mad scramble. It's it feels like life or death, and you gotta get out of it and explain yourself or defend. And you don't have to. And as soon as if we can break that mechanism, that's where guys can start to become a lot more grounded.

Scot McKay (13:14)

You know, you have a certain discipline involved there. Because the impulse, I mean, regardless of your childhood, I think we all had the elements in our childhood that would cause us to want to be defensive, at least under certain circumstances as an adult. You gotta

GS Youngblood (13:29)

Yeah. Yeah.

Scot McKay (13:30)

rein that in with maturity. And what a lot of guys understand very quickly is it feels great to conquer that impulse.

Scot McKay (13:41)

You know when you're conquering it. You know when you're rising above it. And it's kind of like eating junk food versus getting in good shape. Just lashing out and getting defensive and talking before you think is like the cheap, quick and dirty, you know, empty calories. It's junk

GS Youngblood (13:59)

Mm-hmm.

Scot McKay (13:59)

food. It's not good for you. It's not going to end well. And it feels good in the moment. But I'll tell you what, that that that restraint.

Scot McKay (14:09)

That wisdom, that ability to consider a situation and think before you react versus respond from a

position of having really thought out what should my next move be, not just tactically, but strategically in this relationship,

GS Youngblood (14:24)
Yeah.

Scot McKay (14:24)
because you don't want to say anything you regret later, is huge. And it's something that feels great. You know you're manning up when you do it. You can feel it. You just you just infer.

Scot McKay (14:36)
almost archetypally that you know you're doing the right thing when that happens.

GS Youngblood (14:39)
Yeah, it's true.

GS Youngblood (14:41)
I want Scot, I wanna break that apart, what you just said. I and you're spot on, it does feel good. You're like, man, I'm finally acting like the man that I wanna be, who I intend to be. Not always easy.

Scot McKay (14:50)
And the results feel good too.

GS Youngblood (14:53)
Oh yeah, because if you're in a relationship, it's gonna go so much better when you don't get like that. But li I wanna I wanna create I wanna add some depth to what you said. There's three ways to go about kind of that that whoosh of of

GS Youngblood (15:08)
you know, nervous system activation that comes up in the moment that number one, you y you start you called it discipline. And I l the that's one third of it. There's other two thirds more to that. With the discipline that is in the moment, can I master myself? And it's it's like through force of will, through mental intention and and all of that. So that's one. Two is you can actually do the therapeutic work to go untangle these things from your childhood.

GS Youngblood (15:35)
And that that actually really pays dividends. And then three, the third, the last third of this is taming your nervous system through embodiment practice. And this is yes,

Scot McKay (15:47)
nervous system regulation, which is the buzzword.

GS Youngblood (15:50)
Yes. It has nothing to do with the topic at hand. It's about building capacity to hold your own activation, your own intensity and anxiety in your system. And so it's not a force of will, it's just, I just have more capacity to hold this now.

GS Youngblood (16:06)
So when you harness all three of those things, that's where I think a man gets to the point where he can start living life like the man that he wants to be in in terms of in terms of relational conflict. And so that's the trifecta of ways that I approach getting more grounded.

Scot McKay (16:22)

Well, you know what? You build a habit. You see it work after you try it. Maybe a little clunky at first. You really want to lash out. You really want to react. But then you say

GS Youngblood (16:31)
Mm-hmm.

Scot McKay (16:31)
to yourself, Hey, the last time I responded,

GS Youngblood (16:34)
Mm-hmm.

Scot McKay (16:35)
it felt good and it worked out really well. So you know what? We're gonna do that bit again. We're not gonna, we're not gonna regress. And you know, you forgive yourself if you slip. But you know what? It's always pressing forward to greater maturity, greater wisdom.

Scot McKay (16:50)
And I think, you

GS Youngblood (16:50)
Mm-hmm.

Scot McKay (16:50)
know, you nailed it. I mean, this is something that you've got to not only have the wisdom and the maturity and the discipline to enact, but you know,

GS Youngblood (17:00)
Mm-hmm.

Scot McKay (17:01)
you really can't just slap a band-aid on something that really needs to be healed. You need to understand why, the reason why

GS Youngblood (17:06)
Mm-hmm. Yeah.

Scot McKay (17:08)
you're feeling that way and why, you know, what part of you is hurt here, like the little boy you still are inside, and get in touch with that and heal it. And I think that's important work for sure. Yeah.

GS Youngblood (17:15)
Yeah. Yep. It's very important

GS Youngblood (17:19)
work. And I want to give guys a way to think about this. Going back and and healing the the hurt child in you is doing your work in the past, even though you're doing it now. It's it's you're kind of going back to the past to untangle that. So that's in on a time continuum, that's the past. The embodiment work is in the days, months, and weeks and years leading up to the present moment. And then that force of will and intention.

GS Youngblood (17:44)
that you talked about is in the moment. So there's you're you're doing your work in three different slices

of time. guys a way to start to visualize this kind of

Scot McKay (17:52)

And not to be underestimated

Scot McKay (17:53)

is the future. I mean, this is strategic, not just tactical. Well,

GS Youngblood (17:55)

Mm. Say more. Mm-hmm.

Scot McKay (17:58)

you know, you want to make sure she, you know, you can't tell a woman to relax and calm down. That would be a major tactical error and a a reaction instead of a response for sure. You know, again, you know, you were talking about this reaction and how it doesn't feel measured and it doesn't feel wise and it isn't masculine.

Scot McKay (18:19)

It isn't necessarily a high strung, you know, Don Knotts chihuahua sort of thing with your eyes wide open. It it could be very calmly saying the wrong thing at the wrong time to really set her off like a Roman candle. It's like, hey, relax, calm down. Nobody did... It's like, I didn't do nothing to nobody. It's like, what? Are you that blind? Then and then, you know, this brings us back full circle to what you bookmarked several minutes ago, which is, you know, is she really toxic or

Scot McKay (18:49)

Is she just not having her needs met? And, you know, there are women with remarkable wisdom and the ability to be measured themselves. And I would call that a human trait on her part that that she's wise and able to do that. But the masculinity that makes a woman feel safe and protected, so that she can give us the feminine gifts she wants to give us, which is what we all live for on weekends, and we've documented at length on this show.

Scot McKay (19:17)

All the things we love about women. You know, she gives us joy, play, comfort, recharges our our batteries as warriors, you know, if you want to get real fluffy and

GS Youngblood (19:23)

Mm. Mm-hmm. Yeah.

Scot McKay (19:25)

flowery with it. All that comes when you make her feel safe and comfortable. And, you know, every good cop knows you don't go to some guy who's acting up and go, hey, buddy, relax. I mean, maybe it works in Boston and New York sometimes, but usually it's backed with a

Scot McKay (19:39)

a billy club, you know, not with logic. It it just

GS Youngblood (19:41)

Mm-hmm. Mm-hmm.

Scot McKay (19:42)

it gets the opposite reaction,

GS Youngblood (19:44)

Yeah.

Scot McKay (19:45)

you know. So I think it's an excellent, excellent discussion we have before us of is this chick toxic or or let's even up the ante there. Is she crazy? Is

GS Youngblood (19:54)

Mm-hmm.

Scot McKay (19:55)

she a nut job? Is she psycho? You know, 'cause we love to throw those terms around with women. And having

GS Youngblood (19:59)

Yeah.

Scot McKay (20:00)

come from a first marriage with a schizophrenic woman who also had bipolar one and even disassociative personality disorder.

Scot McKay (20:08)

I know crazy, but I also know, and I can admit at the same time that we kind of glibly throw that around. versus is this a woman who I haven't manned up and made feel safe yet? And you know, sometimes if it's just a train of crazy women who lose their temper and get flustered around us, it's not necessarily all women are nut jobs. It's we need to look in the mirror. So help us figure

GS Youngblood (20:32)

Mm-hmm.

Scot McKay (20:32)

out the difference, man.

GS Youngblood (20:33)

Yeah. It's like what's the common element in in a string of relationships with, you know, quote unquote a crazy woman? it's you. Maybe they're not crazy. Yeah, that's let's repeat that.

Scot McKay (20:44)

I mean, there has to be

Scot McKay (20:45)

room there for because of my expectations and what I've allowed myself to put up with in my life, I may be attracting

GS Youngblood (20:53)

Good D.

Scot McKay (20:54)

crazy women who see and recognize that I will put up with them. Sure. But you know, I think you're gonna help us ground that plane right now, you know, land it so that we know the difference between if this is something that we're attracting

GS Youngblood (21:05)

Yeah.

Scot McKay (21:05)

into our life or something that we're just not dealing with in ourselves. So speak it.

GS Youngblood (21:08)

Yeah. Well let's let

GS Youngblood (21:10)

let me let me go back to the beginning of that just to reinforce one thing as our theme. Like a woman who's who's just kind of naturally toxic or maybe does have some kind of mental challenge and mental illness looks a lot like a woman whose needs are chronically not getting met. And so when we as guys, when we're non-relational, of course that that's gonna tweak her nervous system. Of course it's gonna that's gonna generate a lot of activation in her. So

GS Youngblood (21:38)

I think guys go to the crazy label too as a lazy way out. she's just being crazy, you know, as a lazy way out. Instead of doing this the self-introspection about maybe how they impacted the the woman. Yeah, look, if you ever are saying like, calm down, it's not that big a deal, that means you've touched a nerve in her. You've touched something that's old. So you get you get the present day circumstance of your maybe non-relational behavior.

GS Youngblood (22:04)

That then bumps up against something very old in her. And then that is the explosion that comes out of the blue. You're like, whoa, what the hell just happened? How did this get so out of control? And so guys, just know that your non-relational behavior in this moment touches something here that amplifies it, something old in her, and that's where you get the difficult situations.

Scot McKay (22:23)

Importantly in that situation it's a similar mechanism 'cause we're all human.

GS Youngblood (22:27)

Mm-hmm. Say more. Go ahead and say more on that, Scot.

Scot McKay (22:29)

But continue. Well, I'm

Scot McKay (22:31)

just saying, you know, a lot of times we think that women are from another planet or they're another species and you can't figure them out. And

GS Youngblood (22:37)

Mm-hmm.

Scot McKay (22:37)

one of my soapboxes is we're all more human than not. You know, our our genetics are more similar, you know, to each other

GS Youngblood (22:46)

Yeah, it

Scot McKay (22:47)

than say a chimpanzee. So, you know, there's good there's good stuff to

GS Youngblood (22:49)
Yeah. I mean we I mean

Scot McKay (22:51)
learn there from that.

GS Youngblood (22:52)
Yeah. The truth is we have our own crazy. Our our crazy is shut down. Their crazy is usually directed outwards. But the any woman will tell you, she's like, why the fuck are you shutting down? Like, where are you? And you know, it's just as maddening for her with the where are you than for us is like, why are you so worked up right now?

Scot McKay (23:09)
The number

Scot McKay (23:10)
one fear trigger in women's dating advice is he's pulling away.

GS Youngblood (23:15)
Mm-hmm. Yeah. Yeah. Yeah. It's so true. It's we our our shutdown kills them. It kills them. It drives them batty. Here here's but let's let's not drift from I think the central point we were focused on there for a second. So okay, great. So maybe my some of my behavior is causing this. Okay, maybe you convinced me of that. How do I know? How do I work through that? And here's what I tell guys. Live the blueprint for about six months.

GS Youngblood (23:44)
So get grounded, start leading in your relationship. Because I don't know a woman who alive who doesn't say that she would appreciate a little more leadership on his part in maybe some areas. And create safety and connection, emotional safety and connection with her. And I mean, this is the stuff that I'm teaching every day to guys. So there's hard skills that you can learn to assist you in this. Do that for about six months. If she's not changed at all at the end of that six months.

GS Youngblood (24:13)
It either means A, probably needs some more time because you've been like this for twenty-five years. So maybe it takes a little more time to unwind it. Or B, that that then there's something more on her on her side of the fence that needs to be taken care of. So when you live it for six months and you and nothing changes, then you can say, you know what, babe, I love you, but you've got some things to work on. Like you can kind of finally realize with more clarity the things that are hers versus the things that are between the two of you or a result of your behavior. So

GS Youngblood (24:44)
that's what I say to guys, live it for six months. If something changes, great. You're, you, you know, that's where you want to head. If nothing changes, then you can start calling her out.

Scot McKay (24:53)
Yeah, or she may have just checked out on the relationship and is already somewhere else more than

GS Youngblood (24:56)
Yeah. Yeah.

Scot McKay (24:58)
six months ago and it just isn't coming back no matter what you do. That would be option C.

GS Youngblood (25:02)

Yeah,

GS Youngblood (25:02)

exactly. And then you and then a guy at that point, he's gotta know, hey, this is not for me. This is not this is not what I want to manifest in the world. It's okay, it's not the end of the world. Even if you honestly guys, even if you've been married for ten years and have three kids, which was me, you're better off apart in some cases if nothing's actually changing. But having said that, guys, don't give up too early. Like you can change things.

Scot McKay (25:24)

Yeah, I mean people are estranging themselves from each

Scot McKay (25:26)

other in throwaway relationships nowadays. It's sick. Yeah, that's happening more. So yeah, I would extend that caution as well. Don't just throw the proverbial baby and her mama out with the bathwater so quickly. You know what I mean? I I

GS Youngblood (25:41)

Yeah, yeah, yeah, it is true.

Scot McKay (25:43)

think something to add there, since I have direct experience with crazy, is is she trying to make sense or is this just not adding up?

Scot McKay (25:53)

I mean, is she literally in a different reality? I mean, is she making claims against you that are impossible? Is she just speaking gibberish? That is I mean, there's temporary insanity, I suppose, if she's angry enough. But

GS Youngblood (26:09)

Mm.

Scot McKay (26:09)

anytime someone's assertive, you always have to ask, do they have a point? You know? And I think that's where men need to learn how to be assertive, is when they have a point.

GS Youngblood (26:19)

Mm-hmm.

Scot McKay (26:19)

So

Scot McKay (26:19)

if you're getting a woman who's nagging you, like you don't do enough of this, or you don't do enough of that, that's usually a clear indication if she's otherwise a pretty good, decent moral person of good character, that you're not manning up somewhere. She doesn't feel safe. She doesn't feel like your leadership matters. She feels like she's got to man up because there's an absence of that. There's a void, there's a vacuum that you left that she has to feel, and that doesn't feel good for her as a woman. Then she starts acting up. But the toxicity.

Scot McKay (26:49)

You know, you didn't talk specifically about crazy as much as toxicity, but hey, I'm raising my right hand.

Crazy is toxic. Okay. You run away from women like that. You're not gonna fix them,

GS Youngblood (26:57)
Mm-hmm. Absolutely.

Scot McKay (27:00)
right? Ron White said you can't fix stupid. You definitely can't fix crazy. Not on your own.

Scot McKay (27:07)
And the other toxicity is, you know, it isn't like all women are angels and all men are terrible. That's another meme we've been led to believe by the toxic masculinity movement. Man, there are blackhearted women out there who are just no darn good. And she may be hot and have a nice ass, but if she isn't treating you right and she's selfish and she's just taking, taking, taking and demanding more and more, more, that's a problem. If she's

GS Youngblood (27:33)
Mm-hmm.

Scot McKay (27:34)
cheating on you, if she's pitting you against other men.

GS Youngblood (27:38)
Yeah.

Scot McKay (27:38)
It helps

Scot McKay (27:38)
you know to foment unnecessary jealousy and that's immature, childish, and toxic. And you don't have to put up with it.

GS Youngblood (27:47)
Yeah.

Scot McKay (27:48)
if your responses aren't being met with with action and you know they're good, decent, meaningful responses as opposed to these immature, unmeasured reactions, then then you know what? There

GS Youngblood (28:01)
Yeah.

Scot McKay (28:02)
could be some toxicity there too.

GS Youngblood (28:04)
Yeah, and I I here's what comes up for me listening to you talk about that the way you do.

GS Youngblood (28:10)
I'm trying to get guys to be more emotionally intelligent, more more skillful in how they navigate to build connection. That has to be paired with boundaries. Like I think that's the

Scot McKay (28:20)
Yes,

GS Youngblood (28:20)

part people... f you Because the red pills will try to drag you down and be like, that's just beta simp stuff. Well, no, it's actually not. It's called relational relationship.

Scot McKay (28:27)

Well, they'll tell you that that having a son

Scot McKay (28:29)

and being committed to someone long term, which is what we're designing to do, is simping. I mean, it's just, that's designed to keep men and women apart. You know, that's Yeah, yeah, that's right. A hundred percent.

GS Youngblood (28:37)

Yeah. Well it's that's just crabs in a bucket. They're just trying to drag down other people. Yeah.

GS Youngblood (28:43)

But but but let's reinforce what we're talking about is we want guys to be more relational. We want guys to to not resort to the crazy label, but to actually see where there might be their own behavior in creating some of these circumstances and paired with strong boundaries, strong you know, knowledge of your own needs.

GS Youngblood (29:02)

And you put those two together and you get the it's the dark and the light, you know. The light is the needs and the love and the emotional intelligence. And the dark is like, no, boom, that's a line, do not cross. And so we want guys to have both of those things as they as they get on their growth path here.

Scot McKay (29:21)

The difference between parenting and being a husband is embarrassingly thin. And I think

GS Youngblood (29:31)

Hm, say more.

Scot McKay (29:33)

that's something people don't like to admit, but your whole family is going to look for masculine leadership from you.

GS Youngblood (29:40)

Mm-hmm.

Scot McKay (29:40)

And when you don't give kids boundaries, what happens? They become spoiled little brats and they own you and they stay up all night and they think, hey,

GS Youngblood (29:43)

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

Scot McKay (29:48)

you know what? Come over to my house and let's party because I have the cool dad. He'll buy us beer. But that's bad parenting, and it it's that lack of boundaries does not raise good children. Now,

GS Youngblood (29:59)

Mm-hmm.

Scot McKay (29:59)

the difference between your children and your wife is she is an adult, grown-ass human being who can make her own decisions.

GS Youngblood (30:05)

Mm-hmm.

Scot McKay (30:07)

So part of her agency has to involve, I like the decisions my husband makes because he acts in this family's best interest. He just doesn't blow all the income on hookers and blow for himself and leave us all stranded.

GS Youngblood (30:20)

Yeah.

Scot McKay (30:22)

So but I mean that agency that a an adult woman has as your wife has to be respected. So the boundaries are different. But indeed, your masculine

GS Youngblood (30:30)

Yeah.

Scot McKay (30:30)

leadership is to your whole family.

GS Youngblood (30:32)

Yeah, I okay, here's what's coming up as I again I'm hearing you talk. And and because with with masculine leadership, it's not we're not talking about you're in charge and you're making all the decisions telling everybody what to do. That's not what we're talking about here. It's I think I'm gonna put

Scot McKay (30:47)

You're not a controlling jerk, no.

GS Youngblood (30:49)

Yeah, I'm gonna put words to what you said. It's like you need to it's like I need to know when to hold them, know when to fold them, that old song. You need to know when to assert and

GS Youngblood (30:59)

And and provide directionality for others and know when to leave them to their own agency. And I think that's that's both applicable with your partner as well as your children. Like you don't want to be the controlling dad either. You're not, you don't want to be the cool dad that that has no boundaries or structure. You don't want to be the controlling dad where your kids just rebel against you eventually anyway. Part of masculine

Scot McKay (31:19)

Balance.

GS Youngblood (31:20)

leadership is to know when to step up and know when to let the moment unfold or let other people's agency take. And I think that's where you start to get to the

GS Youngblood (31:29)

Like the really wise leader, the wise father, the the wise man, wh whatever you want to call it. That's wisdom. That's depth when you when you can start to bring that discretion to the table around your leadership.

Scot McKay (31:41)

And importantly, we're gonna make mistakes. I mean, you won't get this right every time. And

GS Youngblood (31:47)

Yeah.

Scot McKay (31:48)

that's why a mature man knows when to say, hey, look, you know what? I need to own this and I need to do the right thing and fix it. You know, I don't think you go around being weak and apologizing for everything. But

GS Youngblood (31:58)

Yep. Yep. It's like, man, I screwed up. Yeah, exactly.

Scot McKay (32:03)

I think you fix what needs to be fixed.

Scot McKay (32:07)

And when there's a reason why it's not because I said so, but here's the lesson that's that's the kernel of what we're doing here and why. And that's when you

GS Youngblood (32:14)

Yeah, yeah, yeah.

Scot McKay (32:16)

earn the respect of your kids and you earn the respect of your wife.

GS Youngblood (32:19)

Yeah.

Scot McKay (32:19)

And I mean, I just can't underscore enough that if you're making decisions that are in the best interest of your family and don't feel selfish to those people,

GS Youngblood (32:29)

Mm-hmm.

Scot McKay (32:30)

it's it's a winning situation, and not to be underestimated,

Scot McKay (32:35)

it's a wonderful barometer of whether your wife and and by extension, your kids are acting in a toxic way versus not having their

GS Youngblood (32:44)

Yeah.

Scot McKay (32:45)

needs met.

GS Youngblood (32:46)

Yeah. It's so true. I couldn't have put it better myself. I mean, I this is what I tried to do with with with my kids, for instance, when I you know, they're a little older now, but I had some hard lines. They were pretty basic stuff. Like you're gonna get straight A's, you are not gonna get arrested for anything, you're not gonna get pregnant, you're not gonna get an STD you're not gonna whatever. I had a few I had a few pretty basic, obvious stuff. And I was like, outside of that, I will agree to give you fair amount of freedom.

GS Youngblood (33:12)

until you stop taking care of your business. And that was for me. There were the the all those things I listed, I was hardcore on. It was no give. And if you broke any of those, then your freedom goes away, whatever that means, you know, and and so that I think that my kids are pretty well adjusted. I feel good great about who they are in this world. And and I think it's part of a it's part of a result of that. So guys, bring more masculine leadership, but don't go, you know, fall over into the controlling area of things. And

Scot McKay (33:41)

Well, I'm

Scot McKay (33:41)

imagining if your kids came out well that you were also a validator of them doing good things, instead of just saying, Yeah, well if you did great, that was what was expected but if you're broken, we need to fix that because then you raise a bunch of people pleasers who have never been told they they did anything right. And it's not like,

GS Youngblood (33:58)

Yeah.

Scot McKay (33:59)

you know, I'm not sure if I'm gonna go back to J.K. Simmons in the movie Whiplash and go the two most dangerous words in the English language are "good job". You know, that's what made him a bloodless villain and one of the greatest in all of cinematic history in that movie. But

GS Youngblood (34:13)

Yeah.

Scot McKay (34:14)

I think, you know, you need to tell your wife and your kids that you love them and that you're proud of them and that they're doing well.

Scot McKay (34:23)

And when they

GS Youngblood (34:24)

Mm.

Scot McKay (34:24)

screw up, you know, everything feels more honest when there's that balance. And when the boundaries are

GS Youngblood (34:29)

Uh-huh.

Scot McKay (34:29)

made clear and they're either abided by or they're crossed, then the expected response comes to that as opposed to just

Scot McKay (34:37)

a reaction or maybe a reaction that isn't consistent because you don't know when

GS Youngblood (34:41)

Mm-hmm.

Scot McKay (34:41)

to duck. Yeah, all of this kind of comes full circle, doesn't it? When you start considering the depth of leadership as a man.

GS Youngblood (34:48)

Yeah, you you're

GS Youngblood (34:49)

hearing you talk, it's it's like gratitude. We're not even we're not even in polarity anymore. This is like everybody. Remembering to to have and show gratitude for what's happening, you know. And remembering to show gratitude for what what we like about our our partner, what we like about our kids or what they do, and just remembering that we have a lot of things to complain about, we have a lot things to fight about, especially in our polarized culture. Remember gratitude.

GS Youngblood (35:17)

That's a beautiful quality of a man.

Scot McKay (35:17)

I would go so far I

Scot McKay (35:19)

would go so far to say gratitude is the foundation of faith in a higher power.

GS Youngblood (35:23)

Hmm.

GS Youngblood (35:24)

Yeah, you wanna say more about that? That's interesting.

Scot McKay (35:28)

Well, I think a lot of people, you know, see God as the great Santa Claus in the sky. You know, what's the Jelly Roll song? I only pray to God when I need a favor. Boy, people

GS Youngblood (35:39)

Mm-hmm.

Scot McKay (35:40)

could just relate to that song. Because that's

GS Youngblood (35:42)

Mm-hmm.

Scot McKay (35:42)

a song about admitting to God, I'm just a bad man of faith. I'm just no good at this. And I mean, who

GS Youngblood (35:46)
Mm-hmm. Mm-hmm.

Scot McKay (35:48)
is? We're all imperfect creatures.

GS Youngblood (35:51)
Mm-hmm.

Scot McKay (35:52)
My faith became stronger.

Scot McKay (35:55)
My world became more quote unquote blessed when I stopped expecting God to bless me. And I just started being thankful that I was here. I got another day, and that some

GS Youngblood (36:08)
Mm-hmm. Mm-hmm.

Scot McKay (36:10)
things went my way. And I had the opportunity to serve and figure out

GS Youngblood (36:14)
Mm-hmm.

Scot McKay (36:14)
what's important. And I just started being thankful and, you know, grateful. Gratitude.

GS Youngblood (36:19)
Mm. Yeah.

Scot McKay (36:21)
It frees you up to not to feel like you have to put God in a box and figure everything out and get into these theological arguments. And you know, when you know, you mentioned how we live in a polarized society. Well, you know, with secular humanism, there's still this hole in us that we want to find a higher power. We want to know where our morality comes from, where our character is rooted.

GS Youngblood (36:46)
Yeah.

Scot McKay (36:46)
If we have nothing, politics fills that void very easily with very strong, very

Scot McKay (36:52)
capable and winsome figures, but it doesn't save your soul. So,

GS Youngblood (36:54)
Mm-hmm. Mm-hmm.

Scot McKay (36:57)
you know, it just becomes a pretty arbitrary set of rules that you must follow if you want to be part of something bigger and have a tribe and not be left alone. And it

GS Youngblood (37:04)
Mm-hmm, mhm.

Scot McKay (37:07)
in order to feel like you're on the good team, you have to vilify the other team. And that's no way to run a country.

GS Youngblood (37:11)
Yeah. It's not.

GS Youngblood (37:14)
Yeah. Don't get me started on extremism on both sides of the aisle in our system.

Scot McKay (37:18)
Well, I mean,

Scot McKay (37:19)
and And for years the dogma of faith has caused a lot of violence and death too, because people there's a quest to be right. There's a quest to represent

GS Youngblood (37:26)
Yeah. Yeah.

Scot McKay (37:29)
God, as if we understand God, we know what God wants, and you're wrong and I'm right. Whereas

GS Youngblood (37:32)
Yeah. Yeah.

Scot McKay (37:34)
there's a lot of... With that gratitude comes humility, and I think that's where we belong vis-a-vis whatever it is that created us. So you wanted

GS Youngblood (37:42)
Mm-hmm.

Scot McKay (37:43)
me to expound on that, and there it is.

GS Youngblood (37:45)
Yeah.

GS Youngblood (37:47)
you yeah. Now you you've got me thinking about politics and the extremism in our politics. And let me tell you guys,

Scot McKay (37:53)
It won't save you.

GS Youngblood (37:54)
extreme extremism is weak. That is you, you being a lemming. Extremism

Scot McKay (38:00)
Not thinking.

GS Youngblood (38:00)
is weak. You wanna you wanna be somebody that really changes the world and matters in this world? Extremism is not the way. That's you following somebody else and you outsourcing your own thinking, your own discernment. And

GS Youngblood (38:15)
for you're following an ideology rather than pursuing the good of mankind.

Scot McKay (38:24)
Well, let's talk about your framework. Okay, the blueprint. First of all,

GS Youngblood (38:28)
Mm-hmm.

Scot McKay (38:30)
if you're not thinking critically, as what you're talking about is the case, you're you're reacting to what you're told to do rather than thinking it through and responding with logic and wisdom, right?

GS Youngblood (38:41)
Mm-hmm.

Scot McKay (38:43)
If it's all or nothing, you haven't exercised critical thinking. That alone is a logical fallacy in and of itself. Then you're talking about providing structure. Well, that's that's following a structure that has been provided for you without questioning it. That's not leadership. And

GS Youngblood (38:58)
Yeah. Yeah.

Scot McKay (39:00)
then creating safety. Well, you know what? Not everybody's gonna agree on the same thing.

Scot McKay (39:06)
And if you're ever challenged as to why do you believe this, why are we doing this? How come this is part of the code of how we're living as a family? And you just shrug and go, I don't know. It's just following the parting. Right,

GS Youngblood (39:14)
Mm-hmm. Yeah. I just do what they tell me.

Scot McKay (39:19)
Exactly. You know, if you become an angry, unbalanced guy. You know, it reminds me of the Rage Against The Machine song, right? You know, I'm not gonna do what you told me, right? It's a reaction.

GS Youngblood (39:30)
yeah, exactly. In the name of it and you're just

GS Youngblood (39:33)
it is a reaction. It is a reaction. Yeah.

Scot McKay (39:36)

Yeah, what a powerful show. I'm so glad we had this conversation because you're a smart guy and I... This audience loves when we really dig into stuff like this and make sense of it. And

GS Youngblood (39:45)

Mm-hmm. Mm-hmm.

Scot McKay (39:46)

it seems like such a simple, straightforward topic on the surface. Okay, blueprint for masculinity. This'll be a five minute show. Let's just spit this out and okay, get on with it. But man, being

GS Youngblood (39:58)

Here we are, an hour later.

Scot McKay (40:00)

being the best man you can always be, there's always room.

GS Youngblood (40:04)

Mm-hmm.

Scot McKay (40:04)

There's

Scot McKay (40:04)

there's always a way to get better. And and the

GS Youngblood (40:07)

Mm-hmm.

Scot McKay (40:07)

more we dive into this stuff and the more it really matters to us, things like character, which GS like you and I are like the only guys who talk about character and relationships in the same sentence. Go figure.

GS Youngblood (40:19)

Mm.

Scot McKay (40:20)

Everybody else is out there. Hey, you know what? Selling to the masses is get what you want. Have the other

GS Youngblood (40:26)

Mm-hmm.

Scot McKay (40:26)

person do your bidding or just stay single and forget all of them because they're all, you know, jerks and bitches anyway.

GS Youngblood (40:30)

Mm-hmm. Evil. Yeah.

Scot McKay (40:34)

This is this is the conversation that no one's having that needs to be had. And I'm so glad

GS Youngblood (40:38)
Love it.

Scot McKay (40:38)
you're here. And I want to point guys first of all to your book. Both of them. The Masculine in Relationship and the Art of Embodiment for Men. And guys, as you know, I have an Amazon storefront. If you're listening to this show within a couple weeks or so of its release, GS Youngblood's books are gonna be right there at the top. So get you some when you go to

Scot McKay (40:59)
mountaintoppodcast.com/amazon. Also, when I send them to mountaintoppodcast.com/blueprint, right? One word. They're gonna go to your website. What are they gonna find there, GS?

GS Youngblood (41:18)
The website's just gonna tell you a little about me, a little about the work and the ways that we can work together. And I always point guys to my boot camp. well first read the book, Masculine in Relationship, Art of Embodiment. I just put out the MIR companion course on Amazon. So this is an adjunct to the to the Masculine In Relationship book. And so look for that. but if you really wanna go deep, men.

GS Youngblood (41:42)
Come to the boot camp. Join us. It's a twelve week online program and we do really powerful work. We're in the midst of our of our latest cohort right now. It's a lot of fun for me because the guys get so much out of it. So I would encourage everybody to check that out.

Scot McKay (41:56)
Good stuff. His name is GS Youngblood from California and he is an author of the two books we just mentioned and a men's coach. GS man, thank you again. You're welcome back anytime.

GS Youngblood (42:08)
Yeah, you got it, Scot. That was fun.

Scot McKay (42:09)
Yeah, definitely. It was fun and interesting. And time flew.

GS Youngblood (42:12)
Yeah.

Scot McKay (42:13)
Gentlemen, have you been to mountaintoppodcast.com lately? Get the free report, Flip The Switch: 5 Things You Can Do Better Right Now To Get Better With Women. And after an in-depth show like this, man, something that would kind of be the easy button might be a little helpful. Hey, you know what? Anything that helps you get off a top dead center and feel like you're doing the right thing when it comes to women, that's a great place to start with that report. Everything we talked about today

Scot McKay (42:39)
involves habits and evolving as a man, and that always feels great, but you got to start somewhere. So grab that report at mountaintoppodcast.com. Also visit our sponsors, Jocko Willink's Company Origin in Maine, Hero Soap, and The Keyport When you use the coupon code "mountain 10" you can enjoy an additional 10% off with any of our longtime sponsors. And guys, I want to talk to you. You're probably feeling like, hey, you know what?

Scot McKay (43:10)
I've been listening to this podcast. I gotta be a pretty good guy to get here to begin with. And indeed,

every single one of you guys who is listening to the sound of my voice and GS's voice today is here because you're on the right track already. You don't want to be a jerk. You don't want to mistreat women. You don't want to just notch your bedpost and make the girls cry. You're looking to make the world a better place. Leave people better than you found them.

Scot McKay (43:35)

Because you know it works and you know it makes you feel more like a man. Let's get on the phone and talk about that. Let's get on the phone and talk about building a plan together to help you maximize that. You can do that also at mountaintoppodcast.com. 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.