

Scot McKay (00:02)

How's it going, gentlemen? This is your main man Scot McKay once again coming at you with another episode of the Mountain Top Podcast. Check it out. All of us want to do well on first dates. Whenever we meet a woman, when we approach a woman we've never talked to before, what's the first thing we as guys think of? We think of, God, am I going to mess this up? How am I going to screw this up? Well, it doesn't mean that you have to have this rote script or this pickup line that you have to use or

Scot McKay (00:30)

Anytime you get on a first date or first meeting with a woman, that you have to say the same thing and be real serious and all wadded up in your head about it. But there are things that are definitely mistakes that can happen. And with me today to help you avoid those mistakes that are low-hanging fruit that yet a lot of guys make is my new friend. Her name is May Bugenhagen.

Scot McKay (00:56)

And she is a matchmaker with Two Asian Matchmakers. And she is my first time guest. Welcome to the show, May.

May Bugenhagen (01:06)

I'm so excited to be here, Scot. Thank you so much for having me.

Scot McKay (01:09)

Well, we love

Scot McKay (01:10)

guests who are excited to be here. If you think it's a real bummer you have to be here and you're watching your, checking your watch your whole time, we don't want that. It's even worse when the host

May Bugenhagen (01:17)

Right, right. No, I'm excited.

Scot McKay (01:19)

has to go there, I'm checking my watch on my own show. is this chick gonna be done talking anytime soon? No, we're not gonna have that show today. This is gonna be lots of fun. First of all, because I already know you, I've been on your show before. It was a blast.

Scot McKay (01:34)

So we had to do this. And the topic du jour, coming from a matchmaker like you, which is fantastic, is quirky first date mishaps. Why are first dates so hard to begin with, May? Why can't we just show up and represent?

May Bugenhagen (01:51)

Well, first of all, I think people are just so they get so worked up for a first date thinking that is this gonna be my person for the rest of my life? But you just really need to go into first dates thinking, you know what? I'm just gonna meet another potential friend who's the opposite sex, and we're just gonna see how we feel around each other and just have it be low pressure. Like, don't you remember back in the days when you were dating? Like

May Bugenhagen (02:18)

What that feeling was like having butterflies, meeting someone new.

Scot McKay (02:23)

Yeah, well butterflies can feel like pressure. I mean, you know, if I'm going back into the stone age of my dating world, I'm not sure I felt less pressure than I would as an adult. I felt in many ways more. And I

think a lot of guys in particular, it's like, is she gonna accept me or reject me? And if this date doesn't go well, no matter what happened, even if she was awful and treated me terribly, it's my fault. You know, guys will have these horrible dates with mean women or something, and they'll come back to me and go, What did I do wrong?

Scot McKay (02:53)

So yeah, there's pressure and there's being immature about it, perhaps, and the need to fine-tune our social skills and relax into these things a little bit. But yeah, butterflies are supposed to be a good thing. there's sweet anticipation. And if it doesn't go well and this is this is not The One, capitalized, then, I had practice or I made a nice business associate or something like that. Anything, but

Scot McKay (03:22)

This is a life and death white knuckle situation, right?

May Bugenhagen (03:26)

It's almost a bad, bad sign if you're looking for butterflies on a first date because women fall in love with their ears and men fall in love with their eyes, right? So women want to hear things that make us feel good and we want to feel safe around this guy. We want to feel good around this guy. So that's why women love compliments on the first date, right? When you first meet someone, hopefully you give her an early compliment. So then

May Bugenhagen (03:55)

you're not gonna be in the friend zone if you say how great she looks, what a beautiful smile, or compliment on how she looks, how because every woman prepares for a date and they get ready, they put on their makeup, they pick out a cute outfit. They want men to acknowledge that and to make a comment and say, wow, you look great. I think you look fantastic. That's gonna put every date off to a great start.

Scot McKay (04:26)

Well, the first thing here, I think you and I are talking about butterflies in a similar way. I'm thinking butterflies in terms of sweet anticipation, not mortal dread. You know, like I got butterflies in my stomach, like I'm about to go do a solo at the Christmas pageant in elementary school, and I got butterflies in my stomach because I may completely screw this up. it's more like anticipation. But yeah, I mean, if I'm going into a date with mortal dread.

Scot McKay (04:55)

I'm already not exactly setting a tone where a woman's gonna feel safe and comfortable around me and have fun. Now, I find it particularly interesting that you would tell this audience of men to lead with a compliment. And I know where you're coming from, see. But these guys have been told, don't do that because you'll look like you're needy or a simp or you'll lose all your power. I think there's a difference between showing up and gushing.

Scot McKay (05:24)

And and trying to impress her versus putting her at ease that yes, indeed, look, I see you, I hear you, I know you probably spent a couple hours trying to look cute for this date, which is something a lot of guys can't even, that doesn't even compute for them. They're like, this woman made an effort for me. I do I even deserve that? And they have a low self esteem about this concept of a woman.

Scot McKay (05:50)

Beautifying herself and going the extra mile, maybe even buying a new dress just for a date. My wife told me you know, some time had passed after our first date that she went, you know, I actually went out and bought a new outfit because I was so excited to meet you. I mean, maybe it's an excuse to buy an outfit, but the point is, yeah, women go to some effort, especially if you've met her online.

May Bugenhagen (06:13)
Mm-hmm.

Scot McKay (06:13)
or it was a blind date of some sort, which is actually an online meeting is, as opposed to someone who's been a coworker or a friend of a friend and you've known her for ages, been in your social circle, it's probably not so mission critical that you put her at ease about what you think of her, because obviously the reason why for that date is already established at that point. But if you're meeting someone for the first time online or whatever.

Scot McKay (06:38)
Gentlemen, you're not going to be needy or simpy if you say, hey, you know what? You look even better than your pictures. I'm already excited

May Bugenhagen (06:44)
Yeah.

Scot McKay (06:45)
to be here. I think this is gonna go great. You see, that's a simple statement of you reciting your truth. This is how I feel, this is what I think. And then what she does is she can stop worrying about that immediately and just go, all right, cool. You know, checkbox number one here. He is actually glad to be here. He likes how I look, he's pleased.

Scot McKay (07:09)
Good, maybe now we can relax and have fun because that's what she's hoping for, right?

May Bugenhagen (07:12)
Right. Absolutely. And to just give him a compliment if he picked a great restaurant, women should give men a compliment because not a lot of men get compliments in their everyday life. Women get compliments all the time. Girlfriends are complimenting each other. I like your hair, like your nails, I like those shoes or whatever. But men don't get a lot of compliments. And I think women should also give a genuine compliment, like you said, Scot, not like a fake compliment, but

May Bugenhagen (07:42)
If he looks great in a blue shirt because it brings out his blue eyes, mention that. A sincere compliment.

Scot McKay (07:50)
Damn it, I knew I knew I wore the wrong shirt to this podcast. Damn it.

Scot McKay (07:56)
Anyway, I'm sorry. Continue. I did make you laugh though. That's job one. Go ahead.

May Bugenhagen (07:58)
Yeah. And that's another

May Bugenhagen (08:02)
thing, right? I mean, women love men who are funny.

May Bugenhagen (08:05)
And I'm not saying guys need to come on come on a first date with bunch of stories and be a great storyteller, but you can have a couple of cute stories in your back pocket that A makes you look good, but B also tells her a little bit about you and so she can learn some things about you from that story.

Scot McKay (08:26)

Yeah, you bring up an interesting point. There's a big difference between practicing Dale Carnegie 101. Let her talk about herself. You'll be a wonderful conversationalist if she does most of the talking, versus drilling her, as if

May Bugenhagen (08:42)

Yeah.

Scot McKay (08:42)

it feels like some sort of interrogation. So where'd you grow up? Who are your siblings? Do you get along? Do you like your dad? she'll feel like, well, this is starting to feel uncomfortable instead of comfortable.

Scot McKay (08:54)

Whereas if you have a light, fun conversation and let her answer and instead of feeling the need to interrupt and assert how impressive you are in return, just relax and and learn about this person. Yeah, it's a good thing.

May Bugenhagen (09:06)

Yeah. Be in the moment.

May Bugenhagen (09:08)

Listen to her. Don't think about what can I say right after she's done talking. Just be in the moment and let her speak and then ask a question about what she just talked about and dig in a little bit. Don't just let her answer the question and then move on to another question. It's like you gotta build on that so you can communicate and so she feels comfortable opening up to you. So,

May Bugenhagen (09:34)

When we first talked about this topic about, quirky first date faux pas and things like that. For some reason, no matter how long you've been single or how long you've not been single, I do find that a lot of men and women start launching off about their exes, ex-wife, former wife, former girlfriends. It's like, don't do that. Like that's

May Bugenhagen (10:01)

Definitely a faux pas topic. So really try to steer away from that. And I know a lot of people on a date would say, yeah, how's how's online dating for you? How are the people you're meeting? It's like, you don't need to talk about all the horrible dates you've had or all the great dates you've had. You just want to focus on her or him at the moment and not talk about all these horrible dating stories. That's not gonna make you look good at all.

Scot McKay (10:32)

No, it's not because what you have is you have this strange psychological principle called trait reversal. And the dark side of that can creep in once you launch off into that conversation, especially like you alluded to, May, when it's the first impression.

Scot McKay (10:52)

You sit down, exchange pleasantries and go so, how's online dating been for you? And the person goes, terrible, awful. I met this real jerk and they did this, or yeah, I met this woman and she was a real bitch. Well, the trait reversal thing is you start thinking about this person who's the speaker in terms of how they're talking about other people.

May Bugenhagen (11:12)

Yeah.

Scot McKay (11:13)

So you meet a woman and she's talking about how some other chick is, you know, this horrible bitch, and you look at the woman and go, you're a horrible bitch.

May Bugenhagen (11:22)

Right.

Scot McKay (11:22)

So it comes back to bite you. It's not a good first impression, is it?

May Bugenhagen (11:26)

Right. So what are good questions to ask on a first date? I don't know, when you're when you were dating back then, what kind of what questions do men like for women to ask them?

Scot McKay (11:38)

Well, you mentioned something extraordinary, which I think in and of itself may be a takeaway for this entire show. So I'm glad you're giving me a chance to hark back to it. Men don't get a whole lot of compliments. Now, importantly, you serve at least largely an Asian audience. And

May Bugenhagen (12:00)

Yes, I help men

May Bugenhagen (12:01)

who want to date Asian women mainly. Yeah.

Scot McKay (12:04)

Okay. Well, I hear a lot from Asian folks in general that the culture is achievement

May Bugenhagen (12:11)

Yeah.

Scot McKay (12:12)

when they're younger. You go to school, you learn to do this, you're gonna do it right. It's gonna be a hundred percent balls to the wall all the time. I I don't think that that's absent from middle class "wipipo" culture or certainly Jewish culture. I hear that a lot from Jewish folks too,

May Bugenhagen (12:28)

Yeah.

Scot McKay (12:29)

or any culture, but man.

Scot McKay (12:32)

when a guy's growing up and everything he ever did that was stellar was just, expected. But if there was an accident or a problem or a mishap, my goodness, we need to fix that immediately because you're broken. It's it's very interesting. It's almost a pattern interrupt for a guy to receive a compliment. And guys, I'm talking to you. And May I want you I want to hear your thoughts on what I'm about to say. Okay.

Scot McKay (13:01)

A lot of times guys will instead of saying "yes, and..." to the compliment and playing improv like we like to talk about around here, they'll "no, but..." it. They'll tell her she's wrong. You're stupid for telling me

that. I'm I'm not that great. I don't look good. This old thing, not that women are immune to having a response like that. But they'll shoot down even a compliment from a woman. And then what's the woman gonna think? Well, that's the last time I try that. I'm not doing that anymore. Right.

May Bugenhagen (13:32)

Well, the best thing to do, whether

Scot McKay (13:32)

What do you think? You've seen that?

May Bugenhagen (13:34)

it's a man receiving a compliment or a woman receiving a compliment, the best response is thank you. That's it. You don't need to say,

Scot McKay (13:41)

You bet. You bet.

May Bugenhagen (13:43)

you don't mean that. the shirt is old or no, no, no, I my hair's not styled right, or whatever. Just shut up and say thank you and smile and that's it, right? That's all you have to say to a compliment. You deserve that compliment.

Scot McKay (14:00)

Well, you know what? There's another side of this that I think is worth talking about. When you see these faux pas in motion, maybe we need to be more forgiving and help this person along a little bit. I think that's the hidden side of what we're talking about. Men and women both think that if they make one mistake on like a first date or in a first introductory situation where they're the meet-cute is allegedly happening and they're trying to talk to each other.

Scot McKay (14:27)

They think, man, if I make one mistake, it's over. There will be no forgiveness. Whereas for men's part, if men are too polished and perfect, it actually makes a woman feel less comfortable.

May Bugenhagen (14:41)

Mm-hmm.

Scot McKay (14:42)

So if you relax into a mistake and own it and move on from there, it can actually be highly attractive. It reminds me of the time when my wife and I years and years ago were pouring through first date disasters on match.com's blog or something.

Scot McKay (14:57)

And this poor woman said, Yeah, I spilled coffee all over the table on the first date. So needless to say, there wasn't a second date. And my wife and I, we're on the same wavelength, we're soulmates. We looked at each other and went, It wasn't the coffee. You just know it

May Bugenhagen (15:11)

Right. Yeah.

Scot McKay (15:12)

wasn't the coffee. Anybody could spill the coffee. I think if a woman ever spilled coffee on a date with me, I'd spill mine and just laugh. now we're even, right?

Scot McKay (15:24)

Because we're taking ourselves so gunfighter seriously. We're so inside

May Bugenhagen (15:28)

Yeah.

Scot McKay (15:28)

our head that we're so worried about the mistake. That I think a great blunder that people make is letting people stew in that mistake. And

May Bugenhagen (15:37)

Mm-hmm.

Scot McKay (15:37)

and I don't know if this is gender specific. I think the guys listening are like, yeah, you know, if I ever spill coffee, the woman would just sit there and go, roll her eyes and go, you've got to be kidding, and start looking at her to watch and go, all right, well, you know, I have to go. And the guy would go, I blew it. But that's not how it's

Scot McKay (15:54)

supposed to go. If

May Bugenhagen (15:56)

Right.

Scot McKay (15:56)

the woman goes, no big deal. I I spill coffee all the time. We'll just have the waitress come clean it up, the guy's already gonna go, man, I love this chick. This chick's just great. Right. Yes.

May Bugenhagen (16:05)

Yeah, it's how you handle it, right? It's how you react in any

May Bugenhagen (16:09)

situation. So yeah. Can you be forgiving and laugh about it and offer to help him clean it up? Like those things says a lot about you. Like, wow, she's very caring and she's making me feel comfortable, even though I just spilled some coffee. And that's gonna go a long way with how forgiving you are and how you adapt and how you respond

May Bugenhagen (16:32)

to situations. So yeah, you're absolutely right, Scot.

Scot McKay (16:36)

Well, she's also easy going, not so uptight. And if

May Bugenhagen (16:39)

Right.

Scot McKay (16:39)

guys are uptight instead of easy going, man, that's the first two strikes out of three against them on a date.

May Bugenhagen (16:47)

So, what are guys

May Bugenhagen (16:48)

looking for in a woman, in your opinion, now that you have a huge male audience? are men just looking for a nice, peaceful, easygoing woman who's kind and generous with her time and attention, someone who's appreciative, going out to dinner? Sometimes I get date feedbacks from the men, the male clients saying she didn't even say thank you for the dinner that I paid.

May Bugenhagen (17:16)

little things. she didn't even text me, thanks for a great meal at the end of the night and I'm hope you made it home okay. all those little gestures I would think men would appreciate, right?

Scot McKay (17:28)

Well, yeah, in a lot of those cases, what I've had come to figure out, even I'm saying, the feedback as a coach, but also I figured this out even back when I was dating years ago, is women have been taught not to do that because they'll come off as too easy or too available or some kind of slut because they gave a guy a compliment or...

May Bugenhagen (17:48)

Who taught them that?

Scot McKay (17:49)

Their parents, their mom. Never take a dating advice from your mom. I don't care

May Bugenhagen (17:54)

Ha.

Scot McKay (17:54)

which gender you are, it's just bad.

Scot McKay (17:56)

But isn't that isn't that just messed up?

May Bugenhagen (17:58)

It is messed up.

Scot McKay (18:00)

I I went out with this woman and I really liked her. I found her attractive and I knew under there was a personality worth getting to know. And I was comfortable enough in my skin as someone who was single and dating at that point, where I found it an interesting, fun little puzzle to figure out, you know, who she was actually under there.

Scot McKay (18:19)

And it was a third date. as well as I do, you can go on a second date and it's a mercy date. All right, I'll give this person a chance. Third date, nah. That isn't gonna happen. If you're on a third date, something's happening there. And I threw it on the table. I said, Okay, here we are. This is the third time we've hung out together. I I know we find each other interesting, but you don't give a dude anything to go on. You don't give me any kind of signal or anything. And she went, Am I doing that again?

Scot McKay (18:48)

And I just started laughing. I said, yeah, here here's a breakthrough coming. I I'm seeing in my head. And yeah, her mom had told her that. And I said, Well, there's a difference between laughing at a guy's joke or telling him he looks nice, or I'm having fun, I'm enjoying get to know getting to know you, and just throwing yourself at him sexually like a slut. There's a lot of gray area in there. She goes,

Scot McKay (19:12)

Yeah, I know. And a lot of guys have been very mean to me or gotten very frustrated after second dates 'cause they didn't know where I stand. I Yeah, it could be it. And then she just laughed. And it was onward from there it was a lot of it was dispelled. But yeah, I mean, I don't think this is a female problem by any stretch. I think guys come and they're all uptight and they're trying to be perfect and be this amazing stoic guy and girls just want to have fun and they're not doing anything to

Scot McKay (19:38)

just relax into the date and help everybody be free to have a little fun here.

May Bugenhagen (19:43)

I think a lot of times what you just said, that happens to women a lot where they're not giving the guy anything to go on. Like it's okay if you like him to say, you know what, Scot, I have the best time with you. I would love to do this again. And just

Scot McKay (19:59)

Right.

May Bugenhagen (20:00)

give the guy permission to ask you out again or give the guy encouragement to ask you out again. And it's weird when I get date feedback from two parties and I'm like,

May Bugenhagen (20:11)

were they even on the same date? Because it sounds so different. And that's when I'm puzzled. I'm like, why would you work with a matchmaker and go out with this great guy who looks great on paper? You like him, but yet at the end of the day, you give him no green flags to ask you out again. I don't understand. So I think for men, if they feel that way.

May Bugenhagen (20:36)

It's okay to ask the woman hey, I had a great time... for the man to say that and say, you know what, I had a great time with you. Would you like to go out again next week or whatever that may be? And just get a yes or no from her because there should be no reason why two people walk away from a date and not know how the other person felt about them. Why bother? Why are you wasting your time if you're not gonna give some green flags to people?

Scot McKay (21:06)

Yeah. Oh, a hundred percent. And it's mental, isn't it? Why do we do that to ourselves? I I have a kind of a state of mind that men fall into particularly that I call second stage fear of rejection. a lot of times guys won't even talk to a woman or introduce themselves or

Scot McKay (21:26)

show any interest because they're afraid of getting shot down and embarrassed.

May Bugenhagen (21:28)

Mm-hmm.

Scot McKay (21:29)

Well, I think even after you have her say yes to a date and go out with you, when we're kicking it up to the next level, whether that be sexual, activity, going from platonic to sexual, or even just arranging a second date after the first one,

May Bugenhagen (21:45)

Mm-hmm.

Scot McKay (21:46)

guys chicken out again. They just don't want to hear the negative answer. So they sweep it under the carpet. And meanwhile the woman's going, I'm

Scot McKay (21:54)

left twisting in the wind here. I don't know if this guy is going to ask me out again or not. And once again, what happens is she feels uncomfortable.

May Bugenhagen (22:02)

Yeah.

Scot McKay (22:03)

What you're talking about is exactly what should happen. And it's okay to have that conversation. I agree with you 100%. And here's the question that I have that I thought of based on what you were talking about. I'm not sure we've ever had a definitive answer to this on this show. So here's your big chance, May. How is it that

Scot McKay (22:23)

two people can go on a date. You said you you feel like they were on two completely different dates when you get the feedback. How is it that one person can think this went great and the other person think not so much? How does that disconnect possibly happen when it's just the two of them on the date? What goes on there? What are the possibilities?

May Bugenhagen (22:44)

Yeah, that's very interesting how that can happen. It's really not communicating with your person and not making eye contact and not assessing how you feel in front of that person. I feel like men are more forgiving with a woman than the other way around. If she's

Scot McKay (23:04)

Really?

May Bugenhagen (23:04)

cute, if she's nice, if she's laughing at his jokes, if she's paying attention to him, maybe, you know,

May Bugenhagen (23:13)

touch him in a affectionate way, the guy most likely will go out with the woman again. I feel like the women really come into dates with like a long checklist. Like she's almost wearing a wedding dress when she attends these first dates. Like, am I gonna marry him? So I feel like that part is women just need to relax and enjoy the date and make him feel good and get to know him and

May Bugenhagen (23:42)

just go with the flow. Like you said, I feel like women just aren't easygoing sometimes. They just walk in there with this checklist and you're like, dude, just relax.

Scot McKay (23:53)

Two things there. Way back in the stone age of this episode when we were first starting, about 20 minutes ago, you asked me, what makes a guy want to go out on a second date with a woman? What makes for a good date? What is he looking for?

May Bugenhagen (24:08)

Mm-hmm.

Scot McKay (24:10)

I didn't give you the most disarmingly easy answer of the lot that I could have offered you. So let's go back and correct that wrong now.

Scot McKay (24:20)

May nowadays, the first thing a guy asks is, does she even like men? if she's positive towards male human beings vis-a-vis this barrage from media of toxic masculinity and feminism and even men responding with the Andrew Tate doubling down on the mas toxic masculinity and men going their own way and manosphere and red pill this, this whole divisiveness aimed at

Scot McKay (24:49)

male-female relationship has caused men to really ask themselves, are there any women out there who are even interested in having a guy in their life at all? So if a guy goes out with a woman, and it used to be if she was cute and fun, sweet. she wasn't a raging bitch or had crazy tendencies where she wasn't in our reality with us

May Bugenhagen (25:14)

Mm-hmm.

Scot McKay (25:14)

or a raging alcoholic or something.

Scot McKay (25:16)

Yeah, we're pretty easygoing. We'll go out on a second date. But now, the checkboxes... you talked about women and men showing up on dates complaining about their dating disasters or their ex. You have women showing up and complaining about men in general. And the guys are like, I feel like I'm being imprisoned for a crime I did not commit. They're raising their hand going, I'm not that guy.

Scot McKay (25:41)

Oh yeah, you will be. I'm just gonna I'm gonna wait for the real version of you to jump out from a rock two dates from now. And the guy's thinking to himself, How do I navigate this, first of all? Because again, remember, if something goes wrong on a date, it's automatically his fault. How do I fix this? Well, you're not gonna fix that because you're not the one that caused the attitude, so you're not the one who's gonna rectify it. But yeah, that is huge. So yeah, women will come on dates. Men will do it too. Men just they're horny, they want to have sex.

Scot McKay (26:10)

that's not even gender specific anymore. Sometimes women are horny and want to have sex and they can't stand men either. but men report to me more often than vice versa. Man, I just want to meet a woman who I can be reasonably assured of that she likes men, first of all, so I at least have a starting point. The second thing, you're a matchmaker. So

Scot McKay (26:37)

keeping it a buck here, you're seeing a lot of women who are going to be relationship-minded from the jump.

May Bugenhagen (26:41)

Mm-hmm.

Scot McKay (26:42)

They wouldn't be working with you if they weren't looking for the guy. So that mindset is almost baked into the matchmaker experience on the woman's part. It should be on the man's part too. I don't know

why a man would pay you just to get laid, but who knows? I don't put anything past these guys. But I think in the real ecosystem where people have a lot more varied attitudes and

Scot McKay (27:07)

they're in a different place. I think sometimes more women come equipped on first dates to say, I look, I'm not looking to get married in the next eight months. I'm just out of the house, being social. Maybe I'm recently divorced and the last thing

May Bugenhagen (27:20)

Mm-hmm.

Scot McKay (27:21)

I need is a rebound relationship right now. Sometimes women will even give you code words to see how astute of a guy you are to help separate guys who are just trying to get some and take advantage from her

Scot McKay (27:34)

from the guys who would understand, hey, I'm a woman and I have needs. If you respect me and make me feel comfortable, this may get sexual sooner than later. I don't need, the 90 days or some prerequisite. There could be all kinds of signals. And I think that's where guys really, you know, the concept of reading the room has been a big soapbox around here lately. If you get to know someone, which is listening more than talking, you know, most guys

May Bugenhagen (27:58)

Mm-hmm.

Scot McKay (27:59)

indeed, like you said, are trying to impress women, especially I think in a matchmaker date.

Scot McKay (28:03)

It might happen even more because these guys are men of means typically. But it's not so easy to assess where someone is, who someone is, where they're coming from, what they want. Women will just blatantly ask, What are you looking for? from

May Bugenhagen (28:19)

Yeah.

Scot McKay (28:19)

a guy. And and the guys will think that's a trap when really it's an opening. And and that reading of the room, where are we? Who are we? What are we looking for?

Scot McKay (28:30)

It's okay to spend some time feeling into that situation. Whereas again, men are so afraid of screwing things up that they're like, Wait, this is way too risky. I've got to have some kind of rote answer that sounds like what she's gonna wanna hear, or I'm out.

May Bugenhagen (28:46)

But that's easy. A guy can just

Scot McKay (28:48)

Should be.

May Bugenhagen (28:49)

ask a female friend to rehearse that question, right? A guy can say, you know what, Jenny, you're my neutral friend. if a woman asked me what I'm looking for, this is what I would respond. What do you think? And run it through a female friend to see what she thinks. If there's something that you say that's a turnoff.

May Bugenhagen (29:12)

She would be able to tell you. And it's all how you say things, right? You can mean anything and put a positive spin on it and something that you really think about. It's not a lie. You're just saying it in a different way. It's all how you word things to make you sound appealing. I'm not saying you should lie to the woman about what you're looking for. If getting married again is not on your agenda, you should say, you know,

May Bugenhagen (29:40)

never say never, but at this point in my life, I just got out of a long-term marriage in of 25, 30 years. Not looking to get married tomorrow, but maybe a year or two down the road, I would be. Right now I'm learning about myself. This is what I've learned on from my previous relationship, and this is what I want to do better. And women want to hear about what you've learned in your marriage, why you

May Bugenhagen (30:10)

why it broke apart and why it didn't work, but you don't dwell on that on the first date. You give you two sentences and you say, I'll tell you more about it once we get to know each other more. Like you can just nip it in the bud. You don't have to keep talking about it if you know shouldn't be talking about your ex on the first date.

Scot McKay (30:29)

Well, I think a conversation

Scot McKay (30:30)

about bitching about your ex is very different than what have I learned and how have I grown. Again,

May Bugenhagen (30:35)

Right. Yeah.

Scot McKay (30:37)

they don't have to be long, drawn out, lugubrious conversations where you cry in a beer together.

May Bugenhagen (30:39)

Right. Right.

Scot McKay (30:43)

A couple of interesting things about what you said.

Scot McKay (30:47)

First of all, I'm not sure that that the answer to what are you looking for, there's a right one or a wrong one. Like you said, there's an honest one.

May Bugenhagen (30:59)

Right.

Scot McKay (31:00)

And if you're dishonest, you're going to lead someone astray who you're trying to get along with right at the precise moment where we're all trying to figure out together whether we're going to get along and be compatible here in our goals and in who we are.

May Bugenhagen (31:15)
Right.

Scot McKay (31:16)
The other thing I think guys fear, and again, I'm I'm scoping out to the larger dating market beyond the matchmaking niche.

Scot McKay (31:27)
If you give an honest answer, you might encounter a woman who feels the way you do,

May Bugenhagen (31:32)
Yeah.

Scot McKay (31:33)
contrary to whatever you've been led to believe is the stereotype.

May Bugenhagen (31:38)
Yeah.

Scot McKay (31:39)
For example, every woman you ever go out with is wanting to lock you down into a relationship exclusively tomorrow morning. That's not always true. And I hear a lot of women going, you know, these are usually very

Scot McKay (31:54)
much women who check a lot of the boxes off and happen to be single. I'm just looking to get to know some guys, be social again, and all these guys want to propose to me after three dates. You know, now there are women out there who, you know, the guy dates them, you know, won't marry them after two years, and that's a completely separate issue. That's that's self-work on the woman's side. But I have I have women who say, man, you know, I used to think.

Scot McKay (32:20)
All men only wanted sex and didn't want any commitment or any relationship. And I'm realizing that's not true at all. And I'm like, indeed, yeah, there's a lot of guys who want to find the right woman, get out of this dating stuff and have kids, build a legacy, have a partner, go see the world together, go save the world together. They they want all that stuff.

May Bugenhagen (32:38)
Yeah.

Scot McKay (32:39)
And then there are a lot of women who are like, oh hell no, I don't I don't want a steady relationship right now. I just want someone fun to hang out with and the situationship thing might even actually be a nice

Scot McKay (32:50)
break for me right now. And they're like, guys like, Really? And that's a mistake to make those assumptions on a first date.

May Bugenhagen (32:57)
Yeah.

Scot McKay (32:57)

It's arrogant really, isn't it? As a faux pas to assume this person's gonna want or be this certain thing.

May Bugenhagen (33:04)

Well, that's why there's nothing wrong with asking a date that, what are you looking for in a relationship? What are you looking for down the road? Why are you dating? those things, that's why they have those boxes for you to check when you're doing online dating is you want to be on the same page. And that is so important. And a lot of people don't realize that communication can solve everything, right? It can solve

May Bugenhagen (33:32)

going on a first date or not. It can solve should I go on the second date with you? Should I go on a third date with you? See if you're on the same page. Are you the type that want to sleep together on the third date? Do you believe kissing is great on the first date? Or maybe not? So, I work with Asian women a lot and the men who come to me generally want someone who's nice, sweet, kind,

May Bugenhagen (33:57)

appreciative of them. They're not looking for boardroom in the bedroom. They're not looking for a type A woman. I prefer to deal with women that are not climbing the corporate ladder. My guys are not looking for women that are climbing the corporate ladder and are so ambitious that they're just chasing money. the guys that I work with have money. They just want a nice woman to come home to in a peaceful environment.

Scot McKay (34:23)

They don't need her to be a guy. They would prefer her to be a woman. Yeah. Not

May Bugenhagen (34:25)

Right. Yeah. Yeah.

Scot McKay (34:29)

that women can't succeed in business, but the masculine energy is not what men are looking to be attracted to.

May Bugenhagen (34:34)

Right.

Scot McKay (34:35)

I think something that goes along with this conversation about having talks on first dates, conversations about what are you looking for, is it's often best answered with who are you looking for?

May Bugenhagen (34:46)

Mm-hmm.

Scot McKay (34:47)

I remember I finally got brave enough to say to women on first dates, look, I just came out of a relationship with someone

Scot McKay (34:54)

who is on antipsychotics and under the care of a psychiatrist, I really would love to meet someone who's sound of a sound mind.

May Bugenhagen (35:02)

Mm-hmm.

Scot McKay (35:03)

You know, that would be a great start. And I remember bracing myself for the negativity I might get. Like, how dare you from women, right? But that was my own problem, not women's. And what I got in return, time after time after time, was women saying, I am so glad you brought that up first.

Scot McKay (35:23)

Because that means that's not something you're hiding from. Boy, I

May Bugenhagen (35:25)

Yeah.

Scot McKay (35:26)

would love to meet a guy who isn't cray cray and has his mind together and isn't a psycho. That would be just great. And

May Bugenhagen (35:33)

Right.

Scot McKay (35:34)

I'd be like, All right, good answer. I mean, we're already rolling here. Because it was honest. You

May Bugenhagen (35:40)

Yeah.

Scot McKay (35:40)

know, I'm looking for someone. I don't think you need to get to religion and politics and how you want to raise kids and how you spend money on the first date. May the first date is do we get along? Not

May Bugenhagen (35:51)

Yes.

Scot McKay (35:53)

Do you meet every one of my eternally important features for a future, husband for my entire life? Just get along

May Bugenhagen (36:01)

Yeah.

Scot McKay (36:02)

on the first date. It seems like so basic. Like you said, it's not... it shouldn't be that complicated. Perhaps the mic drop here, the big faux pas people tend to make is just taking all of this so seriously, so quickly.

May Bugenhagen (36:15)

the whole point of a first date is just to see if you can get to a second date. And if he or she wants to see you again, that means you are a good person and you were a great dater and you were a great conversationalist, that something about you intrigued her that they want to see you again. That's great. If you don't want to see her again, that's fine. But

May Bugenhagen (36:40)

your whole goal is not to be a jerk on a first date where she's like, man he was an a-hole. you just want to be a pleasant person because if you're pleasant, she'll be pleasant to you. And then when you're both pleasant and having a good time and you're optimistic and you're having fun, that's when you know you could peel the layers of yourself out and see who this person is and give it a chance. And if she looks

great on paper and she meets maybe 70% of your criteria.

May Bugenhagen (37:10)

You should go out with her again. Ask her for a second date. If she

Scot McKay (37:13)

She may

Scot McKay (37:14)

fill in that 30% gap the more you get to know her. Crazier

May Bugenhagen (37:16)

Right, right. So yeah.

Scot McKay (37:19)

things have happened. I think if you relax into a date and enjoy each other's company, I think the whole idea of quirky faux pas becomes moot. It's like, yeah,

May Bugenhagen (37:30)

Yeah.

Scot McKay (37:30)

okay, they're gonna happen. We're gonna get over ourselves instead of being so serious and we're gonna have fun and maybe even be able to laugh about it later. I love it. I love it. I think

May Bugenhagen (37:37)

Yeah.

Scot McKay (37:38)

this has been a great conversation. I wanna point guys to your website.

Scot McKay (37:43)

They can go to mountaintoppodcast.com/may A Y three letters and they will go to twoasianmatchmakers.com, where I can only assume they'll learn a whole lot about your services and how maybe you might be able to help them, correct?

May Bugenhagen (38:01)

Yes, yes. Please go to my website, check me out. Let's have a sales call if it's you're looking to hire a matchmaker or wanting to know a little bit more about what we do. Our job is to help men all across the US meet Asian women all across the US and find you a great partner. So yeah, thank you, Scot, for having me.

Scot McKay (38:23)

Well, thank you for being a part of this wonderful conversation. I think it's been a necessary one, an essential one. Thank you so much for joining.

May Bugenhagen (38:30)

Sure, sure, thank you.

Scot McKay (38:32)

And also, guys, be sure to listen to May's podcast. I've been a guest on that recently as well. What's the name of that podcast, May?

May Bugenhagen (38:38)
The Asian Dating Podcast.

Scot McKay (38:40)
There you go.

Scot McKay (38:42)
Thanks again, May. And gentlemen, when you go to mountaintoppodcast.com, first of all, visit our three main sponsors, Jocko Willink's Company, Origin in Maine, the guys at Hero Soap, and also the gentleman at The Keyport. When you partake of anything from our three longtime sponsors, please use the coupon code "mountain10" to get an additional 10% off your order. Guys, I'm always open to talking to you.

Scot McKay (39:06)
I know I sound like a broken record. And now May's joining me here talking about how, this should be easy. Why did it get so complicated? And yet I know, guys, it makes you want to beat your head against the wall. It's like, you're out of, you're out of touch, McKay. It is complicated. Get with the program. Well, what if we could unravel that bird's nest? What if it did become less complicated for you? What if

Scot McKay (39:34)
the game slowed down for you, they talk about for veteran NFL players and NBA players. What if you became that veteran in this field? Well, let's talk about that. Get on my phone, get on my Zoom. You can schedule a time 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.