

Scot McKay (00:00.238)

You're listening to Snippets from the Summit with your host Scot McKay.

All right, gentlemen, how's it going? This is your main man, Scot McKay coming at you again with another snippet from the summit as part of the mountain top podcast from X & Y Communications. We're going to have a fun topic to talk about today. Have you ever found yourself being able to talk to someone, have pretty regular conversations with them, and then suddenly crickets, they avoid you. They don't want to talk to you. Something is up.

You have no idea what it is and yet boom, this is what's going on. Well, I'm not sure I've ever heard anybody talk about this before. So that's exactly the kind of thing we love to cover here in these Brief Tuesday podcasts. So let's get after it. All right. So you have someone and you've talked to them in the past, had friendly cordial conversations with, maybe it's even a woman who you've had kind of flirtatious conversation with. And then suddenly.

this person's avoiding you or you just don't see them anymore or anytime you do see them, there's not a conversation happening. Well, first of all, there are the basic head checks. I don't think any of you guys are going to be guilty of this, but if you're an emotional vampire and you just suck the energy out of people after a couple, three times of talking to you, they will start avoiding you. If you're needy, if you're

you know, in any way, shape or form needy, if you want something from them all the time, or you're trying to be a little manipulative, or you just sound like you really need a friend or a shoulder to cry on, and it's just too much too often, people will start avoiding you if you're very selfish, and the conversation is always about you, and you don't ever ask them about them. They'll soon tire of talking to you as well. But in the absence of any of those situations that would involve the clear need for self work,

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Other things can happen too that are kind of beyond you or even beyond your control that you got to take into consideration before you beat yourself up over something like this. A key example of what I'm talking about here would be what I call Larry David situations, like things that would be great plot lines for an episode of Curb Your Enthusiasm or like the old Seinfeld show. Like for example, what if there's a person who you barely know?

I mean, they're in your social circle somewhat, but perhaps you and this person tend to have the same supermarket schedule and you just bump into them way too much at the supermarket. And so every time you talk to them, you feel like you're kind of trapped into making small talk with them for a few minutes that you really don't have, because maybe you need to get home and get dinner. And perhaps this person is happy to bend your ear, but you end up talking to them about nothing for three minutes and it's the third time this week. So

You know, I don't think you should beat yourself up too much. If you start maybe pushing your cart in the opposite direction, as soon as you see them out of the corner of your eye, the next time you're at the supermarket. And here's the thing. They may be thinking the same thing and performing the same preemptive strike against you without you really ever even noticing it. All you notice is, man, I just don't see that guy at the grocery store anymore. They may be the one pushing their cart in the opposite direction.

This isn't about you, it's just too much conversation too often with someone you talk to obviously much less often under normal circumstances. There are also people who don't know the logical endpoint to a conversation. The best way I know how to describe this is if you've ever been on the phone with someone and both of you say, all right, okay, at the same time, knowing that's the end of the conversation, that's because you both correctly sensed, because you have social skill, both of you, that

That was the end of the conversation. Some people don't know when you're trying to leave a conversation. Well, it was really nice seeing you hope to see you again. yeah, it really is. And on that note, here's something else. And you're trying desperately to leave the conversation. Those kinds of situations will cause people to push their shopping cart in the other way as well, either figuratively or literally, if you get caught into those situations. Another situation is maybe there's

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A history of you two having a good conversation together, either occasionally or often, but then there's that one awkward or unexpected interaction and there may be a subtlety to it. It may be that someone used the wrong word and it kind of triggered the other person in some way, or they didn't seem quite as glad to see you or something was just awry. Something was just off. And then the next thing you know,

For that little subtle, maybe even subconscious reason, the two of you start avoiding each other, or one of the other of you starts avoiding the other one. That can happen. The other example of what could be going on is perhaps there's a third party rumor or destructive gossip about you. And the sad truth in life is people often believe such third party gossip.

And even if this person is jealous or trying to get at you for some reason and keep you from this other person, a lot of times people will fall for it, especially if they haven't the life experience just yet to realize when this is going on. It's frustrating because you know, you probably don't deserve being shunned and ignored, but someone else has crept in there and whispered something in that other person's ear that makes them want to avoid you from them.

This can especially happen with women because you know, other guys are jealous of you talking to her and women are also security seeking creatures. So if someone says something negative about you, suddenly they'll feel less safe even thinking about you, let alone talking to you. And then, you know, that translates to exactly the problem we're talking about. Even other women can get jealous towards their friends and say something bad about you because they'd rather you talk to them.

It's a tangled social web, isn't it? Speaking of jealousy, the last example I'm going to give before we close is what I call jealous boyfriend alert. Maybe you talk to a woman, you're social, she's okay, you're okay. You have a good old time talking about nothing. It isn't particularly flirtatious. There's certainly nothing sexual going on, whether you'd like it to be going in that direction or not, but boom, she gets a jealous boyfriend.

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He kind of gets her under his control and tells her you're not to talk to any other men, et cetera, et cetera. He may be the kind of guy who checks her phone. Who knows? But all you know is suddenly she doesn't want to talk to you anymore. Now, the key examples I gave today, I'll have something in common. They're really not about you being a bad guy or an unattractive guy. This is just how social situations work. How do you fix it?

Well, if you would like there to be more interaction between you and this person to the level there used to be, call out the problem. Say, Hey, I noticed maybe you've been avoiding me or it seems like there's something awkward or there's a wedge between us. Call it out and then listen, let the person say what's on their mind. They may go, nothing. have no problem. And then you can simply nod your head and go, all right, well, I enjoy talking to you and I certainly don't have any reason to stop.

If you don't have quite that good a relationship with them, here's a simpler fix, albeit one that may take more time because you're not calling something out. Just be okay with there being a period of non-interaction. Leave them wanting more if that's actually the case. And then maybe after a week or two weeks of non-interaction, you'll likely be able to engage them again, talk to them and it'll be business as usual. Now, if there's been that rumor or destructive gossip, maybe not. If there's a jealous

boyfriend alert, maybe not, right? But by the way, guys, jealous boyfriends tend to go away sooner than later. Smart women dump those guys. But you know, if it's you just see each other too much or there was an awkward interaction, time is the great healer in those situations.

Want to talk about this or anything else? scot@mountaintoppodcast.com. Be good out there.

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