

Edroy Odem (00:00.238)

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

Scot McKay (00:07.214)

All right, gentlemen, this is your main man Scot McKay coming at you again with another snippet from the summit as part of the mountaintop podcast from X and Y Communications. Well today we're gonna talk about something that I've mentioned in passing before But it's time to do a deeper dive on it. I'm talking about eye contact now. This is something that is Immensely frustrating to a whole lot of us as men myself included and you've heard me say that before this is something I

struggled with for years and years and years. It all kind of starts when you start reading men's dating advice that says, okay, a great way to tell if a woman's interested in you is she makes eye contact with you and smiles. And a lot of us guys, as men are kind of shaking our heads and going, I've never had a woman look me in the eye in my entire life, let alone haul off and smile at me for no reason whatsoever. This just doesn't happen in the wild. I've never seen it. Does it mean I'm

completely unattractive, well, here's the part that most men's dating advice hasn't figured out yet when they so glibly just tell you to look for women to make eye contact with you. The problem isn't the women. The problem is we don't make eye contact with women first. In other words, we're not even looking for women to make eye contact with us. So how in the world are we supposed to make eye contact with women at all? After all, if you're not looking up,

You can't see a woman who even would want to make eye contact with you. So what do we as men do? We see a woman coming and what happens? We look down or we look away. Now, typically we do look down. And I finally workshops this problem that I'd had for years and years. I mean, through high school, through college, through my young adulthood, anytime I personally saw a woman coming my way or I saw a woman anywhere.

If there was any threat, and I'm using that word carefully, of a woman turning her head and perhaps making eye contact with me, looking in my direction, I made sure that eye contact never happened proactively by looking down. Finally, after looking for answers why I was so unbelievably and weirdly afraid to look women in the eye, I got the answer I looked for. It is fear-based.

Scot McKay (02:29.974)

Of course. And that fear is I will see my shame reflected in her eyes. Now that's powerful. See, because if I feel like there's some shame in noticing a woman or let's call it exactly what it is. If I feel like there's a lot of shame in noticing a woman and giving her any kind of approval as if I will be rejected or I'll be shamed in return. Well, then I'm going to avoid it. And

that avoidance will be more subconscious than conscious. So what happens in the moment is when I see a woman and the opportunity arises to potentially look her in the eye and perhaps create a connection with her that could lead to a conversation and perhaps more, my subconscious takes over before I can even think about it and boom, I've already averted my eyes. Now, gentlemen, if you can relate to even a shred of what I'm talking about here, let me ask you this. Do you feel like you have?

total cognitive control over that aversion of your eyes elsewhere, be it away or downward. If you feel like it just happens automatically, can you also perhaps relate to that concept that it is your subconscious kicking in at that point? Well, what's the cure for this? Because I think all of us would love to start having those moments with women where we first, of course, make eye contact with them, notice them looking back at us.

then they smile at us or we smile at them and then we have that moment. think most of us would love to have more moments with women in life because it would lead to more interactions with women in real

life. Here's the cure. First of all, ask yourself, why am I so afraid of this eye contact? What is it that I'm afraid of? What is the worst thing that could happen if I make eye contact with a woman?

There's no good answer for that other than maybe she might look at you and disgust. Well, have you even battle tested that premise yet? It reminds me of when guys say, I can't get any women to go out with me. Well, how many women have you actually asked out? Well, none, because they've already pre rejected themselves. They've assumed women are going to respond with visible disapproval. Now I workshopped this ongoing issue in my own life. Like I said,

Scot McKay (04:58.456)

and I'm gonna be honest with you guys, it was already during my tenure as a dating coach when I finally figured this out and got it handled. That's how long I personally struggled with this, okay? What I decided to do based on my conclusion that nothing really bad can happen to me when attempting to make eye contact with a woman is yes, I forced myself to make eye contact with women. At the grocery store, at the bank,

at farmers markets, at events, anywhere I went, any woman I saw, whether I was attracted to her or not, young women, older women, women who were married, single, it didn't matter. If I'm pushing a grocery cart in the opposite direction she is, I will look at her. I will keep my head up. I will keep my eyes up as the California State Highway Patrol Handbook for Motorcycle Safety says, I decided to maintain a high visual horizon.

You know what I mean by that? Just look straight ahead. Don't look down or you'll go down. It's a principle for riding motorcycles and it's a principle for meeting women now, isn't it? And something remarkable happened. Not only did I start making eye contact with women and looking at them and then smiling and having them respond to that leadership by smiling in return to me, it almost always went well.

And you know what the worst thing that ever happened was? You ready for this? She looked down when I looked at her in the eye. Ha! Now is that her rejecting me? Well, more than likely because women are human too. That's her not wanting to see her shame reflected in my eyes. man, the number of times we as men

are in the presence of a woman who would like for us to look her in the eye, but because we looked away, she assumed we weren't interested. Now if that concept doesn't get you in the right frame of mind to want to beat this particular problem over the head with a shovel until it stops twitching, I don't know what will. Look women in the eye, gentlemen. Enjoy the results and watch your fortunes with women change on the spot.

Scot McKay (07:22.626)

This is one habit you can start changing today and it will bring about a tangible difference in your success with women immediately. Want to talk about this or anything else? You can always email me at scot at mountaintoppodcast.com and I'll respond to every email I get from you guys by the way. Be good out there.

Edroy Odem (07:46.323)

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