

Scot McKay (00:00.27)

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

All right, gentlemen, how's it going? This is Scot McKay, and you're listening to another episode of Snippets from the Summit as part of the Mountain Top podcast from X & Y Communications. You hear a lot about being stoic as a masculine man. You see it on YouTube and in books about masculinity, and you hear me talk a lot about igniting femininity by bringing out a woman's fun, playful nature.

And in a way, those two ideas seem sort of contradictory, don't they? Both of those mindsets and indeed the actions that follow have their time and place. But today we're talking about being a measured man, because that is the concept that brings these two ideas together in a way that will finally make sense. So what does being a measured man mean and why does it matter? Well

Measured is a term like high maintenance, isn't it? We all get a mental picture of it, but we might not all get the same mental picture, right? Measured to me is synonymous with right-sizing your thoughts and the interactions that ensue, regardless of what the situation is. What does it look like in practice? Well, it combines the important art of reading the room with the equally important art of responding to.

Rather than reacting. Now, with regard to that latter part, have you ever noticed how sub Saharan African men and Native American men, along with some men from certain Asian cultures, have this mindset and the state that goes along with it. And it's deeply ingrained in their culture. Every time you meet a guy like this, you're impressed, and so are women. They kind of

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Hold themselves steady and statuesque and they listen to an entire conversation and they think before they speak, and when they finally do speak, it's always powerful and important, and that really earns respect, doesn't it? But importantly, I'm not at all saying you should meet every moment of every social situation like that. That's where reading the room comes in.

For example, if you're with a woman who clearly values having fun, which most women do, measuring yourself in a way that offers wry, witty humor and the yes and type of conversation that I talk about constantly will feel more right size than being stoic and saying very few words, right? After all, the stoic guy isn't about being any fun, he's about looking wise and strong and powerful as a masculine man.

However, you definitely don't want to overreact in a situation where a woman wants to laugh and have fun, like the stereotypical dancing monkey either, right? So what you do is you take a look at the situation, measure it, discern exactly what kind of conversation, what kind of demeanor, what kind of interaction should flow in that situation. And after you've thought about it, responding rather than reacting.

Then your participation in that interaction is far more likely to be right sized. It's about thinking before you speak. It's about looking before you leap. Gentlemen, this is all learned skill. And yes, it is very much worth the effort. And yes, getting to the point of mastery with this warrants intentional change in habits. That's very necessary. To be clear here, I'm not pretending it's either automatic or easy.

Take for example how the president of the United States is arguably the most powerful man in the world, and yet some US presidents have come off much more measured in public than others, and their public approval numbers have reflected it. But any effort you do indeed put towards this, even if imperfect, will pay off big time when it comes to attracting women and earning their respect. And yes, it is.

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Other men are gonna respect you as well. Want to talk about this or anything else?

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