

Scot McKay (00:00.238)

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

How's it going gentlemen, this is your main man Scott McKay coming at you again with another snippet from the summit as part of the mountaintop podcast from X and Y Communications, know, you guys have heard me say time and again that whenever a man asks me what he can do Because he isn't getting any women to go out with them. I usually counter with a question of my own, which is this Well, how many women have you actually asked out? Almost every time the guy will come back with the answer. Well none

And see, that's the thing. If you show me a guy who has a reasonably extreme fear of asking women out, usually I'll show you a guy who does not have a whole lot of experience with actually approaching women and talking to them. He's had a mental block his entire life driven either by fear or by a desire. Well, not to bother women, which he perceives he would be doing if he, you know, stops a woman and talks to her. Well, here's the thing, gentlemen.

It takes about two or three positive experiences going up to a woman and talking to her and having her actually be friendly and sweet back to you before you realize, what have I been doing my whole life? I should have been talking to women. I should have been approaching them. I should have been making their days better, brightening them up somehow with a kind word, a smile, a joke, or something that's respectful to them and actually works as opposed to doing something, well, not as respectful, you know, either

either by leading the conversation with something sexual like nice shoes, let's screw, or getting too close to her and invading her space, getting all up in her chili, trying to get close, or listening to the POAs who would tell you you have to escalate Keno by pulling her up so she's comfortable with your touch. Yeah, well, those things might get you sent to the proverbial timeout box by women, but they go against the grain of common sense, human to human interaction and socialization.

Scot McKay (02:04.492)

If you do what I call establishing normalcy, you know, going up to a woman and saying, for example, hi, I'm, you know, insert whatever your name is here. In my case would be hi, I'm Scott. No woman will respond to you in some mean, nasty way unless she's some sort of maniac. And guess what guys, even though some of us would like to create that proactively defensive posture against mean women by pronouncing them all maniacs or crazy or mean or solipsistic or whatever you're going to call them.

The truth is they're just humans and when you give a human a reason to be friendly and responsive to you, in a good way, that's typically what will happen. Only people who are not right in the head socially are going to respond to a friendly approach with something mean. Now if a woman's had a lot of nasty experiences with men or she's having a particularly terrible day, you know, maybe she might snap at you. But if you hold your frame and go, wow, you're kind of mean, she'll usually snap out of it and go, you know, you didn't deserve that. I'm sorry.

But it's that step of holding your frame, as a matter of fact, which leads to the ultimate cure for approaching women. Now, I kind of alluded to it before. I said, if you approach two or three women and get a good response from them, well, you know, you'll be pretty much thinking to yourself, this wasn't as hard or as dangerous as I used to think it was. And you'll be off to the races. And as a matter of fact, if you go through six or eight or 10 or 20 or 50 positive approaches,

meeting women and talking to them, then if that 51st one is mean and nasty to you, well, you'll have a greater likelihood of being able to laugh it off than if, for example, it was the first or second time it ever happened. And I can all but promise you, gentlemen, that, like I said, if you approach women leading with friendliness and goodwill,

That's almost always what you're going to get in return. It would be extraordinarily bad luck to have that happen on the first or second try if you're doing everything I'm talking about in this particular podcast. Now here's the thing. Once you've approached that many women, you reach that point that Malcolm Gladwell famously talked about called unconscious competence. You know what you're doing, you know how to do it, and you don't have to think about it anymore.

Scot McKay (04:21.623)

There's no longer any pressure to perform when you get to that place either. It's simply part of your lifestyle. And gentlemen, once it is your lifestyle to actively talk to women, to approach them, to make their day better, to interact with them, and you see those positive results over and over again, you'll want that to be a part of your life. You'll never let it go. Now, yeah, you need to stay in practice. You don't want to get into this sort of weird slump where if you have a couple of

days where you don't feel so social or a couple women in a row aren't so nice to you or aren't amenable to having a conversation with you, yeah, then you might revert to being kind of hard on yourself. But indeed, once you make it your lifestyle and you practice that lifestyle, guess what, guys? It's no longer that, I have to go and approach women and talk to them and possibly get rejected. All of a sudden it becomes, hey, I get to wake up every morning and I get to do this.

Gentlemen, you have reached a point where relatively few men ascend to. You'll have this facility that I'm talking about with approaching women, talking to them, and even attracting them that most men can't ever even fathom attaining. You'll be the envy of other men, and you know what, guys? It'll all be because you went for it, and most men never do. That's it. Want to talk about this or anything else? Scott?

at mountaintoppodcast.com. Be good out there. As always, visit mountaintoppodcast.com for more.