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SPEAKERS

Edroy Odem, Diana Mandell, Scot McKay



Edroy Odem 00:04

From the mist and shrouded mountain top fortress that is XY Communications Headquarters, you're listening to the world famous mountain top podcast. And now your host Scot McKay.



Scot McKay 00:18

Greetings gentlemen all over the world all across this big beautiful globe of ours. Welcome to the mountain top podcast. My name is Scot McKay at Scot McKay on Twitter real Scot McKay on Instagram Scot McKay on YouTube, www.mountain-top-podcast.com. And of course, the Facebook group is mountain top summit. With me today is a new friend of mine. Her name is Diana Mendell, and she's dating and relationship coach back east from New Jersey. And we have an incredibly overdue topic today. I can't believe after 150 some odd shows. We've never talked about this before. But Diana is a lot of fun to talk to you. And this is going to be one hot potato have a topic why people keep ending up with the wrong person. And you guys raising your hand out there, man, any you guys who know my story? No, I'm raising both hands to the heavens. I have a long sordid history of choosing the wrong women. I mean, my picker was pretty much firmly broken all through my 20s. So with that, let's introduce Diane and find out what her story is and see what she's got to say about all this. Diana, welcome.



Diana Mandell 01:27

Thank you for having me.



Scot McKay 01:29

Well, it's a pleasure. This is going to be a lot of fun. You've got a very interesting attitude towards dating and relationships, you've got kind of what I would call a spunky personality. I'm looking forward to hearing everything you have to say on this. We came up with this topic. I forget how we arrived to this topic, but it sure is a good one. So I guess the best place to start with this Diana would be for you to tell a little bit about your own story. I mean, have you come out through life so far? Pretty much squeaky clean? Or is your picker been working before?



Diana Mandell 02:00

I did not go through the most unscathed. Throughout my 20s kind of similarly to you. I really refer to myself as a ship magnet. There was a dish within a five mile radius, I would sniff him out and I would date him for two years.



Scot McKay 02:19

Do shoes smell better than shit? If you're sniffing them out?



Diana Mandell 02:22

That's true. Um, I'll take that as a positive for there. But yes, I definitely had my fair share of difficult situations and picking the wrong people



Scot McKay 02:33

still a decidedly uncomfortable experience either way, right? Terrible, terrible. Alright, so now I think there's some knee jerk thoughts that we have when we think of why people keep ending up with the wrong person. You know, you think of the old parental issues, daddy issues, you know, I'm brainwashed by my upbringing. Therefore, I'm choosing someone just like my own completely broken mother to become my girlfriend someday. Women choosing guys were like their abusive fathers. low self esteem, I just don't think I can get someone any better. Some people were broken, they're insane in the membrane, and they're thinking, in my mind, drama is a good thing. I love being mistreated. And

they're sort of masochistic about the whole dating and relationship thing. And that's why people habitually end up with the wrong people. I'm sure you'd agree with all that. I mean, they're all self evident, right.

 Diana Mandell 03:25


And interestingly, with one of the points that you're making with our childhood, a lot of times we think that we attract what we know. And while that's true, the pattern is a bit different. So for example, let's say I had a meeting father, so I would subconsciously seek out men who are mean, to actually try to correct the behavior of my father, to heal, to feel whole, and to even gain control. So it's not just because of what you know, it's actually you're trying to write the pattern. Does that make sense?

 Scot McKay 03:55

Yeah, you're trying to go back and fix what you couldn't as a child, maybe being some unconscious way, feeling like you'll somehow finally have power over it right?

 Diana Mandell 04:03

100% and write the pattern in your head to feel better about yourself, and to feel that kind of validation and love and acceptance that you were looking for, that you never received when you were young?

 Scot McKay 04:15

You think maybe there's also an issue at play there, where not only are you going to attract that kind of person, to gain mastery over it, but also to make it pay for the 100%. Yeah, 100%. Now, can that be misplaced? I mean, can you go overboard? Can it be certainly kind of a decent guy the woman would pick and certainly this is not gender specific. But you know, since you're a woman, we'll talk about it from your perspective. For now, could a woman theoretically choose a guy who maybe isn't as broken as she's accusing him of being and just making pay through the nose for it, and he's left wondering what the hell's going on here?

 Diana Mandell 04:51

100% I think we can sabotage certain situations and label people and put them in certain corners, and have them become something that they're not and almost make them feel

as though they are there were maybe they have a little bit of anxiety, maybe some sadness, some just by me, which is essentially feeling blue here and there and label them as a depressed mass to a make ourselves feel better, and kind of push them into that hole and into that type of pattern even more. So



Scot McKay 05:20

Well, that makes it the wrong relationship for both of them.



Diana Mandell 05:23

When that was in person.



Scot McKay 05:25

The percentages keep going up, the more we talk. See that? That's great. That's a good sign. Yeah, I mean, do you think that happens as much with men as it does with women? I mean, our guys going around thinking, Hey, you know what, I had a crappy upbringing. I've had some crappy experiences. Here's a woman who I'm going to project all of this vitriol on, because I'm just sure she's like that. And in reality, she's more of an innocent bystander, and he's the one who has, you know, these jaded goggles on,



Diana Mandell 05:53

I do find that a lot with men. And I think part of the reason why I see that is because a lot of men don't necessary certainly go to therapy, when they're younger, I do tend to see that more of my female clients get help faster. And women just in general, tend to ask for help more quickly. And so a lot of these feelings that are happening, they're not necessarily associating with anything. And for example, if I have something going on, I can call my girlfriend, I'm not saying your girlfriend is necessarily as good as you know, professional, but someone that I can speak to, whereas men for a long time, i times cannot speak to really anyone about anything that's happened as a child. And so it can end up kind of bubbling up where right below the surface, our feelings of shame, fear, doubt, things of that nature. And so that can sort of play out in their relationships and who they choose,



Scot McKay 06:46

you know, listening to you talk another thing that I've noticed keenly, is that men indeed,

since we don't ask for help much compared to women, and if we do, it's usually you know, by the time the house is on fire, as when we asked for help, we don't know much about what help looks like or even when people need help. So I find that a lot of men end up in relationships with women who really genuinely need help, but the woman is in denial or written the guys thinking, Well, you know what, this must be the new normal all women are crazy. All women hate all men, all women are this, that and the other thinking, you know, anything, but this chick needs some help.

D

Diana Mandell 07:25

Yeah, we do a lot of healing. I think a lot of men think women are crazy. And I think a lot of women think men are jerks. And that's not always the clear cut, you know, path. It's sort of easy to say and easy to box people in. But that's not always the case. And you could ask yourself, Well, why are you having that experience? Same with me? Right? And same with you? Why are we picking all the wrong people? It's very easy to point fingers, it doesn't necessarily mean that it's everyone else? Why are you picking those type of people?



Scot McKay 07:55

Well, let's get real here. I think also, dating advice nowadays has a lot to do with fathers that image. A lot of the advice that men get is look, women want Bad boys, they don't want Mr. Nice Guy. And of course, the nice guy persona is very different than being a good decent man of character. But all too often that differentiation fails to be made. Meanwhile, guys are thinking bad boy, okay, that kind of rhymes with women like jerks. And they've heard that too. So they're hearing, here's what you do, gentlemen, go treat women totally, terribly, without any respect, be a total jerk towards women, hey, that's what will make them love you. And that ends up furthering this false hood, that women somehow love to be abused. And that's how you get a great woman. But what I tell these guys, Diana, is if you're treating women terribly, okay, maybe you might get a girlfriend, she might even be physically attractive, but she's gonna be suffering from low self esteem. And when I check in with you three or four months from now, that is not going to be a healthy relationship. And both of you are going to be miserable all over again,

D

Diana Mandell 08:55

I completely agree. And I didn't have one major point in that, because I hear that a lot as well, from men and women sort of wanting that and talking about that. And having that conversation is the whole idea that women like men who are kind, but also that have that edge. And often it feels as though it's very divided, where the good guy is really boring.

And the jerk is not a nice person, but he's kind of fun, and they're spontaneity, and he kind of know exactly what you're getting. And, you know, he's really confident. And so it's kind of taking that piece of it, you know, competence, and you know, having that edge and being a bit different, and being really setting who you are, and then transform that into the good guy. And that's kind of a nice mix of really what women are looking for.



Scot McKay 09:39

Yeah, I wonder why it's so hard for most people to articulate when they're in a position to give advice that you need to be a bold, confident, man. That's what women want. Okay. But you can do that in a warm, friendly, ethical package of a man with good solid character is a decent dude. No one ever talks like that, right?



Diana Mandell 10:01

And generally speaking, when you see men in media who are competent, they sort of become jerks. You know, it's almost like that borderline narcissist that ends up happening. And so I think a lot of guys growing up tend to try to take on that persona, or think that's what they need to be. And that because they're the good guy, they're going to lose every time.



Scot McKay 10:20

And you know, getting back to the point I made a couple minutes ago, women are being given kind of bad advice also on how they need to be in order to attract men. I've heard several dating coaches, I'm certain you're not one of them. But I've heard several other dating coaches relationship experts say hey, you know what, all women are crazy. We're not guys get used to it. And I always cringe when I hear that. And these are some of the most famous women in the world of dating coaching, especially women who coach men say that, and I think it's just furthering a stereotype that's just incredibly poisonous,



Diana Mandell 10:53

is a terrible sort of label to give in just as much as if the male coaches said to me, men, like you're all jerks. It is what it is. You don't mean, it's the same thing. It's it's just not okay. And it's not accurate by any stretch.



Scot McKay 11:08

Well, you know, indeed, there are male coaches who coach women who are taking up that mantle saying, ladies, you're right, all of us men are terrible. The problem with women is men, you know, one of them says, and it's just, it just has such a slimy feel to it. It doesn't matter which gender is selling out to the poor, misguided interest of other people who are single for a reason on the other side of the ledger. It's all just wrong. And by wrong, I mean, not just like, that's wrong, man. But like, it's just based on falsehood. It's not true. Listen, gentlemen, I've been married to a crazy woman, not like, Hey, you know what, I have a crazy ex. No, seriously, I had an ex who was clinically psychotic. And I am now married to a woman who is level headed, sweet and kind. 100% saying, my first wife was the wrong woman. Okay, my wife now is 100% the right woman, man, we have a lot of hundreds and thousands of percents in the show. It's like an actuarial show, right? But in actuality, I'm right. I am married to the right woman now. And a lot of it is because she's saying and because she's got a good heart. And she's kind and she's not an evil, criminal, horrible human being. You know, that kind of brings me to another point. I'd love to get your opinion on this. I think a lot of men especially end up with the wrong woman purely because of her physical attractiveness.



Diana Mandell 12:39

1,000% Oh, come on, give me a 10,000% Oh, I don't know why I keep saying that. It's really about prioritizing the wrong things. And I think men can do it with walks, I think women can do it with money and status. And we're not focusing on things that matter. Because at the end of the day, she may be looking really good, really tight now. But then in 20 years, what happens, right, where she's not looking as good, she's not as tight. And maybe she's maybe she isn't, but at some point, she's not going to that is unfortunately, the aging process. And if you're not with someone where your personalities align, or your morals, you don't have expectations of one another, there's no emotional intelligence or maturity, you're not really looking at anything below the surface. What kind of relationship Have you really having in growing with someone, same thing with money, doesn't buy you happiness, doesn't mean that the person is actually a really good person. We're not penetrating far enough in to actually look at the human being internally, we're looking at all the external stuff that we think we want, that we think will make us happy. You know, a lot of people that are married people for looks into a lot of people that are married for money, and it has not ended well, I'll put it that way.



Scot McKay 13:51

Well, you know, kind of balanced this conversation a little bit, because I don't want to

throw the baby out with the proverbial bathwater. I've had no money in my life, and I've had a lot of money in my life. And I would rather have a lot of money than no money. But I will say this, my ability to attract decent women has been unimpaired by either condition. You know, when I was dating, and I was making a really nice income and starting to build my network, I just wouldn't tell women about it. I wouldn't tell them what kind of car they're being picked up in until I picked them up in it, etc, etc. But when I was younger, you know, and I started getting good with women there for a while, I certainly didn't have a whole lot of money, and the women didn't seem to care. On the other side, I don't think that you're going to ever talk men out of wanting an attractive, physically attractive woman in their life. I don't think that'll ever happen. And I don't think they should be talked out of it. Because you show me a woman whose guy wasn't ever really physically attracted to her who she pressured to marry him anyway. And I'll show you a woman who's really bitter and upset because she was settled for and we say it all the time on the show. The only thing worse than stuff settling for someone has been settled for. Now, in my mind, I think what you do is you find a woman who's going to age well, not necessarily a woman who's younger, as she catches up with you, a lot of guys are hung up on younger women. My wife when I met her was 34. And she was still being carded. And nowadays, she's going to be 48 this year, and she wouldn't mind me telling you that because you know, she races BMX, and they post her age publicly where she races. But you know, what I tell guys sometimes is, you know, when 47 years old, your wife shall reach look as good, she will not, you know, like Yoda would say, and I feel incredibly fortunate that I have a woman is almost 50 years old, who still looks fantastic. And yet, based on what you're saying, what I would add to that conversation is my wife and I adore each other. We're best friends. And you know, I said this recently, in an interview elsewhere, what I was asked was, Do you ever get sick of having sex with your wife? You know, after all these years, you want some variety. I mean, you know, I'm red blooded like anybody else, if I see another woman is attractive, I'm going to notice her, I think she's pretty, but I never get sick of having sex with my wife, because she's one of me, we're a team, we're together. It's almost like, and this is what I said in the other interview. It's like, I never get sick of pleasuring myself, one would never get sick of masturbating, you know, that's your body, it's who you are, you're going to get older, you may wish you were younger again. But my wife and I are a team, we're growing into maturity together. And because I have self esteem, and I like myself, and because I esteem her, I'm always going to think she's a cutie, I'm always going to just appreciate her who she is. Whatever stage of life we're in, we're in it together. And I think that's how I would counsel guys, who would come to me with this idea. They've probably heard from some of the men's rights activists, like, you know, women lose their social skills happened over time, because they become less and less physically attractive. But you as a man, you're gaining sexual capital, you're gaining social capital, because you're going to get wealthier, and your status is going to increase. Yeah, well, I think all that's pretty much stereotypical. If you look at people who

build their relationship on either of those premises, they're going to end up on happy and probably split up that's ending up with the wrong person for the wrong reasons. I mean, that's the very epitome of it. If you're with someone, because you get each other, and you actually adore each other, and you want more of each other, and life isn't the same one, that person is not around. That's when you're with the right person. And of course, that person should be beautiful and interesting to you. You shouldn't have to settle for that person or else. Yeah, you know what, again, you're probably with the wrong person. You know what I mean?



Diana Mandell 17:49


I agree. And I think I'm not saying that looks don't matter. But I also want you to look on the internal as well, issues beautiful on the inside of shoes and outside, what are we dealing with? Do they match and that's where you become best friends with someone, that's where you actually miss someone, you become better a better person, you bring up the best of each other, you have these kind of conversations with each other that are more than just surface level conversations, they're able to trust each other. There's no judgment, you work in tandem together. And that's where a lot of these things that when you're prioritizing the wrong things, they don't end up happening that way. And it's just a very sort of convenient type of relationship. And that doesn't work long term.





Scot McKay 18:32


Yeah, you know what, I think a lot of us are being trained in a certain way, that's very damaging. When members of the other gender give us a lot of validation, in the case of a woman because of her looks, or in the case of a man because he's rich, or he's famous. It's easy for us when we're given that validation for that reason, to fall into the trap of believing nothing else will matter. So you get a lot of pretty women, a lot of very sexually attractive women who feel like they can lie, be rude to people, not be very decent human beings otherwise, and yet men will still desire them. Indeed, you can go to any one of the men's websites and look at the hundred most desirable women in the world. And you know, they're going to rehab or they spent time in jail, or they're on their fifth marriage. And you know, they beat their boyfriend over the head with a frying pan or something. And yet, these are the most desirable women in the world. Well, there's got to be other criteria on the table than just physical attractiveness to make someone truly desirable. There have to be other criteria on the table, not just status and money in order to make a man desirable to women. And I think my opinion, my well traveled opinion is people who are sharp people who have their head screwed on straight realize that so to all you guys out there bemoaning the fact that you're not rich, that you're not famous, that you know, 10s of thousands are only for rock stars. Get over yourself, being a good decent man,


doing the best with what you have is going to get you the kind of women you deserve, when you're deserving what you want. And I always tell everyone, man or woman, Diana, if you deserve what you want, which is our mantra around here, you know, you represent what the person you would like to attract would be attracted to in return. That's what it means. I can guarantee you, you will love the people you attract. They will be male or female versions of you, depending on what gender you're trying to attract, you know, women who deserve what they want, will love the guys who choose them. Men who deserve what they want, will love the women who are attracted to them and choose them in return. It's almost like it has to be that way. Because that's what attraction is all about. Right?

 Diana Mandell 20:52
It's a healthy way of looking at things, I think. So

 Scot McKay 20:55
it's an effective way of looking at things.

 Diana Mandell 20:58
We attract specific people for reason. It's not random people think the partners that we choose are different. But maybe the situations that we ended up in are the same, but that's usually not the case.

 Scot McKay 21:10
But what is usually the case,

 Diana Mandell 21:12
it's who you're choosing, it's not the situations that you end up and you end up in those situations, because of the people you're choosing, not the opposite. Does that make sense?

 Scot McKay 21:22
Yeah, I think it does. Along those same lines, why don't you give us some more ideas on

how we can end up with the right person, especially if we have this history of ending up with the wrong person? How do we make that transformation happen in our lives.



Diana Mandell 21:38

So the best thing that you can do is to look back on previous experience, take a notepad, take a pen, go down to basics, and write out each of the relationships that you've been in, what they were like describe them, how you felt how that relationship transpired, talk about the beginning, the middle, how it ended, talk a lot about just every single part of it as if you're in a sense being interviewed for each person and do them all differently. Number one, this girl's name number two, this girl's name and write out everything you can think of Give yourself a break a day or two, whatever it may be a that's just kind of emotionally a lot to do. And be you kind of just need to give yourself you know, a break to have almost fresh eyes looking at it, go back to it, like I said a day or two later. And really analyze it, take a look at it with eyes as if it weren't your situation that you're kind of on the outside looking in. So it's a bit easier to kind of observe and take a look at it and see what kind of patterns you can come up with Star things, highlight things, however it works for you, and take a look at what's coming up for you. And maybe they're healthy patterns to it could be they're probably some in there too. But take a look at any kind of patterns that are coming up for you notice or the very similar type of women? Did you have very similar feelings to did end up very quickly the relationship started, you know, was it sort of a very slow process? And then very, very quick at the end, you know, what was happening? How did it end? How did you feel after? Did you rebound? There's a lot of questions to ask yourself in terms of how you kind of floated through each relationship. And it'll give you a lot of answers.



Scot McKay 23:15

I think that is incredibly intuitive and right on the money. And you know, I tell my guys to really take an inventory. Also, I really am intrigued by how you put it because you've added some dimensions in there that I don't typically teach, which I think is wonderful, definite food for thought. I tell guys to look back on their past relationships, and what are the traits that they really are looking for in a partner? What really matters to them? Because then everything's 2024 sight. You can't get into a relationship with a woman ago. Yeah. Well, you know what, she's addicted to heroin, and she's incredibly selfish. But you know, other than that, I think she's all right. Look, if you said, here's my deal breakers, I do not want a woman who's addicted to heroin ever. And you said that to yourself before you met this woman. And you also said yourself, look, I love women who are generous people not incredibly cold. Oh, selfish, okay. And then you meet this woman, you know, you're only lying to yourself, you know, you're kidding yourself. Because you said this before the

chips were down. Now that you have this woman in your life, you know, you're lying to yourself. And I think that's an important step for people to take. But here's the problem, Diana, most of the people I talked to you men or women have no idea who they're looking for. They have no idea what they want. I hear the same thing all the time. Maybe you can already say it before I even get to it right? I'll know who I'm looking for when I meet them. Right? I'll know her when I find her. I'll know him when I meet him.

D

Diana Mandell 24:50

What a crock. Right? It is. And I think for a lot of people, they think they know what they want, but they really don't have it dialed in, they'll just assume that they want whatever one else wants. And while the basics, most of us generally want someone who's nice and intelligent and driven, and, you know, Okay, fair. But there's also quirks and things that you specifically want that work for you that don't work for me, and vice versa. And I think one action step that you can take is before you you know kind of pause dating for a second you did that, you know, initial sort of run through your history, you're taking note of what's working, what's not working, and what patterns are coming up for you create a list of what you do and don't want just adjectives and deal breakers. And on the next page, start writing out what your dating is like with each person, what you did, where you went, how you felt, and a follow up that needs to happen. So you're kind of tracking your dating. And always go back to that first page of what you say that you want, what you don't want and deal breakers, you want to end up with about 90% of what you want, and about 10% of what you don't. And with the 10% you want to make sure something that you can deal with based on the fact that you're not gonna have everything that you want in someone. And I think it's getting very clear on what you want, following through on it, staying accountable on it. And sort of exploring more about how you feel about each person's we were able to end it faster this way, then getting local people kind of getting confused and letting things become a bit stale and staying on something or in something longer than you should.



Scot McKay 26:26

You know, you talked about what I would call archetypal attraction indicators, and you're one of the only other people I've ever heard talk like this. There are certain things all of us want. We don't want people who are liars. We want people who are truthful, we don't want people who are Debbie downers, we want people who are optimistic. We don't want someone selfish, we want someone who's generous. All of us want those things. We want those things in a relationship. We want those things from a company we work for. We want those things from our best friends in life, even though the same gender. And then you

also added that layer of what are my own quirky preferences. I want someone who has a silly sense of humor like I do. I want someone who would rather go on vacation to North Korea than Aruba. You know, those are quirky things. You meet someone who's one of you. She's like the female version of you. Right? I would layer on top of that. There's also this floss and jetsam that sponsored by the media. Here's what the media says you should want. You should want someone who's got a full head of hair who's tall, who's got six pack abs, even though she's a woman, etc, etc. All those things that are hard to obtain, and expensive to obtain the media is brainwashing us to think we want it. Here's the funny thing. I'm almost none of those things yet. All of the women I've dated, who I connected with, I caught being connectable. They adored me, all of those preconceived media driven notions went out the window. And I will say that a lot of guys come to me and they go, Hey, I want a Barbie doll. I want her to be five foot and blind, and end up with a woman who's completely different than that. And they're thrilled. Because she's one of them, they connected. I think that's the secret of the universe, too many people are trying to end up with the wrong person. They're literally quite literally trying to end up with someone who's not right for them, because they're worried about what other people will think. Or they're trying to fit in with a media generated image of what they want, all because they never sat down, like you just said so eloquently, and described the detail by the way, and decided who they want it. That's the best way I can think of other than being sane, and being reasonable. Having good self esteem, and being a decent person. That's the best way I know to end up with the right person. I think that pretty much nailed it. And with that, we've kind of run out of time, I want to send these guys to your Instagram so they can find out more about you. And to do that gentlemen, go to [www dot mountaintop podcast. com](http://www.mountaintoppodcast.com) front slash Diana na, DIANA like Princess Diana. And I'm sure Dan is a princess in her own right. And you will find pictures of Diana and what she's up to and get to follow her there and get snowed. Diana, thank you so much for joining us today. This has been a really intelligent and I think eye opening conversation for these guys. And I really, really appreciate you.



Diana Mandell 29:20

Thank you so much for having me. Scot



Scot McKay 29:22

and gentlemen, if you haven't been to [mountain top podcast.com](http://mountaintoppodcast.com) lately, make sure you go there and get you some free reports there won't cost you a dime. You can also talk to me free for 25 minutes about whatever you want. I want to know what's on your mind. And if a coaching program like the new laser coaching program is a right fit for you. We can talk about that as well. Lots more shows coming up for you guys. You probably notice

we're publishing them more regularly. Tell your friends about it. Hopefully you've realized that we're very serious around here about hitting the issues head on, that men want to hear about. With a specific focus on getting better with relationships with women in our lives will keep bringing it guys as long as you keep listening. If you want to send me any of your thoughts or your ideas for future shows. Go ahead and do that by dropping me a message at Scott at [mountain top podcast. com](mailto:scott@mountaintoppodcast.com) that's one TN Scot SEO te at [mountain top podcast. com](mailto:scott@mountaintoppodcast.com). I'd love to hear what's on your mind. And until I talk to you again next time This is Scot McKay from XMY communications. Be good out there.



Edroy Odem 30:33

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