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SPEAKERS

Edroy Odem, Emily McKay, Scot McKay



Scot McKay 00:02

Gentlemen, my guest for this episode is none other than my wife Emily McKay. If you really find yourself enjoying this episode and want to hear more from Emily an eye on dating and relationships in particular, go ahead and check out the x and y on the fly podcast, which is found in a different category on Apple podcast. That's society and culture front slash relationships. And we've got brand new episodes of that particular podcast coming up real soon as well. So enjoy this episode and enjoy x&y on the fly as well.



Edroy Odem 00:38


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 00:51


Hey there Gentlemen, welcome again to another episode of the world famous mountain top podcast. My name is Scot McKay at Scot McKay on Twitter Scot McKay on Instagram Scot McKay on YouTube, you can find us on the web at [www dot mountaintop podcast calm](http://www.dot.mountaintoppodcast.calm). And as always, the Facebook group is the mountain top summit. Today we're going


to have what I'm going to call the second installment and what may be an annual occasion. And that's having my lovely wife Emily on as my guest co host. Now you may already know her from listening to our other podcast, the x and y on the fly podcast. But I think sometimes it's fun to have her on to discuss certain topics, because they lend themselves very well to us to say husband and wife conversation. Today we're going to talk about conflict and disagreement in relationships. So with that, I'd like to introduce you to my lovely and talented wife Emily McKay.


 Emily McKay 01:50
Hello, I'm honored to be here again, it's an honor,


 Scot McKay 01:53
it's an honor to live with you and wake up next to every day.

 Emily McKay 01:57
What should we have a fight about that?

 Scot McKay 01:59
No, I think we're in a. Yeah, I think so. I think you probably feel equally honored. I do. Yeah. As long as we both brushed our teeth.

 Emily McKay 02:06
Okay, I'm not going to disclose that one. That would be pretty dishonorable.

 Scot McKay 02:11
And when one of us gets to snoring, that's dishonorable, so

 Emily McKay 02:15
I just roll you over, or you roll me over,



Scot McKay 02:17

if you roll me out of bed, that would be a dishonorable discharge. Kick, right off the bed? Oh, yeah, put some martial arts into it makes a little kink here. As you can see, already, we disagree with each other about nearly everything. Absolutely. That's a complete, utter lie. anybody's ever done coaching with us realizes that, you know, whichever one of us you talk to, both of us are probably going to agree vehemently with each other, and everything.



Emily McKay 02:46

But there are times when we do have disagreements. And you know, that's what brings us to this podcast, which is why you have me as a guest. How do we handle conflicts and disagreements?



Scot McKay 02:56

Well, I think the first place to go with that is if you're dating someone, you're disagreeing, and finding conflict in the basics, that make you who you are things like whether to eat meat or not, where you are, politically, what your faith is, like, how to raise those children, or how you're going to handle finances, etc. If one of you doesn't want to fly on airplanes, and the other one wants to travel and domestically all over the world. Thank goodness, we're in agreement on that one.



Emily McKay 03:24

Absolutely. So I'd say the things that matter the most you and I do agree upon?



Scot McKay 03:29

Yeah. And I think that's absolutely necessary, if you're going to enter into a long term relationship with someone and expect it to work. Because if there are foundational differences, then you know, you're going to be fundamentally incompatible,



Emily McKay 03:43

right? And then there's times when it's hard to address those questions, especially when you're dating, because you're afraid what if you don't agree upon things? Is it going to make or break this relationship? And it can be really scary, especially if you really like this

guy? Or if you really like this girl?



Scot McKay 03:59

Yeah, a lot of times people don't have a whole lot of options. And they finally have someone in their life who they feel they're attracted to. And they're almost afraid to have these conversations, like you're saying less they find a deal breaker and ups, they're incompatible. So they'd almost rather sweep it all under the carpet and hope it never comes up rather than dealing with it relatively soon in the relationship and then moving on people are, you know, really driven by fear a lot, aren't they?



Emily McKay 04:24

Well, that in there also hopeful the hopeful that the person will come around to their ways, and go well, okay, I changed my mind, we can make this work out, it'll figure itself out, well, we'll find a way will force this,



Scot McKay 04:36

you know, I've heard both men and women kind of posed as the ones who look for fixer uppers, men think they can kind of lead women into wherever they want to lead them, whatever that means. And sometimes it's actually true. But you also hear a lot about women finding a guy who they're going to train, they're going to make him give up his motorcycles and kind of mold him into the kind of husband who is going to be more compliant. And I think it's a mistake, regardless of whether you are a man or a woman to think you're going to change someone to become the kind of person you can be compatible with all of these situations, Emily, so massive seeds of discord later on. And it's hard to have a relationship with someone who you just don't agree with on a basic level. And I think it's harder to have a relationship with someone who wants to change you on that same fundamental level,



Emily McKay 05:28

well, it has to be very difficult to live every day knowing you're not meeting to that person's expectations. Or worse, they're not meeting your expectations, and you're just miserable. And you're hoping and wishing that they will finally come around to doing it your way. But in the meantime, until that happens, which is probably never like we just said someone's settling. someone's not in the relationship. They want to be someone wishes they were somewhere else. Well, the simple solution is you address the issue, see if

you can come up with a solution. Sometimes they're solvable. So let's talk about that. Let's talk about the deal breakers, can they be fixed? There are certain things you should never compromise on. And when you both just don't see eye to eye, unfortunately, that's when you have to say, okay, we're not made for each other. There is a Mr. Right or Mrs. Right out there for me, and go and get what actually will make you happy. But if it's something insignificant, or something pretty minor, you can have a discussion and say, okay, we disagree with maybe how we spend money. Can we come to an agreement somewhere in the middle that we both can be happy with? Sometimes there's things that we can come to a mutual agreement that the question is who has to give up?



Scot McKay 06:40

There's a lot of pride there, neither partners going to want to give anything up. And see, that's the thing, what you're talking about here is something that's a lot easier said than done for a whole lot of couples out there. I mean, hey, let's just come to an agreement and hash this out. Well, what if one person says, Well, you know, this is not negotiable, then it truly is. And the truth is definition of the word a deal breaker. I mean, deal breakers are, by their very definition, non negotiable. Now, if you have someone out there who's just being immature and unreasonable, like, you know, if your favorite band isn't Coldplay, then don't bother, then that person can just basically die alone someday. You know, it's just an unreasonable and I would say rather esoteric, and downright silly expectation to have. Because look, for example, you listen to completely different music than I do.



Emily McKay 07:27

Absolutely. I listened to currently music, right?



Scot McKay 07:30

It's an unreasonable expectation to not expect me to listen to the kind of music a guy would like to listen to,



Emily McKay 07:36

you have to change the radio for me, right?



Scot McKay 07:38

Well, I should want to change the radio for you because I like you. And I'm okay with you

being happy. Now, some people would say, hey, that's a compromise in a relationship. That's sharing. You know, there are plenty of things you and I love to do you and I love the certain kind of adventure travel that we like, we agree and how we raise our children, we get involved in the same sports as a family, we go on hiking trips, you know, you got me into camping, I got you into BMX racing, because fundamentally, our personalities are similar and compatible. Therefore, interests don't necessarily have to be the same from the get go when we meet each other. I mean, it doesn't matter whether you like the same exact things I do, the day we meet, that didn't matter at all, in our case, and it probably wouldn't for anybody else listening either. The simple fact is, if we're cut out of the same mold, and we get each other, which I talked about all the time on this show, we just know what's going on in the other person's mind. Because their mind works somewhat similar to ours, at least, then we're going to introduce each other to things and person may resist and go you know, you're kind of crazy, that just sounds dumb. But the other partner will go you know, try it, you might like it and the next thing you know, I like green eggs and ham Sam I am you know what I mean? It just becomes something that you enjoy as a couple as interesting seeing each other to things and while I you tend to enjoy the mutually



Emily McKay 09:04

Right, well, like BMX, this is something that you're passionate about. And I'm passionate about you. And therefore that's why I went ahead and went into it, looked at it and gave it a try. Because it's important to you It should be important to me.



Scot McKay 09:17

Well, I think that's a woman thing. I think a lot of times when guys are really passionate into something, the woman will be his biggest cheerleader and maybe even try it. For the guys part. We want to be supportive what you're doing. Let's say you're a ballet dancer, I may not jump into doing ballet with you.



Emily McKay 09:33

Oh, come on. You look great in tights. Yeah,



Scot McKay 09:35

really?



Emily McKay 09:37

Maybe. nails done with me?



Scot McKay 09:39

It was called a dance belt. Dance Belt? Yeah, the men's tights, you know that kind of show off your package? I would look good in it. Slightly, but I'm not about to wear it. So you guys listening? Don't fret about that. It ain't happen in the bedroom. Not even. Why would you want me to wear anything? That is true. Nothing we kind of get in the way, huh? Anyway, back to reality. Well, that was reality back to the fantasy world of this podcast. How about that. So when couples get together, you know, the man should be supportive of what the woman wants to do. Nobody wants to be heavy handed and manipulative, and be a controlling jerk. And that's not gender specific. I mean, men or women can be totally controlling in a relationship. I mean, you know, it happens. But if I love you, if I even like you, and I want you to be happy, you being happy makes me happy. So yeah, you know, when we pick a movie to watch at night, I want something that you're going to enjoy at least as much as I will. And sometimes we share by letting the other person pick a movie that they've been dying to watch,



Emily McKay 10:44

especially after I've been trying to pick one out for two hours.



Scot McKay 10:47

Exactly. We have that issue in our family. By the way, it just takes more time to scroll through Netflix or Amazon Prime that does actually watch the damn movie. Especially when the kids are involved.



Emily McKay 10:57

That's the disagreement there. Right?



Scot McKay 10:58

Yeah, exactly. But once we come to an agreement on what to watch, you know, I may make a snarky comment here and there. But it's amazing how often I end up liking the movie that you picked and vice versa.



Emily McKay 11:09

It does. I have to I hate to admit it. But sometimes I do like what you pick out.



Scot McKay 11:13

Right, exactly. Then there's the old five minute test, which everybody should I like the old five minute test. And usually it's amazing how often we agree on the five minute test.



Emily McKay 11:21

Yes, let's give it a five minute test. Just try it out. If you don't like it will stop and we'll try something else.



Scot McKay 11:25

And there have been times where we agreed on the five minute test. And then we go back and look at the reviews on Rotten Tomatoes. And everybody else in the world love the movie except us. Yeah, that's happened, like lost in translation. Horrible movie, but everybody loved it. I mean, you know, it survived



Emily McKay 11:39

that they had to quit. I needed my time back. I know,



Scot McKay 11:43

I want my five minutes back. Oh, well. Anyway, I think we should talk a little bit about what happens when couples actually are in a relationship. And then they find that they disagree about something. It has been said by certain dating advice, Relationship Advice gurus, that it's how healthy for couples to fight.



Emily McKay 12:02

Well, fighting and arguing and disagreeing can have a difference?



Scot McKay 12:08

Well, I would say there's a huge difference between disagreeing that is having a conflict

and fighting,



Emily McKay 12:14

fighting. It's not good. When I think of fighting, I'm thinking physical abuse, for force of some sort.



Scot McKay 12:20

Why doubt those other relationship gurus are thinking that when they say it's healthy for couples to fight, I'm thinking more in terms of insulting each other, having it be acting out and anger. And you and I can get tippy.



Emily McKay 12:33

That's pretty forceful.



Scot McKay 12:35

Oh, yeah. But I mean, I'm not talking about coming to fisticuffs with your wife or anything that's blatantly abuse. I mean, the police get called on those situations.



Emily McKay 12:42

Maybe it's just short of that,



Scot McKay 12:44

I guess, I would think way shorter, that would still be a fight by my definition, especially if the couple has malicious intent towards each other, and they're just acting out of hate and anger. You know, we've seen that happen before our very eyes



Emily McKay 12:56

true. I mean, that could be name calling and cursing it each other. It could even be the silent treatment. Oh, yeah, that's a fight. Oh, that's a pretty hard fight to handle.



Scot McKay 13:06

Yeah. Especially for guys. We don't understand that stealth mode fighting that women do they just go nothing. Nothing's wrong. But there's a language to it. Explain for these guys.



Emily McKay 13:15

Okay, so let me tell you how the stealth quiet mode works. When we are really, really, I'll say to get really angry. Sometimes the only thing we have left is to resort to being quiet. And this is our way of trying to get your attention. You know, because talking yelling, screaming, whatever tactics there is out there, none of it works at that point in time. So the last resort, or I guess some people do it as a first resort. But that's scary. To some point and it this fight, they resort to the silent treatment, because it really, unfortunately, is painfully effective. Because the other person doesn't like being shunned, ignored, pretending they don't exist. And it's just downright rude. And it's not healthy for the relationship. But it does get the attention. And when someone's being silent towards you the best way to handle that and say, you know, I love you. I know we're having a disagreement, we will talk when you're ready to talk



14:18

and let it go. That's what a man should do.



Emily McKay 14:21

Yes, he still needs to acknowledge that he cares and loves her. She wants that reassurance. She also wants the reassurance that even though you're in this disagreement, that there is safety there that this relationship isn't going anywhere. And that you two will resolve this, this will get resolved. And we will deal with it when we're both able to talk civilly.



Scot McKay 14:43

Well, hey, you know until you come down from that it's game on for hunting trip with the guys are gonna have a few beers, least



Emily McKay 14:50

letter letters to for, you know, a day or two. Well, I was semi joking. Me, she needs her

space, let her let her be angry. But if you're in wrong, because you could be right, we can be wrong. But let's take the aspect that if you're wrong, you're in the wrong it, you screwed up whatever the case is, at some point, you need to swallow your pride and say, You know what, I love you. I'm wrong, I shouldn't have done XYZ. And from now on, this is how we're going to deal with it. You know, is that good for you. Now, that isn't going to work. If you're in the right. Sometimes you didn't do anything wrong, and you shouldn't have to apologize for being wrong. But let her know that you're not happy with the situation that you two are not happy at the moment. But that you would love to get this problem resolved. You want to talk about it. And you want to do it in a loving way.



Scot McKay 15:39

Well, what comes to mind there is in 14 years of you and I know each other I can count on one hand how many times you've ever gone silent on me. I know right? And I deserved it every time. I'll be the first to admit it. But what if we're in a relationship with a woman who does this twice a week? And we don't know when to duck? I mean, was that a woman who wasn't ready to be one half of a great relationship? Or is actually more normal? Is that more par for the course for women? Then I don't know you? Are you just special? You know, I mean, what is the guy to do when it isn't always his fault. And he's dealing with this all the time right away?



Emily McKay 16:12

Well, you know, if you're in a relationship and you're committed together, the best thing to do is she may not know any better, she may be doing this because her mom did this, her sisters have done this, her whole family has done this, this is what she views as normal. And it may not be something you're used to. And like I said, it's rude. And it's not exactly the best resort to having a peaceful relationship between husband wife or between couples. But when you have that situation, it's happening a lot. You know, when things are calm, and there's not anger going on, when you to have time to sit down and have a glass of wine or whatever the cases have a very peaceful conversation. So you know, I've noticed lately, that every time we have a disagreement or a time that tensions happen between us that you go silent on me. And it makes me feel nervous that this relationship is going in the wrong direction. And I want things to work out for us. Can we talk about a better way to deal with our disagreements?



Scot McKay 17:17

We're assuming she's going to be reasonable. I mean, step one, gentlemen, is get into a

relationship with someone who's reasonable and be reasonable, because you can't reason with someone who isn't reasonable. And that takes us back to the question we asked a couple minutes ago that we really didn't get to the bottom of which is is it healthy for couples to be in disagreements with each other? Now I would say something that constitutes a fight is not ever going to be healthy. You and I have never insulted each other never. And that's because we have self respect and we respect each other.



Emily McKay 17:49

And we never thrown the D word out either.



Scot McKay 17:51

Oh, yeah, I'm gonna divorce you. Yeah, that's just, that's awful.



Emily McKay 17:56

Well, it tears down the safety and security both for the man and the woman.



Scot McKay 17:59

And women do it more than men do? relationships.



Emily McKay 18:02

That's because it gets your attention. It's like, I'm going to leave you and the other person is like, Oh, please don't leave. All of a sudden now the person who's begging to stay is lost control and the person, the other person who's threatening it gains control.



Scot McKay 18:14

And also the person who's leveling an ultimatum, every time things go crosswise, and relationship is the one who feels weak. They feel like they have to somehow wrestle back control. And that is so I rolling Lee tiresome to the other partner, right? Yeah, exactly.



Emily McKay 18:28

Right. And ultimately, when this happens over and over again, the other partner gets fed

up and said, You know what, you're leaving so long. Don't let the door hit you on the way out.



Scot McKay 18:38

Actually, another thing I want to bring up is something that came up in a coaching call just today, as we're recording this. Sometimes women misunderstand or flat out, don't understand men, the way men don't understand women. And I think there are women out there who just think men don't have any feelings. Like you know, when all those soldiers storm Normandy beach back in were War Two, I mean, they were just a bunch of, you know, Dunder headed guys who are robots with guns, not that they were scared to the point of puking and fearing for their lives. And I think this is immaturity, and lack of life wisdom on a woman's part, just feel like they can say or do whatever they want to a guy, he better just take it because after all, men aren't allowed to have feelings, they don't have feelings. And that puts the woman always in defense mode, as if she's not going to have any leverage emotionally with a guy at all. And of course, we as guys are taught to, you know, man up and shove it all under which you know, is probably one of the bricks of the toxic masculinity debate that has a little bit of merit. Overall, I've been very, very frequently outspoken on this show about how much I think the Gillette commercials and so forth are hurting us. And that masculinity is being stolen from us, and that men should still be men. But we're allowed to have emotions. And we're allowed to say when enough's enough, and I think women should recognize that men have emotions. And likewise, I think men should expect women to be logical and be able to make sense of things. And when we misunderstand each other comes from a point of disrespect, right, comes back full circle, and that's when the insult start. And when we don't understand each other, that's when the fear of each other comes around, and, and we start disliking each other. And that's, of course, fatal to our relationship.



Emily McKay 20:18

And that's when we resort to tricks and games and silent treatment and yelling, and pretending that we don't have, you know, we're not affected by the emotion of the situation. And I'm not going to acknowledge the situation. So all these things come into play when we're not understanding each other.



Scot McKay 20:34

Right. And that's all the dysfunctional components of fighting and disagreeing, however, show me a couple who never disagrees about anything. And a lot of times, I will show you

a relationship where someone's controlling the other person



Emily McKay 20:47

and not having a conversation, that's for sure,



Scot McKay 20:49

right? Because we're going to disagree, sometimes, we can get downright tippy with each other for hungry. The thing is, we trust each other enough to let the other person go on rants. And because we're not insulting each other, we're not taking it personally,



Emily McKay 21:04

right? Give me your space to come back when you're, you know, happier, less Moody, anything for me?



Scot McKay 21:09

Well, of course, and you know, the thing is, we trust each other enough, we know we love each other, respect each other, adore each other enough that we have the freedom to do this to be ourselves, even when we're at our worst in front of each other. There's no dressing up, there's no lipsticks on pigs around here. And we are who we are. And I think that's one of the things that makes our relationship feel less like work. Because you know, we're there for each other, we're a sounding board. And it's never permanent. It's never more than a couple hours, usually we can eat something or take a nap or have sex.



21:44

Close it up.



Emily McKay 21:46

I remember the most recent disagreement that we had, was this last trip that we're going to take you came to bed and you're like, you know, honey, I really don't think it's a good idea that we, you know, go on this particular road trip this particular weekend, and you let out the reasons. And you know, I didn't say anything, you said we're just not going to do it, because we can't you know, you listed all the real reasons for not doing it. You know, john

had just broke his arm, you know, he's gonna be in pain, he can't have fun, etc, etc, etc. This this long laundry list all of them good points, all of them. good points. I couldn't argue it. You're right.



Scot McKay 22:20

But I feel guilty also for disappointing you because I knew you wanted to do this. Of course, I've sat me more than you. It did. And yet you were still driving a little bit to do and and kind of sweep it under the carpet like oh, yeah, we're just gonna do it, you'll get over yourself. And that's when I had to raise my voice a little bit go, look, I'm serious. And that's where the trust comes in. Right? Because, you know, sometimes we have to assert ourselves,



Emily McKay 22:43

right? And I had to admit, you're right, you know, there's no getting around it, we really shouldn't go on that trip. No sane person would have done it. So I had to come to my senses. And you know,



Scot McKay 22:55

this goes both ways. I mean, there are times when I'm going on a rant about something and I'm being unreasonable, I'm not going anywhere, but in circles and you level set me and go right, well, which is it? What's it going to be? You know, we're sick of hearing you go around in circles. And that's when I have to, you know, be a man and make a decision, and everybody's going to be better off because of it. So, you know, this desire to be perfect and never argue that some couples have, first of all, it's Pollyanna ish and unreasonable. But I think you know, the bottom line here is, yeah, you know, you disagree. As long as you stay civil with each other, and you don't call each other names, and you're not fighting. It's a good thing that you're honest and truthful and transparent with each other enough to show some emotion when it's time. And I think that trust is really, really helpful. Now, conflict over things that are serious breaches of trust. Like, let's say one person cheats on the other.



Emily McKay 23:48

That's pretty heavy stuff, isn't it? Oh,



Scot McKay 23:50

yeah. I mean, we've never had something like that. But there are also times that aren't even necessarily a breach, but just you know, life happens. And something that's a bit of a crisis happening. So the family, I think, in those situations, those latter situations, you got to remember, you're a team, and you're going through life together. And it feels like work, if dating and relating is a team sport, and your adversaries on the opposite sides, versus being on the same side on the same team. Now, when there's a breach, I think you've got to go ahead and blow off your steam emotionally, and not come to any hasty judgments, sit down, relax, sleep on it, come to your own senses, then come together and communicate. Now we haven't had that sort of thing happened in our relationship. But based on past experiences in my dating life, when I was younger and more mature, and based on a whole lot of coaching after almost 14 years, right? I would say that, that's the way to go. You don't want to say things you're going to regret, because that'll exacerbate the situation. You can't make a knee jerk reaction and just stop and leave. You know, the silent treatment in that case might not be a bad thing, because it could keep you from saying something you regret. And you know, regardless of how you described it earlier, I think some people actually level the silent treatment for that very reason. So they don't say something they regret it self control,



Emily McKay 25:13

especially men, men tend to use that one more often. Like, I'm going to like explode.



Scot McKay 25:18

I just need to go out and Bry me alone woman, right? dress



25:21

me



Scot McKay 25:22

and a lot of women. And a lot of women understand that they're crystal clear about that, that doesn't make the guy violent or toxic or horrible. It makes us human. And you know, men have testosterone. And it's for good reason. And when we know how to harness it and not lash out or hurt those who we love, in some ways, it almost makes the woman horny



25:43

wisdom to



Scot McKay 25:44

Yeah, right. I mean, it's like, hey, look, he knows how to he has some horsepower. He knows how to use it. But just kind of kids to me. Anyway, I think this has been a really good discussion on how couples can I don't want to say, Are you successfully? Because we've used that term before? Yeah. But I think Emily, you know, it's reasonable to think that if a couple comes together with a really good solid baseline foundation of getting along, and having those foundational commonalities that they share that we discussed earlier, and that they trust each other, and they actually like each other. I mean, we know couples who can't stand each other. I mean, what are they doing, I mean, this is masochistic. But assuming you have all those checkboxes handled, there are going to be times where you have to trust each other enough to disagree. And that also is very healthy. And that it shows that everybody's thoughts and opinions matter in this relationship, nobody is being suppressed.



Emily McKay 26:41

And it shows that you have communication going on, because you feel free enough to express your thoughts and emotions and your spouse or your loved one feels the same way as well. They can express themselves and give their opinions. It's when two people or one or the other doesn't want to talk about sensitive subjects, the breakdown and communication happens. And that's destructive to the relationship.



Scot McKay 27:02

I mean, this is a big part of getting to know each other. This is a big part of finding out your wants and needs and hopes and fears so I can lead better as a husband.



Emily McKay 27:10

Well, it's scary because you have to put yourself out there and trust that when you open up to this individual, that they're not going to hurt you emotionally



Scot McKay 27:19

or physically.



27:20

Yeah, hopefully not. But if you pick wisely, they will.



Scot McKay 27:24

Yeah. And you know that vulnerability that's born of courage. Really, really does wonders for a wonderful relationship. absolutely worth it. Yeah. What a great conversation. Emily, thank you



Emily McKay 27:36

so much. Thanks for having me on.



Scot McKay 27:38

Yeah. And guys, if you want to listen to more of Emily and I together, go to [www dot Scot and Emily com](http://www.ScotandEmily.com) front slash podcast, and grab a big handful of our other show called XMY on the fly. One of the reasons we're doing this particular podcast together is because we plan on doing new fresh episodes of x&y on the fly for you, in real short order, so you can look forward to those, once again, that's at [www dot Scot and emily.com](http://www.ScotandEmily.com) front slash podcasts. And remember, my name only has one t in it. And guys, if you have not yet visited [www mountain top podcast. com](http://www.mountaintoppodcast.com) Go over there and get you some we have show notes, we have pictures of our guests, including my lovely wife. And you can get a transcript of every episode from number 150 on you can also check out the YouTube version of each episode. And grab a couple of free special reports. Get in on my daily newsletter, which you should be getting. It'll have actionable advice in there for you on how to get better with women. And it's going to come into your inbox every day and it's going to be fluffy, free. It's going to be the real deal. And finally, if you haven't talked to me yet, for 25 minutes, you definitely want to do that there's a little button in the upper right hand corner of the site. It's a red button. Click that and get on my schedule for a free 25 minutes we can talk about what's going on in your life and see if a coaching program was right for you. And until I talk to you again real soon on the next episode of the mountain top podcast. This is Scot McKay from XMY communications in San Antonio Texas. Be good out there.



Edroy Odem 29:18

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