

# mtp199

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## SPEAKERS

Edroy Odem, Riana Milne, Scot McKay



Scot McKay 00:02

I'm telling you gentlemen, one of the most significant health crises we as men go through is also one of the most overlooked. That is, of course, low testosterone levels or low t levels. If you found symptoms creeping up on you like Ed, low sex drive anxiety, brain fog, impaired decision making, and or this is the worst one, frequent crankiness. That'll make your wife just want to stay away from you, inside and out of the bedroom. This might very well be what's going on if you've experienced any of the above, after all, a full 25% of men over 30 don't have as much testosterone as they should. And weirdly, men sperm counts worldwide have also dropped 50% in the last 40 years. All of this is way too common these days, gentlemen, but what do you do about it? Well, that's where my friends at let's get checked come in. They're new supporters of the show. And they're all about professional health testing for men that's accessible, affordable, discreet and fast. Having introduced you to them last week, several of you have asked what I love about them. Well, like you, I'm a busy guy. So I love that I don't have to wait around in my doctor's office or get hit with a copay for a full visit. I'm also amazed by how simple the whole process is, and how fast it is. Everyone I've talked to it, let's get checked is also friendly and pleasant, which is a nice plus these days. Let's just say that if I love it, you will too for sure. And oh, you know what I almost forgot. I also really like how you have full control over exactly what tests you're getting. I mean, how many times have you done your best to communicate what you want done with your doctor, only to end up paying for too many tests or worse, not the right ones after all, get it right the first time. No worries, no fuss, no wasted time. Just go to mountain top podcast calm front slash lgc for letsgetchecked and

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E

Edroy Odem 03:08

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters, you're listening to the world famous mountaintop podcast. And now your host Scot McKay



Scot McKay 03:21

How's it going? Gentlemen? All across the fruited plain This is your main man Scot McKay at Scott McKay on Twitter. Real Scot McKay on Instagram Scot McKay on YouTube, you can find us on the web at mountaintop podcast.com. And I do invite you to join us on Facebook. The Facebook group is called the mountaintop summit and you're going to find a cadre of high character big for men who you can interact with. It's like joining a band of brothers. So join us there on Facebook at the mountain top summit. Today, gentlemen, we're going to dig into the depths of your childhood. looking for ways you can become a better man today. And that's the way I'm choosing to word it. Because my guest the lovely and talented Rianna Milner from the New York City area is with us today to talk about how your childhood is affecting your manhood. And on the surface that sounds like a dark topic and you know, we might get spanked a little and talking about it, and or possibly a nurse and things that are unpleasant to talk about. But hey, you know what, such as good for one soul sometimes. And so with that, I introduce you to Brianna Milner. Welcome, Brianna.

R

Riana Milne 04:28

Hi, how are you, Scott? Hello, my band of brothers.



Scot McKay 04:31

Yeah. Hey, every band of brothers needs some sisters.



Riana Milne 04:34

That's right. Yeah, very close to my brothers growing up. So I like the guys.



Scot McKay 04:39

Yes. And your last name is Milan. Am I any? Correct? I found out chit chatting with you ahead of time that your great great grandfather was none other than a male.



Riana Milne 04:49

Yes, a writer and every generation



Scot McKay 04:52

Yeah, and descended from the author of Winnie the Pooh. Mm hmm has been a steady stream of authors to the present day. Yes, that's right. That's amazing. Yeah, we could probably do a whole show on that. But we want now your specialty. God bless you and God love you. Rianna,



Riana Milne 05:09

thank you,



Scot McKay 05:10

is helping people come out of brokenness, to reconcile the stuff in their life that is affecting their happiness, keeping them from really accomplishing their dreams in life. And I was taken by that immediately, I thought that was incredible work certainly work that I couldn't do myself, I wouldn't have the patience or the wherewithal to do it. So I have lots of respect for what you're doing. And I thought it would be wonderful to have you on and talk about this topic of the traumas that, really, frankly, most of us experience at least some of in our childhood, and how they sometimes transparently even cause issues in our adulthood. Tell us



Riana Milne 05:52

more. Hey, that's right. And well, my research shows 90% of us have at least 123 of the childhood traumas. I discovered now there's more than 10. But I only talk about the top 10 that were the most common. And this comes from my work very diverse. I've been a psychotherapist over 20 years. But I've worked in the schools from grades kindergarten all the way through college with kids that were emotionally upset in a hospital center for adolescents from again, six to 19 in the drug and alcohol community in an adolescent rehab center, as well as women from the prison system. So they all had different traumas, and the same ones kept coming up over and over again. It wasn't until I was in a traumatic relationship. And my guy was like a Jekyll and Hyde. If you know the Broadway show or the movie, it's like everyone in society loves them. But then they have a hidden secret life. And eventually that secret life explodes and it ruins his life. The lady he loves the family, our work, you know, so he was fine. Jame from his community, a principal at a school. And his last statement was i don't know why i sabotage everything I love. And I said, I don't know why either, but aren't going to figure it out. And that started over two years of research, which came up with how childhood trauma impacts adults in life, love and business. And it's a very unconscious way of being and acting normalized behavior patterns that I'll give you guys some examples. So that makes sense. But it's fascinating work. And everybody is their own different puzzle based on what they experienced as children.



Scot McKay 07:39

Yeah, what a tangled web we weave, right?



Riana Milne 07:41

Yeah, for sure.



Scot McKay 07:42

You mentioned this idea of a person being a Jekyll and Hyde. Hmm. Now, I'll tell you what, I can absolutely relate to that based on what I experienced personally in my first marriage. And I've heard that story time and again, from guys I work with as soon as this video Week in which we're recording this podcast. That guy told me that story. And it goes like this. I was dating her. She looked great. She seemed friendly. I ignored some red flags. And sure enough, even on our very wedding night, the same day we got married, she turned into a completely different person. Now



Riana Milne 08:19

you can go by the icing on the cake. This is the main problem, Scott, this is the main deal right now. Men, caveman brain goes for attraction. And I explained this to my women and men were very different creatures. But they do that because they were made to procreate the race. They are caveman brain. That's the old brain. They want attraction. But the problem is, they don't go for the inner qualities. They're not looking for the real substances, substances, the cake. The icing is chemistry. I don't know how many profiles I say every man says must have chemistry. I'm like, Oh, boy. They're looking for the wrong thing.



Scot McKay 08:58

Do you really think that's true? under specific though,



Riana Milne 09:02

I see that more on men's profiles and women men say I want chemistry women are talking about qualities. We want intellect. We want someone maybe spiritually based someone who's successful and loves her career a great father. Yeah, we're looking for qualities, guys, if you want to attract a women on online profiles, talk about the man that you are. That's what we're interested in. We don't care much about the icing. We don't care that you're in the gym six times a week. We just don't. Who are you as a person? That's what a woman wants to know.



Scot McKay 09:34

Okay. That's very interesting. How would you reconcile that thought process with women who say, Oh, you know, he's such a nice guy. He's everything I've ever said I wanted but I'm just not feeling it for him. And the next thing you know, she ends up with the wrong guy who's beating her who's abusing her who's an alcoholic who isn't very nice at all. But she says I can't leave him because I love them.



Riana Milne 10:00

This childhood trauma, that's exactly what it is I was expecting attracting to her life, something that her psyche wants from the past, which is the toxic personality type. And childhood trauma has no prejudice. This is this works for men, women, straight LGBT populations, and early, you know, younger people and older people. So people start showing the patterns around 18. And I've had my oldest client, his oldest 74. So they're

attracting the wrong person for the wrong reasons, but their chemistry is keeping them with the wrong person and hoping that they get that I delete three to four months period and people have trauma attract people of trauma. The first three to four months of the relationship is very idyllic. These relationships. People have trauma track people of trauma, so they are romantic. There's a lot of attention, a lot of love, very passionate sex. There are crazy for it, but they do choose to avoid that. red flags that are starting to come up, they're holding on to that beginning period that was so perfect. And the research shows these patterns that are dysfunctional and toxic show up from month four to the first year, or as soon as something gets more serious. So living together, getting engaged, getting married or having a child, this is when those toxic patterns start coming out. Well, how would that



Scot McKay 11:25

match up with the Jekyll and Hyde thing? Because what was curious to me what captured my imagination when you brought that up? Was this idea of I think I'm with this person, and then they turn into someone completely different almost overnight. And yeah, okay. I think I saw the red flags, but not like this. I mean, I wasn't expecting this to come out of nowhere. And then the other thing you said that I think is also very, very poignant is in front of other people. Damn it. They're perfect. They're nice and sweet. And then behind closed doors at home, they're all monster. I mean, they're just rocking you and abuse. You and calling you names and you may even fear for your life when you go to sleep. And then you go to a cocktail party. And they're all sweet, nice again. So anytime you try to say to someone, hey, you know, here's an outcry, I need some help here. They look at you and go, Well, I know your husband, I know your wife. They're a wonderful person. I think you're the problem. And God, is that frustrating.



Riana Milne 12:20

Yeah, that that becomes the issue. Yeah, yes. And very often these people are sociopaths. A quick definition for that is they use people for pleasure or profit. Number one, they and men do this equally as women. So you'll have to be careful when I was doing my research one in 25 are sociopathic. Now. The numbers are six to seven out of 25 are sociopathic.



Scot McKay 12:42

What happens socially?



Riana Milne 12:43

Well, the childhood traumas want me to go into those? Sure, but how come



Scot McKay 12:47

we have six or seven instead of one out of 25? Now what happened recently?



Riana Milne 12:53

Oh, in the family structure, while the families aren't together, they're growing up with heavily working parents. A lot of toxic family dynamics,



Scot McKay 13:03

more so than in years past. Yes. Okay, go ahead riff on.



Riana Milne 13:08

Okay, so as I go into the top 10 traumas, first of all, again, there are more second, this is not about blame or shame, we're not looking to blame your parents at this time in your life. And it's not about having you feel ashamed if you experience these, because you were just a child within an environment you couldn't help. So we develop what we call coping mechanisms to help us deal with whatever trauma or toxic behavior is going on around us. So I just want to preface it with that if anybody wants to take this test along with me, then make three columns on a piece of paper, the first column you put me meaning yourself, the second column partner that you struggled with. And third column put parents because the research showed that you had childhood trauma, so did your parents and so did their parents. It goes to at least three generations, if not more, Okay, so here we go the first top 10. The first one is if your parents or caregiver had any addiction, so I named 12 of them drugs, alcohol, sex, meaning new new your parent was a chronic cheater, porn, gambling, hoarding, eating spending, gaming TV watching workaholism, and I've added the next one, which is social media addiction. So these are taking preference in your life and it's upsetting the family dynamic or your marriage or your relationship with a child. Okay, or you were the child?



Scot McKay 14:35

No, I usually don't like to interrupt my guests, sir. But I know you're about to embark on lots

of really interesting heartwarming stuff here. Today's children are almost universally addicted to a computer screen or a tablet screen or, you know, a smartphone. That didn't go back three generations.

R

Riana Milne 14:56

No, it does not. And it is a problem. A lot are addicted a lot. addicted to gaming. I had a young boy in my office that you know, skipped school broke into his home so he could get on and game with other friends curse that his mom when she said dinner's ready. ffu I'm not coming to dinner. I mean, the gaming has gotten ridiculous as another actually putting it in the DSM four as an addiction.



Scot McKay 15:21

Oh, no, that's for real. I mean, it is an addiction. Mm hmm. How does the whole electronic addiction factor into that generational aspect? You think I mean, if a kid is or an adult is addicted to any tronic and I will factor in there anything that has to do with interaction with a computerized device, okay. How does that mirror what their parents and grandparents may have been addicted to?

R

Riana Milne 15:47

Well, how it's showing up is younger people don't have great communication skills they, for the young people who are now maybe 16 to 26 or 30. There's a lot of failure to launch. These kids might have gone to college but are not doing well in job interviews. They're not confident in showing up at networking meetings or putting proposals into into play. They have limited communication skills. So as fathers of our listeners out there, it's very important that you definitely limit time on the computer. Now, yes, our high school and even our elementary school students have to do homework on the computer. Absolutely. But time in social media or in gaming definitely has to be limited. Or you could set yourself up for kids having an addiction, having an isolated type of personality, and hurting their futures because they don't have confidence in their communication skills and being able to get out there and get the jobs that they really desire.



Scot McKay 16:47

Yeah, so you know, you have kids growing up to be men and women right now. We're coming from a position of having been addicted to electronics, and they're growing up, lacking the ability to socialize in real life. I think that's a huge example.





Riana Milne 17:00

And this is showing up in relationships as well, Scott, it's hurting their ability to communicate. Oh,



Scot McKay 17:06

absolutely. And we've covered that on this show lots of times including how pornography affects that, of course. But getting back to what happens to us, who are now adults, as children, what are some of those traumas that guys listening to right here now could theoretically have gone through 2030 years ago that are manifesting themselves today?



Riana Milne 17:28

Yeah, let's get back into that list. The second one, which is very impactful is verbal. So you could have even watched your parents fighting a lot. They yelled at you a lot. You heard a verbal put downs like you'll amount to nothing or I'm not spending money on college for you, you you'll never make it or not hearing I love you or verbal accolades. Like I'm proud of you, kiddo. I knew you could do it, things like that, or you are always trying to please your family or your father. Let's see. Difficult father. So he would only give you accolades if you performed well, in football, or in track, you know, you always had to be perfect or get the better score be the better player that lends into a lot of people pleasing, round verbal messaging. So that's number two is verbal.



Scot McKay 18:17

Now with that comes the possibility that parents may not even give you accolades when you do perfectly. That's right back to it. But man, if you get like a B plus in school, or if you fumble a football in the big game, you know, we have to go get you help because you're broken. That's right. And that's that does absolutely manifest itself. As you know, low self esteem.



Riana Milne 18:41

Not feeling good enough, right. Yeah. The people pleasing behavior section ism, you bet needing to be perfect. Yeah,



Scot McKay 18:49

absolutely. And you also have fathers who never say I'm sorry. That's right. So everything the parents were doing, the kid is feeling compelled by those parents to feel like hey, you know what? That was the right thing to do, even if it seemed wrong or truly screwed up? Because the kid never heard I'm sorry, that was kind of perceived as what's supposed to be normal or right. Yeah,



Riana Milne 19:11

kids that don't hear I'm sorry, or the pot father apologizing usually grew up to be passive aggressive men and they never apologize. And one of the characteristics of sociopath is they'll do what they want without never apologizing.



Scot McKay 19:25

Oh, you bet. And that's alcoholic behavior to



Riana Milne 19:27

a lot of addictions. Yes, yes, they will justify their behavior and never apologize



Scot McKay 19:33

and if ever challenged, will run roughshod over the accuser.



Riana Milne 19:37

There's a lot of blaming and people with unhealed trauma. I'll get into those characteristics later. Let's move on to number three.



Scot McKay 19:45

You're the expert here. Go ahead.



Riana Milne 19:46

I gotta get through 10 of these you ready? Number three is emotional abuse, so and neglect anything around that. Number four is any sexual abuse, rape, molestation, and there was a lot more of that going on. In boys that has ever come out to light,

unfortunately, one in three girls are abused and I think it's one in four boys were. So that has been very covert a lot of people not talking about that. And physical abuse could have been beating up being beat up at school as well. So these could have happened inside or outside of the home,



Scot McKay 20:23

including being bullied, right?



Riana Milne 20:25

Correct. Well, we got that under number seven. Okay. The next one. Yes. The next one is if you had any abandonment and there's two types, there's fault and no fault abandonment. So a no fault abandonment is if a parent happens to die early, if they are going off to war to fight for their country. Believe me, I was in the schools when those kids were so upset every day. I wonder if my mom or dad is coming home. And I know you have a lot of military listeners and I'm from a military family. So shout out to you guys and ladies. Respect there, but the kids are very nervous at school, you know, wearing if their parents are okay. And another type of abandonment that I grew up with my dad was like James Bond. He couldn't say that he was FBI and CIA. We didn't know. So I remember as a young girl saying, when's daddy coming home and my mom be all pissed off? Well, I don't know where he is, you know, and I'm thinking, why does his wife not know where he



Scot McKay 21:24

is? That's amazing.



Riana Milne 21:26

So that's how he supported the family. So that was a no fault abandonment. Okay, now let's talk about fault abandonment. Let's we'll talk in the men's point of view here. That's if a father never was involved with a child's life, if he was involved, and then the couple broke up and then he rarely sees the child. Or there's two other types of emotional abandonment. So let's say there's custody weekend's but the father's watching football all weekend and the kid is in on his computer all weekend and the kids in his mind saying why don't even have to be here. My dad doesn't even talk to me. You know, that type of feeling, or the father is in the home, but rarely talks to the child. So that could have been an alcoholic father or workaholic father just preoccupied or shut down emotionally where he wasn't really involved with that young boy growing up.



Scot McKay 22:17

And sometimes parents have so much personal baggage, or even mental illness associated afflictions that they're dealing with or they're contending. It could even be stressed that they just Maslow's Hierarchy itself doesn't lend them any time or energy to devote to the children.



Riana Milne 22:33

Right? Yeah, let's go. Next one, if you were adopted part of foster care or had to go live in somebody else's home, I was about to bring that up. Trauma number seven is the one that most people relate to. And we call it personal trauma. So this is if you ever remember feeling different as a young boy or girl. So you could have been an overweight child skinny and gawky and called the nerd you might have had a medical condition even if it was asthma, you had the nebulizer in school and kids teased you or you couldn't be on the sports team. You weren't one of the popular kids. You might have been coming out as a gay male and people weren't accepting you. There's so many things wrapped around trauma number seven, and it's the bottom line is feeling different, not fitting in feeling unworthy.



Scot McKay 23:20

Now, before we move on, this is really fast here. This is picking up at warp speed. I would assert that all of us had something happen in our childhood that was reasonably traumatic. I mean, the idea of a perfect childhood has got to be mythical. It's a unicorn.



Riana Milne 23:37

What's interesting, Scott, when I say I talked about childhood traumas, everyone said, Well, my childhood was pretty normal, you know, a couple bumps in the road, but I certainly didn't have any traumas. And then they hear these and then they hear how this is impacting their relationships later in life. And they're like, Oh, my God, that's the answer. Because you know, it's just such an aha moment when you hear them. And we have this standing joke. You No, I mean, the research shows everybody 90% have 123 of the 10 traumas. Okay, many have more. But the 10% that say I don't have anything wrong with me are sociopathic because they never say anything's wrong with them.



24:13

You know, it's like a major catch



Scot McKay 24:15

22 there.



Riana Milne 24:16

Yeah, right. So yeah, sometimes you have to think did I encourage you? No, did I experience that and then it does come up like the one around my father. It's like, I had a great relationship with my dad. I love my dad. But then I remember like, no, he wasn't home a lot. When he was it was great, you know, and then the abandonment piece was there. Yeah. Okay, let's move on to number eight which is sibling trauma. That could have been your sibling was born with a medical condition, commanding more of moms and dads time, or they bullied you or most often you perceived that sibling to be the golden child. So they excelled in sports. They were more handsome more beautiful, more intelligent, you always compared to them from your teachers are Your parents Why aren't you as smart as your brother? Those kinds of messages around trauma number eight,



Scot McKay 25:05

the young Sheldon effect?



Riana Milne 25:07

Yes, that's right. Good.



Scot McKay 25:09

Good. Is my kid's favorite show by the way. That is a great show. I love that show. incredibly well written and well cast by the way.



Riana Milne 25:15

Yes, it is. Yes, it is. Trauma number nine has two parts. The second part was in the later list. I had to bring it down because it is so prevalent today where when I was growing up, and I'm a baby boomer was not but it is so prevalent, and that is community trauma. And right now, you know, we're going through this coronavirus as we speak, and that is a world

community trauma. So everyone's being impacted by that in some way. That also includes school shootings, mass shootings, Mother Nature events, so floods, fires, hurricanes, mudslides, tornadoes, so you can see how much of that is going on. Of course this impacts adults a lot. Can you imagine the little children going through these episodes and saying You know, like the kids now, I can't be in school with my friends, high school graduates, well, what kind of world do I have that I'm graduating into, I can't even have my prom or my high school graduation. So kids right now in this moment are very traumatized, feeling very insecure, not sure what their life is going to be after this. So that's a big one as far as trauma. And then the other part of number nine is family events. So a parent could have been incarcerated. Military families have to move every two to four years that puts the children into new homes all the time. Maybe growing up in a less Economic Area, you might have felt a scared or afraid for your life. So that kind of thing or hearing a lot of lack messages around money. We don't have enough money for food or to pay the bills, those kinds of things. So those are family traumas. And then number 10. The last one on my top 10 list is if your mom or dad had any money mental health illness. And the two most difficult to live with is bipolar and borderline. So I'll briefly describe that for the listeners. borderline is fast trigger anger, they get angry at something nobody else would. One moment, they're great. And the next moment, they're hard, and you never know as a kid, what you're going to get that leaves the kid in a very highly anxious state.



Scot McKay 27:24

Well, BPD people also have a tendency to want to destroy anything prosperous, to create drama.



Riana Milne 27:31

Yes, yeah, that high drama cheap drama, correct. And then and then need to control jealous need to be recognized. So there's a lot around that. And bipolar is manic depressive. So a manic phase could be a gambling spray a spending spree and eating binge gaming for days at a time. That's manic phase. depression can come out as anger. Emotionally checking out, or extreme fatigue. So those are the two most prevalent and the two most difficult for children to grow up in.



Scot McKay 28:09

Now, people who are bipolar, especially bipolar one, are largely misunderstood because of the old school terminology, manic depression, which made it seem as if these people are happy One moment, and then really sad the next and that's not really how the mental

disorder functions now, is it?



Riana Milne 28:26

That's right. That's why I say manic phase is doing something intensely over time



Scot McKay 28:31

versus lack thereof. Yes, yeah. important distinction there. Now I would also lump into their schizo affective disorder in particular, although I would think schizo phrenic parents, can be very deleterious to a kid's upbringing because they're not always sharing our very reality itself.



Riana Milne 28:50

Well, it's only any mental health issue. Really, I just mentioned the top that two that seemed most difficult to live with. So if you'd like, I'll go into How this shows up in an adult now. And in relationships, definitely. Okay, so let's combine trauma number seven and trauma number two hearing negative verbal messages and not feeling worthy enough. Those are people that tend to need to be controlling. They may lie to make themselves look better than life bigger than life. They could be prone to perfectionism, because there's messages I heard as kids is no you're not doing that, right? That's not good enough. That's doesn't that's not working. They could be prone to imposter syndrome. So let's say they do excel in life and their messages inside are like that. I don't deserve this. You know, I can't believe I achieve this. You know that a lot of that inner conflict. Well, another one is impulsivity. That's one of the most damaging ones where that the mental attitude is I'm going to do what I want and who cares who I heard. I deserve it because I didn't have this ever. So I'm going to By the sports car and not tell my wife and she'll just have to deal with it. That's impulsivity.



Scot McKay 30:05

Or even having a relationship where the two partners can't tell the other one what they're doing, or they're trying to play, keep away from each other. That's broken to begin with.



Riana Milne 30:14

That's poor communication skills, because you were afraid to speak your feelings as a child, you might have been beat for that sent to your room. These are the men or women

that lie a lot. They were afraid to tell, you know, they were there was beatings in their household. So in order to avoid that, or the yelling and screaming or severe punishments, they would lie and they had a 5050 chance of getting away with what they were doing. That way lying becomes a normalized habit. And these folks lie when they don't even have to, but it's just so natural and normalized. That that's what they do. For women. A big one is people pleasing. It can occur in men as well. They keep play trying to Please the difficult person. So for men, for example, they might have had the difficult mother or the alcoholic mother so they're always trying to please her so they wouldn't be yelled at screamed at, you know, just or shift. She was depressed, trying to make mom happy. You know, so she would be okay. These kinds of things lend towards people pleasing. And again, nothing was ever good enough. That's a perfectionism. Right? Yeah. Mm hmm. abandonment issues leads to codependency and relationships and love addiction. Love addiction is very interesting. That's when a person who has is with someone very toxic, yet they cannot break up with them. Their conscious mind is saying she's no good for me. I know that she's no good for me. And yet he keeps going back to get the love that he really craves. He can't break away from that toxic woman. And I have a lot of men that I treat like that. They go through my coaching programs. It's like we're gone. It's just making me crazy. And the studies show men return or women return seven times to the toxic partner.



Scot McKay 32:07

And a lot of times we're stubborn about that. We know we need to leave yet we think in our mind or feel in our soul that somehow it's not manly to quit. So I need to stick this out till the bitter end I'm going to make this marriage work. But it's



Riana Milne 32:21

it's really more of the unconscious pole of the craving of the needing of the love. So they need the love so bad because they didn't get it as children. So yeah, and this one, it's usually towards the mother figure and a lot of men hate their moms that have gone through this. This is what I call in my book, a mother hater. And sometimes these men are great in the beginning lavishing gifts on their woman but then they expect their woman to be perfect, because in their child mine, they just wanted this ideal perfect mom that they didn't have and they kind of want every female that they fall in love with to be That perfect lady they didn't have. Again, this is all unconscious. Right? It's not a conscious choice saying I want my woman to be perfect. But you know, she better be a certain size or not gain too much weight or when she leaves the house, I wanted to make sure hair and makeup is done. You know, this perfectionism around the partner comes from this sense of abandonment, or not enough love from the mother figure. And of course, it's



devastating



Scot McKay 33:25

to the partner, of course. Yeah, absolutely.



Riana Milne 33:29

And one more, I'd like to mention the high need for sexual activity. These are men that have sex equals love. And if they don't have sex, they usually get angry or pout, could scream at their partner, put them down, blame their partner, what's the matter with you? These kinds of messages and this is when they didn't have a lot of loving attention. And they've grown up with a mess as well. She has sex with me She loves me. So sex equals And this is usually in the case of a man not having enough self love. So that was a very important one to look at for the men. Now that's



Scot McKay 34:07

very hard hitting to a lot of these guys listening, because I know for a fact even the high character guys who come to me sometimes have a hard time seeing the inherent intrinsic value of having a woman in their life above and beyond her sexual role. And these are not bad guys. But I can't believe how prevalent that thought is. And what I think realize these guys are missing out on such richness in life by having a more holistic relationship with a great woman. That's true.



Riana Milne 34:35

And and one thing based on science, I think is an important fact for your men to know. The man's sexual center of the brain is seven times that of a woman. So he makes love physiology. They know he gets excited, boom, it happens immediately. A woman needs her five senses ignited to feel sexual to feel turned on. So this is why I keep saying to my men, are you still dating your women and I had one guy I say, Well, why do I have to date or I married or now we can just stay at home? I said, What do you still want sex? And he looked at me and said, Get her out of the household, get her away from the kids get her away from her to do list, you know, make her feel special,



Scot McKay 35:15

make her feel safe.



Riana Milne 35:16

That's right. A woman has to feel safe to feel sexual. So if you're yelling at your lady, she's not feeling safe. That's the last thing she's thinking of is having sex with you.



Scot McKay 35:25

Yes, you have to give to each other in a relationship. And it's all about what I call deserving what you want.



Riana Milne 35:30

Now we're running out of time. I know we could talk hours, huh? I have



Scot McKay 35:33

to ask. Exactly. This is well, the more than hours I mean, you know, decades of research go into this stuff. Yeah, I have to ask these two questions. It seemed to me there were possibly two items conspicuous by their absence from your list of 10. And you said there were more so I'm not right by any means saying you've overlooked or forgotten about it, but I want you to address them briefly. The first one is socio economic trauma. I mean We grew up home



Riana Milne 36:00

Yes that's a trauma number nine. That's an or number six you're not in your home your parents can keep you in your home. Number nine is growing up with lack in poverty in a dangerous neighborhood.



Scot McKay 36:14

Yeah, that's covered or systemic racism. I'm in a place where our whole family was marginalized or threatened or made fun of because of what we are not who we are.



Riana Milne 36:25

That goes back to trauma number seven, feeling different feeling like you don't fit in.  
Okay,



Scot McKay 36:30

crystal clear. And the other one that came to mind that I would love to get some clarity from you about sure is physical injury, okay, or extreme illness like I'm the survivor of cancer, I had a debilitating illness or I got horribly injured to the point of perhaps not being able bodied or being disfigured. Which one would that fall under



Riana Milne 36:52

trauma number seven personal trauma. Gotcha. Yeah. So the top 10 cover a lot of different areas. I just gave brief examples, right? The good thing about this is this can be fixed.



Scot McKay 37:04

And yes, I completely wholeheartedly believe that even though this show has been, you know, kind of a downer for a lot of people listening, they're all kind of facepalm and going, holy crap man my life. Really what we've done is we've started a conversation, not completed one. And if anyone has listened to this show, and been challenged, to really look inwardly, I think the silver lining to such a difficult conversation is hey, you know what, what I'm feeling what I've experienced, has an explanation, first of all, and second of all, I'm certainly not weird or unique or alone. You know, as you said, nearly all of us have experienced some sort of trauma that bleeds into our adulthood upstream, and the other 10% are basically lying. Right? So I want to point these guys to your book, actually two books, okay. The first one is called love beyond your dreams, and it's about how toxic relationships basically happen because a lot of things happened in our childhood and much, much more. And you can find that gentleman by going to mountaintop podcast conference slash Milan just like a million you know, am I L and E. It's an excellent read. And I'm also going to put that book on my Amazon influencer page, which you can reach by going to mountaintop podcast.com front slash Amazon. And you can also grab a copy of her sister book too that as she calls it, live beyond your dreams. You have love beyond your dreams by Rianna mill and live beyond your dreams. So you can grab a copy of both by going to mountaintop podcast calm front slash mill m i l any reanna what a smart and necessary essential conversation we've had. Thank you so much for coming on and being so compassionate and sharing your expertise with these gentlemen.



Riana Milne 38:49

Oh, thank you for having me, Scott. I hope that was eye opening. And one thing I just want to stress is there is help for this and I teach the mindset for success and emotionally healthy evolved and conscious relationships. Anyone can heal from past childhood or love trauma. So don't give up and being the best you can be.



Scot McKay 39:09

Gentlemen you can also go to mountaintop podcast comm click on the button in the upper right hand corner and talk to me for free for 25 minutes. And we can put you on the path to overcoming whatever you're going through right now in your life to get you better women to get you a leg up in your career even start your own business. So there's lots of help out there. There's lots of light at the end of the tunnel and I heard recently something I liked which is You are the light at the end of your own tunnel and that is certainly true. Join us at mountaintop podcast comm where you can also get the YouTube versions of every show and a free special report that'll hit your inbox along with my daily newsletter that's fluff free and until I talk to you again real soon. This is Scott McKay from x&y communications in San Antonio, Texas. Be good out there



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