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SPEAKERS

Edroy Odem, Kamini Wood, Scot McKay



Edroy Odem 00:05

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, Scott McKay



Scot McKay 00:18

Alright guys, Welcome again to yet another episode of the world famous mountaintop podcast. My name is Scot McKay at Scot McKay on Twitter and parlour real Scot McKay on Instagram Scot McKay on YouTube. The website is mountaintop podcast calm and go ahead and join the Facebook group which is as always thriving and healthy and full of like minded men such as yourself at the mountaintop summit on Facebook. With me today is a new friend of mine. She's very sweet, very nice and very smart. And she comes from Cary, North Carolina. Her name is comedy wood. And she is the CEO of live joy your way and the author of life's gentle reminders. And today we're going to talk about a topic that really caught my eye when I first found out about it, which is outsourcing your self worth. Something you're guilty of out there, gentlemen, while we're about to find out comedy, welcome to the show.



Kamini Wood 01:10

Hi, Scott. Thanks so much for having me.



Scot McKay 01:12

You know, we were talking earlier, and I pronounced your name Khamenei. And you say, well, it's comedy. And there's something you and Camilla Harris have in common? Is the struggle to get people to pronounce your name almost in the exact same way. Right? Correct.



Kamini Wood 01:24

Yes, yes. However, however, it is also a nice way to start a conversation.



Scot McKay 01:30

So yeah,



01:31

breaker,



Scot McKay 01:31

right. What a natural opener, not many of us have that mine is no, you misspelled my name. There's only one T and Scott. And someone says you're spelling it wrong. No, you're spelling it wrong. Go look at the map. It's Scotland with one T. But that's probably a less gentle reminder in accordance with the title of your book, then, you know, you probably give people about your name. But anyway, what can I say I'm a guy, I'm a little rough around the edges like that.



Kamini Wood 01:56

I try to be gentle about it. But there are moments when I'm not, it's fine, I think at all, however we show up is the way we show up, right.



Scot McKay 02:04

And one of the things and one of the ways that manifests itself as we were chatting briefly

about before we hit record on this particular podcast was how you handle yourself when you're stuck in traffic. And you gave that as one of the gentle reminders in your book. And I'm like, Well, I just pound the steering wheel and you help people to get out of the way. And, you know, maybe drop an expletive here. But you know, you have a kinder, gentler way of handling and I'm sure



Kamini Wood 02:26

well, the book itself is actually a compilation of different experiences that I've had in life that would normally be considered stressors or frustrations or just, it's supposed to be different ways that we can take the things that we're experiencing in life and just shift them ever so slightly, to find ways to grow from them, rather than only looking at the negative. And the reason for that is it's taking the concept of life happening through us and for us to heart, rather than staying in victimized mode of things are happening to us.



Scot McKay 03:00

Now. You're a mother of five. So basically, you've authored a book of miracles here.



03:04

Yeah, I guess, I guess it's



03:10

interesting that you bring that up, because I



03:11

laugh was priceless. By the way.



Kamini Wood 03:13

The fact that I am mother of five has taught me so many different things. And one of the things that has taught me is, you know, life can be really frustrating and overwhelming. And if there is any way that we can find the nugget, the nugget that we can hang on to and latch on to to look at it differently. We can make it through all the trials and tribulations of you know, toddlerhood, all the way to the teen years. So,



Scot McKay 03:35

you know, my wife, my son can hit his mom's hot buttons in such a way where she shockingly reenacts the coffee shop scene in Pulp Fiction. When the lady jumps on the table. Put your hands up or off shoot every last one or you mofa is amazing. I mean, she could have gotten the part. It's amazing. That's the only time I ever see or like



03:58

your wife because I've had my moments too. I



Scot McKay 04:01

think secretly, you know, we all paint on this pretty face like Hey, y'all, you know, we're down in Texas, like everybody's so sweet and friendly and southern and whatnot. But you know, behind closed doors, we rip it, you know, we just let it rip.



04:11

Now. We're all human.



Scot McKay 04:13

Yes. So that brings us to the central idea of this show, which is outsourcing one's self worth. Now you're in Cary, North Carolina, which I happen to know is basically the hub of Research Triangle Park, which is where a lot of techie people live and work. And so the term outsource is, you know, in your vernacular, rather strongly up there. Matter of fact, if you ever seen the movie outsourced,



Kamini Wood 04:38

um, you know, now that you bring that up, it may have been one of the many movies that my husband and I have seen that they've all sort of blended together at this point. Well, you said you grew up Hindu, right? I did.



Scot McKay 04:49

Yeah. Most of the movie takes place in India. And this guy is basically losing his job and his

last official act and working for this company is to travel to India to train the people who will be replaced See him and the high jinks ensue. It's actually a very cute love story movie too. But outsourced is actually a really good movie. I just was wondering if you'd ever seen it before.



Kamini Wood 05:09

It's funny you say that because now I'm wondering if I'm confusing and conflating the movie with the series, because I know for sure that we watched a few of the episodes when it was a TV series. Yeah, for sure. It was a TV



Scot McKay 05:19

series also. Yeah, but but very fun, very light. You know, when they have the Holi festival, he gets covered in chalk and doesn't know what to do with himself. You know, high jinks, right? Beautiful. But um, okay, so you're talking about outsourcing one's self worth, to me self worth has to do with? What is the value I place on myself. And it's kind of closely tied to self esteem, which is how much and or how highly I think of myself. And of course, worth and value are interrelated. How do you sort all of that out? Because I mean, there are other terms too, like self confidence, self reliance, self, this self that? How do you make sense of all of that comedy.



Kamini Wood 05:58

So for me self worth is a mixture of how we see ourselves, the identities that we're taking on our self esteem and our self confidence. And it's also the ability to have some self compassion. So when I'm thinking and using the word self worth, it's kind of looking at all of those together. And really understanding that when we can define that for ourselves, and we don't allow external sources to define it, that's when we actually can fully show up in our lives and be fully engaged. Another way to just look at this is how often do we look for those external validations? for who we are, it's about really finding ways to intrinsically validate how we're showing up in who we are.



Scot McKay 06:43

self compassion, that's the word you used, right? Yes, compassion is a very rare human emotion where one actually discerns and anacs empathizing with someone else. So self compassion on the surface. Sounds like a bit of an oxymoron, it would be an emotion you would typically have when you're putting yourself in someone else's position, but I love the

term self compassion, as ironic as it sounds on the surface, because what I'm guessing you're referring to, and I want you to elaborate on this, of course, tell me if I'm wrong. Also, certainly. But it seems like we almost have to step outside of our own experience and look at ourselves as a third person would and say, Okay, look, you know, you're allowed to be human, you're being a little difficult on yourself, you're being a little too hard on yourself right now. And, you know, maybe you made a stupid post on Facebook, where you made a misspelling, it isn't like the whole world saw that to begin with, I don't judge you for it, you know, you'll bounce back from this, no one cares about your stuff as much as you do. So give yourself a freakin break. You know, you don't have to be perfect all the time. Most people who don't walk on water and aren't, you know, the living Son of God Himself make mistakes in this life, you know, so go easy. And the reason why that resonates with me is I know that a lot of guys listening to this show are super hyper intelligent guys. And they wrestle with themselves a lot, because they're overanalyzing everything all the time. And that leads to well, being really hard on oneself, doesn't it?



Kamini Wood 08:16

Absolutely. It leads right into that staying in that judgment mode. And self compassion is really looking at how can we treat ourselves as we would our our best friend, for instance, you know, it's very easy to, like you said, Give empathy to others, but it's turning it around. And in treating ourselves with more self kindness versus self judgment. It's about understanding that we are the spiritual beings having a human experience. And so mistakes are going to happen. But instead of getting stuck in judgment mode, it's looking at it and saying, How can I learn and grow from this, and recognize that there is no such thing as perfection, it's about evolution and growing. And the second part of that whole concept of self compassion is recognizing that you don't have to go it alone. We don't have to isolate ourselves. We're part of this common humanity, you know, part of the human race. And so it's about finding your support system and recognizing that other people have had similar experiences, and you can ask for support. And finally, you know, if your audience is high achievers, I mean, the type a type personalities, for instance, a lot of times, you know, we and I'm one too, we tend to constantly worry about the past or worry about the future. And it's really about being in the here and now and being present.



Scot McKay 09:24

Yeah, I think that's a good word. A couple of things come to mind as you were talking, the first thing is you're talking about getting a superstructure of people around you, or at least an infrastructure, right, man, you have to choose those folks carefully.



09:37

Absolutely. You know,



Scot McKay 09:38

someone who was one of the muckety mucks over at Facebook, right before he quit the place. Did a speech where he said the trend here and this is like 10 years ago, I mean, you know, it's become as pandemic as COVID-19 itself nowadays, but it was the first recognition of this worldwide problem with social media that we've all come to know and despite Now that people tend to gain opinions, and then make very major decisions based on the collective opinion of anonymous people on the internet, they don't even know. Like, I can't believe the people who will get on Facebook and go, my doctor just told me I might need to get this operation for this ailment I have, what do you think? And then 100 people will respond. And then the guy goes, thank you so much for all your input. I know what to do now I go freakin crazy, you know guys will be on these men's groups on Facebook. Now, I've kind of steered my guys away from, you know, the agony aunt routine on my particular on my particular Facebook group. But there are others out there that have 10s of 1000s of guys subscribed to them. It's like, Okay, my girlfriend did this. And she's treating me poorly. She's starting to hook up with this guy. And, you know, it's what I call the Dr. Laura syndrome. You know, Dr. Laura Schlessinger, yes. But years ago, she ran an advice show on the radio. And what she infamously did was hear about 30 seconds of someone's life story and interrupt them and recommend sweeping changes to their life. Yeah. Yeah. And then the person will go, Well, wait a minute, there's something else that I need to share a doctor Laura would go Yeah, but I'm not done yet. You need to do this to kick this person to the curb, and blah, blah, blah. And the person would kind of you know, sheepishly say yeah, but there's this, and Dr. Laura would go, Oh, well, that changes everything. You know, I call that Dr. Laura syndrome. And I detest it. I just love it. And so what happens is guys will say, you know, man up and get rid of that stupid batch, you know, and they'll say all these things. And then someone will go, Well, wait a minute, didn't the guy just say he's got two children living under the same roof? You don't just throw away relationships? It's like, Well, you know, you're being a cock. And then they call each other names. And it's like, This is nuts. Why would this guy air this dirty laundry to a bunch of strangers they can, he's actually going to get good advice from it. So all of this is long for the simple fact that you have to have people you trust in life, you have to have people who you know, from direct replicated experience with those people that they've got your back. And the somewhat sad reality of that common he is most guys don't even have any close friends at all, let alone, you know, this consortium of trusted souls they can have around them. And sometimes you know, your mom and your dad and whatever, and whoever don't exactly give you good advice anyway, because you know, they love you

and they don't want to see you hurt, and they're over protective. How do you sort all that out? How do you get this thing done? You're talking about?



Kamini Wood 12:30

That is a great question. And you're absolutely right, first of all, on the point of, it's so vital to surround ourselves with this close people that we that can be our strengthening support, it's actually one of the key elements to raising our resiliency factor. The second way in the second point that I'd like to make on this is that, you know, the truth is until we can fully see ourselves and understand ourselves, it's very difficult to authentically show up and create those authentic relationships with other people. And that's where I come in with the whole, it's really important to end the self sourcing of your self worth. Because we have to fully see ourselves and see our value, in order to then be able to show up in authenticity with other people, and create those emotional bonds with those other people. The other piece of this is learning to become vulnerable with what we're feeling and what we're needing, being able to put voice to that, so that we can then figure out who in our life are the people that we can trust with that information? What keeps us from being able to find those people is when we don't even know it ourselves. We don't even know what we're feeling and what we're meeting ourselves. And that's why two very important questions that I routinely tell people to check in with themselves with on a daily basis is what am I feeling? And what do I need? When we can identify and really name those things? That's when we can figure out is this something that I can self source and deal with myself? Or do I need to go outside of myself and reach out to my, my strengthening support system and ask for support for those things?



Scot McKay 14:06

Well, you know, there were a lot of carts and horses and chickens and eggs in the description you just gave. And I was waiting for you to get around to the solution of which one's going to come first. You know, like, confidence has to precede your ability to ask other people for help. And, you know, likewise, trust is pretty much the foundation of vulnerability. It's hard to be vulnerable with people when you don't trust them. It's just the bad kind of vulnerability like a fox turtle walking into a highway, not someone you know, grabbing a pair and doing what they need to do, even though the risk is there and the outcomes on certain, you know, Renee brown stuff. So basically how you landed that plane, so to speak, was you said, you know, here's the thing, you got to know who the hell you are, which comes back to what we talked about around here a lot, which is identity and self confidence. You know, it's all very foundational. There's that confidence Again. And once you know thyself, then you can ask yourself, What am I feeling? Not just What am I thinking, which is where a lot of guys get stuck. But also the very important step of

what am I feeling? And what do I need? How do I move forward with this? What support system do I need around me? And a lot of guys, what they do is they say, I don't need anybody. I'm a man. That's not what men are for. So what would you say to those guys?

K

Kamini Wood 15:27

So it's very interesting how you laid that out where it was, I need somebody, but that's assuming that the feeling would be fixed by somebody doing something.



Scot McKay 15:38

Well, hold on a second. To be fair, we were talking in context about building that support group, that cadre of people around you, so you shouldn't

K

Kamini Wood 15:45

wait.



Scot McKay 15:46

So I don't want to discount the fact that what you may need is some thing, or somehow, so yeah, I mean, that's just throw that on the table, you can approach the answer, in a personal way, in a material way, however you want to, and I, you know, would want you to throw it all out on the table, I want to hear what you have to say on this. So go for it.

K

Kamini Wood 16:03

Do I mean, for my own personal perspective, when I can name my feeling, and I can then name what I need. So for instance, if I'm feeling extraordinarily sad, and what I really need is to feel loved, what I really need is truthfully, just a hug. You're right. Like in that moment, I need somebody else, because it's very difficult to give your own self a hug. But your question was, what do you say to guys who their answer is, I don't need anybody. Really the antidote to that. And the way that I would approach that is, is that actually true? You know, when we really challenged, the thoughts that we're having, is when we actually are able to shift from these. I'm, you know, breathing can do everything on my own? Well, let's really challenge that. Is that really a true statement?



Scot McKay 16:47

Well, I think a lot of guys would feel it's not very macho to ask for help.



Kamini Wood 16:50

It may not be macho. But is it true?



Scot McKay 16:52

Well, of course, it's not true. Anybody who thinks they can go through life without any help from anybody else, isn't only kidding themselves, and being naive, they're also robbing themselves of a lot of forward momentum to be had there. You know, as a coach, like you, one of the points I drive home all the time is how most guys won't ask for directions until the car is on fire. You know, they'll go through their life, say, now I got this, I can figure this out. And they're not figuring it out. And they keep spinning their wheels in the mud year after year. Whereas when you start studying high achievers, and you're a coach for high achievers, as am I, those people always have coaches, they always go get people around them, the best CEOs in the world, the ones who build large companies that succeed over the long term, the CEOs of those companies will be the first to admit I go find people who are good at what I'm not good at, and I go find people who are smarter than me at what I'm good at. So you're almost never going to find that Lone Ranger mentality. When you're really scrutinizing and taking a good look at people who really succeed. They always say you know what other people around me are going to make me stronger. LeBron James kawhi, Leonard, Tiger Woods, Tom Brady, all of them have coaches. Now, based on this year's NFL season, you can it's somewhat debatable on how much the coach had to do a tom brady success. You know, maybe that's a bad example. But you know, guys who are college coaches in sports are often more revered and end up with more storied careers than the coaches in the pro ranks. You know, Rick Pitino, right, the University of Kentucky, his basketball coach, went to coach the Celtics and was like, this is really a bad choice. You know, next thing you know, is coaching college again, because it's a different gig when you're coaching young guys out of high school and they're becoming young men before your very eyes. You know, the Lou Holtz is of the world, the guys were famous for instilling character and resilience in those young men, they start sending those guys to the NFL, you know, into the NBA. And it's because of the kind of coach they are. And every one of those players when they finally hit the big time to a man gives credit to their coach, you know, maybe to their parents to but certainly to their coach. And I think there's something to this idea that if you're a lone ranger and say, I don't need anybody, basically, you're dooming yourself to failure.



19:18

Absolutely.



Scot McKay 19:20

Yeah. And it has nothing to do with how good you are. If your self esteem your self worth how you value yourself, is based on the purist element of self reliance. Well, I think you've got self reliance wrong. Right? I'd love for you to comment on that. What's the difference between self reliance and being just selfish and stubborn?



Kamini Wood 19:38

I would love I actually have a personal story that can sort of speak to this right now. So my oldest son is a junior in high school. He has aspirations of playing lacrosse in college in COVID has grown, all of that recruiting into just a tailspin. And, you know, we've had to talk through that victimized mentality. That he developed where he thought that he was totally on his own. And really truthfully, it's about looking to his support network and understanding that he's not going this alone. There are several other athletes that are facing this situation. And it's about reaching out to that support network that has been around him since he was, you know, knee high starting to play lacrosse. It's about those coaches who are there to walk that walk with Him and to support as he's going through the trials and tribulations of trying to figure out how to get these division one coaches to look at him when they've been put in yet another dead period until the spring of 2021. It's about reaching out to his, you know, academic advisors and how to support from that perspective, it's about looking to his parents looking to his friends looking to his siblings, it's recognizing that we don't have to go down these paths alone. And that's what I was referring to with self compassion, it is about being kind to yourself, but it's also about recognizing that you don't have to walk these walks alone, you don't have to isolate yourself. Because when we do isolate ourselves, we end up staying stuck in victimhood, but when we can actually use the support that is available to us. And we can be true to what it is that we need. And then actually put words to that and ask for the support. We need we can we can move forward from that place?



Scot McKay 21:24

Yeah, well, for sure. I mean, anybody who is an Interscholastic athlete right now really is in the same boat. I mean, COVID is really negatively affecting a lot of kids, not just in terms of their sports, but also academically, this is really rough on them. And that's

underreported, by the way. And so yeah, I certainly have compassion for this situation your son's in I mean, if you're a top level lacrosse player, I mean, it's like you got to be rolling your eyes and going, Oh, sure. This would be the year this happens. You know, Junior, someone may say, Well, he's got his senior year now we're talking about a spring sport there. It's all going to be signed, sealed and delivered by next spring. So yeah, this is, this is crunch time for that kid. The good news is, though, certainly, like you said, they're all in it together. And everybody knows what they're dealing with. And those division one coaches know what they're dealing with, they're struggling with this too. It's just a matter of the cream rising to the top and your son will have the right coaches and the right academic advisors and other people around him to make sure that he's seen and heard.

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Kamini Wood 22:21

And exactly can use a scout not putting, not putting on either the brave face if I don't need anybody or the victimized face of I'm just gonna not do anything. It's about actually asking for the help and the support.



Scot McKay 22:32

You know, those guys who are coaches have teams around them at the division one level, and lacrosse has become a pretty damn big thing nowadays, especially your neck of the woods, right? Yep. And they take great pride in finding the right players. One of the most valued and treasured skills in the job description of head coach, or even a scout for division one program is finding those diamonds in the rough or finding the kids that were overlooked by other programs. And the good news, and the bad news is, they're all very good at it. Which means, you know, if your kid's good at a sport, they will find that kid, you know, it's just a matter of time, you know, game film is one thing, but in the absence of that, they're going to have their ways of looking under every rock and I have a feeling your son will be fine, if for no other reason. And they're all in it together. And this is just yet another challenge for those coaches to find the right kids, because you know, they're facing the same issue. I got to feel the team and it's got to be a good one. I got to deal with this also. Exactly. Well, anyway, back to the main story here. You also said something that was very striking to me, because it's something that we've covered in different ways on this show, but you put a new spin on it. And that's, you know, a lot of times when we're struggling with our self value, and our self worth, we start telling ourselves that, you know, this isn't for me, I'm not good enough. This level of success that I'm hoping for dreaming of is not going to be something I attain, it's something someone else attains this goal I want to reach, you know, I'm kidding myself. I'm not going to get there. You know, I'm not smart enough. I'm not attractive enough. I'm not talented enough, someone else is better than me, and they're going to get it. And one of the exercises I go through a lot with guys

in my coaching program is I remind them that the miracle of our life is that we are self oriented. You know, with seven and a half billion people on earth. We're alive, sentient, conscious beings who see light through our own eyes. I mean, we are quite literally trapped within our bodies. Now you can make a spiritual case for that not being entirely so but you know, regardless, self is a thing. Right? So we are very well acquainted with all of our sins, all of our weaknesses, all of our mistakes, everything we're embarrassed about that we hope nobody ever finds out. And meanwhile, especially in our culture, where we can camouflage a lot of our outward weaknesses or whatever with money, you know, with clothing and trappings you know, brought about by relative of wealth. We look at other people around us, and people, they have it all together. Of course, they're better than me. But you're not seeing light through their eyes, you're seeing like through your own. So if you could get inside everybody else's head, you'd be amazed at, you know, the dust and dirt and brokenness that's in everybody else's psyche. And yet, we as guys have that idea that, hey, you know what, I'm a man, I need to get this done, I need to power through it and do it or not at all. And a lot of times, that becomes not at all. A great example is when guys find a woman they're attracted to, and they'd like to meet her, potentially like to ask her out there thinking, Oh, you know what some other guy is gonna get her, I'm not good enough, I'm not handsome enough, I'm not tall enough, I'm not rich enough. And she is so gorgeous, and so beautiful, and so perfect in every way, she's just gonna reject me. And in reality, most of those guys who get into the habit of feeling that way, do so by repeatedly rejecting themselves before they even give these poor women a chance to have their own opinion on the matter. You know what I mean?



Kamini Wood 26:06

That all wise with the whole concept that I speak about, which is, in order for you to be visible to other people, you have to be visible to yourself first. So if the story you're telling yourself is, I'm not good enough, then that's exactly how other people will perceive you, they will start mirroring that back to you. And that's why it's so important to heal that relationship with yourself and look at how you actually see yourself and truly see yourself. And it's about shifting from that false identity of I'm not good enough into this place of really valuing what you bring to the table, what you bring to a potential relationship, so that you can actually show up from this whole and complete place. And that wonderful woman that you're looking at and saying maybe I would like to date her, she actually can see the real you versus this inauthentic, I'm not good enough version.



Scot McKay 26:54

And it's amazing. For the vast majority of us pretty normal guys, it usually goes pretty well.

So as we mess up, sometimes we do something weird or creepy that we didn't mean to do. And he goes, Eric, and walks away, but you got to, you know, forgive yourself for those mistakes. And there's, there's always another chance, you know what I mean? And Yep, you know, none of us are perfect. Sometimes you get a second chance. Sometimes you don't, I want to focus on the term outsourcing, because I'm not sure we've really driven home how that factors into this equation yet. So what are people doing when they're doing this presumably negative thing of outsourcing their self worth?

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Kamini Wood 27:30

So what it what it really encompasses is looking for those external validations of that whole concept of Am I good enough? Am I doing enough? Am I a good person? Am I living, you know, within integrity, we're looking outside of ourselves, we're looking to external places. It's about looking towards those those external expectations, am I meeting external expectations instead of my own internal intrinsic ones? It goes back to the concept of, you know, when people say to me, I'm just not motivated. It's really diving down and understanding that they're looking outside of themselves. So it's about really being able to find that intrinsic motivation. So it's all about this shift. When I say outsourcing your self worth, it's when we continually look for our worth our identity, our being from some other place outside of ourselves.



Scot McKay 28:19

Yeah, that's what people pleasers do, right. And it's disastrous,

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Kamini Wood 28:22

yes, people pleasing leads to toxic relationships, and just unhealthy ways of showing up because people pleasing, and I will say that I'm a people pleaser, myself, or I shall say, recovering people pleaser. It's, you know, it's very difficult to have boundaries, it's very difficult to decide what you want for yourself. And it's also going back to that inability to name what it is that you feel in need. And when we can't do that it's virtually impossible to really truly see yourself, which again, leads to how are other people going to be able to see you if you can't see yourself,



Scot McKay 28:53

by the way, can you lend me 100 bucks? No.



28:58

Say No.



Scot McKay 29:02

You're starving for working around here. Oh, you did? Well, that was very emphatic. Yeah. I thought that was very good. All right. So really, a lot of guys get in trouble when they start listening to the opinions of other people rather than understanding at a really rooted, grounded level, who the hell they are, what they're good at, and why. I've talked to more guys than I can count who have had one opinion by one person, they either looked up to or were attracted to one opinion from that person that was negative towards them, just shot them down and ruin them for days, weeks, or maybe years. Because it was so devastating, to hear this negativity from this person, and they internalized it and respected that person so much that they instantaneously believed what they were telling them was not only the gospel truth, but that they were speaking on behalf of the entire human race. I say these people come on, it's one sneaking opinion. But man, it was from this person and it really hurt. It's still one stinking opinion. You know, what about your opinion? You know, one guy I talked to recently said, he wanted to ask a woman out, and he showed a picture to one of his female friends of this woman. And she said, You need to lower your standard. She's way too beautiful for you. And he was just devastated by that. But my question to him was, what about the opinion of the actual woman herself? Doesn't her opinion count? Did you get her opinion? And that was kind of a revelation to this guy obvious to me again, as a third party observer. But yeah, I mean, if we're going to value this third party opinion from someone who isn't even the one we're attracted to, why does that opinion matter more than the person who we would ask out. And by the way, this person is getting fantastic buying signals from the woman he's actually interested in. He just simply needs to ask her out. My wife and I are both in agreement on that. But isn't that a strange dynamic? how people would value someone's opinion? Who maybe even has an ulterior motive versus even someone's opinion, who's a major player who has a stake in this matter, let alone their own opinion? It's kind of a meta level thing I know. But fascinating, isn't it? I think it's a very real dark corner of human psychology.



Kamini Wood 31:17

Yes, it's the consistent need for that external validation.



Scot McKay 31:21

Yeah, yeah. Right. I see people who know, the person they're asking for help from has ulterior motives, and the ulterior motives come shining through, and they still take the advice or still follow that direction. And it's like, what are you doing? You know, what's going on here? Is it just a matter of force of habit? Is it self sabotage? What would cause a person to do that?

K

Kamini Wood 31:44

I think many times it's because there's a false identity at play, where, you know, it's that false belief system of, I'm not good enough, or I don't know the right answer, you know, those thoughts, identities that play in the subconscious. And so when somebody even though we are consciously aware that they have an ulterior motive, we don't trust ourselves, we've lost that safety and security and trust in ourselves to know what's best for ourselves. Because that false identity of, I'm not good enough, or I'm wrong, or I'm bad is playing in the background.



Scot McKay 32:16

Or perhaps it's sort of a twisted quest to have their potential failure that they say they fear validated. And then they can offload that failure onto someone else who gave them the bad advice.

K

Kamini Wood 32:27

That's very true. The other way to look at it is if they can self sabotage, they can control the fallout. And then they don't get blindsided by the fallout.



Scot McKay 32:36

That kind of ties into fear of success, doesn't it? I say I want this. But once I actually succeed, and oh, my God, all these complications are going to happen. And I don't know if I can handle it. And I think I'm just going to pretend I wanted this and really fail and take a deep breath. Thank God, it's over. You know what I mean? I mean, what a tangled web we weave, right? It really is sick. But all of us humans are so complicated versus complicated vessels.

K

Kamini Wood 33:03

We are complicated vessels. But I'd like to say we're beautifully complicated.



Scot McKay 33:07

Oh, of course. Absolutely. Absolutely. You got a big job. There's a big world out there to go in and sharpen up isn't there comedy.



Kamini Wood 33:15

I love it. I love what I do.



Scot McKay 33:19

You seem really passionate about it.



Kamini Wood 33:21

I am absolutely I don't view what I do is work. I truly, I truly enjoy what I do day in and day out. I just I it's so interesting. It sounds cliché, but there really is so much magnificence in the human spirit. And if we can just start allowing people to see that for themselves and realize they don't need to be a carbon copy of the person next to them. You know, that's where the colorfulness of this world comes out.



Scot McKay 33:46

Yeah, I'm with you. 100% on that, you know, for the last 15 years since we started x&y communications, I feel like I'm retired. I'm doing what I love. I haven't worked a day in 15 years. So yeah, it sounds like you're living joy your way indeed. And that's the name of your whole gig with joy your way. Her name is comedy wood. And she's the author of ohm life's gentle reminders. And even though you're a guy, and you may want things a little rough around the edges, may need a gentle reminder that you need a gentle reminder here and there. So what I'm going to do is send you to a link where you can get commonly Woods book and that's [www dot mountaintop. podcast.com front slash wood](http://www.mountaintop.podcast.com/front/slash/wood). Let's just do wood, w o d, where you can get a copy of her book on Amazon. And I'll tell you what, guys, I'm also going to put that book at the top of the queue on my Amazon influencer page, which you can reach by heading to mountain top podcast, calm front slash Amazon. Comedy wood. Thank you so much for a terrific conversation. You know, we talk about self and we talk about authenticity. And we talk about character and identity and self reliance a lot on this show. And you've put a fantastic new spin on it. And this has been a very interesting conversation. Thank you so much,



Kamini Wood 34:55

Scott. Thank you so much.



Scot McKay 34:57

And guys, I'll tell you what, if you want to get some more juice Your Way go to mountaintop podcast calm I got lots of goodies there more often than I ever really talked about their downloadable programs, you can get on my newsletter list and of course you can talk to me for free for 25 minutes when you get on my schedule using the red button in the upper right hand corner. the guise of heroes soap now have bodywash go to mountaintop podcast conference on Shira soap, use Mountain 10 to get 10% off, and it'll have you smelling terrific women will love how you smell. You'll love how you smell. And when you had the mountaintop podcast conference slash origin or IGN, you'll find the most comfortable jeans you've ever worn in your entire life. And not only that, but you can work in them. You can go out on the town in them. And according to Jocko Willink himself, you can even spar you could get in a fight with these things and still have some mobility pretty cool. I mean, they're men's jeans and they got men's boots there too. And don't overlook origin labs where you can get some of the most powerfully effective supplements I've personally ever used. I mean these are the things that feel Jocko will like himself. Go check out the whole line at WWW dot mountaintop podcast.com front slash origin and you can also use the mountain 10 coupon code for 10% off of there as well and until I talk to you guys again real soon This is Scott McKay from x&y communications in San Antonio Texas be good out there.



Edroy Odem 36:28

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