

# mtp231

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## SUMMARY KEYWORDS

miserable, people, relationship, happy, person, misery, mountaintop, x&y, life, happiness, emily, find, communications, talking, good, bad, podcast, years, uptight, played

## SPEAKERS

Edroy Odem, Emily McKay, Scot McKay



Scot McKay 00:02

Both Emily and I along with the entire team here at x&y communications send you our very best and warmest wishes for a very Merry Christmas to show our appreciation for you. We've given you a very special present this year. It's a \$20 gift card you can spend like cash at the x&y communication store. Simply head over to mountain top podcast.com for slash gift and tear through it like gift wrap. You'll find all the most powerful x&y communications programs like invincible and the man's approach, along with lots of premium audios, ebooks and so much more. You can even apply your gift card towards a laser coaching session and yes, for you newsletter subscribers who may be wondering I've brought back the ever popular easter eggs at Christmas time. Look for the word egg besides select programs for an extra special gift to you. It's all at mountaintop podcast calm front slash gift. Once again, Merry Christmas and Happy holidays from our house to yours. And now stay tuned is Emily and I talk relationships and fair warning. We're in rare form this time around, chalk it up to the holiday spirit. Here we go.



Edroy Odem 01:22

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 01:35

Hello again, and welcome to the Big Show. My name is Scot McKay.



Emily McKay 01:38

And I'm Emily McKay.



Scot McKay 01:39

And today we are going to address a topic that came up last week in an episode of the mountaintop podcast. What had happened, Emily was I was thinking about relationships based on you know, a couple of Facebook posts I had read lately. And it occurred to me like a lightning bolt that I have never met anybody who was in a wonderful happy relationship. Who was a miserable person?



Emily McKay 02:07

Well, that's an interesting thought, come to think of it. I can't think of somebody who I would describe as miserable or hard to be around who right doesn't have a miserable relationship?



Scot McKay 02:20

Well, you know, you're putting a little spin on it already, above and beyond what I was thinking. Because you're saying that miserable people, people who are innately miserable, you know, which we'll define in a minute or two are almost always in miserable relationships. Now that would descend from the simple fact that it takes two to tango in a relationship, right?



Emily McKay 02:41

You'd think, I don't know, I think it'd be possible to be in a relationship that is miserable, that at least one person knows how to contribute some joy to it.



Scot McKay 02:52

Well, now there's another spin on the whole thing. Can you be in a miserable relationship, and somehow decide not to be miserable?



Emily McKay 03:00

I think that's possible. But I think there's a lot to cover today on that.



Scot McKay 03:03

Yeah, man, we've already got three different angles on this whole idea of being in a miserable relationship versus or vcv even being a miserable person. Or First of all, being not miserable. Being in a great relationship. Well, that's what we would all hopefully aim towards.



Emily McKay 03:20

Right? Especially during COVID when we're stuck at home with the one person that we're with all the time. Yeah, no



Scot McKay 03:25

kidding, right? What a barometer for how miserable your relationship really is. I mean, during lockdown, you're with someone? Would you rather be all alone? With no one stuck to the person you're with? Or is it really no big deal to be with the person you're under lockdown with these days, because you would rather not be locked down with anybody else.



Emily McKay 03:46

Right? Get all snuggly turn on the fireplace and just enjoy life together at home? until everything opens up?



Scot McKay 03:54

Yeah, well, before we make everybody else vomit. We probably better get down to business here because this is not only a timely topic, it's an important one. So alright. basic premise. Anybody who's in a happy relationship, right?



Emily McKay 04:11

Yes.



Scot McKay 04:11

I've never met a miserable person who is in a happy relationship. So two facets there. First of all, how am I doing as a person? And second of all, how is my relationship doing? We already mentioned it takes two to tango. So I think it's time to define miserable versus happy.



Emily McKay 04:31

Okay, I think that's a great start. Now, I think when we are talking about miserable, we're not talking about Okay, the day was kind of awful. And we had a bad day and you know, had a mood. We're talking about permanently miserable. I mean, to the point where people see you coming and you already have a label?



Scot McKay 04:49

Well, let's define miserable. Okay, once and for all to me miserable if things aren't going well. I'm not happy. I'm not content right now. I'm in pain. I hate my life. They hate my life is a good one. This sucks. Yeah. negativity,



Emily McKay 05:05

right? nothing positive.



Scot McKay 05:07

Yeah, right. You know,




Emily McKay 05:08


there's really happy, miserable. There is misery and happiness or there's happiness and misery sometimes. Now what





Scot McKay 05:13


a solid take that is, you know, some people just seem to really enjoy being miserable. Yes, well, can two people be in a miserable relationship? together? Both enjoying being miserable and irony of ironies at some meta level, they're actually happy.


 Emily McKay 05:30  
That might be possible. Think of it.

 Scot McKay 05:34  
Well, have you ever met anybody like that? And not really, I've

 Emily McKay 05:36  
met couples who argued. Actually, I knew one couple who argued who love each other to death.

 Scot McKay 05:42  
Now, that reminds me of a book by Mill Millington that goes back probably 20 years now, based on a blog he used to have. This is a British guy, by the way, very, very funny. If you guys can still look him up, if he's still out there on the net. Things my girlfriend and I have argued about. And then he wrote a novel based on that premise loosely based on the events of his relationship with his girlfriend. And they were long term, by the way, live in relationship. They've been together seven or eight years. And the basic premise of the relationship is they both really love arguing. So they're perfect for each other and soulmates. But that doesn't make them miserable,

 Emily McKay 06:17  
right? That's not the same as misery. I mean, they're enjoying complaining together, that that's something that's a hobby or a thing that they do together. Misery is that the person you're with brings absolute unhappiness to your life to your soul to the very depths of your soul irritates you.

 Scot McKay 06:34  
Well, that brings up the inevitable question. If someone enjoys being miserable, are they truly miserable by definition? Or are they happy? to begin with? Nobody can hear you shrug. Emily's looking at me like a shrug emoji.

 Emily McKay 06:54

That's so deep conversation



Scot McKay 06:58

what's on thinkable to the likes of us? Because you know, we like when things go well. And we like when things are happy. But there are people out there. I mean, they're a complete mental illnesses around you know, I'm



Emily McKay 07:09


thinking a borderline personality disorder sufferers probably don't believe they're suffering, but everybody else around them is miserable, right? who just love drama? Well, the addiction to the chemical reaction in their brains to the drama. It's addictive. And people enjoy it. And if there's nothing going on, as one person described it, if there's nothing going on, it's very nerve wracking and very uneasy and very unsettling. Because you don't know what's around the corner, what's going on, you know, if something's happening in your life, you can at least be proactive and fight it. If nothing is going bad, and everything's going wonderful. When is this big, ominous thing going to come and hit me by surprise, and I can't see it. That drama. It's amazing how some people are addicted to that lifestyle.



Scot McKay 07:55

That's a pretty wack idea of adventure. If you asked me. You know, things have to be going to hell in a handbasket in order for me to be quote unquote, happy, normal, right? Well do you know two people in a relationship who are exactly like that, because all I've ever heard are people who are subject to being in a relationship with someone who wants to create that kind of drama, and everything prosperous must die. Hello, I've been in that relationship myself. And I will go on record as saying, even then, long before I married you and realized how happy a relationship truly could be. I did what I could do to try to make lemonade out of the lemons. I was given that relationship, I did not want to be miserable. And it was almost as if my ex preyed upon that, like, yeah, the fact that you want prosperity, the fact that you don't find happiness in drama, is really an easy way for me to make you miserable. She was thinking and that brought her twisted form of happiness. Now, that may be a biased opinion, but boy, that's how it played out. That's how it played out in real life. That's how it played out all through the court system till the eventual divorce. And it played out all the years I was paying child support until my daughter was 18. It was a constant in my dealings and my relationship, if you will, with my ex. But hey, you know what? I think if I was exactly like her, I'm not sure we both would have been

happy together. I think the world would have imploded. I think it just everything would have disintegrated. And we both you know, I just don't think it was viable to have two people who want anything prosperous to die and want drama all the time. That can't last can it?


 Emily McKay 09:39

No, I don't think so. And but in your case, when you're dealing with someone who doesn't want to be truly happy, they enjoy the the chaos. You can't fix that that's a problem. That's not fixable. But I think more often than not, most people are in relationships and don't realize that they are contributing to the unhappiness of the relationship. So Just by changing what we do, if we pay attention to our own negativity and our own viewpoint, sometimes things aren't as bad as we make them out to be. And if we just change our mindset, and then change how we react to things, we will uplift the other person and bring joy to our relationships. So we can, even though we can't control people, we can have an impact on a normal person.



Scot McKay 10:25

Well, that's true. And that brings up the idea that misery isn't necessarily a permanent state, right? Oh, thank

 Emily McKay 10:32  
goodness. Right,



Scot McKay 10:33

right. You know, we can, we can go through perhaps a brief period in our time, hopefully brief, let's call it non permanent period in our life where we're not happy, where we're not content, where our psychological chemistry is off.

 Emily McKay 10:46

Yeah, I mean, goodness, women have hormones, and we have periods and we have menopause and all that wonderful, crazy stuff that happens to us.



Scot McKay 10:54

Yeah. And to be fair, be men aren't absolutely immune from those swings, either. I mean, that's called being human. But getting back to all those points you brought up at the outset of the show, you know, you have this core idea, first of all, that I've never met anybody in a happy relationship? Who's miserable, right? But it's also worth asking, Is it possible for me to be happy and not miserable if I'm not in a great relationship? Right, right. And that's, of course, very possible. We know lots of single people who are doing great emotionally, psychologically, and maybe they don't even want to be in a great relationship. So it's not like we're pushing this idea of being in a happy relationship down your throats here, dear listeners, it's simply a fact that, you know, we're covering all the angles. And we do know people like I just mentioned myself being a previous example, there of who are trying to not be miserable, even in a miserable relationship. So yes, you can be in a miserable relationship, and somehow rise above and not be so miserable. But I don't know, anybody who's in a happy relationship. Who's miserable. Bottom line.



Emily McKay 12:01

That's true. It's hard to be miserable. When someone when everything's going great. And the relationships going great. There's nothing really to complain about.



Scot McKay 12:09

Well, let's be fair. I mean, things happen in life. I mean, shit happens. Okay, it's happened to us. We air our dirty laundry with every after 15



Emily McKay 12:17

years, I would imagine something has happened, right? At least you something, of course.



Scot McKay 12:22

But you know, you and I faced it together. When things happen with the kids, we faced it with the kids. And the constant there was we were happy together.



Emily McKay 12:33

Yes, we are going through it together.





Scot McKay 12:35

Yeah, we're content with our relationship, we like being together, being together is a good positive thing in our life. So like I've said, so many times the sum of one plus one equals three or four, seven, or 10, or 1000. Because you and I are facing whatever it is, that may make someone miserable, miserable circumstance, so to speak. Together,



Emily McKay 12:56

we find comfort that we have each other to fight together with it.



Scot McKay 12:59

Right? So if you have a great relationship, if you are happy together, chances are you're not a miserable person. Otherwise, chances are you're an optimistic, generous person, like we talked about, I mean, those are two of the three pillars that I talked about being important to a good solid relationship, the third being getting each other, right, we just understand what's on each other's minds. That, of course, is very important. And it makes things a lot less miserable when you know, you're of the same mind. But I think what this leads to is the question of whether there's a cart and a horse here or chicken, an egg. Yeah, right? I mean, which comes first, due to happy contents, non miserable people get together and create a non miserable relationship? Or can finding a good happy relationship alleviate previous misery? Or can it go either way?



Emily McKay 13:58

That's a good question. That's a great question. If you find the right person, I think it can make the misery go away. If you're both determined to be happy together,



Scot McKay 14:07

I think that's true. And still, either way, I've never met someone who was in a happy relationship who was miserable. So regardless of which way that went, it turns out alleviating the misery now, isn't that an incredible counter to the idea of natural entropy, regardless of circumstances, right? You would think of two people who aren't happy being single find each other. Some element at least have that lack of happiness, that lack of contentment, that misery in singleness would linger on? And I think that does happen. I think people think a relationship or finding this significant other is going to alleviate that misery. And when they project that responsibility onto the other person, or even mutually

so right, it just doesn't work out. And that's not the way to have a happy relationship. That alleviates misery right?



Emily McKay 15:01

Can you imagine finding somebody that you think you're in love with and that he or she seems really wonderful. And yet they're mad at you because you have disappointed to them all because you have not been able to live up to the expectations of making them happy, making sure that they can find a way to find joy within themselves. That's a huge burden, don't



Scot McKay 15:23

you think? Sounds utterly miserable.



Emily McKay 15:26

But you know, we tend to do that to people. Sometimes it's like, you make me miserable. How can you not I mean, you, you did this or that against me. And you know, all the whole time this person is oblivious to what's going on, because they lack the communication, or the skills to understand, we are responsible for our own inner happiness, we can bring ourselves down or bring ourselves up. Now we can encourage somebody, it's like bringing a horse to water, you can encourage somebody, we can't make them drink, you can't physically turn on the button or push the button that says, hey, you're magically happy?



Scot McKay 15:57

No, you certainly can't. And a whole lot of things come to mind as you say that. Nowadays, we live in a culture that, at least on the surface celebrates several things that may or may not be so healthy. The first is immediate gratification. Okay, I want a relationship and I want it now.



Emily McKay 16:16

And I never want it to suffer, right?



Scot McKay 16:18

We're all full grown versions of verruca salt, and Willy Wonka running around. I want it now, you know, although I'm not sure most of us are grown up, but that's a whole nother podcast. It's a good topic, actually, isn't it? Yeah, my inner child, grownups who haven't grown up? Well, inner child stuff is good stuff. Okay, I don't, I don't think we should ever stop being curious and joyful and become jaded.



Emily McKay 16:42

Or maybe the maybe the inner adult that never came out.



Scot McKay 16:45

That's a bigger issue. That's the issue of which I speak presently. I think a lot of people want something and they've been somehow taught by the self help industry, certainly, you know, it's guilty of this, because it sells and that's, you know, here's what you deserve. You already deserve it, get what you want, you're entitled to this. And then that idea bleeds over to the relationship advice realm, and becomes okay. You are lovable, you're perfect. You're a goddess, the way you are, right? This idea of the divine masculine, divine feminine, you're already some sort of deity perfect in every way who should get what they want. And you can order the universe to deliver whatever you want it to deliver to you. Without the simple regard for a fact that I'm here you go wait for it ready? There's someone else in this relationship? Okay. They have needs and wants and priorities as well.



Emily McKay 17:42

They're not our sexual slave. No,



Scot McKay 17:46

they're not now programmable robot designed to, you know, cough up anything we want every time we want it. And yet, I see all sorts of people out there going, Okay, here's what I want. I want this person to do this. For me, I want this person to do that. For me. Women's online profiles are infamous for talking about everything this man is going to do for them without bringing up anything that they're bringing to the table for the guy. Okay, are you?



Emily McKay 18:14

Okay, that's enough, right? There might be that one call that you got where the lady was upset? Because you were suggesting such a thought?



Scot McKay 18:21

Oh, yeah, she called me a horrible person, you know, and I just said, Well, if you're not willing to offer anything to a man, in her exact words, let's backtrack a little her exact words are, I don't owe any man anything until he proves it. Right. And I basically put the shoe on the other foot and said, well, then why does he owe anything to you? Until you prove something? And how else are you going to prove it other than to demonstrate that you have something to offer and put on the table here in a relationship in the context of your online profile? And she just was not trying to hear that? I mean, it's up to Amanda and press me first.



Emily McKay 18:59

That's kind of like playing poker without any chips.



Scot McKay 19:01

That's one big Bluff, isn't it? Well, let's put it this way that doesn't lead to a happy relationship. Now whether the person is miserable or not. Rather, the person they're trying to attract is going to be as miserable as they are and they're two peas in a pod or whether they're going to alleviate that person's misery. I guess would be in play there but one thing I can guarantee you I can double dog guarantee you right? Can I triple dog you try to triple dog and see a little Christmas Story reference there this time of year. Hopefully you can do this without sticking your tongue to a frozen Well, I find a poultice to get to but won't be frozen. Got 1000s of people just click the off button and disgust I may have hit the cutting room floor.



Emily McKay 19:57

Hey, that would make for a happy marriage though.



Scot McKay 20:00

Yeah, we're not miserable. No, a frozen pole would make for a miserable marriage when?



Emily McKay 20:06

Oh, that's a whole nother topic. Good grief. I digress.



Scot McKay 20:09

Well, the female receptacle being frozen would be even worse.



Emily McKay 20:12

Oh boy.



Scot McKay 20:12

Can you imagine? Can you all see by now that we're both not miserable in this relationship? And it has a lot to do with the fact we're both huge dorks. I know, right? It has a lot to do with it.



Emily McKay 20:25

And we're in this and we're here together 24, seven every day of our lives.



Scot McKay 20:30

We'll talk about being dorky for a second. Briefly. I know this is a total tangent. But the journals most people who are genuinely dorky, I'm not saying nerdy, but dorky, aren't miserable. They're happy, go lucky, right? And laugh and giggle or write total dorks. They're usually pretty non-miserable people. Yeah, right. Meanwhile, people who roll their eyes at dorkiness and silliness generally are miserable people.



Emily McKay 20:55

Well, you know, being uptight and just thinking that everything has to be serious. Just isn't fun. No, everybody.



Scot McKay 21:01

Yeah, I mean, think of any situational comedy TV show, or movie you've ever seen. Someone's always happy go lucky and someone's always uptight and therefore miserable. It's like a comedic device. It's such a stock character



Emily McKay 21:15

is like, which one do we want to be



Scot McKay 21:16

the miserable person who is uptight? And doesn't like any silliness and is too damn serious takes themselves too damn seriously. Meanwhile, the other person who is happy go lucky and finds fun and everything and can't be serious about anything. I mean, it is it's ironic comedy. Gold is what it is. Right?



Emily McKay 21:35

We remember we were on vacation with our friend. And we're in a transportation van one. Monica with us, okay, and her and I were just carry it on and chat and giggling just just be absolutely silly. And the rest of the band is like what on earth? is so serious and we're on vacation? You're supposed to have fun?



Scot McKay 22:00

I know. Right? Yeah. all the places we visited in the world when we're involved with some sort of group tour. It's amazing how many people are literally on the trip of a lifetime. And they're miserable. I want McDonald's. I haven't gotten any sleep. I think I'm getting sick. Oh, this place is so dirty. Why travel? Why are you here? Go home and be miserable without us? No, don't



22:21

bring it here. paid enough for this trip. I



Scot McKay 22:24

can't get fun. Don't spread that disease here. Hell, it's worse than COVID. Maybe there should be like miserable masks, miserable person, you got to put on a whole suit of armor to keep from infecting other people.



Emily McKay 22:36

I need that mask that has the electric or the digital smile. You push a button people can

see a digital smile through eye mass.



Scot McKay 22:44

I thought you were gonna say the electric cattle prod. Shock these people in the shade



Emily McKay 22:49

six feet away? Yeah. Give me that. I'll show you six feet.



Scot McKay 22:57

Anyway, back to the topic at hand here. Sorry, I promised you didn't have anything to drink before the show. I promised scouts. I



Emily McKay 23:04

finally get some me.



Scot McKay 23:05

I know. Right. Now you're back on the other topic. All right. So clearly, when someone is in a miserable marriage, they would rather not be in a miserable marriage, they would rather be getting along with the other person they'd rather they'd rather be out there making good memories, they'd rather be out there being prosperous. You know, I didn't get into this relationship to be miserable yet somehow. That still



23:30

happens. We but



Scot McKay 23:32

people in general are Yeah. And getting back to what we just said sometimes that's because people go into a relationship with this preconceived notion that this other person is here to give me what I want happiness, right? It's not deserve what you want, which 15 years ago now, was actually an original thought, this idea of learning to deserve preparing to deserve the idea of being the kind of person who the person of your dreams is in turn

going to want and be attracted to. And what that leads to is instead of being selfish, and saying, I want this person to do this for me, and be this for me and represent this for me, or you know, just like we talked about about 10 minutes ago, even worse, they're going to fix this for me. They're going to leave me of my misery and replace it with some sort of happiness, this elusive happiness. That's really dangerous, because not only is it projecting too much onto someone else, that they may not be able to carry on your behalf because you're your own sentient being with your own agency. But, again, why would anyone want to get into a relationship just to give you what you want? That sounds well inherently miserable?



Emily McKay 24:45

What sounds like you're signing someone up to be your personal slave?



Scot McKay 24:49

Yeah, awful. No one wants to sign up for that unless, well, they're miserable and they like to be miserable or they like to put themselves in the position of being taken advantage of and manipulated because either they have low self esteem, or they're a people pleaser, and they have been manipulated by someone who loves to take take, take and realize this person can't give give given up.



Emily McKay 25:12

We know it's really sad because both parties are going to find it miserable, or sad or disappointing for that matter. Because no one can truly make somebody happy at the core. You know, you can bring happiness, make them laugh, but down deep inside, you can't bring somebody joy. And that's setting up both the man and the woman that sets up the couple to be disappointed in the end. And that's not joyful. That's, that's depressing. No, now, if you find yourself in a relationship where you know, either or both parties are not happy, it's not a lost cause. Because I've we've met lots of couples like this before and being determined that if you decide you want to make this work, you can set up parameters and say, you know,



Scot McKay 25:54

I want this to work. Let's work on trying to find the positive in the relationship. There's a reason why we got together to begin with obviously. So think about what brought you together, what brought you joy, do those things again, well, obviously a little maturity and



a whole lot of life. Wisdom can go a long way. And a lot of times, you know, we get into relationships when we're particularly young and or inexperienced. And there's a lot to learn there. Oh, yeah. I mean, kids are used to being selfish, you know, a lot of kids in this culture, at least are raised to get their way. A lot of times when parents are divorced, not only is there no real example, to be had for how to be successful as a married couple, but mom and dad are fighting for the affection of the kid by giving that kid whatever they want. Wow, Isn't that crazy? I should have thought of that. It's like a double edged whammy. You know what I mean?



Emily McKay 26:48

The irony is, that's not what they needed anyway.



Scot McKay 26:50

No, it certainly didn't teach them how to have a good solid relationship someday,



Emily McKay 26:54

right? Then teach them how to enjoy each other, no matter what's around them.



Scot McKay 26:59

Now, meanwhile, when people get into relationship that's based on having found someone they're psyched to be with and who they have genuine affection for, and who they find themselves rooting for. That's a good way to put it. You know, we're on the same team at that point. And I want you to be happy, I derive joy from your success. It's not a competition. It's not some twisted deal where the broken part of me wants you to suffer, or I want to have one up on you or I want to lord it over you. It's I want you to succeed, your success is my success. And if I give to you, this is me as a man, a leader, someone who protects and provides talking, who embraces the true essence of virtuous masculinity talking here. If I provide if I protect, it makes me feel like a man. And when you feel safe, and you feel protected in this relationship, what happens? You give back to me, you want my happiness to increase. Now that sounds blissful, not miserable. yet. So few people seem to have stumbled upon that formula, even though it's so naturally innate within us, you know?



Emily McKay 28:14

Well, you brought up a great point. And that brings me back to what we were talking about the lady who is saying, I do anything from manito he's proven something back to me first,



Scot McKay 28:22

how come all these people have? And they sound like hillbilly?



Emily McKay 28:29

That was sounded great, though. Okay, so back to my real life she did



Scot McKay 28:33

in the northeast instead of more like a Bostonian. Well,



Emily McKay 28:37

I didn't talk to her. So anyway,



Scot McKay 28:38

this coming from grew up in hills of Kentucky.



Emily McKay 28:41

Look here, I do anything for nobody. Anyway. Okay. So the whole premise is, I'm not going to do something for someone else, until they've done something for me first, it comes from a really selfish point of view and perspective. And that individual doesn't know how to how to be happy. And I'll tell you why. I know this. It's really cliché, but it's so true. And it's worth saying, there's more happiness in giving than there is in receiving. This is why when you do volunteer work, and when you do something good for somebody, it does produce a hormone in the body that makes you happy, you feel excited about what you've just done. There's something that just happens to you that makes you feel wonderful. No one magically made you happy it just doing something good for someone is a healthy thing for human beings.



Scot McKay 29:27

No doubt. Anybody who's listening was never done a good solid day of volunteer work for a good legitimate cause. Mind you, okay. I would challenge you to go and do it, because you're going to be shocked by how you get more out of it than the people you were allegedly helping. That's right.



Emily McKay 29:44

Yeah. And if you can do this for strangers, people, we don't know how much more so should we do this for the person who's the love of our life?



Scot McKay 29:52

Yeah, but the definition in my mind, basically, of a truly miserable relationship is acting out the old adage that you treat The ones you allegedly love the worst? Isn't that the secret sauce the recipe, if you will, for a miserable relationship into that



Emily McKay 30:07

the person who said that had it been miserable. Let's face it, you have to justify misery somehow.



Scot McKay 30:17

I think that's a very good point. You know, you never take advice from miserable people, by the way. I know so many guys who are getting advice from people who are just bitter and angry, and they're expecting something good to come from that.



Emily McKay 30:34

Well, you know, you can always tell if their advice is going to be useful or not based on how it's worked for them



Scot McKay 30:39

know, or if it's laced with shuttin Freida, like, and I've been miserable, you know, how dare you go and try to be happy in a relationship? Or, you know, you're miserable person sounds like a hillbilly mindset. Or maybe how dare you be happy in a relationship prior?

You know, but regardless of the accent, or how these people talk, you know, the guys like the MiG tau men going their own way. You know, they're basically blaming women for everything bad that ever happened to them. Women aren't worth it. I'm gonna go my own way. Yet all these guys don't go their own way. They keep talking about women, I get guys who want to send me YouTube videos and say, read this. See, here's another example of a horrible woman. It's like I've said before, Emily, what do I get by agreeing with them? I'm not miserable. I'm happy. More specifically, I'm happy with you together. You know, remember back that 12 years ago, 13 years ago, when we just started, people would send me these emails, oh, she's gonna leave you she's gonna run off with some heavy metal guy or some billionaire. And it was just like, after about five years, those emails stopped coming. Because here we are, we're still together. And those messages come from miserable people. Bottom line, that's what's going on there.



Emily McKay 31:54

Well, we've been married 14 years, and we're blissfully married, we're happy together. So even over the course of time, I'd say our relationship is far stronger every day than the day we got married. It hasn't gotten worse. You know, some people think well, over time, it's just naturally, you know, dissolves or it naturally isn't the same. But if you truly like each other, you get along and you're meant to be together. That's not how it works. You're supposed to be happy together, regardless. And yeah, things do happen. And you know, you have ups and downs as far as what life throws at you. But together, you fight those challenges in life together. And you're enjoyed being in each other's company, no matter how everything outside the world might turn out



Scot McKay 32:36

to be. Yeah, it's kind of built around the concept of what I call connectability. The more traits you have that are inherently likable to others, the easier it is for you to find someone who you're going to like, there's going to like you back, you will attract the kind of person you deserve, deserving what you want. And if you're optimistic and generous, and you're with someone you actually like, chances are well wait for it, you're not going to be miserable, right.



Emily McKay 33:02

And you know, happy people are contagious. That's right, you're just naturally drawn to them. So if you find a way, where you see that you're negative, and you find a way to change that and be more positive and uplifting, you will attract other people in your life

because it's attractive.



Scot McKay 33:19

Well, the world may never know whether the chicken or the egg came first year. But if you are not a miserable person, if you are not bitter, if you're optimistic about finding someone who's going to be the right person for you in a relationship, and you're all about giving without agenda, then the chances are as a happy content person who isn't miserable, you will find a relationship that increases that happiness rather than turning you miserable. I think that's basically the bottom line here.



Emily McKay 33:48

I think that's absolutely right. You find two people who know how to be happy and joyful. It just when you put them together, it just explodes in wonderfulness leads to me another word for that. bliss, blissful.



Scot McKay 34:02

That's your favorite word. Your newsletters called keys to bliss. Absolutely. Anyway, if you would like to perhaps find a blissful relationship for yourself, if you're not a miserable person, and you want to find a person who's equally not miserable, and get into a relationship that well you know, I'm not gonna say you live happily ever after because I don't want to be pollyannish you know, stuff does happen in life, but someone who you love going through life with someone who's a true partner, why not talk to Emily and I about that, let's put a plan of action in place to get you from where you are right now to where you want to be. And the best place to start is by clicking the big red button in the upper right hand corner at either mountaintop podcast comm if you're a guy, or Scott and emily.com, front slash podcast if you're a lady, and we'd be happy to talk to you, we're exactly who you think we are. We're real down to earth people. And we can't wait to talk to you right, Emily?



Emily McKay 34:56

That's right. We look forward to hearing from you.



Scot McKay 34:58

And that's all there for you at ease. Match top podcast.com or Scott and emily.com front

slash podcast. And with that from here at x&y communications in San Antonio, Texas. I'm Scot McKay



Emily McKay 35:12

and I'm Emily McKay be good and have fun.



Edroy Odem 35:22

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