

# mtp254

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## SPEAKERS

Edroy Odem, Sandy Phillips Kirkham, Scot McKay



Edroy Odem 00:04

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now here's your host Scot McKay



Scot McKay 00:18

All right, how's it going? Gentlemen? Welcome again to yet another episode of the world famous mountaintop podcast. My name, as always is Scot McKay at Scot McKay on both Twitter and clubhouse real Scot McKay on Instagram searches on YouTube using my name Scot McKay. The website is mountaintop podcast calm, and the Facebook group full of like minded men on their quest to be better men and to have better women in their lives or improve their relationships with the ones they are with is as always the mountain top summit on Facebook with me today's new friend of mine, she's very charming and wonderful. She's from Cincinnati, Ohio. One of the few big cities in the US survey that I've actually never been to. Her name is Sandy Phillips Kirkham. She's a victim advocate and author which man What a great purpose there right, talking about leaving the world a better place. She is the author of the auspiciously titled book, let me pray upon you. You can spell that either way, apparently. And today we're going to talk about something that I've really wanted to talk about for quite some time. And you know, as I told you in the past, I needed to find the right co host to address it with. And Ms Kirkham from Cincinnati is definitely the right one, we're going to talk about men who are victims of sexual assault.

This is absolutely a topic I'm approaching with some trepidation. I have a feeling this is going to turn out to be a very good show. But I tell you what, guys, what we're gonna do is we're gonna empower you guys with this. And if you guys have not felt you've kind of been victims of anything, let alone sexual assault in your life, I think you should still hang in there and listen, because there are going to be great ways for you in here to be a hero to someone else, even if not in your own life, either now or in the future. So without anything further, here she is Miss Sandy Phillips Kirkham. Welcome to the show. Thank you. I appreciate the opportunity. It's good to be here. Yeah, we had quite the epic discussion before we hit record on this particular show, because I wanted to make sure you knew about all my questions and which topics were fair game, and I had to tell these guys, you're pretty much up for anything. Looking forward to something great here. The first thing I want to ask you, is your book, let me prey upon you, obviously has a religious undertone. But you know, you're not necessarily an anti religious fanatic. No, are you?

S

Sandy Phillips Kirkham 02:32

No, not at all. This is about talking about manipulation and grooming and how people are physically and emotionally controlled by another person. And that can happen in a religious setting, it can happen, or anywhere, there's vulnerable people. So Boy Scouts in the gymnasium from Michigan, any place you find people who are hurting people who have emotional needs, there can be manipulation and grooming to a point where that person is controlled by perpetrator.



Scot McKay 02:59

Yeah, absolutely. And I guess something that goes along with this, that probably should also be said is, gentlemen, this is a thing. It's actually happening. Men, boys are being sexually assaulted not only by other men, but also women also, and I would think, especially since I have a story or three to tell, and I know you do, too, that, you know, I can tell from experience that men feel a lot of shame when victimized in this particular way. And I guess as men, we're less likely to report abuse or even recognize it, aren't we? I mean, as hard as it is for women to make an outcry. It's got to be at least as hard for a man if for different reasons, right?

S

Sandy Phillips Kirkham 03:40

Well, I think it's even more difficult because of the attitude that, you know, how can a man be controlled by another woman and and we've got the macho attitude that men are supposed to be in control. And women are seeing more as this feminine demure type

personality. So how in the world would she be able to manipulate and control and be abusive to a to another man and it does happen? I had one person talk to me. And he said, You know, I was 16 in my high school English teacher forced me to have sex with her. And when I told one of my friends, the first thing he said was way to go. He said, You know, I didn't feel that way. I was trapped into that I didn't want to have sex with her. But I walked around with the shame. And yet I had to pretend that this was something that was a macho, good thing to do.



Scot McKay 04:23

Now you bring up a very specific type of example that I was actually going to ask about later in the show, just this morning here in Texas. You know, they showed the perp photo, right, of this teacher who was having sex with a 13 year old student, and it went on for two and a half years. And she's rather attractive, youngest lady, but she's a full grown woman. And this was a 13 year old boy. And I've noticed nowadays, they just turn comments off on those news stories. because inevitably, it's a bunch of these macho guys like you were talking about going yeah, where was that teacher when I was 13 years old. Know why, you know, I bet this guy is feeling so much pain and shame over this one hardy Har Har, you know. And yet, you know, if you're not in that situation, you really don't know how it went down



Sandy Phillips Kirkham 05:11

exactly. And they're targeted women and men target their victims. So they look for someone who's going to be less likely to resist someone who's vulnerable because they're emotionally unstable, or they've got a crisis of their life at the moment that makes them more vulnerable. So it's not about whether you can resist or not, it's where you are emotionally at that point in your life that this person targets you to say, I can take advantage of this person situation, whether it's a man or a woman, and women are very clever is just as men can be when it comes to trapping someone or setting them up to a situation where they find themselves that they can't get out of it.



Scot McKay 05:50

Yeah, and I've noticed in these particular cases where say, you know, the relatively young, attractive teacher is abusing one of her students, that there's much greater likelihood that people are going to try to excuse it, like, Yeah, I know, not only that the kid kind of wanted it. But you know, she seemed like such a nice person. And, you know, there's a lot of talk in the media nowadays about biases and privilege. And it seems like, at least for years and

years, it may have subsided nowadays, that anytime a hot chick, attractive woman was seen as abusing, or was accused of abusing one of her junior high or high school students. Definitely someone at least pubescent here, right. The assumption was actually made that this is consensual actually, you know, the boy felt like a hero and the woman just fell in love. I mean, there's that one infamous example of the teacher who went to jail. Turnout. Yeah, that's exactly I ended up fathering his children. And yeah, as far as I know, they're still together. Right? He's 13 years old. Yeah, right. Yes. 13 years old. Of course, that pisses in everybody's swimming pool. When it comes to this subject. Someone will always point that example and go see, you know,



Sandy Phillips Kirkham 07:05

and then wasn't Pam smart. Remember the PAM smart case? We absolutely had sex with the boys. And then they killed her husband.



Scot McKay 07:11

Yeah, yeah. Right. You know, exactly. I mean, talk about victim shaming, or back around, moving, who's zooming who in a situation like that? Obviously, Pam, smarts husband got the worst end of that deal. But I mean, you can see how this becomes a very complicated web that's woven. And even today, this very day, as we're recording this show, they interviewed family members of this teacher going but she's such a wonderful kind person, I'm sure there's a reason why maybe they're in love or something like that. And you have on record in the media examples of people trying to defend her already. This would never happen if there were some old guy diddling some little girl out there, it'd be like, Oh, this guy is gonna get what's coming to him. When he gets behind bars, He better not bend over and pick up the soap. It'd be talk like that. Right?



Sandy Phillips Kirkham 07:57

Right. So it is a double standard. And the response of victims whether you're a female or male are also different. Female victims tend to internalize they tend to have low self esteem. Oftentimes, male victims will become more macho, they become more homophobic, because they've got this fear inside of them that they, you know, they're partially homosexual, because they didn't say no, and they didn't resist, that there's a whole different dynamic. When you are a male victim opposed to a female victim, there's more sympathy, you have a more sympathetic ear for people understanding why it could have happened. Although in my case, I was blamed because I was this stem Patel that chased this pastor around the church, according to them, but it's so much more difficult

for male survivors of abuse. To come forward, it's more difficult for them to continue in a healthy relationship with other, their spouse or their girlfriends. There's a whole different dynamic with male survivors than there is with female survivors. Yeah,



Scot McKay 09:03

I would agree with you that it's different. I don't know if I can throw a blanket over which gender it's easier for since you know, there's age related issues there. I mean, one victim may be four or five or seven years old, and the other 35 correct. The personality types differ greatly. But ultimately, women are afraid of being, you know, put through this all over again publicly, and having to talk about their accusers, sexual transgressions with them publicly, and they're afraid of the humiliation and the shame for that. And also being slut shamed. And like you just kind of alluded to being, you know, some sort of allegation that maybe you wanted this all along. And there's a great fear that the defense attorneys are just going to lambaste the victim, right. I mean, when a child is a victim of sexual assault, sometimes the child's own families and investigated just so everything is ironclad for the prosecution. And that's a tough process. Yes. Is horrific to go through, right. And also there are parents who get out cries from children and say, Oh, it was probably nothing, because they don't want to undergo the pain and the humiliation. I mean, this is our family we're talking about here. Sometimes, little kids who are being serially abused, like continuous sexual assault, go unheard, because the very family members who are there to allegedly protect them are either, you know, too scared, or too ashamed to help that outcry be heard, or definitely worse. They're, they're in cahoots with the abuse? Well, it's



Sandy Phillips Kirkham 10:43

difficult to look at the favorite uncle and say, Oh, he would never do anything like that. So they there's an automatic trust given to the adult, and then the child is ignored, or poo pooped. Because there's like, well, that probably didn't happen. You misunderstood. In reality, many times they know exactly what's happening. But they don't want to have to deal with it. They don't want to have to face it. You know, if you face the truth, and you have to respond to the truth, it's easier to accept the situation and sweep it under the rug. That's that's the path of least resistance. And so that's what so many times it's just easier. And I also think there's a feeling that, well, maybe he shouldn't have touched her, or maybe he shouldn't have touched him that way. But, you know, it was a mistake, and it's no big deal. It is a big deal.



Scot McKay 11:28

Right? They're minimizing it. And then the outcry has actual real ramifications on the life of those being outcry to I mean, think Joe Paterno being complicit in the Jerry Sandusky case. I mean, he wasn't the one doing the abusing per se, but he knew about the abuse. And because he failed to report it, he was a chance to stop it and didn't. Yeah, because Penn State football itself was at stake. Right? So I mean, that's what's going on in his mind. But when the truth finally came out, he wasn't looking like so bad a guy, nor should he have been right. Now, we didn't talk about how difficult it is specifically for men to make an outcry. You talked about the machismo. But I think also little boys are less likely to be believed. It's like, why would this kid I mean, you know, a little boy assaulted, right? So why would he have it in for this person of authority, maybe he should get in trouble for this. And indeed, you know, we're going to talk about how these predators groom, little boys and little girls, and the threat of punishment or the threat you won't be believed or that your family will be hurt, your future will be hurt, all those things come into play. And little boys, I would argue are born with this sense of honor. They want to provide and protect, and they want to hold their heads up high, you're not a victim, even from a young age, we are wired to be that way. And if the groomer is successful at this grooming process, what they do is they install these feelings in this young boy's head. You know, it could be an older guy, I mean, it could be a full grown adult, someone who's in a position under someone else in power knows in their 20s or 30s, or 40s. For that sake, they could be easily groomed to by the threat of an even worse outcome. If they do make an outcry then having to endure the abuse, right?



Sandy Phillips Kirkham 13:14

Yeah, I don't think you can underestimate when an abuser tells his victim, no one's going to believe you. And if you tell anyone, you're going to get in trouble, and I'm going to get in trouble. I spent 27 years hiding my secret, I can tell you that the words don't ever tell, never left me the fear, even at age 50. To be able to finally say to someone I was sexually abused by my youth pastor, I couldn't get the words out. Because in the back of my mind, I could still hear his voice saying to me, you're going to get in trouble. And no one's going to believe you. So, you know, people need to understand that that is those are powerful tools that these men and women use on their victims, to keep them silent. And when you're being abused, your ability to think clearly and to understand your reality is compromised. So you're not, you're not able to see things. And in order to be able to protect yourself and to be able to speak out and that that's what makes it so much more difficult. Because you've got your abuser telling you No one's going to believe you.



Scot McKay 14:24

Yeah, that's a very big part of the grooming process right there. Right? Is that right mind? I want to drop the F word. But I don't do that so often on this show, but they're playing mind games with them.



Sandy Phillips Kirkham 14:34

And that they have to I mean, that's the gaslighting, you know, that's a form of psychological manipulation that they distort the victim's reality to a point where they can't think for themselves and they begin to finally they just don't trust your judgment, your failure to say, Okay, this doesn't seem right. But this person who I looked up to someone I've trusted up to this point is telling me one thing, so I believe him, or I believe her, and that that's the gaslighting. And when you begin to question your perpetrator, they come back with things like, well, you don't know what you're talking about, or that's not what I said, or that's not what I did. And that continually methodically going back and forth with these gaslighting phrases and trying to control you, you begin to believe it.



Scot McKay 15:24

Yeah, gaslighting, by definition, by the way, is manipulating someone psychology to the point where they question their own sanity. Correct, right? Yeah, like you did this not me. I mean, why would you blame me when it's your own fault over here, right?



Sandy Phillips Kirkham 15:38

And if you would only do this, then it would be okay. But so everything is about blaming the victim to a point where you accept that you begin to believe what your abuser is telling you.



Scot McKay 15:49

Yeah, you know, it would be useful to disclose right here that you and I both have stories. I was subject I'm not gonna use the word victimized because I just don't like that term. I don't feel like that these days. Right? I was subject to at least three different male assailants who did things in appropriately with me. And guys, who are longtime listeners to this show, have heard me mention this on occasion. But now that we have the whole show on this subject, let's dive right in. There was an absolute pattern to how these guys operated. One of them was the Dean of Students at the posh private school, I had an

academic scholarship to where I grew up, that he positioned himself as the world's nicest guy, everybody loved him. He was best man at over 100 weddings. The newspaper in our city did a whole spread on just how incredibly benevolent this guy was right. And yet, he had positioned himself as an authority figure at a boys school, and lived on campus and invited all the boys over to his home. And He always was above reproach with the rich parents, kids, the athletic kids, the really sharp, popular kids, never anything untoward. He carefully chose the kids who would be least likely to speak out the most. The kids who would be most potentially frightened away from making an outcry. And he died in shame. Someone finally came forward. And there were over 100 complaints against this guy since the last count. And that kind of matches the Jerry Sandusky persona, what we just saw happen with the Lincoln project, the letters that guy was writing to boys and young men. Same exact language. I mean, it's such a chill up my spine like, Are you my boy, you're my boy, right? Now, in my case, I was on academic scholarship. And this monster was like, you know, I can help you go to Harvard, I can help you get into Yale Sunday with a stroke of a pen. So are you my boy, you're mine. Right? You're with me, you're on my team, right? And he would do untoward things and touch me get a little too close and sniff my neck and all this creepy stuff. That is absolutely inappropriate. Right? Right. I never allowed him to go any further. And I think, you know, these guys are always trying to push the envelope. And he would have sleep overs with certain kids at his home on weekends, and stuff like that, and never got to that point with me. But, you know, the disturbing part was I did try to make an outcry. And people are like, Well, you know, this guy can help you get into Harvard. Why are you killing the golden goose here? I mean, you know, just go with the flow. So years later, finally, you know, all the pieces fit together to help me realize that whole school knew what was going on. I mean, you couldn't not see this, you couldn't not know the story of this guy. And yet, there was another teacher there, who was also similarly a predator. So it was a safe haven. I mean, this guy was allowed to peacefully coexist in a domicile on campus with kids were boarding there, by the way, I mean, the boys were around 24 seven. I mean, the whole school had had an inkling that something untoward was there, you know, so it's so easy to become a Jerry Sandusky it's so easy to become a Jim Jordan even, you know, that guy gets a lot of heat for allegedly knowing what was going on and doing nothing about it. And it's all because these guys have a very specific way that they groom, there's a pattern to it, isn't there?

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Sandy Phillips Kirkham 19:28

Absolutely. A pattern is always the same thing. It's the same thing. I mean, there's the love bombing, manipulation, gaslighting, grooming, it's the initial setup to gain the trust of that individual because you got to get the you've got to have the individual trust you so that you were sucked into this person and you become somewhat dependent upon them. You enjoy the attention. You enjoy the time that they spend with you because they appear to



be helping you and they appear to be interested in you. And that's all just a setup to eventually get you to a point where they can sexually abuse you or control you so yes, it's it's So it doesn't matter. Again, if it's in a church, if it's in Boy Scouts, if it's gymnastics, or what, wherever there are people who are vulnerable and are susceptible to being groomed, then that's where these men and these women are going to be. So teaching is a perfect example. You know, you have students who are looking up to their teachers. So yeah, this is, um, they fit the pattern of following this playbook because they have to use each one of these things and techniques in order to finally get complete control of their victims.



Scot McKay 20:34

Yet, it seems to me like there's this triumvirate of how to position oneself to successfully groom also, first one is to put yourself adjacent to the people you want to abuse. Right? I've already mentioned that. The second one is to get into a power position where you can hold something over their heads, right?



Sandy Phillips Kirkham 20:55

And you're not questioned by those around you. Because that's the other thing that right needs to happen for these men and women to be successful is they almost need to groom and manipulate the people around them. So they've got somewhat of a cult following. So when you talk about that's the third one.



Scot McKay 21:09

Yes. Put yourself in a position where you're so avuncular and amazing, yeah, benevolent that you've this great guy. I mean, you're everybody's hero, I mean, anybody but you would be such a monster. The third leg of the stool, right?



Sandy Phillips Kirkham 21:22

Yeah. And when they are question, people around them come to their defense immediately, without any facts without looking into the situation, because there's an automatic trust given to this person. And so the victim looks around and thinks I'm powerless, because this man is thought of so great, and no one's gonna believe me, I'm powerless.



Scot McKay 21:43

And plus, if I do make an outcry, the consequences are immense. Either I'm going to burn in hell forever, right? War, I'm not going to get into this private school, or there are going to be financial or social costs for me, I'll lose my job, I'll lose my whole career, all of these idle threats.



Sandy Phillips Kirkham 22:00

And there's all Sidious Yeah, and there's also the other aspect of victims tend to blame themselves and feel like they're, they're at fault that I could have or should have done something differently. Or if I hadn't said this, or somehow I must have made him or her believe I wanted this. And so there's a lot of we blame ourselves. And we carry that guilt. And so coming forward also mean that I have to admit that I did something wrong.



Scot McKay 22:25

Yeah. And I think a big piece of the puzzle here that really empowers the abuser to install that particular thought process is that they're not abusing everyone. But they're not this crazy madman running roughshod with a scorched earth policy abusing anyone and everyone who looks good to them. They are very, very selective with who they'll abuse. I mean, if there's a family of four or five children, this guy will be this avuncular, you know, hero to both parents, and four out of the five children and then single out one child and abuse that child, and install all these threats and all these doubts and all this gaslighting, so that child shuts up forever. They know what they're doing, and they target people. That's the that's the scariest part of all of it. Sandy, is these people can just fly under the radar almost indefinitely because of how selectively accurate they are, in most cases until it bites them in the butt. I mean, if they underestimate someone, boom, it's all gonna fall out. I mean, that's when the whole house of cards tumbles. But man, it seems like they get really, really good at this manipulation almost to good at it. You know, it's like, how can all these people be so good at all of these psychological mind games? It's crazy.



Sandy Phillips Kirkham 23:37

Well, that's the scary part about these men and women is that they are so good at it. They I think they sometimes have a sixth sense on who they can target and see that vulnerability like no other I think they really are very good at finding those people that they know, they're going to be able to manipulate and groom and have sexual relations with, they can pick them out almost immediately. They truly are predatory.



Scot McKay 24:04

They are the Serengeti out there.



Sandy Phillips Kirkham 24:06

I mean, think about it. In the animal kingdom, they know their prey, they don't go after one stronger, they go after the weaker, that's how they get their praying. So they have to look for those weaken. And there are lots of factors that can make a person vulnerable. I mean, it can be their age children, of course, are vulnerable just by their age, there can be an emotional trauma, there can be low self esteem, can be prior abuse that's very common. Someone's been abused prior to meeting this person that makes them more vulnerable. A life crisis where there's a death or divorce, and all of those things can make someone vulnerable. And these men and women come at you under the guise that they're here to help you that I'm I understand your problem, and I'm going to help you and I'm going to care for you. And so we become trusting, even more trusting and assume that this person is going to help us and be A person who we can trust and someone's going to care for us, and we all want to be cared for. And so when we get that attention, we missed the red flags when they start pushing the boundaries and start saying things and doing things that you might not accept in someone else. So a quick touch or a quick kiss, you think, Well, that doesn't seem right. And that's how it started with me. He just gave me a quick kiss. I didn't know what to do with it. And I thought, well, this is not right. But I don't think it's wrong, because he's my pastor. So they push the boundaries enough that you begin to accept that behavior that you wouldn't normally accept in someone else.



Scot McKay 25:39

Yeah, that process of pushing the envelope, starting with these small but kind of uncomfortable advances, or words or touches or kisses, like you said, and then moving on to something bigger as you seem to be able to handle it, and you'll keep your mouth shut. Yeah, I mean, that seems to be par for the course. And indeed, my next question was going to be considering that the envelope gets pushed here. And it starts off with these small infractions. And the predator is kind of watching to see how much you can handle or keep your mouse. How minor of an infraction is an infraction. I mean, is it any invasion of space? Or At what point does this become sexual assault? I mean, at what point is this worth reporting to someone?



Sandy Phillips Kirkham 26:26

I think anytime you feel uncomfortable with a touch with a word, I think it's okay to say

that's not something uncomfortable with I don't think you accuse that person of sexual assault. It's not an assault on you. I think once you've made it clear that that's not behavior that you are comfortable with. And then that behavior continues, then I think it's crossed the line,



Scot McKay 26:52

then you go to HR, or Yeah, maybe not report to the police just yet. But make sure someone who has somewhere with all our ability to handle this situation with you, is in the loop. Now. I mean, if you get a kid who says hey, you know, Uncle Jimmy touched me here, you jump on that right away? Do you believe the kid all the time? Or how do you probe what's a parent to do in that situation? If the kid comes in reports like that makes now cry?



Sandy Phillips Kirkham 27:15

I think those children are very honest, I think it's very, very, very rare that a child is going to make something like that up. They don't have the words to say. So when they talk about bad touching, good touch, I think that's important to understand. They're telling you the truth. And it needs to be investigated. It just does. We don't have we don't have the luxury of saying, well, maybe it was nothing and let it go. We don't have that luxury with children.



Scot McKay 27:44

I would agree. And I also agree with the idea of talking to children about inappropriate touch and what's appropriate at a very young age. Absolutely. They know how to talk. You know, you don't have to get into gory sexual details, obviously. Matter of fact, you're better off if you don't. So if the outcry happens, and the way they describe it to you couldn't possibly have been anything other than first person, then I think that makes for a better case when and if it does go to court. And



Sandy Phillips Kirkham 28:09

I think we also need to tell our children, it's okay, that they can say no, if they don't want to be tickled by uncle Jimmy, or if they don't want a big long ring hug by hand, Susie, we need to give power to our children, that it's okay to say no. And that's difficult for children, because we tell them to respect adults, and we tell them that they need to listen to adults. But when it comes to your personal space, it's okay to say I don't want to touch him. I don't want to do that is mean there's anything wrong with what that person's necessarily doing. But it's okay for children to understand that they have a right to say no.



Scot McKay 28:46

Now one of the things you and I were talking about before we actually had our official conversation start here was this idea of, especially in the world of clergy, and I would also contend probably in education, there's so many euphemisms about this kind of abuse, you know, like, Oh, well, this was just a hug, or they were just being affectionate or sharing God's joy or something like that, right? And your position is, look, if you're a clergy person, everything physical with anybody who's in your flock is absolutely verboten. And same for educators, I think,



Sandy Phillips Kirkham 29:21

absolutely. Because you start to blur the lines of what's appropriate and what's not. And it's once you start having physical touch with your students or members of your congregation, you then can create an excuse as to why you have this behavior. Oh, well, I'm just the pastor and I'm showing how much I care. And so what happens is, if someone accuses the pastor or the teacher or the priest, whoever have inappropriate behavior, the next comment is, well, he's always that way with everybody. He hugs everybody. It gives them an out in a way



Scot McKay 29:58

last question. Before we wrap this up, now I've been dying to ask this. How come the case of Jeffrey Epstein and you know, by extension, Gele Maxwell hasn't created the mass social outrage towards a very important and monstrous issue the same way, say George Floyd case has,



Sandy Phillips Kirkham 30:18

because it's an uncomfortable topic, it's a topic people want to avoid, we don't want to think about it. I think many of us are victims and survivors, and that it's a topic that other people just don't want to deal with. They don't want to look at it. Because if you look at it, and you have to acknowledge it, then you have to respond to it. And I think it's easier just to say, I don't want to talk about it. And I have had people say to me, Well, I know what happens in the church. But I don't think it happens that often. And I don't think it's something we need to be talking about, because it only hurts the church.



Scot McKay 30:53

And indeed, in so many those cases, unfortunately to the discredit of any institution that perpetuates this cycle, they end up just moving the person to another town, another church don't think

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Sandy Phillips Kirkham 31:03

absolutely. And that was the case for me. And I wasn't his first victim. My Church was aware that there had been another incident in his first church when he was hired, his actions were discovered, the abuse lasted for five years. So from the time I was 16, till I was 21. Until his actions were discovered, he was forgiven, he was told that, you know, he was a man of God, and they would move on to the next church. I was called in by the elders and told because of my behavior, I was to leave the church. So when he told me that I would be blamed, or that I would have to suffer the consequences if anyone ever found out



Scot McKay 31:38

that proved to be true, disgusting. It's just disgusting. Well, unfortunately, we're out of time, I think we could go in a whole lot of different directions, that would be opening up whole new cans of worms, proverbially. In a discussion like this, we're probably going to have to have you back on sometime in the relatively near future to talk more in depth about some of the sub issues. But you know, I would be remiss if I didn't ask you, how we as guys can encourage women in our lives, or even other guys in our lives, who may have been abused to either report that abuse and or stand by them in their recovery, of course. And I think a tandem question that goes along with that Sandy is what if we find ourselves dating someone who is a sexual assault survivor, or if we're a sexual assault survivor, seeking to get into a relationship, you know, how does all that fit together?

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Sandy Phillips Kirkham 32:27

So if you've been a victim of abuse, emotionally, or physical, I think the first thing I tell victims is that you need to understand whatever happened, it was not your fault, you were targeted, this was not something that you'd caused. And it's not something that you could have necessarily changed at the time, you responded away at the time for the coping skills that you had at that time. That's very difficult sometimes for victims to accept that they somehow are not to blame for what happened. The second thing I think is important is to educate yourself. Because until you understand the idea of grooming, and manipulation, and how that was all used on you, it's difficult, then to move out of that victim stage, learn all you can read everything you can about sexual abuse and trauma. And finally, and this is the hardest part, you do need to tell someone hiding that secret for

years as I did, took an emotional toll on me. It's not helpful. And secrets, you know, while I thought I was controlling the secret, and then I was keeping the secret. And then my husband never knew and that I was keeping this from my friends, I was controlling the secret. In reality, the secret was controlling me. Because every time I would have to worry about someone finding out, it brought me right back to that time in my life, and it made me relive everything. So again, it's not your fault. You need to educate yourself, and you need to tell someone, and it doesn't matter if it's years later, you need to tell someone,



Scot McKay 34:04

what was done to you. And we need to be a friend of those who would desperately like to tell someone,



Sandy Phillips Kirkham 34:10

if someone tells you they've been sexually abused, the greatest gift you can give that person is to listen without judgment. Because when when we tell our story, for me, it was a matter of I just needed to get it out. And I just needed my friends to sit there and listen to me. And we can't tell our story just once we need to talk about it over and over and over. So the greatest gift you can give someone is to listen, just listen without judgment and don't ask the question, but why did you wait so long to tell or why didn't you do this? or Why didn't you do that? Until you're in that position? It's not something that's helpful to question that person.



Scot McKay 34:49

Yeah, a great 100% I think you're right on the money. And as I've said so often on this particular show, and in my writings, whenever we stick with that grief in that pain inside or even that resentment and hate and bitterness that often goes along with it. What we've done is we've granted someone psychological superpowers over us and over our happiness and our well being who is the last person on earth? who deserves it? Exactly. So, as soon as we can find healing, as soon as we can rise above this and emerge victorious, that's absolutely positively the greatest, quote unquote, revenge. One can have over these monsters ultimately, for sure. And I would assume, Sandy, that a lot of these discussions are carried forward in your book. So anybody who resonates with this discussion should absolutely grab a copy of Let me pray upon you, right?



Sandy Phillips Kirkham 35:40

Yes, I mean, I've had many people tell me that while this was clergy abuse, again, as we talked earlier, the tools and the technique your use are the same.



Scot McKay 35:48

Yes, absolutely. So guys, if you want to grab a copy of Let me pray upon you by Miss Sandy Phillips Kirkham. Please go to WWW dot mountaintop podcast conference slash Sandy where you'll be directed to her website where you can get her book. I've also placed it at the top of the queue this week at mountaintop podcast, calm Amazon, that's my Amazon storefront where you can find not only this great book by Sandy Phillips curriculum, you can find all the other books by every other author we've ever had on the show. So once again, I want to thank you Sandy, for being on what a great important discussion and one that's been a long time coming and we covered a lot for these guys. And I think it's all good stuff that was right on the money. Thank you. Thank you. And guys, like I always mentioned at the end of these shows, if you have not visited mountain top podcast comm it's time to go and do so you can get on my calendar, talk to me free for 25 minutes about whatever's going on in your life, and perhaps putting a plan of action together that will take you from where you are right now to where you want to be. If you've listened to a lot of these podcasts, and perhaps read my newsletters or even my books or listen to my programs, and you resonate with the message, and you're all about being a better man who gets a great woman in his life. Hey, it's time we talked one on one, go ahead and click that button at the upper right hand corner of mountaintop podcast COMM And let's talk won't cost you a dime. And while you're there, you can actually join for my daily newsletter. Hey, there's no fluff in it. Okay, it's always content that won't cost you a dime either sign up, put your email in a space download a free copy of my book called sticking point solved. You'll get that for free in your inbox and you'll get good stuff in your email on how to be better man and get better with women on the daily visit our sponsors origin in Maine and heroes soap while you're at mountain top podcast calm when you do business with either of those fine companies, you will be able to take an additional 10% off when you enter the coupon code Mountain 10 all of that and so much more is there for you at Mountain Top podcast.com 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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