

# mtp259

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## SPEAKERS

Edroy Odem, Emily McKay, 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 00:17

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



Emily McKay 00:21

And I'm Emily McKay.



Scot McKay 00:22

And we're back at you again with another topic that you know, I don't think we've covered before. Although I have to say, Emily, this particular topic was inspired by a couple things.



Emily McKay 00:33

Yes, Yes, it was.



Scot McKay 00:35

The first one was my podcast just two weeks ago, with big will hex, where we talked about how guys are their own worst enemy, and how they can't really ever seem to get out of their own way. And we talked about a whole bunch of different situations where that's true. But somehow, the topic we're gonna cover today didn't come up at all in that episode. So we're gonna hit it today.



Emily McKay 00:58

Now, the second one was something that you showed us today was so cute. You showed me a video, and we're going to share this with you in a little bit.



Scot McKay 01:06

Yeah, we'll actually put it on the show notes page. You gotta see this video for yourself. It's not new. By the way. This video has been circulating for years, but I was reminded of it this morning during the coaching call, and I showed it to you and the kids who never seen it before.



Emily McKay 01:19

No, it was really cute but at the same time, sad.



Scot McKay 01:22

Yes. And it was two cockatoos, and the guy was playing Elvis on an acoustic guitar. And the two cockatoos were kind of sitting on a perch responding to him. They were obviously his pet cockatoos, and they were responding to him playing the music. And the caption on the video was that guy at the bar who's just a little bit too much into the music. Right, right.



Emily McKay 01:46

Yeah, he was completely into bouncing and head, you know, head bobbing up and down, right. And at the very end, his feathers go flying out and his arms are out. And he's just going just completely going nuts. And the female cockatoo she was not having it. She was a bird next to her. I know she was like rescue Bay. Do I really have to endure this



Scot McKay 02:09

right? At one point? She puts her foot up like, how about we're not right. And the guys just encroaching upon her. And there's one point about 40 seconds Ember, she kind of looks at the camera goes just kill me now. At the end, she finally flies away, right? He does. And it was such an awesome metaphor, in the truest sense of the word for how a lot of guys are trying to impress women. And they're trying too hard. Now we've talked about on this show before Emily about how guys pretty much do everything in order to impress women. The car, the job, the clothes. There, Hey, y'all watch this hold my beer activities. All of these things are designed to you know, impress the chicks.



Emily McKay 02:51

And it's not a bad thing, necessarily. Yeah, I



Scot McKay 02:53

mean, chicks can be impressed. Yeah. But what we're going to indeed talk about today, drum roll is when men try too hard. Now, let's be fair. Can women try too hard? What happens when women try too hard?



Emily McKay 03:07

Well, we become needy, clingy calling all the time, needing every moment of your time.



Scot McKay 03:12

Well, that's in the context of a relationship. True. Yeah. I mean, so yeah, that definitely happens when we can try too hard in a relationship to keep a man from leaving to get him to marry her. Oh, my God, women try really, really hard. And what does it do? It pushes the guy away?



Emily McKay 03:28

Well, how about assuming there's a relationship? before there is one? Yeah, that



Scot McKay 03:32

would definitely be trying too hard. Whoa, this is really coed, isn't it? This is equal

opportunity. But here's the thing. You know what, at the attraction stage, it seems like men for as much talk about how we're afraid of women. And we are just so afraid to approach them and just can't grab a parent even say hello and introduce ourselves. to them. It seems like we're the one to try too hard at the beginning. Why is it that women know better than to throw themselves at men? For the most part, what's that lesson they learned early on that keeps them from ever doing it again?



Emily McKay 04:10

Well, I think it has more to do with women are supposed to be reserved. And if they were really outward, and to Ford, that we would chase the guy away, where it would make us look bad, or you know, it would somehow devalue us.



Scot McKay 04:26

Now see, a lot of guys think they want women to approach them for a change. Why can't women chase me instead of us chasing them all the time? And you know, you and I are on record saying nobody should be chasing anybody. We should choose each other as the topic of a podcast we've done in the past. But I think somewhere along the line, a woman chases a guy maybe even when she's a young girl. And for all this supposing on men's part that we'd like women to throw themselves at us. It never goes well when y'all do that. Guys second, what's wrong with this girl? Why is she so desperate Why? I mean, how many guys? Does she do this with on a weekly basis? Um, I just know another guy in the string. It sounds kind of slutty. Right?



Emily McKay 05:08

Exactly. You know, even when I was dating, if I were to send out a email or show some sort of interest in a guy, let's say on the online dating, I got nothing back. For me to try to approach a guy. It just didn't work. Even online.



Scot McKay 05:25

That's right. as cute as you were looking online.



Emily McKay 05:29

To make the first move just didn't work.



Scot McKay 05:31

I think they thought you were fake. I don't know, probably some kind of scam. Like, why would this chick be emailing me? Although you're saying this. And you know, I can think of a couple times where I met really attractive, sweet women online. And yeah, they had emailed me first. Because most guys are used to women who aren't getting a whole lot of opportunities being the ones who do the most reaching out online. Sorry, ladies, if you're listening, but that's typically the way it is. Women who have a lot of attention from men are too busy weeding through that attention to create any of their own in the other direction. But back when I was dating, there were three instances where women emailed me first and I responded to them, and I ended up meeting them. And looking back psychologically, as twisted as this is going to sound. I was pleasantly surprised. Because I was thinking, Oh, you know what, she's not going to look as good as her pictures. This is going to be some kind of scam, you know, the jig is up somewhere. Because women don't usually email men when they're really attractive. But there were at least three exceptions for sure.



Emily McKay 06:35

So it sounded too good to be true. Kind of like a woman couldn't possibly be trying to ask me out or show interest in me first, right?



Scot McKay 06:45

And nowadays, man, fast forward 16 years, the scammers have gotten really elaborate and really, really effective. Oh, they did, didn't they? Yeah. So I mean, you know, it's like when you get on Facebook, and these women are sliding in your DMS these quote unquote, women. And they're not really there. It's it's some phishing scheme. Right? Right. I think that's how guys look at it. But meanwhile, back in school, you still have this poor little 1213 year old girl trying to get this guy to like her. And that's her hard life lesson. At that age. I mean, not online, real life and in person. The guy's like, well, what's wrong with this girl, she was too easy to get to like



Emily McKay 07:26

me. And you know, in school, the one thing that that we also learn is the person that we like, for some reason didn't like his back, they like the person who didn't like them. There was always this little triangle of everybody likes somebody that we couldn't get. And you know, even as



Scot McKay 07:42

we grow up, if a woman gets a lot of male attention from men who are Yeah, well, trying too hard. Oh my god, you look so beautiful. I'm thinking about the Instagram models, who post a bikini pic and just wait for men to funnel it from, you know, the emojis with the hearts for eyes and all mad, so lame. And then there's always this one guy who will say something like, hey, look at that background is that Cabo San Lucas, what were you doing there? And that's the one she'll respond to. Because it's a normal guy. Having a normal conversation instead of like falling all over her.



Emily McKay 08:13

Right? Not trying too hard. Or the one I got a lot was, Oh, you're so beautiful. We're made for each other, you know, we have a future together something like that. And that was scary. Because it's like, we don't even know each other. There's still a picture. And for some reason, it felt like he thought that's what I wanted to hear.



Scot McKay 08:30

I got this one really creepy lady one time. You know, again, she was writing me first. And she was one of the more stereotypical types who would write me first. As you said, I saw you in a dream. And I was like, oh, god block. How can I? Where's that block button again? How quickly can I get out of my inbox? Right? It's creepy. Man. You're



Emily McKay 08:51

thinking it was romantic?



Scot McKay 08:53

Oh, good grief, not yet. And yet, all these men think that when they do these Koi little creepy things, or they throw themselves at a woman, or they demand that you meet or that they demand that you go out on a date with them that it's somehow gonna work? What are we thinking?



Emily McKay 09:11

I don't know, maybe for some reason on the movies that look like if the guy is a little pushy. He got his way and the woman finally gave in and he's confusing that with reality

that he feels pushy, not realizing pushing the wrong way that it's pushing her away.



Scot McKay 09:27

Well, isn't it interesting? How the harder we push, the more people run away, the more we try to get approval? The less of it we get? You think people would understand that psychological dynamic after it hasn't worked for a few times or months or weeks or years or decades, right?



Emily McKay 09:45

Or lifetime. instead of pushing, maybe we should pull? How do



Scot McKay 09:49

you do that?



Emily McKay 09:50

That's a good question. How do you pull, maybe drawing somebody in by being interested in them rather than what we want? So if I Want you to do what I want, then I'm not going to be displaying the attributes that's going to be attractive, it's gonna be more desperate.



Scot McKay 10:08

It's kind of like sales. If I just want commission, you're not going to want to buy something from me. But if I'm genuinely interested in the product, in this case, the product would be me. And you, right? Correct. If I believe in my product, and I believe that you should be purchasing and well, for lack of a better word, using this product, consuming this product. I'm going to be more of the mindset I'm just gonna help you buy. It's like a comedian who's trying to gain the audience's approval. I've said this before on the show, people will literally psychologically withhold laughter from that comedian, even if what he's saying is funny. But when that comedian is there, because he just wants to make everybody happier to help them have a good time. And he's just enjoying himself already. And it's like, hey, come along with me. I'm already having a good time, people will relax, they'll open up and they'll have a great time.



Emily McKay 10:59

Well, there's the word come along with me. Let's go have fun. That's, that's drawing somebody and you have an interest in making them feel better, doing something that will be beneficial to them.



Scot McKay 11:11

That's also masculine leadership, and it involves making a woman feel safe and secure. Whoo, yeah. Um, how much do we talk about that around here?



Emily McKay 11:18

Right? Safety and Security and doing what makes us feel happy and wonderful, that we know that you have our best interests at heart, knowing that you're doing what's best for us. Instead of trying to be selfish and trying to land another notch in the bedpost? Well, can



Scot McKay 11:37

we try too hard to have your best interest at heart? What if we, you know, buy you a truckload of flowers and try to, you know, hook you up with a Mercedes convertible on our third date? trying to impress you? Because, hey, that's in your best interest, isn't it?



Emily McKay 11:53

Well, the problem is, are you really trying to do what's best for us? Or is there an alternate? Or is there an ulterior motive? I mean, think about it. If someone's trying to buy me a bunch of expensive gifts, and I don't even know them yet. We don't even have a relationship. It feels more like it's set up to be a prostate to tional type of arrangement.



Scot McKay 12:15

How many amendments are there in the prostitution, I



Emily McKay 12:19

was trying to figure out how to coin that





Scot McKay 12:21

first amendment of the prostitution is we have to make sure everybody gets a Mustang convertible on the third date. Yes. It's a moral imperative. Absolutely. All right. So here's something I've heard. And you know, I'm going to play the fifth of my own experience with it. But it has been said that women would just rather have a guy come clean with his sexual interest, rather than play coy with it, and try to like slide it under the door and pretend it's not there and buy her flowers and butter her up. I mean, sometimes To put it bluntly, what's in a woman's best interest is multiple orgasms.



Emily McKay 13:00

Well, yes. But it can't has been more subtle than that.



Scot McKay 13:04

Yeah, out there. Absolutely. But I'm just saying instead of trying so hard to buy her affection and things like that, you know, just come out with it. Tell me what your intentions are. Women always are like, what are your intentions? What are you looking for? And men always cringe when they hear that? Because I think they think you know, well, what about all my trying too hard? What about all of this setup that I've got to do? What about all the games I have to play before we come to that truth? And the woman's just like, you know, what, once you just skip all that, and tell me what's on your mind?



Emily McKay 13:40

Well, that would be trying too hard. Well, anytime someone's trying to be inauthentic and lie and say, Oh, I you know, I'm not interested in having a sexual relationship with you. I just want to be friends for now and then later move into something more serious. And then let things hat is like, Come on, guys. I



Scot McKay 13:58

just want to talk to the egg. Yeah, there's a comedian who talks about how the sperm and the egg is such a metaphor for dating between women and men. And it's like the sperm are all knocking on the door of the egg. And it's like you can't come in and the sperms like, but I just want to talk to the egg. match for tell right? Well, that's a find that bit and posted in the show notes too. That's some funny stuff. It is. Hopefully I can find that on YouTube and post it.



Emily McKay 14:25

But it gets to the point that we know that there's going to be the sexual chemistry. I mean, if there isn't, what's the point? That's what I call pushing it uphill.



Scot McKay 14:33

And you know what, if you're pushing something uphill, you have to try pretty hard, don't you? Perhaps too hard, much harder than say if you were pushing it downhill? Yeah. I've been talking about the concept of pushing it uphill for probably 15 years now. Oh, yeah. Yeah, that's that's synonymous with trying too hard. You've got a woman who doesn't like you, dude. Move on. Find someone who's going to be more amenable someone who's into you, someone who's a good match. You're probably kidding yourself Anyway, there's probably a darn good reason why she doesn't want to be with you either your complete disaster together or I don't know, maybe you need to look in the mirror and work on yourself a little whatever it is. If you're trying to make something happen when it's not happening, you're pushing it uphill, and you are going to be by definition, trying too hard. I used to have a guy who used the phrase, let's give destiny a shove over email with a woman he was trying to attract. Oh, boy, what a disaster



Emily McKay 15:30

that's asking for trouble. Yeah, let's go against the grain and do everything wrong. Right? I'm



Scot McKay 15:34

not sure if he coined that himself. It sounds really pithy on the surface, like, Oh, that's a nice turn of phrase, then you realize what it means. And it's like



Emily McKay 15:42

egg, right? Because that's a nice place to be something great and wonderful that falls into place and things are supposed to be happy. So if you push against it, you're like, let's not be happy. Or if you have to shove it



Scot McKay 15:53

that just sounds like an aggressive that pushing and shoving here, you know, make destiny

happen. You know, like the proverbial square peg in the round hole. See, what you do is you have a round peg in a round hole. Yes. Isn't it interesting how God designed us with round pegs and round holes? That's, that's an interesting thought. Anyway, so these people who are seeking approval what's the difference between people pleasing approval seeking behavior that will come off as creepy trying too hard on attractive anti masculine frankly, and someone who's just too damn perky and upbeat like the cockatoo mummies the cockatoo trying too hard, or they're just too damn perky and upbeat. And the lady cockatoo just needs to take a chill pill and you know, enjoy life a little



Emily McKay 16:42

less. She's a little too uptight. Honestly, when I saw that, I thought, Oh, he's so adorable. And he has such great personality. How can she not like him?



Scot McKay 16:51

Now when I originally saw that video, it was on Facebook, I believe. And there were comments and the women were going Oh my God, I've met that guy in Florida last week, and they were commiserating together. And finally, this one precious gal said, Actually, I'm more like the guy cockatoo. I'm all in like, so cute. I'm like, hey, that's the chick I wanna hang out with. I'm sure she's a lot more fun than these stick in the mud, easily offended women. You know,



Emily McKay 17:18

I guess it boils down to finding someone like ourselves. So he needs a cockatoo who's like wanting to bounce and you



Scot McKay 17:24

know, do all this awesome stuff. Right? Exactly. I mean, if you're perky and upbeat, I mean, you can bring the world with you again, like, hey, let's go together. Not Hey, I'm gonna teach you how to climb this mountain. But hey, rock climbing this mountain together? Come on, you know. And that's called being enthusiastic and being optimistic, and that's contagious. But again, is it self serving? Is it I have an agenda? I'm so needy, and I'm desperate. And if I don't get this, I'm gonna die, you know, right now? Or is it? Hey, I love life. I'm enjoying things. I want to invite you into my reality.



Emily McKay 18:00

Again, pulling that pushing



Scot McKay 18:02

another phrase that I use very recently, in one of my podcasts few weeks ago, inviting a woman into my reality is a difference. Hey, how about this contrast? The idea of inviting a woman into my reality with giving destiny a shove? There you go. Boom.



Emily McKay 18:19

There you go. Mic drop done. Yeah. I



Scot McKay 18:21

mean, what else do you have to say and commentary on the state of one's psychology, your psychological state about all this?



Emily McKay 18:30

Right? So being ourselves and not trying to pretend something that we're not, it's really helpful that determines whether we're trying too hard or not, and still being true to who we are.



Scot McKay 18:42

I've had several guys over the years, this will be a paraphrase of all several of them, okay. But basically, the storyline would be I've started seeing this woman, and I'm already too obsessed. And I texted her 10 times this morning alone, and she hasn't responded to me yet. What do I do? And I'm like, okay, dude, it's lunchtime. Second of all, you you texted her 10 times. One was enough. And these guys will usually say something along the lines of, Yeah, I know. I know. I'm doing too much. And no, I'm trying too hard. I know, I shouldn't keep texting her. But I just can't help it. I can't stop myself. So there's a maturity. There's a wisdom. There's a self restraint. There's a discipline level here, self control. And I do think a lot of these guys when they go around chasing women and begging them to be their girlfriend, looking desperate. They know they're doing wrong. Every guy who's ever seen any TV show or movie that Hollywood has ever produced, knows what kind of guys don't get women. It's those guys.



Emily McKay 19:47

Right? Yes, absolutely. And sometimes the writing's on the wall. Sometimes you're even being told what's going on, and they don't stop. I had a particular situation where I was out with some friends And I wasn't interested in doing anything I just was. I was actually along for the ride because I was invited to keep my girlfriend's entertain and she wanted company. So fine showed up your designated driver. Yeah. So here we are. At the nightclub, I'm not drinking. So anyway, the guy approaches me he wants to give me a drink. And I said, No, thank you. The poor guy would not take no for an answer. No, I don't want something to drink. He got me a drink anyway. And I wouldn't drink it. Because I wasn't drinking. And finally, my friend got so fed up by the 10th umpteenth time. Who knows how many times it happened? She's like, dude, get away. We already told you. She's already told you. She's not interested. Get away.



Scot McKay 20:47

I know exactly what. You don't have to tell me what friend that was. I know exactly which friend of yours that was at that moment in history. She



Emily McKay 20:53

was frustrated with me. She's like, Emily, just tell him off. Like I can't he's, he's, you know, it was feeling bad for him.



Scot McKay 21:01

Well, you know, in a way, you're the exact wrong person to have as a guest on this show. Because you, you were the woman? Yes. by her own admission, back in your match, calm days would write every single man who wrote you back, even if it was to say, you know what, I don't think we're a match. But thank you for writing me that was really sweet. And what you were doing was feeding the neighborhood stray cat every time? I don't know, I think it went



Emily McKay 21:25

pretty well, most of the time. Not always. But most of the time?



Scot McKay 21:30

Well, I think most women would think it's perfectly okay to ignore messages from men they don't like or aren't interested in.



Emily McKay 21:37

I think I only did that if they deserved it. They just felt that there was a human being on the other side, who took the time to write me. And I just felt that he least deserved a response whether I liked him or not. Well, you were a total



Scot McKay 21:49

sweetheart. And that's one of the reasons I adore you. And one of the reasons why you're such a great wife, one of many. But still, nevertheless, you are one of the few and perhaps the proud who would actually entertain guys, even if they're trying too hard. Oh, yes. Just out of decorum,



Emily McKay 22:07

even when they deserved it. Sometimes they didn't. That's true.



Scot McKay 22:10

Yeah, no doubt. And you're still that way, until they mess with you in the customer service department. Then watch out, boy, it's like the first scene of pulp fiction, which is actually the last scene of pulp fiction. But you know, when the lady with the gun jumps up on the table in the diner, you can get that way. someone hits your hot buttons. They have to try pretty hard. They have to try too hard to piss you off to make that happen.



Emily McKay 22:35

They work really hard at it.



Scot McKay 22:37

You know what, I wonder? That's a weird little tangent. But I wonder if there are guys were so twisted that they find sweet women and think it's a game just to piss them off or hurt them and see how far it takes for them to break. Would that be twisted? That would be that's that's a whole nother sick level of things. Makes you wonder why thought of it. Like,



Emily McKay 23:00

you're 16 years I would know right?



Scot McKay 23:02

Well, there's one thing around here. That's absolutely true. And anyone who's been listening to our stuff for a long time already knows this. We do not coach broken people. No sickos crazy people. Hey, you know what? Don't sell crazy to us. We're all stocked up. Right? As the saying goes from the movie. We've had an overflow of it. We've we've had our fill. Yes. One thing we have going for us is by the time you and I had met each other we were sick and tired of being sick and tired. Right when it comes to crazy. So we just



Emily McKay 23:30

had to deal with each other's sick and tired people.



Scot McKay 23:33

But yeah, it was a two for one. It was a two against one, two. That is true. Anyway, nobody cares. We're digressing. Alright, so what about this, guys will try to logic women into liking them. See I have a good job. I have a great car. I'm tall. I'm handsome. I'm everything you've ever wanted. Why are you putting me into just be friendzone



Emily McKay 23:55

I had one guy say, look, you know I think would be great together. You want to be able to stay home and raise children and you want a family and everything. And I want to do the same thing and I want to give that to you. I think we will be great together. He was trying to logic his way into me dating him.



Scot McKay 24:14

Yeah, some people just don't understand it. You've got to make someone feel it. Especially a woman a woman has got to be attracted. She's got to have warm fuzzies for you. Then she'll, she'll figure out all the logic.



Emily McKay 24:26

Well, he only had one problem. Oh, God. We go. Ready.



Scot McKay 24:30

I bet you it's a real good one.



Emily McKay 24:33

Well, you might be surprised. I had just met him at the same time. I'd met you online.



Scot McKay 24:38

Well, that was a real good one.



Emily McKay 24:40

And I had met you. I think I met him a couple days before you. But when I met you, that was it. He had my heart and everything. So he just didn't have a chance there was all the logic in the world wasn't gonna work. And I told him, I'd already met you and that we're gonna go dating and blah blah blah. He's well if that doesn't work, Let me know. I said, Sure, I will do that. There was nothing wrong with them. It's just that I had met you and fell in love. I met my perfect soulmate.



Scot McKay 25:09

You know, the only thing I can say to that, for the value of this particular show, is for years and years, decades of my life, I had felt like a victim of Murphy's Law. Murphy's Law, of course, being if anything bad can happen, it will happen at the worst possible time. Right. And at that one point, when I met you, finally, I was Murphy as someone else had to deal with the law that I just laid down, for once in my life that was like, that's pretty sweet. You know, for once in my life, it seemed like, every time I would start to like a woman, oh, something bad would happen. Or she'd meet this guy, or she'd have to move away, or just something completely wrong. What happened at the most inopportune time, and it would all fall to pieces. And yet, you and I still are here we are, because probably still waiting for a phone call somewhere. I hope you found someone wonderful. I



Emily McKay 26:08



think he called me when we finally got engaged again, just to see how things were going. And like now we're engaged. I had



Scot McKay 26:13

a couple of my exes call me up just to see how things were going. You know, how's it going? You know, that kind of thing. But yeah,



Emily McKay 26:20

he's the one that used it. But you know, you said you want it kids like Yeah, I did say what it kids. But no, he's my guy. Sorry, is well, we took



Scot McKay 26:28

care of that on our own. We got two more of them. What's the difference between pursuing someone and chasing someone? Okay, because we talked about choosing? Now there's a good question to ask, because a lot of times women will say out loud, you know, it's almost like a cliché. I want a man who will pursue me, right? Like a lot of songs, right? But they don't want a man who's chasing them desperately. Right? So what does it mean for a man to pursue a woman if he's not supposed to try too hard and look needy and desperate?



Emily McKay 27:02

Well, to go back to the story I just mentioned. Now, he was trying to use logic, but he wasn't being so pushy, that he wouldn't take no for an answer. He was just being a sales guy just trying to present the options. And if I didn't take so be it. And I said, Well, if it doesn't work out, I'll let you know. No, his response was perfect. He said, okay, but just understand this, I might not be available, then. Well, that's a sales tactic. Yes, scarcity. Yes. But you know, I thought it was great. Because if I wasn't sure about the situation, then I would have to think, Okay, this is really what I want. But in this particular case, I didn't have to worry about that. And I said, you know, that's just something I'm going to have to live with. And he was okay with that. Well, he probably didn't want to push it uphill. And he didn't push it that well. And I respected that, you know, he was taking an opportunity to see what the options were between us. The key word being options, right. And it didn't work out, right.



Scot McKay 28:00

He wasn't desperate. It wasn't like, he has to make you his wife or he's gonna die. Exactly. It was, Hey, you know what, I do have options. I like you, you're my favorite. To me. That's the difference between pursuing and chasing.



Emily McKay 28:14

And he was letting me know that he had options. Now, if I wasn't gonna take him now. He may not be available later.



Scot McKay 28:20

So I think a woman wants to be pursued because she wants to be chosen. I could date any woman, I could go out with some other shit. But I don't want some other chick. I want you. You're the one I want. So I think a lot of times when women say pursue they mean, acting on a choice. Instead of just oh, my goodness, you fog a mirror and you'll put up with me. Great. You know, please don't leave me. I beg you.



Emily McKay 28:46

I'll die if you leave me. Exactly. You're my only option. You're you keep me alive. That's scary.



Scot McKay 28:53

Okay, last question. Before we draw this to a close when you give up. Winston Churchill says, never ever, ever, ever give up. Right? Sometimes you need to back off.



Emily McKay 29:04

Sometimes backing off is the thing that makes it work.



Scot McKay 29:07

When



Emily McKay 29:09

Well, sometimes, if you feel like you've been pushed and forced into a situation, if the person cares about you enough backs off, then you realize now you have an option to make a choice, you have room to breathe.



Scot McKay 29:22

Like if there's a breakup, right? between two people who were dating or even married, there was a relationship there. The first impulse on the part of the person who was broken up with is I got to talk to this person, I got to logic them back into the relationship. I've got to see them, I've got to beg them. When in reality, one of the best things they probably could do is let them go say, Hey, you know what, I'll even help you pack your bags. Give them the gift of missing them.



Emily McKay 29:47

Well, that and I love you enough. I'm gonna let you go. I care about you. And I'm going to be okay with this heartbreak. You go off and have fun. And sometimes that's enough to go that person really cares about me



Scot McKay 29:59

so much easier. Seven done. You want that person back?



Emily McKay 30:03

Right? Because they require self sacrifice?



Scot McKay 30:07

Well, you know what, let me add some pragmatism to this conversation. If she's threatening a restraining order, if she's telling you you're being creepy, if she's not being very nice to you anymore, and she's being very direct, dude, you need to back off. Okay? If she says she has a boyfriend, and she's married, and they're in a committed relationship, and she says she is unavailable, you need to back off you need to give up if you do something that you know you blew it, like you cheated on her you were violent towards her and she said, that's it. I'm leaving. Don't start begging her to come back. Because it won't work. Yeah, just a little practical reality there. And on that note, it's time to end the

show. Wow, that was fast. Yes, guys, if you want to join my mailing list and talk to me for free for 25 minutes like I often talk about you guys doing Hey, that's the real deal. Sign up you'll talk to me personally about where you are right now and where you want to be you can do that at mountaintop podcast calm and ladies and perhaps men if you also want to go this route you can go to Scott and Emily comm front slash podcast and sign up to talk to either Emily or me free for 25 minutes you can get on her newsletter or my newsletter or both. You know some of the ladies like to get my newsletter to be kind of a fly on the wall and some of the guys get your newsletter for the same reason



Emily McKay 31:27

right that's a great way to get the viewpoint from the opposite gender



Scot McKay 31:30

Yeah, so either go to mountain top podcast.com or go to Scott and Emily calm front slash podcast that's with one T and get you some and with that until we talk to you again on the next episode. My name is Scot McKay



Emily McKay 31:45

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



Edroy Odem 31:55

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