

# mtp271

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## SPEAKERS

Edroy Odem, Scot McKay, Bobby Rio

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Scot McKay 00:01

Gentlemen coming up is one of those episodes where we get back to our roots and talk about how to meet and attract women. Now with that in mind before warned, having recorded this show the way my guest Bobby Rio and I talked about attracting women and reading their signals, maybe well a bit overwhelming at first, it may even come off like we're making it sound too easy, but like us, and like most every other normal guy out there, you can do this. If you're compelled to take action and get this part of your life handled. Remember always I was once very frustrated by all of this myself, but I did what it took and I can stand by you as you do the same. Head on over to mountaintop podcast comm get on my schedule to talk about it for free. And let's get you on the right track once and for all.



Edroy Odem 00:58

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 01:10

Greetings, gentlemen, welcome again to yet another episode of the world famous mountaintop podcast. My name is Scot McKay at Scot McKay on both Twitter and clubhouse. Real Scot McKay on Instagram, that website is mountaintop podcast calm, you can find all the YouTube videos by searching my name SEO TMC k y on YouTube, and I invite you to join the Facebook group. As always, gentlemen, if you're not there yet, you're missing out on a whole lot of fun. And that is the mountain top summit on Facebook today with me as a returning guest, a guy who man, I've known probably for 15 years now. His name is Bobby Rio, and he's from guy quiz in New York City. Bobby, welcome back, man.



Bobby Rio 01:51

Hey, glad to be here. Scott. It's always fun coming on and having these conversations with you. Yeah,



Scot McKay 01:56

man, you bet. And today is going to be? Well, it's going to be a topic that I think knocks it out of the park for a lot of these guys, we're going to talk about little known signs a woman is into you. And you know, kind of how to know if she's just playing games with you, or trying to manipulate you into getting something she wants, other than some sort of relationship, you know, and what are some of the ways that guys misunderstand women signals, which I think is going to be probably just as valuable, and that it'll keep us out of trouble instead of getting us into trouble if we don't understand those things. And I know you have very, very specific actionable ways for guys to figure out what's going on. And in fact, take action. So man, I think we should just jump right in. What do you think?



Bobby Rio 02:41

Sounds good? Yeah, got excited.



Scot McKay 02:43

Yeah. So you know, we hear a lot about these signals that women send or kind of hints, she's giving you eye contact, or she's playing with her hair? Or she laughs at everything you say, even when it's not funny. And guys are like, yeah, you know, the last time I had eye contact with a woman was, well, maybe never, this whole hair twirling lip licking upper lip biting thing just doesn't seem to be really happening in the wild. And indeed, I think those examples are a little specific. You know, for a lot of guys, when women know that they may do some of those things. You know, if that's all you're looking for, you're probably going to be in the wrong headspace. Anyway, when there's a much bigger surrounds that can give you the information you're looking for. Right?



Bobby Rio 03:32

Yeah. And much like you, you know, I know, we both do a lot of coaching, and I do a lot of coaching over my phone over the phone. So when I'm working with a lot of clients, I don't have the luxury of watching, you know, how much eye contact she's giving them? Or, you know, is she playing with her hair? Right? I have to kind of guide them based on what they're telling me. So a lot of times I asked a lot of questions, or as I'm reviewing maybe their text messages back and forth with her. It's like I'm looking for the things that give me a clear idea of are you wasting your time? Should you continue pursuing her? Does she like you? Does she not like you, right? So a lot of times I'm going by the clues that are there that aren't like you said, Is she playing with her hair? Because that's, you know, a guy tells you, you know, I don't I don't even trust the client. If he's like, Oh, well, she was playing with her hair. Well, I don't know what that means. Right? That's not a clear cut thing of Oh, yeah, she definitely likes you, right? I'm looking for the things that kind of give me a better picture to help guide them. Yeah. And



Scot McKay 04:31

implicit in your description right now is you have text based ways to tell a woman is showing interest in you. And then there are the real world ways. Obviously a woman can't twirl her hair over a text message, right?



Bobby Rio 04:44

Yeah, yeah, exactly. Things that she does, you know, and there's a lot of different stuff, right? And I mean, I want to start off saying something that I always say to clients, or whenever I'm working with somebody, right, the ultimate

way right if you're and we're going to talk about Probably both in terms of okay you just went on a date with her and you want to know versus maybe it's a girl you've a woman you've been talking to for you know a month and you don't really know how she sees you right? One of the things I always tell clients though is like really the ultimate test right? Is does she make time for you before we get into any of the hidden ones it's like you know if I see a woman who never has time for a guy then her interest level is not that high because when a woman really is into a guy she makes time right she after work done no matter how tired she is, she'll find a way to meet up with him right? If she's coming up with what was a really busy this week and you're getting that a lot it's not because she was really really busy. It's because you weren't a priority for her right I always like to preface that because a lot of times that's like the most obvious one but guys don't want to hear it right they don't want to hear that hey, if she's not making time for you, she's not that into you. Yeah, you



Scot McKay 05:59

know I have this concept Bobby I called pushing it uphill. You know, an interaction with a woman is much easier when you don't have to do that kind of heavy lifting when you can kind of just coast as you would say on a bicycle downhill. If you're trying to pedal this thing uphill or push it uphill and you feel like you're doing way too much work for the output you're getting in return chances are she's not that into you and sometimes women just don't know how to break things off they don't want to embarrass you they don't want to hurt your feelings they don't know how to say no a lot of women infamously don't know how to do that and I don't mean simply in a sexual situation. I mean in any situation so so a lot of women could be simply playing ms nice girl with you in those situations and you know, and a lot of times certain men won't get the hint especially if they've got a long dry spell going and they're really just hoping beyond all measure that some woman will like them. So in many ways, as we've talked a lot around here, desperation and fear of loss really is a self fulfilling prophecy and makes women not attracted and then at the same time we end up trying harder and we lose even less gracefully don't wait



Bobby Rio 07:07

Yeah, that's a great way to put it and you know, it's a great way to always put a reminder in there to guys that you always have to be willing to walk away right? I always tell guys like, if you're not willing to walk away if you're not getting what you want out of something, and you're not willing to walk away You're never going to get what you want out of it right because a woman's never going to respect a guy when she knows that no matter what she does no matter how little time she gives a guy with a little priority he is in her life he's still there like a little puppy dog waiting for attention. He's not going to get what he wants out of the relationship so really glad you brought that up.



Scot McKay 07:40

Yeah, savage man guys are just we're our own worst enemy. As I've often said on the show, we've even had that as a topic central to one or two of our episodes. But what you're saying Bobby is such a great place to start it's an excellent jumping off point because you know, it should be obvious to us. If this woman is sticking around if she's smiling if she likes this conversation, if she's still talking to us when she could have left if she's returning our texts if she's agreeing to go out with us. That's a great sign that at least there's some interest there and yet some guys I don't know if it's because we suffer from self esteem issues or confidence issues are what I collectively referred to as the too good to be true syndrome Bobby, but I've had guys contact me I'm sure you're the same where a woman's basically throwing herself at him. And he's like, I don't know. Yeah, she was a hired gun or I thought she had a boyfriend or you know, it's that Oh, she's too beautiful or she's exactly what I like therefore, she couldn't possibly be interested in a guy like me. And sometimes we just have to believe our lying eyes, don't we?

 B

Bobby Rio 08:46

Yeah, and you know, and it's a good segue right? We I have a handful of ones but one of the ones I would say in situations like that right where you're not sure because a woman is sort of giving you a little bit of attention right maybe you're out with your friends at a you know, a mutual friend's birthday party and like you said the hire gun you know, a waitress is talking you know, waitress might not be a good example in this situation. But you know, somebody there and the guy's like, she just talking to me to be nice because we have mutual friends. I always say the easiest way to kind of figure that out is to move her right say, if you're inside say, hey, I want to go get some fresh air. You want to come take a walk. Women are very astute, right? Like women don't want to lead a guy on if they know like, I'm not into this guy. So they'll very easily go and you know what, I'm going to stay with my friends, right? And it gives you kind of an idea. If you say hey, I'm gonna go get a drink. Come take a walk with me. I'm not saying it's like a clear she wants you but it's a good sign. Right? And it allows you to go Okay, maybe she's not just being overly friendly because a lot of guys I know when I used to go out it was hard when you're knowing like, is a girl just being an outgoing, sort of extroverted girl who likes talking to people or is she talking to me Because, you know, she's interested. The easiest thing that I tell guys to do is see if she's willing to move locations with you. If you're somewhere will she go outside with you? Will she go take a walk? Will she leave her friends behind for a few minutes to be alone with you, not alone with you, in a corner alone with you, but just you, like I said, walking to, to get some fresh air or to grab a drink together?



Scot McKay 10:24

Yeah, I think that's very good advice. I think women, if they're willing to leave their friends, and self isolate with you to get cozy or whatever, even if it's a cozy conversation, I think that's an excellent sign. I would kind of hasten to add though, if she's, if she feels like she has to hang out with her friends still and stay close by, I don't think that's necessarily the opposite signal. But in a situation like that, where she would say, Well, I want to make sure my friends know where I am, or I don't feel comfortable going outside or I don't even know you well enough yet go wandering off with you. Those aren't necessarily bad things. It's just maybe I'm not ready. Or she may have a good valid reason for what she's telling you. And yeah, you know, that kind of reminds me of something else. All through the pickup artists yours, Bobby, what you were there for, along with me, and everybody else we know. It just seemed like men were told that women are all social geniuses, they've got everything figured out. They know how to relate beautifully, all their interpersonal skills, their social skills are always just impeccable and polished. And in reality, that's just not true. There are women who just don't know how to act, there are women who I call non reactor's, who, for whatever reason, just don't know how to show any interest to any man whatsoever, or else they're unwilling to. And I think a lot of guys go through life expecting women to have all the right moves. They're gonna send them a signal boy, it's going to be obvious to them when that woman sends said signal. And you know, more often than not, that's just not going to be the case, we have to dig a little deeper knowing.

 B

Bobby Rio 11:57

Yeah, 100%. And a lot of times, like we alluded to earlier, it's about kind of looking for patterns, right? Especially if you know a woman, it's like, well, how does she act to everybody else? And then how does she act to you? Right? So if a woman is flirtatious with, you know, everybody, you know, right, and we all have, at some point worked with a woman right? where she's like that office flirt. And eight out of the nine guys there think that she likes them? Because she's flirting with them. But when you actually watch she's flirting with every guy there, right? So there's things like that, that I always tell guys that you want to be aware of is like, well, if you're looking at it, you can't look at her in isolation and say, okay, she did this to me because well, if she did it to you, is that just how she is right? Some women are just flirtatious, some women are just act a certain way. It's when her behavior changes dramatically, from the way she acts towards other people versus how she acts towards you. And a lot of times to sort of sum up, what you said is that she's not doing it consciously, right? Like women are out there going, Oh, I'm gonna bat my eyes at this

guy. And I'm gonna do this to get him to like me, I'm sure there are women that sort of do that overly exaggerated flirting, but that isn't the majority of women, right? The majority of women don't consciously do something, it's sort of just how they act differently is the things that you begin to pick up on.



Scot McKay 13:20

Yeah. And to go along with that. What came to mind as you were talking is very, very few women, at least relatively speaking, are naturally flirty with everybody. I mean, some women are very friendly with everybody and happy go lucky. And indeed, as my wife Emily often tells a lot of the women she works with, you know, that's a great way to be because then at least you are approachable to guys and you're more likely to get asked out by men as opposed to say, some woman who runs around with RBF all the time, you know, resting bitchface. But um, yeah, I mean, if she's being particularly attentive to you, you talked about the waitress, the hired gun as it were someone who is on the clock, Hey, you know what, she's female, and she's human. Also, she may actually like you and be attracted to you, even though she's on the clock. But what you're looking for from a waitress would be for example, is she filling your iced tea a little bit more often than everybody else? Is she staying lingering? engaging in small talk with you when she really should be filling someone else's iced tea? is she asking you personal questions? What's your name? Do you live around here? Are you you know, what are you doing later? Things like that. That's those are all pretty telltale signs. And she wouldn't be asking every customer that obviously.



Bobby Rio 14:33

Yeah, and to kind of give guys a little ammunition, one of two things that I always say right to kind of piggyback off of what you just said. One is that a little bit of a counterintuitive flirting sign that most guys kind of get intimidated by but actually it's a good thing is when a woman bust your balls and a little bit right when she teases you because like a lot of women are just nice to people. And when a woman's nice to you, even if she's sitting there talking to you, it could be Well, you're just a friendly guy, right? But when a woman bust your balls a little bit, that is actually a good sign. A lot of guys take that as a bad sign. Oh, she, she was like making fun of me. Well, most women don't make fun of a guy who's like they see as like a nice guy that they have no interest in. They make fun of a guy the same way we, as you and I teach guys to flirt is a little bit of teasing is fun, right? If it's a playful tease, but another thing, going back to your waitress example, that I tell guys is if you're not sure, and those sort of situations, what I'll do sometimes is, I'll say something like, say, I previously talked to this waitress a couple of times. And I've mentioned something, sometimes I'll purposely bring something up to see if she remembers things. Because a lot of times, you know, you can kind of tell by what somebody remembers, right? If you're talking to a waitress all the time. And last time you talked to her, you were telling her how you just got back from England. And you know, next time you talk to her, she's like, oh, what you do last week, and she doesn't remember that you were in England last week. But she probably doesn't have that much interest in you, right? Because we would remember things about people that we have some sort of an interest in. So sometimes I'll tell guys, like, say something that you think she should remember, give her sort of bait? And does she jump on it? and say, Oh, yeah, how's your you know, how was your trip? or How? How was your nephew softball game that you went to, like, say something to see, does she remember things? Right? I call it sort of remembering tests. Because when we like somebody, when we're thinking about them, we tend to know more about them than we should, right? We've all had that girl that we had a crush on. And we know everything about her and I and sometimes I tell guys in that situation, you have to reel it back, like you have to act like you know less than you do, because it might scare her if you if she realizes you know, you know all these details, because you remember everything of a conversation. But women do that, too. When women like a guy, they remember details, so you can purposely sort of bait her to see if she's remembering details or not. And if she's not, not saying you're dead in the water, but it's definitely not as good of a sign as if she's remembering small details of things that you've told her.



Scot McKay 17:06



Scot McKay 17:06

Man, there's so much to talk about, from what you just described, two things that come to mind, are the idea of busting a guy's balls being a good thing. Man, we really have to check our self esteem here. Because Listen, we're taught to tease women and to banter with them. And then we act all offended and like we've just been rejected or something when a woman leads with that kind of attitude herself. I mean, that's not a rejection, that's an invitation. And I've noticed a lot of women who are really quick on their feet and kind of gritty and self confident will do that, because they want a guy who will stand up to them, right? Yeah. And is that attractive? I mean, if you can't stand up to a woman, you can't stand up for her, right? So a woman will say, oh, you're here again, look with the cat drug in like, if she's a waitress, and you're a regular, and you might go wow, oh man, she just can't stand me. But look at what else you said. That segues perfectly into your second point. That means she remembers you. That means she knows your regular that means she's used to seeing you. And if you've only been there once or twice, then our brains have to be able to make the right choice and that depends on where our headspace is Bobby in terms of us being a man who believes confidently that he can and should be attracting women or us having this negative pessimism taking women are always going to reject us in reality that situation is going to become exactly what you make of it. If you go oh man she doesn't like me she's fed up with me she wishes I'd go away well I don't think the woman is likely to chase you say hey no that's not what I meant at all I actually like your dumb ass that's not gonna say something like that. But you know if you say something to kind of return the serve like if she says hey look with the catcher again. He may say something like you know, why would a cat dragging a dog like me kind of seems counterproductive, doesn't it? And then she would giggle or you know, whatever example you want to come up with. And yet it seems like in these situations, it all comes down to what we've really been throwing out on the table here in this part of the show Bobby which is a series of patterns you would be looking for not those individual motions, the hair twirling the lip biting, you're looking for how things are flowing you're looking for how this vibe is going right?



Bobby Rio 19:27

Yeah, and as a guy that used to really be hard for me you know when you talk about the busting the balls because I would watch a woman you know and she'd be with say one of my friends and she'd be kind of saying like, what do you wear in gym sneakers to a bar for and she'd be saying all these kind of things to him and in my head I'm like, oh man, she hates this guy My friend is she's got no interest Why is even wasting his time. And then he would wind up getting her number and maybe wind up going out and then I realized later on Oh, it's not a bad thing. When a woman is teasing you like that. It's actually a good thing. Instead of like you mentioned earlier sort of getting butthurt and kind of clamming up, it's like dish it back to her banter back to her a little bit. Because she's sort of instigating, it doesn't necessarily mean, she like, once you write, it just means she's giving you an opportunity, she wants to see if there is any sort of connection there. So don't get scared when it happens, which I used to do, and which I see so many guys do when a woman teases them about something.



Scot McKay 20:26

Yeah, it's kind of a head check for your own confidence and confidence is sexy. It's like I've told guys for years now, Bobby, the number one indicator that a guy's good with women, is he believes he should be good with women. Everything else is in second, third, fourth place distant in the rearview mirror. Guys who believe women should love them generally find that to be true. I mean, I would say along with that we have to love women ourselves. Because if we don't like women, they're going to follow our lead and not like us back. But guys who expect to be good with women tend to be and this is a classic example of how that pattern presents itself. Right? Yeah, yeah, no doubt, one thing that comes to mind, and I know you have several other items to share, that will be of huge benefit to these guys. But if a woman is acting feminine, she's turning on the femininity, if she's acting like a girl in front of you, that's generally a good sign. I mean, when women don't want anything to do with a man sexually, they go into neuter mode. And I don't think that's gender specific, by the way, you know, how can going into neuter mode be gender specific? What I'm saying is guys will do the same thing. Like if someone who is extremely unattractive to us, comes

to us and we perceive she's hitting on us, what will we do? We'll go into single word answer mode, we're looking around for an escape hatch, we're not turning on the masculine charm at all. That spigot just gets slammed shut. So when a woman is not interested, you know, she'll go into that neutral mode of not acting very girly or feminine at all. So if a woman is acting feminine towards you, that's an extremely good sign. Because after all, Bobby, masculinity and femininity are the catalysts of sexual attraction. So she's displaying that signal can only mean one thing, biologically primally archetypally, right.

B

Bobby Rio 22:17

Yeah, and it's funny you mentioned that because I see so many guys mess that up. And I agree, I always tell guys that chemistry actually happens when you're acting your masculine self and she's acting your her feminine self. So something that I've watched happen where, when a woman should exaggerate her feminine, right, and sometimes she'll do that by pretending she doesn't know anything about sports, when really she knows something, but she'll act like over exaggerate how she doesn't know anything about sports. And I watch guys sometimes, and a woman's like, oh, did you know she'll be watching a baseball game? And did he get a touchdown? And you kind of know she's just you know, overly doing that sort of femininity, and the guy will be the guy I don't I don't watch sports either. And it's like in that moment, she really just wants you to kind of be the man that no that's you know, this is kind of explain it to her right or, or when talking about cars or women will over exaggerate how they don't know anything about cars. Or a spider comes into the room right? And I've seen guys do that where a woman will be like, Oh my god, you kill the spider and then the guys like, Oh, I don't want to kill it, you kill it, I'm like, you fail be the man that she would have killed the spider. If you weren't there, she's doing it because she's giving you an opportunity to like, you know, women will exaggerate that femininity 100% when they're around a guy that they're interested in, and the worst thing you can do in those sorts of situations, is sort of leaned into her masculinity and kind of bond with her over that, or lean into her femininity. And that's when you wind up sort of in the friendzone, right? If you try to be that scared of spider guy as well. So



Scot McKay 23:46

if a woman's acting really feminine, the worst thing you can do when it's an attraction situation, is do what they told you to do when you're in a job interview, which is mirror her behavior. And you see it all the time, especially when girls have an extremely cute nature. Like a very lovable, feminine happy go lucky giggly nature. They have a high voice and they talk very much like a girl. Sometimes you'll hear men kind of descend to her level talking like her and giggling with her and those guys, just like you said are going to end up in the jbf zone because a woman wants to be turned on. She doesn't want to feel nothing for you. After all. She's a heterosexual woman. I absolutely love it. I think that's fantastic advice. And along the same lines, with that pattern of a woman asking you to be her hero. Can you get this from the top shelf? Can you kill that spider for me? Oh my gosh, gross. What are we going to do? Women love men who can rise to the occasion and solve a problem, have a plan be a hero. So when women are giving you those opportunities to do that, that's when they're showing attraction to One example I like to tell is I was driving along with a girl in college and she just punched me in the arm. And I'm like, What was that about, and she just started rubbing and giggles, you know, what she was doing was seeing how I'd react. You know, if I go, Oh, my God, Allah had hurt, then I'm not much of a man in her eyes, but the fact that she could punch me in the shoulder, and I respond kind of nonchalantly, like, what the hell, you know, just made her laugh. And that was her desire to be turned on by me. You know, a lot of these things, guys called tests from women are actually opportunities. And you know what, there's another indicator of where your headspace is, if you're the kind of guy who automatically by default assumes women are out to reject him that this isn't going to work. You view those opportunities as shit tests. That's what the QA community called them for years. And if we're able to reframe those as opportunities to man up and show her, how we can attract her by being a decision maker by being able to solve a problem, then we're gonna look forward to those opportunities and make the most of them, aren't we?

 B**Bobby Rio** 26:07

Yeah, yeah. And real quick, shit tests. I know, that's the word that we used to use. And guys, I have so many clients, like she was testing me, I'm like, there's nothing in the world that I love more than getting tested. Because when you realize that you're just being tested, she's just seeing if you're cool and collective, where if you're gonna get thrown off your game by one little comment, and you realize that it's like, you look forward to it. Yeah. But you know, and you made me think of another sort of hidden sign when you're with somebody, right? And as I said, we can talk about someone you're with them, someone you're not, but another one that I tell guys to look out for is intimate gestures, right? And the girl hitting your arm might not necessarily be an intimate gesture. But it could be right and intimate gesture. I'll give you an example of something that happened actually, fairly recently, I was out with my wife, and we're at a party with, you know, mutual people. And there's a woman there and I started talking to the woman and I'm away from my wife at this point. And the woman is like, oh, what are you drinking? I'm like a margarita. And she's like, Oh, is it good? Oh, my gosh, can I take a sip? So the woman takes my drink, and she takes a sip, right? She doesn't turn the straw over nothing. And you know, I don't really think anything of it, because I'm just whatever, you know, I'm married and not really thinking in those terms. But later on that night, my wife kind of goes, she's like, what was going on with you guys? Like, she drank from your drink. She's like, she's not she wouldn't do it. Like, that's a very intimate thing. And it kind of hit me I'm like that is. And I started thinking back to a lot of times, back when I used to go out and was single, and you know, meeting women, and it was like, that was one of the things that I wasn't consciously looking for. But now when I thought back on it, there was always that moment where they take a drink, or they like, they show you their intimate tattoo, or they or they feel your muscle, right? They'll be like, are you strong, I'm strong, let me feel your mouth. You know, they'll feel your muscle or let's say they feel your abs, right? Women will do that. And anytime that it's an intimate gesture like that, you've got to be conscious that okay, this is she's she's being a little bit more intimate than is normal, right? This is not a friendly type thing. And in those cases, if you're interested back, you can feel a little bit more comfortable saying, you know, taking that next step in terms of whatever you want to do, ask her for her number, invite her somewhere. Definitely look out for those intimate gestures.

**Scot McKay** 28:31

Yeah, those can range from the subtle to the overt, can't they, you've given a good example of both, I'm reminded of some scientific paper I read, that compared intimate behavior of human beings, Homo sapiens to other primates. And they were talking about similarities between these gestures and these social patterns. And one of them was grooming. All primates will groom each other only when they have affinity for each other. So if a woman sees some lint on your jacket and she takes it off, or Oh, you have something here and we get it for you, that's actually an indication at a very primal level that she likes you and I mean, I know that's a very specific example and we'd been pretty proud of how we were discussing patterns here but sometimes if the shoe fits wear it right. And you know not to be confused with other ones like one that's coming to mind right now is for pupils dilate when she's talking to you. She's letting more light in because she likes you. Man. Lighting patterns are so unpredictable that that advice is therefore unpredictable. So you know you take all of this with a grain of salt but I think you're absolutely right. When she moves closer in when she's violating your space a little bit when she touches you, right a lot of guys talked about Kino escalation and while I'm not a big fan of pulling women up when they're not ready for it, or you don't have some kind of, you know, consent to do so if a woman starts pulling you up, that is absolutely a good signal for

 B**Bobby Rio** 30:00

Yeah, and if guys want sort of an innocent thing, and I may have, you know, talked about this before, because I just think it's a, a really, really great sort of gauge of where you're at. One of the things I tell guys to do a simple thing to do, that's so innocent, but it does give you a good gauge is if you're talking and she's like, you know, she's like you're



like I like the Yankees and she's like, Oh my god, I like to Yankees to give her a high five like a high five. But kind of like, let your hand linger there for a second and see what she does. If a woman is into you, and it's a flirty thing, show let her hand linger there. If she's totally not intuition is going to slap your hand and pull it away. Right? So it's a pretty accurate gauge of how comfortable she is with you know, you mentioned you don't like to have guys touching and I, I never tell guys start touching a woman. But that's something that's completely innocent. But if she grips your hand or she lets her hands stay there for a second, it's a good sign that you know she's interested. And hands really I always tell guys all the time, hands are really the window to intimacy right? When she's comfortable. You if you if you're holding hands with a woman, that's why I even said going back to one of the pieces of advice that I said earlier, when I said move move a woman somewhere. And what I'll tell guys to do if it's going well and you're going to walk a girl through a bar, put your hand out and walk her holding her hand and see how she reacts to that, right? Because that's the way if she takes it if she takes it but you can tell she's kind of like you know, got that limp hand that she doesn't wear does she kind of grip your hand a little bit, because those are signs right. And those are ways to know because like we said all the way at the beginning, sometimes it's really hard, right? Sometimes it's really frustrating for guys when they're like, especially now because nowadays, with all the me to stuff I have a lot of clients are like, man, I don't even know what I'm allowed to do or allowed to say anymore. And it's like, well, there's innocent things that you can do that give her the opportunity to initiate things a little bit. So that you don't have to risk if you're scared to risk these things, right, putting your hand out. So a woman walks through a crowded place with you, you're just being a gentleman, right. But at the same time, if she has no interest at all in you, she's not going to grab your hand, she's not going to let you hold her hand. So it's a way to know where you stand without crossing any lines.



Scot McKay 32:18

Speaking of crossing any lines escorting her across the street, I mean arms of hand in hand, taking her jacket off for when you take her out to dinner and putting it on the back of the chair, pulling her chair out for all those things are kind of intimate gestures. And if she shows appreciation for them, then you're in good shape. I'm reminded of how David DeAngelo used to say if a woman lets you touch her hair, she'll let you kiss her. And a lot of guys started trying to touch women's hair, you know, willy nilly based on that advice. But you know, at the end of the day, it is kind of true. If a woman lets you touch her hair, she'll let you kiss her. But the trick there is getting to the point where you touch her hair, right? One of the things that also comes to mind is when women put themselves in your way, when they get into your space, and you start thinking to yourself, alright, well you know what, I'm seeing this woman in this crowd more often than any other person, or she just keeps appearing places like if you go to school, like a university, and you start seeing her places, and it seems coincidental, or if you're in the grocery store, this is an example I like to give, and you start seeing her on every aisle because he's walking in the opposite direction you are, chances are that's on purpose. And I think something that shouldn't be left unsaid here is when women don't feel comfortable with you. They don't do things that show they're comfortable with exactly. Like when a woman isn't interested in you sexually, she's not going to act like a woman, she's going to try to get further away from you rather than closer in proximity to you, she's going to want to see you less often instead of more often, she's going to want to go the other way in the grocery store, rather than seeing you up and down the aisle every time like that. And you know, this kind of falls under the heading of common sense. Yet, boy, do our brains play tricks on us when we just don't have the confidence in women that we should



Bobby Rio 34:12

I there's two things that jumped to mind as you what you were saying, which is really, really great advice I can remember one time being on this tour. And I was there with a couple of my friends and there was a group of girls there on the tour as well. And they kept slowing down. You know, they were in front of us and they would slow down and we kept going. We kept thinking like they must be slowing down because they want to talk to us, right? But at the time we're like Yeah, no, it's probably just and then sure enough, you know, it happens so many times that finally we're like we got to talk to the talk to them. And they even said like it took you guys long enough we kept slowing

down so that you would come up to us if you guys never did. And then a second thing that I would say is a very good signal. And I've noticed this a lot and I've actually recommended guys use this as an opening line is Women will ease drop. And if they want to talk to you, and you're not really giving them attention, and they hear you talking about, let's just say, I don't know, a Netflix show you're watching, they'll jump in with an opinion. Or if you're talking about, you know, a funny story, they'll jump in and go, Oh my god, I had something similar. And when a woman is drops, it's like she's trying to get into the conversation, there's nothing that is more direct than that if she if she actively mentions or comments on something, you said, A, it means she's listening to what you're talking about, which if she had no interest, you wouldn't be paying attention. But it also means that she's trying to invite you to bring her into the conversation. And now I tell guys sometimes is like, hey, like women do that. So do that back, you know, jump in, sometimes when women are talking now, just like you have to use social intelligence. If two women are talking about, you know how her aunt died recently, and it's a very emotional conversation, you do not want to ease drop into that. But if they're talking about a Netflix show, or something funny that happened, those are the kinds of things that you can jump into. So you can do that as a way to approach a woman that you may be interested in.



Scot McKay 36:09

You know, as you were talking, it occurred to me And not only that, that is great advice, but that there's room to coin another whole new phrase here that I don't know if anybody's ever brought up. Let's call it the reverse hired guns scenario. acronym would work or not, you know, we're here, slipping into our old days of men's dating advice. This is starting to sound more and more like 2006 every time we talk, but I'm thinking, what if you're the guy at work? What if you're on the clock? What if you're behind the counter somewhere, or, you know, you're a plumber, or you're the pizza delivery guy starting to sound like the plot of a porn movie. But when women have too many issues, or they need to come to you too much, or they're asking too many questions, or they keep calling you, or they keep showing up, or they keep bringing their car to you, and you fix the tire twice, and she just wants to make sure the tires are pressured up, right? Hey, she's flirting with you. That's interest, because she has better things to do. I think you could sum it up by saying anytime a woman has something better to do than be talking to me like this. And yet, there she is. I think you're in good shape. I think she is pretty interested in waiting for you to make a move. And I think a fitting way to close this show, Bobby would be what do you do when you know that the signals there?



Bobby Rio 37:29

When you know that the signals there? It depends on where you're at, right? Is this a woman you're meeting for the first time? Or is this a woman you're out on a date with, right? Because if you're out on a date with a woman, ultimately, there comes a point where you've got to go for the kiss, right? Meaning you've got to, you know, you can only go out with a woman so many times and not kiss her before she's like, and there's just no chemistry here, right? And guys, I've have so many clients that think that they can just make her like me more make her I'm gonna go out with her again, and I'm going to be even more funny and more attractive. It's like, well, ultimately, the key is do you guys have chemistry when you kids? Does she want to kiss you, right? So if you're on a date with a woman, and you're getting all the signals, don't say well, I'll kiss her next date. Because you might not get another date, especially in modern times, where if you're meeting a woman off of a dating app, like Tinder, and you've gone on a couple dates with her and you haven't kissed her, Well, you know what, she's also probably going to be meeting other guys that may kiss her and you're probably not going to get that third date. So in those situations, I would say you always want to try to take that next step as soon as you can. If it's a situation like we mentioned a waitress or something, in those situations in higher gun situations, which I tell guys like listen, you got to be careful with hired guns because you got to be really really good at judging it I've seen so many guys fall in love with bartenders or strippers, where it's obvious to me that they have no shot. But though you know, the women are just you know, they're doing their job, they're, they're getting the tips and stuff like that. So in those situations, the best thing you can do is say something like, Hey, give me your you know, give me your your number, I'm gonna text you have a reason to text them and get their number, send them a text and see, do they respond to your tax write because you don't really know 100% in those

situations, a higher gun situation, which you've mentioned several times throughout. But if it's a girl in a social circle, or a girl, you're meeting at a party or a co worker, in those situations, yeah, it's a lot easier to be a little bit more. I want to say direct about what you're going after. Because you can be more confident in those situations rather than you know, a bartender or someone who's part of her job description is, is being nice to you.



Scot McKay 39:42

Well, you know, the whole idea of allowing oneself to slip into a crush towards a sex worker is probably fodder for another whole episode. Yeah. And I famously am very much against doing that. Yeah, I had a guy call me one time he wanted to get his girlfriend back and said girl friend was a porn star. He met it avian one year, who was friendly towards him while she was in the booth. And he tweeted back and forth. But yeah, so you know, that sounds a little psycho I know. But oh, the guys who believe the only women who are sexual are the women who are paid to be sexual. Yeah, I need to date a stripper, or I need to date this one girl from only fans. That's the girl who have sex with me. Well, you know, oh, can I tell you about the kindergarten teachers and the women who are in a business suit all day? Who are horny little vixens, once we attract them and make them feel comfortable with us? I love your suggestion about going for the kiss, you know, you have to have the mood, right? The situation the location has to be right. And of course, I'm all about informed consent. But you know, what, a woman is showing interest in you and you're reading the signals correctly. And it's a sure thing. Absolutely. It's time to answer. And if you don't, the next guy will because he'll have the brass balls you did not. While that suggested is great. I have another one that goes along with it. I think too many guys, even visa v strong evidence that she likes him are afraid of issuing a verbal notification to the woman that hey, you know what? I like you. I mean, she's wondering as much as you are. She's probably on the other side. Poor think they can get a scan like me, you know, am I seeing what I think I'm seeing? Hey, you're the man lead, remove all doubt. Tell her you know what? I like you. I think this is going great. I you look even better than your pictures. I'm already glad I met you. This is already going well. And sometimes when you say something like that. It's scary at first, because we've been taught by men's dating advice for two decades now that you never give women compliments. Say no to a beautiful woman every day, you're gonna look needy, you're gonna look clingy, hey, that's for newbies who lack confidence, and who have not done the self work to come off like a confident man who's a chooser instead of a chaser. If you are a big four man, and you have a woman in front of you, who you like, tell herself, because she's not going to think you're needy or desperate. She's going to feel chosen. And that is a very confidence inspiring thing for a woman. But yet a lot of guys just can't seem to verbalize it. Yeah. Yeah. This has been a great conversation. And I want to point guys to something you call the guy quiz. Bobby, before I give the URL, go ahead and tell guys what they can expect when they go there.



Bobby Rio 42:32

Yeah, so one of the things that and you probably experienced this right, Scott, you and I have been coaching now for about 15 years. And what I realized is that a lot of stuff, and a lot of situations that may seem very, very intuitive to us, or almost like second knowledge, right? Of course you do that. A lot of guys don't know this stuff. And so what I did was I put together a quiz with 10 common situations, right? And then a multiple choice of how would you handle this situation? And then after guys answer it, it gives you a score of where you fit, I call on the nice guy spectrum, right? Meaning, how much are you, you know, making the mistakes that that you shouldn't be making at this point. And it kind of it does a good job. And what I find is a lot of guys are shocked because a lot of guys take it and they're like, man, I know this, this is easy. And then you get to the end and they find out that wow, I was making a lot of mistakes without even realizing. Right so I think it's a fun quiz that guys can take but it's also very educational because it also explains why certain answers were right and certain answers were wrong. Right. Just to give you a very quick example of one of the questions you mentioned earlier when a woman gives you a test right well how do you respond to that test? And how you respond matters right so one of the questions is a woman you know and I give an example of a common type of test the woman will give you and there's three ways to respond. Most guys get that question wrong because they're not aware they're being tested. They're not aware that acting butthurt is a wrong

response or that showing anger is a wrong response or apologizing right if a woman says hey, I don't like your hat Scott and you're like oh sorry I won't wear it again next time and you think that's helping you a lot of guys actually think that apologizing for something that they didn't do wrong is a good thing so I think it's a fun test for a lot of guys and very educational as well.



Scot McKay 44:31

Yeah sounds powerful mountaintop podcast.com front slash guy quiz is where you'll find it g UYQUIZ sounds very worthwhile guys go check it out. And Bobby Rio, thank you so much for joining us for what I think is your third time on this show. Always a pleasure. Always great content. Good stuff, man. Thanks for dropping by.



Bobby Rio 44:51

Yeah, thanks for having me, Scott. Always fun. Yeah.



Scot McKay 44:53

and gentlemen, if you haven't been to mountain top podcast calm lately, go ahead and sign up for 25 minutes to talk to me about out what's going on in your life right now with women. I have a sneaking suspicion that this particular conversation has made some of you guys out there angry or at least feel like you have ants in your pants about this stuff. It's kind of turned the pressure cooker on a little bit for you. It's like these guys are talking about getting signals from women and going out with women and kissing them and making the right decision and doing the right thing and having women love them and I just don't see it happening. Well we need to turn that ship around. Go to mountaintop podcast comm get on my calendar. 25 minutes free if you need to talk to me longer than 25 minutes. Hey man, no worries. We're going to get you in front of the women you're going to be attracted to And better yet we're going to make it so they're attracted to you in return. It all starts with a 25 minute call that you can schedule at mountain top podcast calm. While you're there please visit Jocko willings company origin in Maine checkout the greatest jeans I've ever worn. I also have a pair of their bison boots which are man just the greatest shoes and the combination of wearing the origin jeans and those bison boots. I tell you what when I go out women take notice don't have to wear a tuxedo don't have to look like James Bond only have to get those jeans and those boots going and you are dressed like a man and also check out the fine folks over at heroes soap calm I've said it before I'll say it again if you're not using their body wash, especially when you're taking a shower with a woman boy Are you missing out on one of life's relatively hidden pleasures. So that body washes there for you along with their great soap that you can use every day to feel clean and healthy and indeed smell like command and you can use the coupon code mountain tan with either origin in Maine or heroes soap to get an additional 10% off and you can find links for both of those sponsors as well as a whole bunch of other goodies when you again visit 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.



Edroy Odem 47:10

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