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SPEAKERS

Edroy Odem, Emily McKay, Scot McKay



Edroy Odem 00:05

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



Scot McKay 00:18

Hello, everyone. Welcome back. Welcome to another episode of The Big Show. My name is Scot McKay.



Emily McKay 00:24

And I'm Emily McKay.



Scot McKay 00:25

And today we are going to have the first of two topics that go together hand in glove.



Emily McKay 00:32


That's right, we've been waiting for this for the perfect opportunity to do both these parts back to back.




Scot McKay 00:37


And we found it because this show is going to come out on Christmas Eve. And the next show is going to come out one week later on New Year's Eve. And you know let me just throw it out on


going to come out one week later on New Year's Eve. And, you know, let me just throw it out on the table. I didn't want to do that to a guest or two guests,


 Emily McKay 00:49
because me

 Scot McKay 00:51
happily do it to my wife. Because that's one of the little things that makes a relationship great is having someone to have on as your podcast guest because you don't want to put these guests through these low download number holiday shows. But I could put you through it at well.


 Emily McKay 01:06
But we have wonderful information for this one. And the next one, which is the sequel to this. Oh, yeah.

 Scot McKay 01:12
I don't know which one is the sequel to which the things start out kind of nice and amazing. And then suck later or do things suck early. And then the sequel is they turn amazing.

 Emily McKay 01:23
Thank you started amazing. And if you're not careful, you're kind of slip into things that aren't so great. Yeah,

 Scot McKay 01:28
kind of a honeymoon thing. Right? And

 Emily McKay 01:30
then you get comfortable and take each other for granted.


 Scot McKay 01:33
I don't know. It sounds like a cart and a horse to me. chicken and an egg. I don't know, which comes first, the amazing or the suck?

 Emily McKay 01:39

I think amazing. Absolutely. No question about it amazing happens first, because you have to have that to survive anything when it's not amazing.

 Scot McKay 01:49

Well, you know, that's pretty true. Today, as we're recording this, and it will show you how much we procrastinated in putting this together, a member of Congress announced that he was divorcing his new wife of only eight months due to irreconcilable differences. And it's because, well, frankly, they got engaged before he got elected to Congress and Congress changed everything. And now they can't stand each other or something.

 Emily McKay 02:14

Wow, that's amazing. Because that's not a long time.

 Scot McKay 02:18

We'll see that's a big thing that would make a relationship suck being elected to Congress when you least expected it as a dark horse.

 Emily McKay 02:25

Well, yes. But you know, a lot of times people can survive the big things. But it's the little things that get Yeah. Well, you

 Scot McKay 02:33

know, as I've talked to the guys on my show, you know, the mountain top guys were listening to this. The reason my first wife who's batshit, crazy, said she was divorcing me on paper was it was the cumulative effect of all the small things he did to me in seven years. So it was basically a mountain composed of tiny pebbles.


 Emily McKay 02:54


Now, wouldn't that be the same is never forgiving, and keep an account of every injury,

 Scot McKay 02:58


something like that. And maybe the best way to kick off this particular show, because we are going to put the horse before the cart, as you would say is the correct order of events. We're

going to put the amazing part before the sucky part. And so today we're going to talk about what makes a relationship amazing. One of the little things is something we've kind of accidentally already mentioned, which is letting little things that suck go makes a relationship Great.


 Emily McKay 03:26
Oh, the fancy word forgiveness. Yes.


 Scot McKay 03:29
Right. You know, I mean, listen, do I really need to forgive you because you chew with your mouth open? Sometimes.


 Emily McKay 03:36
I don't you with my mouth open?


 Scot McKay 03:37
I'm saying that standard example.

 Emily McKay 03:41
I'm giving you a hard time, but actually

 Scot McKay 03:43
you don't I go, it's a poor choice.

 Emily McKay 03:47
I forgive you know, being forgiving, I guess you could say is one way to trim it. Or it could be just simply not keeping account of the little things that bother you. Sometimes you have to learn to let go of things are not important. We are all aware of that famous expression, pick which battles are important to you.

 Scot McKay 04:05
And yes, there are a lot of small hills that couples are willing to die on. It's crazy. It seems as if the less real adversity a couple has to go through together. The more they start needling each other for little Picayune things. And that goes around a lot nowadays, for sure.

 Emily McKay 04:24

Maybe every couple needs a mountain to climb together so they don't fight over the little things. Well, you

 Scot McKay 04:29

know, a lot of couples have bonded over real hardship, and a major obstacle that they went through together.

 Emily McKay 04:36

Well, that's true. Maybe we need something to tackle. Maybe not.

 Scot McKay 04:41

Well, that would be a completely different podcast called The Big huge, massive things that make your relationship better. But you know, it's interesting that we will start with this concept of a mountain created of small pebbles, right? You know, perhaps we're stealing the thunder from the second episode already, but not having those pebbles mountain Up is one of the, I don't know, if I would call it a small thing, but a sometimes overlooked thing that makes a relationship Great. Hey, you know, if I don't like something that's going on, instead of maybe fearing loss or being insecure about it, I'm just gonna bring it up. It's like, hey, you know what, if you and I are going to be married for decades and decades, happily, boy, would I appreciate it if you not chew with your mouth open. Right? It would make sense, people will bottle it up and hold it in. So the little things kind of build up over time until this big crescendo of doom looms over the entire relationship. And then it's like shaking a warm Diet Coke and opening it at that point. It's not a small thing anymore.


 Emily McKay 05:40

Well, that's where the loving part comes in. Ever have anybody be mad at you? And you just didn't know for the life of you? Why? Just tell me why are you mad at me? And so it is very loving to say, hey, it bothers me when you do XYZ? Would it be okay? If we try something different?

 Scot McKay 05:57

Well, it's a little thing that makes a relationship. Nice at that point, because then you trust each other, you're honest with each other. And even though that doesn't, again, sound like a small thing, the manifestation of it, the little actions, the little gestures are the small things that make a relationship. Great. And I think it's probably important to talk about that. Because, okay, we love each other, we trust each other, we communicate, all those things are big,

monolithic features of a great relationship. But what does that stuff do? How does it act? What is it like to live in that relationship? And you know, I can start a numerating? Some and I think once we get the ball rolling here, you're going to have a lot to add. Yeah, some great ideas. Well, that's because we think alike. That's why I'm trusting you're going to have some to.

 Emily McKay 06:45

Sure. That's like, Can I listen to the things I like having done?

 Scot McKay 06:49

Yeah, sure. Especially if they're interesting, and maybe I'll do them to you after the show. Okay, we're gonna hurry up, then. Yeah. Okay. Now see, I just sort of demoed something that's a small thing that keeps a relationship Great. Is being playful, having a sense of humor and flirting, that's actually a Trinity, the Holy Trinity of ways to keep the relationship great that all seem kind of small. But man, Emily, we know so many couples who take themselves dead seriously. And oh, you said that, and you disrespected me. And it's like, they store up all those dangerous concepts that I just talked about on a previous show, about, you know, how we've descended into stupidity in this relationship and brought them home, drag them through the front door of their relationship? Oh, you're just dog whistling to me, I know what you really mean, what you really meant to say was this because you don't like me? And the guy was like, What did I do? You know that assuming the worst of a person and putting words in their mouth is the opposite of taking oneself less seriously. And kind of just letting things roll, assuming the best from your partner is often overlooked?

 Emily McKay 07:58

Oh, and it's vastly important, because that's what brings joy to the relationship, if you'd be playful and cheer each other up and always looking out for the best interest of the other person. You know, if they said something, then it didn't feel right. Maybe they didn't mean it the way we interpreted it.

 Scot McKay 08:13

Yeah, the little thing would be to talk it out, to trust each other to say those things

 Emily McKay 08:18

after all you got together because you felt great towards each other.

 Scot McKay 08:21

Now, a manifestation of that trust in our relationship is we feel the freedom to be cranky with each other, and snippy with each other. We don't ever insult each other. And that seems like a

little thing, even though it probably is a big thing. But, you know, couples, parents will call each other names and say awful things to each other. And I mean, you know, the old adages sticks and stones can break my bones, but your words will never hurt me. Well, I'd like to call bullshit on that. mean, you can say things that you really will wish later you never said. And I think we've gotten into the habit in this relationship of largely avoiding that to the point where if something does get said, it's easier to believe that's not really what I wanted to say, because it isn't something that is consistently spat out, then retracted and spat out and retracted. You know, that sounds kind of immature, doesn't it?

E

Emily McKay 09:11

Absolutely. So being careful with what we say, Not that we're walking on eggshells, but that we are constantly realizing that what we say matters to the other person, it could destroy a relationship.



Scot McKay 09:24

Well, the truth is, we actually like each other. And one of the little ways that manifests in this family is we have a habit of saying that to each other. I like you. I like you. You know, my daughters. My oldest one and my youngest one particularly have cherished that. They just love being told that I like you. In addition to being told I love you, some families don't even say I love you some couples. It's awkward, either awkward or it's too much of a pride issue for them to even admit that they love each other. It's like I've got to have a power position over You,

E

Emily McKay 10:00

you're absolutely right. That is a great idea. letting the other person know how much you feel about them. Let them know how important they are to you. Not just an action, but in words to they need that validation. Yeah, that's



Scot McKay 10:13

right. And you know, guys, that doesn't mean you're a weakling and you're some kind of worse. You're a human being, which means you feel things. We're not Mr. Spock walking around here. I you know, okay.

E

Emily McKay 10:25

And you know, when you guys do that for us, you say, I love you, I treasure you. You're wonderful. I like you. I like what you did for me, that validates us, and it draws us to really love you guys. Because you are making us feel safe and comfortable. Because we know we are loved and that you're not leaving us, or here to hurt us.



Scot McKay 10:44



Scot McKay 10:11

What are the small things in a relationship that a man can do to make a woman feel more comfortable?



Emily McKay 10:49

Make us feel safe? Well, I



Scot McKay 10:51

know that but that's yes. What are the subtleties?



Emily McKay 10:54

Well, that's going to the grocery store and bringing something special to say I love you. You know, I know you had a hard day, honey. And this was your favorite chocolate candy bar. Oh, thanks. That's really, you know, that was very sweet to have thought about me.



Scot McKay 11:08

And I'm going to pause for 10 seconds. And listen, even if I don't feel like it. Oh, that's huge. Yes. Well, it is huge. But it is a small gesture that reaps huge benefits, right? Yes. Agreed. Yes. And also affection goes along with that people kind of stopped being affectionate towards each other, you know, they call it the end of the honeymoon period, or whatever. But you know, I have my arm around you right now. Like we're in a movie theater, and I'm trying to make a move, you know, like a teenager, even as we're recording this podcast. And a little thing that makes a relationship great are those little gestures of affection? Like, I'll corner you in the kitchen and just kiss you while you're making breakfast?



Emily McKay 11:48

Oh, you didn't hear the side of it? Yes, I love that.



Scot McKay 11:51

And I'll just grab you and hug you. And sometimes I'll play Eskimos with you. And all these things that really are reflections of I like to be near you. You smell nice. And I'm still sexually attracted to you. And I like you.



Emily McKay 12:04

Yeah, yeah, things I love in warms my heart.



Scot McKay 12:07

Right, right. Right. I love when a relationship starts to relieve itself of pressure. And you know, we did a podcast a year or so ago with Alex Allman on the mountaintop. And you know, if you ladies want to listen to this pretty good conversation, even though it's a men's podcast, where we talked about how you know, when you're truly in love. And both of us had the same conclusion, we were going to reach with each other. And we were getting there via different paths, which made for a great show, by the way. And really love is the absence of fear. So the big Monolith is I'm not afraid of my partner anymore. I'm not afraid of losing her, I'm not afraid, he or she is going to hurt me. I'm not afraid of them cheating on me. I'm not afraid of getting hurt, I'm peaceful. And that manifests itself in so many wonderful ways. We've already kind of talked about one of them, which is that ability to get snippy, or even have a disagreement and trust each other through that disagreement or through that bad mood instead of taking it personally because, again, we take ourselves so so seriously, you know? Well, having a sense of humor is a huge thing in a relationship. Yes. But one of the small things that I think reflects that attitude is the ability to be silent with each other. Instead of having to fill the dead air of silence with noise just to reassure each other or try to impress each other. For example, we can go on a road trip and drive from here to Dallas, and we may or may not have a deep conversation about something. Either way, it's okay.



Emily McKay 13:37

The nice long trip, but sometimes you're right, it's nice to sit peacefully side by side. even watch a sunset. And sometimes we even love when the stars are out or something special is going on with the alignment of the stars or you know, there's a comet coming by or something. And we'll go outside together looking for this. And it's just the two of us enjoying this moment together.



Scot McKay 13:59

Micro adventures make relationship great. When can I go on a 10 minute vacation with you? Where can we go? What can we do that just takes us away for a while. A walk around the block? We can just go take a naughty shower in the middle of the afternoon. Oh, I like that. Yeah, anything, right? Yes, we can have breakfast at night, or anything we want to do you love breakfast at night.



Emily McKay 14:24

I love breakfast anytime, anytime.



Scot McKay 14:25

Any restaurant that sells breakfast 24/7 is Emily's new favorite restaurant, right? So a lot of these things we're talking about, clearly Emily are not complicated. They're just really, when you get right down to it. They involve a brief denial of self for the sake of the relationship. So I

feel like doing something right now you need something else done. Well, I'm not going to be so selfish as to do what I want to do at the expense of what do you need done. We're going to take a quick inventory of what needs to be done right this very month. and the needs will get prioritized accordingly. That's a small thing that makes a relationship a partnership and therefore great, right? That's right.

E

Emily McKay 15:09

I got one for you. Go ahead. You know with work and children and everything else, couples get stressed out, you know, your, your stress levels just just boils up and up and up. And when let's say for example, husband comes home or your significant other boyfriend, fiance, whatever comes home, and they're all stressed out, instead of pylon and saying, hey, you know this and this happened, this bill needs to be addressed. All these problems that add more pressure and more stress. The lovely little thing to do would be you know, honey, you've had a hard day, I actually have something special for you. Why don't you sit down? I've got your favorite beverage. Just relax for a little bit. And when you're ready, we can sit down and just have hang out together.



Scot McKay 15:51

The 10 minute vacation. Yeah, a 10 minute adventure. 10 minute vacation. Little microburst micro adventures, micro romances, micro dates. Wow, what a great concept we're coming up with here. We should write a book about it, or at least do a podcast about it. That's right, like this one, right. This one? Yeah. We're such dorks. You know, that's another thing that makes relationships great in the same vein is not taking each other seriously, being dorky, being dorky. I think if you can be dorky and not serious, and take the risk of not having to be constantly cool, and at the top of your game, and a lot of guys, for example, think they have to be a Disney prince, or she's going to run away and find some guy who knows how to be a Disney prince all the time. And I'll never forget what you said the first time I royally screwed up in our relationship. And I was apologizing, thinking, Oh, my God. Now my true self has come out. You thanked me and said, Now I can finally feel freedom to make no mistake around here. You said that about a weekend to our relationship with that

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Emily McKay 16:51

like that you weren't perfect. Right? Exactly. It's worse than being around a perfect person.



Scot McKay 16:56

Yes. And when couples are trying to be perfect with each other, that ends up being highly imperfect. Right? That's something we can talk about next week in detail.

E

Emily McKay 17:04

Oh, yeah. I love your phrase, perfectly imperfect, perfectly



Scot McKay 17:07

imperfect as a good thing. And everybody is going to make mistakes and that forgiveness. And one thing we can add on to that is the ability to say I'm sorry, own a mistake.



Emily McKay 17:18

Oh, that's so hard to do. Sometimes. Yeah. Well,



Scot McKay 17:21

if the other person is gonna be nagging you forever over it and bitter about it and bring it up six months later, that would be bad.



Emily McKay 17:29

Especially if you know that they're going to keep count of it. Right? You're really in trouble later.



Scot McKay 17:33

Right? You know, I'm realizing that for every action, there's an equal and opposite reaction. So it's really tough to keep the two parts of this podcast separate.



Emily McKay 17:43

I know right now is thinking the exact same thing. Every time we bring something great to do. There's the opposite of what not to do that



Scot McKay 17:49

corrupts it. Right. And that's the sucky part. Yeah, it's like a light and a shadow. So folks, there's gonna be a little bit of overlap on this show, but we'll just do the best we can to talk about the good things this time and talk about that not so good things next time because I think that's gonna be juicy and have a different edge your attitude that goes along with it. I'm Oh, so along those lines, you get another one.



Emily McKay 18:11

I do text messaging.



Scot McKay 18:13

Oh, yeah. Cute little flirty texts.



Emily McKay 18:14

Yes. Or sometimes I like getting a phone call just out of the blue. Um, you know, in the middle of work or in the middle of you know, watching the kids or whatever my days going on. It's just nice to have a surprise phone call and say, Hey, I was just thinking about you know, I had this going on, you know, how about we do this or that or I'm going to stop by the store? Would you like something special for me to pick up for you? Just to hear your voice?



Scot McKay 18:37

Yes. And you know, what makes that even better? Was that that I didn't have to do it. The freedom from obligation in a relationship is amazing. And it is literally nothing. It's stuff you don't have to do. We talked about not feeling like I have to talk and fill the dead air and a travel scenario. Here's something everybody that I'm going to feel free to disclose right here to all of y'all. Emily and I are not giving each other Christmas presents.



Emily McKay 19:03

Now we're not ever do we never do we usually don't



Scot McKay 19:06

know we can just give each other whatever we want to give each other whenever. I mean we focus on the kids for Christmas.



Emily McKay 19:13

Well, I love receiving gifts that are spontaneous and that they were I don't have to gift. Yeah, I don't have to give you a gift because it's Valentine's I don't have to give you a gift because it's your birthday. It's I'm not pressured to give you this gift. This gift solely and only came from the bottom of my heart because at this point in time when I saw it, I thought of you and want you to have a smile when you received it.



Scot McKay 19:36

Now there is a disclaimer that must be uttered. Our anniversary is extremely close to Christmas.



Emily McKay 19:40



Emily McKay 19:42

Everything is close to Christmas birthdays everything.



Scot McKay 19:45

That's true. We have a cluster of oh my goodness, expensive holidays right close to each other. Our daughter's birthday is even closer to Christmas than our anniversary. All of them are December dates. But see there is a time in December when all the Christmas decorations are out. everybody's already feeling Christmassy, something people overlook is the entire month of December is always Christmas in this culture always. Well, starting from September sometimes. Well, I know but at least December for sure is associated with Christmas. indelibly.



Emily McKay 20:14

You know, even though we don't give each other gifts, we do stuff for each other, like, the first thing I do when I wake up in the morning is I walk out of the room and you hand me coffee,



Scot McKay 20:24

or vice versa. On a coaching call, you'll bring it to me?



Emily McKay 20:27

Oh, yes, absolutely. Because I know it makes you happy and you're busy. And, you know, it makes it easier for you.



Scot McKay 20:32

Right? You know, but back to what I was saying, just to kind of close the gap there. Given that our anniversary is in mid December, what happens is we get to focus only on ourselves that night, kids let us go out have a day, you know, they hold down the fort, my son's old enough to do that now and, and we make that night a selfish one. So then that kind of gets out of the way so that we can focus on Christmas for the kids, there's no obligation there. There's not an I have to do this or she's going to be upset or she won't understand or she won't think I love her anymore. Everything's done out of I want to not I have to.



Emily McKay 21:07

That's right. And you know, our children get to stay home while we do this. And I don't feel an ounce of guilt, because it's our relationship that strong, that gives him this happy home.



Scot McKay 21:16

That's true. You know, a small thing that makes a relationship great is that the kids see your example. That's not small. But know that the example you do give to your kids by having a happy relationship, that's a genuinely happy relationship, I think is meaningful. And here's something that is kind of a small subtlety that goes along with that we're authentic. You know, when I was growing up, my parents were kind of reticent to show us any disagreement they had. I mean, I don't really ever remember seeing my parents argue at all. And I'm not sure you know, I guess on the surface that seemed good. But you know, they never curse. They never said anything untoward. They never talked to us about anything that was happening. That was awkward or bad. And the funny thing is, as I've gotten older, and I've become an adult, sometimes my mom will have a couple glasses of wine when we visit them at a holiday or on a family visit. And she'll tell me some of the stories from the old days that I never knew happen because the kids just weren't in the room. And we're told, you know, like, you know that one of our neighbors did this one time, and boy, that caused this huge thing. I'm like, No, oh, yeah, I guess we just didn't tell you kids, right. So I guess there's an over protective Ness there, or the kids, you know, we're not going to put them through this. But on the other hand, I mean, I came out pretty good. I know how to treat a woman because of my dad's example. You know, but we've just decided we're going to be authentic in front of our kids. You know, we're snippy, we're snippy. When we say I'm sorry, we say I'm sorry. And that reality that authenticity has rubbed off on our children where everybody feels safe around here. Our love for each other really isn't conditional. We know that because if somebody wanted to walk by God, they'd walk. And that is something that strengthens the bond not only of our relationship, but of our family.

E

Emily McKay 23:06

Well, even though we know that we both had the freedom to walk, that's something that we're not holding anybody back from doing, we feel safe enough to know that I know that you don't want to do that. And vice versa, if we feel safe in that, well, the



Scot McKay 23:19

small thing here is I did not settle. I married who I like, and you know that you're my first choice, you know that I don't have my nose pressed against the glass wishing I was with someone else, I had the opportunity to be with someone else. And I didn't, I'm with you instead. Maybe one of the little things that makes a relationship great is reminding each other what we're attracted to what we like, even what our history of what we like is been, you know, my celebrity crushes. And it makes you smile, because you look like a head on collision between all of them

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Emily McKay 23:51

are for those not in a relationship or in a relationship that isn't really doing well or going where you want it to go. That little tidbit would be not settling for that person, you're not really that into giving them that love to be able to be free and find their match. And then for you to be incredibly able to free yourself to find your incredible match to have that great relationship. That little bit. Doing that little action really makes a difference.





Scot McKay 24:18

Yeah, I agree. And again, it's a series of small decisions that leads to a big one. Yeah, and you know what, this next one is gonna sound kind of meta, but I think there's some merit to it. I think the simple acknowledgement that there needs to be small things in a relationship that make it nice, so that we can go through life together. The simple cognitive recognition of the need for that is a small thing that makes the relationship better. Some people think Alright, well, I found my husband, I found my wife now we can just relax, let ourselves go and you know, don't have to worry about it. Again. I'm thinking about the woman who wanted the wedding more than the relationship or the marriage And here's this other person, they exist now to give me money or clean my house or make my babies and take care of them. And that is a very big assumption without any small niceties backing it up at all. There's just no intent there to try to make each other's life better, or to do those things on the daily, that make things better. It's like there's this assumption, that person's always going to be there, or this relationship is going to last or someday I'm going to divorce her anyway and trade her in on the newer model. You know, there are those things that go through people's minds that absolutely prohibit us from even thinking about these small subtle things that make a relationship nice, frankly, at all.



Emily McKay 25:45

Well, you know, it's interesting, you say that sometimes we think that when we get married, it's done. It's a done deal. Now we're going to be together for eternity. And we forget, even though we're married, we still have the option to like up and leave, if it gets really ugly. Well, of course you do. And so that's, that will be part two, right? When we talk about the little things that makes a relationship miserable.



Scot McKay 26:09

Yeah, taking each other for granted will be one of those. That's right. Yeah. Here's one, before we close out part one here. I think couples need to have a conversation about what's annoying, and what isn't. And if it's annoying to one and not the other, the other needs to know it's annoying to the one so he or she could stop doing it even though Well, you really are taking yourself less seriously at this point. I know she can't stand this. I'm gonna double down on it. Right? No, no. And you know, I absolutely know for a fact, there were certain things that annoy couples to know and that they would never do to each other. That perhaps you and I don't even think twice about because it doesn't really annoy either one of us, like one of my family members talked about during their engagement. No matter how long we get married. We're always going to shut the freaking door of the bathroom when we're using it. You and I couldn't care less about that. Straining laughter Oh, yes, we really couldn't care less. I mean,



Emily McKay 27:16

pretty ugly, the doors still open. Like you're



Scot McKay 27:19

kind of cute sitting on a toilet. I don't know if any guys are gonna agree with me on this because this, it's sort of weird, but I just think women kind of look cute sitting on toilets. But you know, you're not the first person that tells me that one thing. I don't think I'm weird at all. I just think you know, accentuate your little shape. It's kind of cute. Now the smells that can come from this. But see, that gives you an opportunity to crack jokes, and trust each other. Oh, goodness, right. I mean, you know, farting around the house is something our family does. And that's yet another example of something that never happens.



Emily McKay 27:54

Oh, gosh, that was my that was my mother's never one. Never mess do you do not fart people human beings don't fart.



Scot McKay 28:02

I don't remember for sure. But it's fully possible that I grew up throughout my entire childhood thinking I was the only person in my family who had an anus. It was completely possible nobody else in the family ever did. And that I was only if it wasn't for school. If it wasn't for school, and interacting with other people outside my household. Right? I would have thought I was the only person in the world that had this heinous medical condition called party. It wouldn't have existed anywhere else,



Emily McKay 28:29

while being pregnant and having to suffer that. Not suffer your farts, but suffer from being pregnant and having polluted air in my body. And it's trapped. It's painful. So ever since then, I always call a fart a blessing.



Scot McKay 28:45

But it can be as Kinberg Yes. So yes, no pregnancy. You know, when the kids come and the woman gets pregnant. One of the small things for men is to have grace. And to step it up a little when the wife is pregnant. Understand that, you know, she's gonna go through some mood swings. I'll tell you this straight up any more slat rice also, any man in his right mind loves the opportunity to get up in the dead of night. Go to water burger and get you a fish sandwich with extra pickles on it. Oh man, that makes us feel like a hero. Oh, the little thing is looking forward to that instead of bitching and complaining and having it be all about yourself and poor me when your wife is, you know,



Emily McKay 29:26

craving something that frame that you went to go get for me?



Scot McKay 29:30



Scot McKay 29:30

Anytime, anything having to do a pregnancy, a little thing men can do which again, I don't know. Some people are gonna write it and say it isn't a little thing at all. But it's a subtle thing. Men step it up when your wives are pregnant.



Emily McKay 29:43

Well, it's considered little because you know, in all honesty, I'm not gonna die if I don't have my little Krispy Kreme donut at 12 midnight. But the little thing is that you actually go out of your way to go do it. Right. That's not something you have to do. It's something you decided to do. Right



Scot McKay 30:00

The complaining the nagging, a lot of times, guys, your wife is complaining and nagging because you're not Manning up, you're not doing things that make her feel safe and comfortable. And a lot of times the bitch session that ensues is the cumulative effect of a bunch of small things, leading to that adverse reaction.



Emily McKay 30:18

We're all pressure cookers, right. So



Scot McKay 30:20

in other words, if you're making your wife feel like you're not making her feel safe, or like, you know, you lost your job, and you didn't even go out and try to get one today, or this thing is broken, and she doesn't have to fix it. And you do and you won't, don't be surprised when she gets snippy. And it isn't with a sense of humor. So the little things are attending to that which has to happen in a relationship to make sure we're still trusting each other and that the big parts of this relationship are intact.



Emily McKay 30:47


That's a great point you brought because we're talking about the, the good and the bad, that kind of go together. So you're talking about the things that need to be fixed. I will say I love it, when we have different projects that need to be done around the house. And you just say, Okay, on this day, you drop everything and you get it done. And I either come home or you know, doing or helping you or doing something else. It's just really special by the end of the day. And you look at all that was done. It's like wow, my man did that.





Scot McKay 31:15


You know, you almost completed the trifecta. You said the good and the bad. You left out the only, only earlier. But you just renamed the title, this podcast on the men need the

ugly, ugly career. But you just renamed the title, this podcast on the men speed, the mountaintop version of it will be called the good, bad and the ugly. Part one. All right. Yeah. That's why on the fly will be called the little things that make a relationship. Amazing. And with that, we're drawing to a close on part one. And we'll be coming back at you next week. The last day of 2021 with the second part,

 Emily McKay 31:46
Oh, I get to come with all my grapes. Yes, you

 Scot McKay 31:49
do. You do. And me too. It's gonna be a much edgier show. Maybe I won't have any revelations that will explode.

 Emily McKay 31:57
Speaking up, there's always duties to do later

 Scot McKay 32:00
I do. And you know, one of the small things in a relationship is when it doesn't feel like a duty. And on that note, we'd like you to visit [www dot Scott and Emily conference slash podcast](http://www.scotandemilyconference.com) if you're a lady or if you're gentlemen go to mountain top podcast.com You can find show notes. Sign up for my newsletter and or Emily's doesn't matter whether you're a man or woman be a fly on the wall get the one for the other gender. And we will talk to you again real soon on the next show, which will be real soon. Real soon. Yes, next week next week. So until then, this is Scot McKay

 Emily McKay 32:34
and this is Emily McKay be good out there and have fun

 Edroy Odem 32:44
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