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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, your host, Scot McKay.



Scot McKay 00:18

Hall. Hello, everybody, and welcome again to the big show. My name is Scot McKay.



Emily McKay 00:22

And I'm Emily McKay.



Scot McKay 00:23

And listen, we have a fantastic topic for you all today. It's one that I think is going to raise a little bit of controversy, Emily. Sounds interesting detail. And we've never talked about it before. What we're going to cover is how negative influences ruin perfectly good relationships. And what we're talking about, there are these third party aspects, these things that swoop in and maybe cause relationship problems, dating problems, even marital problems, not caused by us ourselves,



Emily McKay 00:55

oh, my goodness, I'm safe. We're not talking about my imperfections,



Scot McKay 01:00

right or mine either. Because after all, we're perfectly imperfect together, right? Because you're perfect for me. And vice versa. There you go. Now we're talking about things that kind of swoop in and cause trouble. And I don't know where this is going to go, I've developed a, you know, kind of a brief outline, just a few bullet points. But man, this could go and all sorts of twists and turns. And I think we should just get started. Sounds good to me. First thing that comes to mind is friends, people in your family who come and just say the wrong thing, or do the wrong thing and cause some sort of rift between the couple, the very first example that comes to mind for me, Emily, is the classic comedy device of a best man giving a speech at the wedding and just completely outing the groom for things his wife never even knew went on, and completely humiliating him. Right?

E

Emily McKay 01:56

Right. Well, you know, what comes to mind for me is the family or the best friend who's either jealous, or the significant other that's in your life isn't good enough. So they're constantly, you know, put in in your head, that he or she has flaws. And that, you know, they're no good for you. And you know, you could do so much better.



Scot McKay 02:15

And usually these people who give that kind of dating advice and try to tell you that stuff, they're no good at their own relationship. Or they

E

Emily McKay 02:22

know it's funny, because the worst they are at it is when they are more involved in yours. Right?



Scot McKay 02:27

You know, one of my earliest newsletters, I think was titled, never take dating advice from miserable people. Man, there are some miserable friends and some miserable family members. And the worst part about the family members is you're kind of stuck with them. Friends you can choose,

E

Emily McKay 02:43

right? That's true, but your family members you can put in their place?



Scot McKay 02:47

Well, I mean, you don't want to throw away your friends either. arbitrarily. But man, this is a real deal. I mean, how many guys have gone out with a woman and the woman starts telling all her friends about this great new guy she's dating and they're like, Well, sure, let's meet him.

And then the poor guy gets dragged to some meeting with all the girls, all the BFFs. And he knows he's on display. And they ask embarrassing questions, or he does something embarrassing. And invariably, it seems someone who doesn't have a boyfriend who's jealous tries to throw the wrench in the machine.

E

Emily McKay 03:24

Oh, yeah, I remember one particular time I was at this event, and we were playing spin the bottle the nice way. And the bottle not nice way to go. I've heard stories. So the bottle landed on one of my friends. And somebody decided to ask a really not so nice question. And mind you her fiance was in the room with us. And so this person asked how many guys did you sleep with? And she was really nervous about answering that question. She didn't want to really say so she kind of threw a number out there and he was really upset. It took him a few weeks to repair from that.



Scot McKay 04:00

I tell you what, those kinds of social games that adults play together, especially the card games like Cards Against Humanity, or would you rather write those can ruin marriages. mean people have had very long silence Solon drives home from parties after those games have been played?

E

Emily McKay 04:20

Well, I know right? Especially when you get the answer wrong in your in your mates. Like you should know that already. How long have we been together? You should know that by now.



Scot McKay 04:29

Oh, like Newlywed Game? Yes, that's right. Yes. The old Newlywed Game shows where they will ask the husband or the wife a question about the spouse. And then the spouse comes back and either humiliates themselves or the spouse by getting it wrong.

E


Emily McKay 04:43


Yes. Well, the ones some of the more humiliating Yeah.





Scot McKay 04:47


Now it's bad enough if you're out with friends, and it's between, you know, just a small group of people, but then you start doing this stuff on national television. Can you imagine? Can you imagine the humiliation


 Emily McKay 04:58
you couldn't pay me enough? That would be


 Scot McKay 05:00
rough, man. So let's talk a little bit more about this jealousy that third parties come at you with. And not only is it from family members, not only is it from friends, but it can also be from exes. Man, what if X's start showing up in your life afterwards, trying to break you up? They can they somehow have a chance? I mean, on one level, that's to be expected. On another level that's completely psychotic. I remember, you used to have names in your phone. When we first got maps, right? I

 Emily McKay 05:36
did. I did not delete their names. Yes, that's

 Scot McKay 05:39
actually wise. Especially as dating relationship advice. You do not delete exes names, you rename them do not answer one. Do not answer two, or three. That was the convention you had, I think you have what about 260 of them? Do not answer number 200. And

 Emily McKay 05:56
more like 300 and something something who's counting right County?

 Scot McKay 06:00
But I remember that and they would they would light your phone up? Yes. Six, eight months after we started dating? Yeah, definitely. That's rough. But you know, I think you have to have a certain security in your relationship that you've chosen each other. This is why the whole problem was someone settling and having been settled for. Really? Boy, that's what rears its ugly head, isn't it?

 Emily McKay 06:24
It can especially when the say if I had an ex who wouldn't leave me alone, you know, it'd be easy for me to say, Hey, don't ever contact me again, your history. But if we have a son together? Well, you know, you can't completely detach, you're kind of stuck there until the child's all grown up and even then you're still stuck together because you got weddings and whatnot. So in those particular scenarios, you got to find a way to handle those jealous exes.



Scot McKay 06:53

Oh, man, but this show wouldn't be complete unless we talked about baby mamas and baby daddies.



Emily McKay 06:58

Oh, the baby dramas. Oh, my goodness, life wouldn't be complete without it. Well,



Scot McKay 07:03

you know, for the benefit of those who may be tuning in for the first or second time ever. Both Emily and I have exes who are certifiable. Yeah, schizophrenic, ruined our lives legitimate and created drama until and beyond, when our respective kids from previous marriages were 18.



Emily McKay 07:21

Yes, that doesn't stop at 18 Sad to say, yeah, when people are in



Scot McKay 07:25

your life, either from the past or they're still in your life by necessity. May I guess there might be some situations where you might even still want them in your life for whatever reason, because you love them or



Emily McKay 07:35

whatever, or another family member marry them? Oh, my



Scot McKay 07:38

goodness, yes. Right. The in laws? Well, we have to get to the in laws next. But when these people just can't be reasoned with, and they're not sane, and they're psychotic, or even psychopathic, you got to figure out a way to just tell them what they need to know. So they can't meddle. And you've got to try to keep them at arm's length somehow. But that's not always really easy. Is it?



Emily McKay 08:01

Easier said than done. But the best rule is just give them only what they need. And nothing more. Yeah, keep it short, sweet, simple and end it quick.



Scot McKay 08:11

What I like to say is some people have forfeited the right to be part of the adult conversation. And we all have those people in our families, and we all have those people in our lives somewhere. I think there's a lot to be said, for taking people who are negative in your life and cutting them out. But sometimes you just can't



Emily McKay 08:27

know. And in those particular situations, you make the best with what you got.



Scot McKay 08:31

Now, what about children from previous marriages? A lot of times, they're not so psyched about the new relationship, are they?



Emily McKay 08:37

No, but you know, if you lay the rules out early, and you let them know how your relationship is that it's healthy, it's strong, you're not going anywhere, that your mom and dad aren't getting back together. And that's okay. But you still love them, reassure them they need that?



Scot McKay 08:51

Well, here's another good question, kind of in line with what you just said, is how much influence should these other people have, including everybody from your kids? All the way through family members, to friends? How much influence should they have over a national relationship? I mean, if everybody's telling, you know, the vast majority of people you know, regardless of age, or where they stand in your life, family, friend, kid, whatever, that you need to run away from this person,



Emily McKay 09:21

you need to run away. Yeah,



Scot McKay 09:22

I mean, when there's a pattern there, you really have to see your forest for the trees. When people have no reason to be jealous, no reason to have an ulterior motive. They really, honestly have a long history of caring about you and what you're about. Maybe you might listen.



Emily McKay 09:36

Well, absolutely. I mean, I have I have a distant relative who was told not to marry this young man and his grandmother, who raised him, not just some stranger, his grandmother who should by all rights, love and cherish the guy, his grandmother, the guy's grandmother tells her don't you marry that man? He's no good. Yeah, you



Scot McKay 09:59

might want at least A run that one up the flagpole. What else if it flies in the wind?



Emily McKay 10:05

She married him. And that man was no good. So she ended up getting divorced and you know, leaving her two children and destitute and he beat her black and blue. And so she had enough that when relatives tell, you know, relatives who should love the person that you're trying to be with, tell you this stuff, you have to listen, because there's some truth to it.



Scot McKay 10:26

What if you are dating someone that one of your friends or one of your family members used to date, that's gonna create some drama? That would be interesting. Now, here's something I have to ask, in conjunction with this. Why is it so many people when they decide to cheat on their spouse cheat on their partner, or replace their partner with someone else? Can't even leave the Thanksgiving table, let alone leave their own neighborhood and go find someone no one's ever met before? Why is it so darn attractive to people?



Emily McKay 10:56

Well, maybe it's because it's just easy. I mean, they're just right there, you know, it's just move one step over didn't require a lot of work.



Scot McKay 11:03

But all the families that create these situations that just make Thanksgiving so awkward, it's crazy. It's like people look for drama, go figure, life's too short for that. Life is way too short for that. Um, the other thing that comes to mind here is above and beyond your friends, your family, your exes. What about people, you work for your employees? Or your employers? I mean, what if the boss starts making demands that are starting to cut into your quality time with your significant other? What if one of your co workers is starting to flirt with you and be a little bit too close to you, and you're spending time with them at work? And it seems innocent to you, but you know, you're kind of boiling a frog there romantically. And as soon as your significant other finds out what's going on, it's gonna create drama.



Emily McKay 11:59

Well, not only that, but you're running a risk of this really, like you said, a boiling frog, you run the risk of falling in love or thinking that you're in love when you're not. And it's just simply infatuation and the emotions you get caught up in. And next thing you know, you're in an affair. Well, famously,



Scot McKay 12:17

what happens is, you know, my relationship has gotten a little stale, I'm kind of used to this person, maybe I'm even sick of their face a little bit. And then someone comes along, and they're interesting to me. And along with that, my spouse, my significant other isn't paying much attention to me anymore. I feel kind of neglected, or even unloved. And then here comes this person. Right? And then they come along, and they give that attention can hear Loverboy, right? And, and then, you know, you're there thinking, Oh, this is innocent, I'm just kind of enjoying this other person's company. But it may or may not be innocent on the other person's part.



Emily McKay 12:58

And you're toying with somebody's feelings. You're right, right?



Scot McKay 13:01

Why is it some people just love to disrupt other people's happy relationships? What's up with that?



Emily McKay 13:06

Well, I think people get confused, and they get caught up in the feelings and the emotions, you know, they're probably thinking, oh, you know, feeling numb and bored. And in a rut with this person you're with, in contrast to the feelings of excitement and the naughtiness, you know, they might get caught up in that unknowingly and innocently, but understanding that that can be a trap, is the first step to realizing you have to say, hey, you know, I don't think this is a good idea for us to go out to lunch today. I mean, if I had coworkers who are really good looking, and who are very hot, and who have asked me out and wanted it to be one on one, and I



Scot McKay 13:46

like your current co worker,



Emily McKay 13:48

Oh, I like that one. Okay. He's alright. So back to my story. So I would have to say, I'm sorry, but I don't feel comfortable doing that, oh, it's just, you know, we're just two co workers is no

big deal. I said, Well, you know, it may not be a big deal, but I don't think it would be appropriate to do that, because it would disrespect my husband.



Scot McKay 14:07

Now, you know what, as an aside there, you know, there seems to be this running theme. And we run into it a lot in our coaching practice, where someone has a member of the other gender who's quote, unquote, just a friend, and they always have been, but it's sometimes really hard for the other partner to grasp this friendship. Now, in our marriage, you know, we have lots of trust for each other, probably as much trust for each other as I've ever seen in relationship. And because I trust you, and this is important, because I respect you, because we respect each other. I'm not going to go out to dinner with another woman until you Oh, don't worry about it, because I wouldn't do that to you. It just seems inappropriate.



Emily McKay 14:51

Right? Well, to clarify this, we're not talking about just business associates or things like that, that are innocent or you know, will going nowhere, we're talking about when there's actually sparks. When there's excitement when you know, you see the person and you get those butterflies in your stomach, not just someone who's like, it's just Old Joe.



Scot McKay 15:11

Yeah. And I think the combination of how much that's going on, with how much you're denying it to the person you're allegedly in a relationship with and are in love with. That's where the big problem starting?



Emily McKay 15:25

Exactly. I mean, if I feel if I feel excited, exuberant, and Getting horny, yeah, there you go, then I know that's dangerous. I know, I should stay clear away from that situation.



Scot McKay 15:39

I know what we're talking about here. Know what the other person's talking about? For sure.



Emily McKay 15:44

You know, it really boils down to what's important, if my spouse really feels that much jealousy. And if it really causes that much trouble in your relationship, you have to say which relationship is more important? I don't want to tear relationships up. But there's a point in time when someone knows something more than someone else.



Scot McKay 16:02

Yeah, exactly. And what if the person's being a little heavy handed, though, Emily? What if it's unreasonable for them to say, hey, you should stop doing this go in there seeing these people hanging out with these people. And they really have this jealousy problem, and it's based on their own insecurities? Are you still going to stop hanging out with everybody stop even seeing your own parents going out for 40 minutes to do the grocery shopping? When there's really nothing going on? Or, you know, at what point does this get unreasonable?



Emily McKay 16:31

That's an excellent point. Because what we're talking about there is a man who's controlling and quite most likely abusive, you know, well, it's true women can be like that, too. But that is an abusive relationship. And what they normally do that that's the typical Mo, is they tear you apart from your friends and family. One by one, one gets plucked off. And after a while, you find yourself friendless, literally with no one to run to, because that's, that's the perfect storm for keeping you there. And dependent.



Scot McKay 17:06

Well, sometimes they move you to a completely different location where you don't have any support network anymore.



Emily McKay 17:13

We have we've had to rescue women that way before. Yeah,



Scot McKay 17:15

for sure. You know, that reminds me of something else. We've talked about coworkers. And we've talked about bosses. But what about a job change in and of itself? What if, for example, as we're used to here, I personally went from being able to work at home, be location independent, hang out with you and the kids all day long. And then suddenly, I had to take a job where I traveled all week, I was gone Monday through Friday, surely that would put some sort of pressure on our relationship?



Emily McKay 17:41

Well, there would have to be a lot of trust, because the spouse would have to, you know, dismiss the idea that their husband or vice versa, the wife isn't out there fooling around. They're actually they're busy working,



Scot McKay 17:53

.....

while also above and beyond that, what if the demands of this job or the rigors associated with it disrupted the lifestyle of the rest of the family members, and they weren't up for it? They were like, hey, you know, we want you to spend just as much time with us as you used to. But you come home at nine o'clock after a 13 hour day or something, especially at the beginning of this when you don't get any vacation, and they work at a death to see if you're going to burn out or stick around. And you just don't have time for anybody. And then you get blamed for it. And then there's resentment, man, this seems like a whole Pandora's box that could be opened if there's that big of a disruption to the lifestyle, right?

E

Emily McKay 18:33

No, absolutely. And before you go into a job like this, or if you're already in a job like this, you have to have the open communication, sit down and talk about okay, I know, this is hard on you. I know being in the house without it without me being here. And me being off doing all the fun and exciting stuff that LISI perceived might be fun and exciting. I'm working. But you know, I'm sorry, I'm leaving you here. But this is temporary. Let's make a plan. Well,



Scot McKay 19:00

actually, something else on top of all else that comes to mind is what if you have to relocate for a job and you're uprooting your whole family, or you have a perfectly good job here that you like doing? You have a perfectly good lifestyle, perfectly good social circle, and yet the other person is the primary breadwinner and y'all have to move?

E

Emily McKay 19:21

Oh, Decisions, decisions, decisions. Yeah, it has



Scot McKay 19:25

to be a team effort, doesn't it?

E

Emily McKay 19:26


It does. And that's something that you have to sit down and have those long discussions and more importantly, have these discussions before you get into a relationship before you get married. So that when these things do really come up in the real world, in real life, you can handle them better, because you have already developed a good enough plan as best as possible for such an occasion when it arises.



Scot McKay 19:49

You know, I think there are a lot of people out there listening to us going, oh, yeah, sure. 2020 hindsight sounds great. But you know, let's tap the brakes for a second. A lot of couples really are afraid to ask hard questions of compatibility like this or what if? Or how will my


are are afraid to ask hard questions of compatibility like this or what if? Or how will my relationship go because they're afraid of scaring each other away, they're afraid of a deal breaker coming up, and all of a sudden, you have to start all over again. And this person wasn't as perfect as they thought. But you have to have these conversations.

 Emily McKay 20:16

Well, for me, the thing that would be most scariest would be finding out right, then while you're in the middle of a relationship, married, and your husband or your wife has taken a job in Alaska. And you live in Hawaii or, you know, somewhere south where the you know, there's a beach and sun, that's a, that's a dramatic change.

 Scot McKay 20:39


We've seen couples split up and stay split up, and then try to figure it out.

 Emily McKay 20:44

How scary would that be, I would have rather had had this discussion, before getting into a long term relationship and seeing that this would be a possibility down the road.

 Scot McKay 20:55

You know, I think there's also a Pollyanna ish expectation, we're floating right now that you're going to be able to cover all these situations and talk about them before you get married. And you will be ready for anything that comes along. And I mean, rule number one in life is it's gonna throw you a curve lights gonna put you in a situation, the two of you just flat out did not expect.

 Emily McKay 21:16

No, it wouldn't be life otherwise. But what we're saying is where there is a possibility to kind of have these discussions of the what ifs possibilities would be great. For example, we live here in Texas. And the one thing I could not do 15 years ago was leave taxes. i This was where I was stuck. So when I was dating, and it was serious or had potential for being serious, I had that talk. And if the guy I'm seeing, you know, saw that he was most likely going to end up moving into three years. That wasn't my guy. That was a reality.

 Scot McKay 21:52

Yeah, yeah, I think you have to at least take a stab at it. You have to give it a good shot. You know, talking about the things you need to talk about before we get married, as many situations as many scenarios you can go over that have What if tied to them, the better. And I

think that's really just mature. But ultimately, it's gonna come down to that trust and how much you value that relationship together. And standing side by side to get through whatever comes along, instead of turning it into an adversarial situation. me versus you.

 Emily McKay 22:20

Yeah, it's easier said than done. Yeah, sometimes, we can try. We're partners right

 Scot McKay 22:25


now you came up with a couple ideas that you wanted to discuss in the show that I thought were really excellent. First of all, social media. I mean, social media. I've long said, I said this 1012 years ago, this is going to be the downfall of civilization as we know it. I think we're almost there. Frankly, someone's slides in your DMS you don't even know who they are. But they're sending you these pornographic pictures and pretending they know you. And next thing you know, you're jealous wife is going through your phone and finds these things. And it's not even anything you did.

 Emily McKay 22:55

Well, even text messages. I was receiving those myself. Oh, you mean the ones that

 Scot McKay 22:59

I sent to Jen by mistake?

 Emily McKay 23:03

Well, it was a female pornography for men. That was being text to me. So be at least I wasn't a guy with a jealous wife, thank goodness.

 Scot McKay 23:13

And you didn't even show it to me? No,

 Emily McKay 23:15

I couldn't. I couldn't get it off my phone fast enough.

 Scot McKay 23:18

Well, there you go. I don't blame you for that. But I think I need to tell these people who Jen is.

everybody's wondering, yes. Okay. Tell them. Our grocery store chain here in San Antonio, Texas is called H E B. That's just what it's called. And so you don't go to the grocery store. You go to the HEB. And Emily, and I have gotten into the habit of asking each other. What would you like? Is there anything else you need? Right, you know, we're courteous, we care about each other, we think of each other. So really, what we'll do is if we go the hgB will just text the other one. Heb. Right. Well, one unfortunate afternoon actually, it was sort of funny, because we do have that trust for each other. One unfortunate afternoon, for better or worse, my my phone decided to autocorrect that to Jen, instead of HEB. It was like, you know, wrong window. I'm clearly texting some chick named Jen.



Emily McKay 24:11

Well, the next one was like, What would you like?



Scot McKay 24:14

forgotten that? But just as an example of the trust you and I have you were just breaking up laughing when I told you oh my god, it's like supposed to be hgB because you can look at the keyboard and realize what happened, right? Yeah. So it's kind of a running joke. nowadays.



Emily McKay 24:29

I forget about Jen, sometimes.



Scot McKay 24:31

I know. I haven't. I haven't asked you, Jen as a question in a long time. Probably for good reason. I



Emily McKay 24:38

guess. AutoCorrect decides to be a good girl lately,



Scot McKay 24:40

right? It's usually when they're wanting you to upgrade your phone to the new version that they start sneaking in these autocorrect disasters. These relationship ruining autocorrect disasters. I guess that's a quick fix. Man Apple really does suck, don't they? I'll tell you what. Another thing you brought up thought that was interesting was the idea of fictional characters?



Emily McKay 25:03

Well, where that came from, is the people that we surround ourselves with, we tend to mimic.

And you know, usually there's an expression that you are, who your friends are. And so that's true too, with TV and with movies and the channels in which we listen to, has an effect a profound effect on our personality, and how we view and how we behave. And so characters on TVs and shows, if we watch them a lot, especially if a particular character has a negative out view or outlook towards something or someone, we sometimes unknowingly take that personality and throw it on our loved ones, especially our



Scot McKay 25:43

spouse. That's true. And you know what, that's a great parenting red flag, too. If you let your kids just immerse themselves in shows that have very whiny or negative or evil characters, the kids will start acting that out.



Emily McKay 25:57

Oh, instantly. Yeah. 10 minutes. Now ready to hear it? Oh, yeah. Remember the



Scot McKay 26:01

KU show? Yes, ma'am. There was this whiny little boy in a PBS show named Kai you see a I II Oh, you. And I've never heard of anybody named Kai you in real life before since and that shows probably why. And I used to call it a Canadian plot against the masculinity of American boys. And you know, 20 years later, I think I was onto something. Oh, yeah, I



Emily McKay 26:23

think so too.



Scot McKay 26:24

The problem? Is the Canadian shot their own selves in the foot with it, too. Yeah,



Emily McKay 26:28

that was a double whammy. Yeah. But



Scot McKay 26:29

you know what the kids would watch that and get whiny we had to like ban the show?



Emily McKay 26:33

Absolutely. We did. You see, not only are kids affected by this, but we are too. And just because we're adults doesn't mean that we're immune to taking on these bad influences.



Scot McKay 26:43

Where you can be watching these TV shows, and develop celebrity crushes and start imposing that kind of projecting that on your significant other. Why can't I be more like Brad Pitt? Right.



Emily McKay 26:55

Or George Clooney? Oh, gosh, I doubt that's



Scot McKay 27:01

alright. Yeah. Emily famously doesn't think George Clooney is handsome and doesn't understand what women CNM yet she's also infamously married to me. So go figure. But yeah, I think that's really a good solid point. The media we consume the social media, we consume, the news sources, the opinion pieces we read. I mean, I know couples who used to get along perfectly well. And then when lockdown started, and they started reading these headlines, got radicalized politically, one way or the other, it didn't matter which direction and then all of a sudden, couples are pitted against each other because they find that their political beliefs, or should I say new religious beliefs mean, you know, it's a new religion me down for telling the truth. They don't match up anymore. They're no longer as compatible as they used to be? Well,



Emily McKay 27:47

some of the girls were getting together, and they were talking about Sister Wives. So Sister Wives, is this family where this guy's married to multiple women. I'm telling everybody you already know who Sister Wives are, when this whole situation happened. The dynamics of the family, they all separated, they went into their own little group, the women couldn't get along as far as those who had very different opinions on how to handle things. So it broke up that family unit way they used to have it,



Scot McKay 28:16

that sounds really, really terrible. So terrible. I'm glad I never watched the show before.



Emily McKay 28:22

But my point is, you know, social media and the outside environments of what's going on in a world can have a very profound effect on a family unit, and that particular family unit to themselves, and I guess to some others would view them as a very strong unit. But yet they weren't immune to outside sources.



Scot McKay 28:42

Well, here's a nice little convenient solution to all that. Why don't you actually continue to communicate as a couple rather than scrolling up and down your phone all the time while sitting right next to each other, then maybe your brains won't diverge? And you can still have a convergent communicative relationship? What a concept.



Emily McKay 29:02

I know, right? We see too many people doing that.



Scot McKay 29:04

And with that, we've come to the end of our all too brief time for this particular episode. Man, this one hit the ground running and just kept on running, running, running like Forrest Gump, right? Run relationship run. So hopefully, you've gotten something good out of this. And we will be back at you again real soon. But until we do, please go and check out one of two websites. If you are of the female persuasion, please check out [www dot SCOTTON](http://www.dotSCOTTON.com) Emily conference slash podcast especially if you're listening to the X and Y on the fly show. And if you're a gentleman, and you're listening to the mountaintop podcast go to [mountaintop podcast.com](http://mountaintoppodcast.com) at either of those sites, you can sign up to talk to us for free for 25 minutes. And if you want to speak to both of us, we're here. We're here. You can speak to either or both of us. And while you're at those websites You can learn more about what we do. The programs that we have including the relationship program, we have my one and only for women and get together stay together for men. Both of those are available to you. And you can also get in on either of our newsletters. Emily has a newsletter that comes out two times a week for women called Keys to Bliss. I have one that comes out daily for men on how to get better with women in relationships. And you can get on our newsletter list won't cost you a dime, you can cancel anytime and we will give you fluff free information that is guaranteed to help you in your relationship life. We're here to help. Great conversation today. I've really enjoyed this episode Time flew I had fun



Emily McKay 30:40

yeah, maybe we should find this Jen.



Scot McKay 30:44

And have a threesome, something like that. Well we have a full tummy expensive grocery bill. Anyway until we talk to you again real soon. My name is Scot McKay and I'm



Emily McKay 30:55

Emily McKay be good out there and have fun



Edroy Odem 31:05

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