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SPEAKERS

Edroy Odem, Gary Salyer, 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, Scott McKay.



Scot McKay 00:20

All right. How's it going? Gentlemen, welcome to yet another episode of The World Famous mountaintop podcast. As always, I am your host Scot McKay. You can find me all over social media, usually at Scot McKay. And I also enjoy talking to you guys on Facebook. As always, you can go check out the mountaintop summit on Facebook, join our happy group of guys who are getting better with women and generally becoming better men. And I also invite you to check out the website, which is mountaintop podcast.com. Lots of free goodies there for you gentlemen, if you haven't visited in a while there have been some changes, so be sure to check it out. With me today is a returning guest. He's from Walnut Creek, California. He's a transformational relationship, mentor, and attachment expert. And I was kind of joking with him out loud before we hit record on this particular show that yeah, snap on tools guy is also an attachment expert. But of course, since this is a dating and relationship gig around here, we're talking about something completely different. And what we're going to talk about more specifically today is the whole idea of trust in a relationship. We haven't really covered that head on in a show after 300 and some odd episodes. So I think I got the right guest to cover that topic with it's none other than Dr. Gary SALUR. Of course, Gary, welcome back, man.




Gary Salyer 01:44

Thank you, Scott for having that. Always a pleasure to be here, man.



Scot McKay 01:48

Yeah, man, you know what my guests love guys who know their stuff. When I have to babysit guests. With their own contents? It generally doesn't end well. You know, that's when people get cranky and chirp at me. I don't ever have to worry about that with you, sir. Because you are a true pro. And I appreciate that back at you.

 Gary Salyer 02:05

Thank you. Yeah, having taught college and graduate school I content is not my problem.

 Scot McKay 02:12

You could do this in your sleep by now, I'm sure. And sometimes you probably do if you have the kind of dreams at night?

 02:17

I do. Yes, sometimes.

 Scot McKay 02:22

You know, the first topic, the working title of this particular episode, if you will, was trusting again after divorce. And I think that's a great place to start, even as we're going to cover this larger topic of trust and relationships in general. Because man after there's been a breach in a relationship that frankly, Gary probably thought was going to be forever. I mean, you signed up for it to be forever. You gave your vows on your wedding day she gave her vows to you. But then somehow it ended anyway. Let's talk about the typical ways we get inside our head, or some kind of notion gets inside our head that hey, you know what? My trust meter is broken after this divorce? I don't know if I'm ever going to be able to trust again. I mean, is it even sane or prudent to try to trust again, give us your thoughts on that to kick this whole thing off?

 Gary Salyer 03:19

Sure. Well, the first thing if we're going to talk about trust, let's define some terms, let's get to what it really is Fair enough. Fair enough, right, because trust can mean a lot of different things the same way he loved us, but there is a science to trust. And there have been a lot of studies on this. The definition of trust, the best definition is, well trust is the opposite of betrayal. So trust means in in very simple terms, that when we are interacting where we are in a relationship and we both have an investment, I will not sacrifice your needs and your interest, and your best, you know best health or whatever it is for mine. In other words, I will not seek a win at your loss, I will not gain at your expense. And trust means I will consider your interests on a par with mine, I will not betray you I will not seek mine at yours. It will be you can trust that I'm not going to sell you out or put you on the river and send you elsewhere when it comes to your needs. And the second thing I want to say is trust is an emotion, but it's this is one of the motions that needs a track record. You could walk into Starbucks and say hi and feel welcomed and joy and all those good things. You don't need a track record trust and it's

correlate confidence is a matter of a track record. It takes time to build up this track record. So you know with experience that my beloved or my friend or my partner is in business or relational is not going to sacrifice Is my interest for this, they're going to keep it in mind and cherish and protect my interest and the same as they do their own. That's trust.



Scot McKay 05:09

So basically, if you're the functional equivalent of the proverbial Boy Who Cried Wolf in a relationship, don't expect anyone to ever trust you because the track record isn't there.



Gary Salyer 05:20

Yes, exactly. And you know, like when I deal with couples who have gone through infidelity, and infidelity is not just its betrayal, you've sacrificed their interest in the interest of the marriage for your own. It takes time. So what happens is, you know, when I'm dealing with couples, because people don't get this track record idea, say I'm dealing with a couple that has had sexual infidelity, someone who's cheated, it's more often a man than a woman. But it's, I've seen it both ways. A month or two, after we started working together, they go, Well, why don't you trust speaking? Well, because trust takes a track record, especially at that deep of a level. And you've got to remind them, it's going to take you a year to read knew that sense of trust, you've got to have a longer track record. So and now some track records for if it's a small investment, you may not need as much. But for larger investments, like relationships, marriages, partnerships, there needs to be a longer track



Scot McKay 06:20

record. Another component of trust that comes to mind, at least in my estimation, is keeping covenants doing what I say, I'm going to do without fail. mean, you know, sometimes if I say, You know what, I'll grab you a gallon of milk at the grocery store. And I forget, I mean, that's not really a breach of trust. But you know, these aforementioned marriage vows, I promised to do this, I promise to do that. When I breach that trust, it's kind of a big deal. We're talking about marital infidelity. I think a lot of couples don't go into the relationship, even knowing what that means. Gary, they just say, All right, well, infidelity is infidelity. Cheating is cheating. But the husband and wife aren't on the same page as to what that actually means. So the next thing, you know, the man may be caught, you know, looking at a naughty video on Pornhub. And the wife goes, Oh, my God, you've cheated on me, you violated me. That's just like going out and having sex with another woman. And the guy's like, Well, wait a minute. You know, all I did was look at some porn, every guy does that. Or maybe the woman, you know, flirts with the waiter a little bit banter with them. And the husband goes into a fit of jealousy and says, You've just breached my trust in you. Because that's infidelity. How dare you even look at another guy because he's got jealousy issues or whatever. Now, right or wrong, whether these are overreactions? These examples I just gave or whatever, it really doesn't matter, as long as the couple is on the same page, having communicated about what trust in that context even looks like right, am I onto something?



Gary Salyer 08:02

Well, yes, you know, I think probably most women would assume that a man understands these things from the ones I've worked with, about where the the betrayal comes, especially from the woman's point of view, is when men become more obsessed with porn, then, and they does have an addictive quality two things happen. They are taking time from the relationship, a lot of times, they expend more and more time, and the sex life goes down quite often. So they're saying, I'm going to invest more time in my interest towards visual stimulation, then, for me to be emotionally and sexually present with you. That's the nature of that betrayal. And rather than investing sexually and emotionally in their spouse, they're putting it somewhere else that does not do the relationship and a good. This is a whole different set of trust issues, then what it means to trust after a divorce, though, Scott, they're both related. But if we're going to do it after divorce, you know, this is the betrayal that leads to divorce.



Scot McKay 09:10

Well, I was on the same track with you defining the terms and ya know, kind of building a foundation for what we're going to talk about, and certainly we're going to cover divorce. But my challenge back to you is what if a couple watches porn together, what if they produce porn together, then that wouldn't be a betrayal. They're on the same page about that, when it goes on said it's a different story.



Gary Salyer 09:31

If they are on the same page, and it is not affecting them emotionally and sexually. If they watch it together, and it enhances their relationship that's between them. If it does not enhance the relationship, that's where the betrayal comes in.



Scot McKay 09:47

God I think that's crystal clear. So now that we have some measure of what trust involves, what it's about what it entails. Before we dive into divorce and the trust issues running that give us a little bit more on what betrayal means and what it looks like.



Gary Salyer 10:06

Okay? So say she finds out that he is looking at porn and their sex life has gone down. Right? All that in that hour, hour and a half in the evening in the morning, that he says he's too busy to spend any time with her to ask her how her days gone, is gonna she finds that he's looking at a set of double days, okay, and then she gets after a couple of complaints or more, then she goes out, and purposely spends \$5,000 on visa to make up to say, I am upset, you're not listening to me. She's going now she's going to betray him financially, to try to get his emotions. So now we've got two sets of betrayals, you betrayed me emotionally and sexually. Now I betray you. This is a lot of how betrayal goes as means of trying to say how can we get back to actually finding something that is trustworthy. So you once betrayal gets in a relationship, it's easy for the other partner to say, well, if they're not going to look at my interest, then I'm going to look after mine. And if he can cost me my interest, I can cost him or I can cost her. And so when there's a lack of trust, it's a real downward spiral.



Scot McKay 11:24

You know, I was gonna say you use almost the exact same phraseology I would have, it sounds like a death spiral. Yeah. And it really comes back around full circle to this idea of looking out for each other's best interests.



Gary Salyer 11:37

That's exactly what trust is looking out for each other's best interests. In a great relationship, the metric of trust is, I will not only not betray you, I will actively support and look after and nurture your interest. Yes, I will have your back, I will, I will be there to support your dreams and to make sure that my needs, you know, and there's always some conflict, just existentially. But I'm not going to systemically, you know, ignore your needs, so that mine can be met, I will have your back, I will make sure that when we build a universe together, those laws of trust always there you can trust the force of gravity, so to speak, in our relationship, it's not going to be here one day and not there another. This it's setting up an echo system, where there's beautiful laws of trust, and reciprocity, and caring and respect, that both people can learn to rely and relax.



Scot McKay 12:40

You know, what comes to mind as you're talking is another extremely unfortunate downward spiral that I think a lot of guys listening can relate to. And man, if you can't relate to this good on you, because I wouldn't wish this situation on my worst enemy. But a lot of times, either a man or a woman can have a trust issue that morphs into something completely unreasonable. They're overly jealous to the point of being abusive, and start accusing the partner who they say they love and are acting in the best interests of, of all sorts of things that this person is not even really doing. Like in my first marriage. My wife was clinically schizophrenic and was living in a different reality. And one of the ways she gaslit me very effectively was I would go to the grocery store and come home with \$100 worth of groceries 40 minutes later, and she would buttonhole me about having been with that blonde bimbo again, you're out with your girlfriend. And it seemed like anytime I was apart from her for any given amount of time, she accused me of sexually cheating on her. And it started feeling very like I had been imprisoned for a crime I just didn't commit and that's like one of the emptiest most frustrating feelings in the world and I'll tell you it never really came to this but my thought as a normal rational human being was well I might as well go cheat on her if I'm going to get the brunt of the punishment and the blame and get shamed for this. I may as well have something to be guilty of so at least it feels like the shoe fits. Isn't that a twisted sad dynamic but I think a lot of guys can relate to that



Gary Salyer 14:28

know a lot of guys can't sometimes some women can to Scott short and I call this the next pays for this there's probably usually with that there's a history of infidelity and cheating in their background. And once the brain gets grooved to looking for those those clues, and that someone is cheating, then it gets this perceptual filters worse, looking for in essence, ways I

can be betrayed ways they're going to cheat. And that's a killer in relationships because when some Somebody is being trustworthy and somebody is accusing them of that. That's a betrayal of trust as well, because now the person who is being falsely accused cannot trust the emotional stability of this relationship. Because where there's cheating accusations of cheating, there's usually volatility somewhere or distancing. But usually volatility, and then you don't feel comfortable being there, you don't know when Mount Vesuvius is going to fly off. I had a relationship like that many years ago. And after a few months of, you know, literally, if they couldn't get me on the phone, what Where did you go, you were what hotel were using, I said, this isn't going to work. It's not my job to help you heal from what happened with your ex husband.



Scot McKay 15:46

Well, that takes a lot of intestinal fortitude in the context of a relationship to even stand up for your right to



Gary Salyer 15:52

assert it's a right to have proper boundaries, it's, you know, and that person does need to work that through because making the ex part in the next page for the exes is not love. The brain is always in protective mode, when it's in that sort of protection from me getting hurt, the brain has two functions can be in red protection mode, or can be in green connection with which you can't do both at the same time of the human brain. So all that connection goes away, which is a betrayal of what love is supposed to be. And nobody wants to defend, especially against somebody else know your ex wife was also mentally ill. And you know, schizophrenics are known for a lot of paranoid stuff. So but you can still see that in normal middle class craziness a lot of times and it really is incumbent upon the person who is doing the accusations to make sure that they're right. And then of course, there's the the women that I have worked with and couples that they had strong suspicions and the person and the guy would say, No, I'm not as this, then it was, oh, yeah, there is. No, it's just a friend. And that's the phrase it's use. And then pretty soon you find out that all the accusations are true. There's that other side to muddy the waters, you know, because if they are having an affair, they the the person having an affair will gaslight and deny and twist things. And so when somebody has been cheated on, it does a number on their ability to trust later on.



Scot McKay 17:24

It's almost like the Martha Mitchell effect, right? The person who is accused of being the crazy one is actually the one who's right all along?



Gary Salyer 17:32

Well, yes. And I've seen that that other side, too. All of this is examples, you know, and then of course, you know, when you carry this mistrust, or whatever leads to the demise of the relationship into the divorce it this is what we're kind of talking about here is after if someone

has been cheated on in a previous relationship or marriage, and it comes into the next. It does no good for that next relationship. And frequently, it sets up to have the very same experience, therefore confirming I can't trust the



Scot McKay 18:05

world. Well see, when the only tool you have in the box is the hammer of betrayal, everything starts looking like a nail until that gets healed.



Gary Salyer 18:14

Exactly. Exactly. And you know, I had an experience where I had a relationship, or this was decades ago, where she cheated on me. And that was the first time the first time it happens. It does a number on it. Because it's like gravity stopped working for a while. Because you have a certain expectation you have you expect love to be a certain way. And then you get this, this huge betrayal. And the next woman I dated I one day we'd been dating who for five months, and I walked in and there was a plumber, just a normal plumber working on the kitchen. And suddenly I see another man in there that oh, and I pop an attitude. I don't direct, you know, the accuser, but she figures out what's happened and he leaves. And then all five foot one of her puts me in a corner and she because look here she goes, I have never cheated in my life. I'm never going to cheat. And I do not need to pay for her since. And this is not fair. For her, you know, she was this is not fair. I don't deserve this. And I'm glad she did. Because make her pay for that. That previous partner. That was so unfair, and I'm grateful. And I said, you know, you're right. I'm wrong. And oh, good for you. Yeah. And then she looks at me and she, you know, this was tells you how trust it she goes. Good. Thank you. Let's go make love. You know,



Scot McKay 19:46

I've heard that storyline play out before.



Gary Salyer 19:48

Yeah, for sure. But we've got to make sure that when we've been betrayed, and divorces, that's the subject of this is a huge form of betrayal. and not actively sometimes sometimes it is. But we feel like life's betrayed us loves betrayed us, because we had expected it to be lasting and it can be hard to trust again. afterwards.



Scot McKay 20:15

I have this dynamic that I observed and coined a term four years ago now, Gary, I call it the divorce 5050 factor. Yeah. Okay. When a couple meets online, or you know, maybe they're co workers doesn't matter where they met, but they go on a first date, and they're sitting across from each other. And they're both divorced. It's almost like the standoff at the end of The Good, the Bad and the Ugly, you know, who's going to shoot first. And they're trying to size up? Whether this person were they the person who caused the divorce to become necessary. You

know, like Yogi Berra, thank you for making this day necessary. Yeah, yes. Thanks for no thanks. Or are you more of a quote unquote, victim of whatever your ex did to you? Yeah, and see if you're a cheater, and that's why you're divorced, I may think, once a cheater, always a cheater, and I'm probably the next to be cheated on. But if you got cheated on by your spouse, or abused by your spouse, or they went crazy, or drunk or something, then perhaps I can take a deep breath and go, Alright, okay, perhaps this person wasn't the one who caused the divorce. And this idea is built on the fact that, relatively speaking, of course, there are exceptions, but two people who get married for the right reasons, and are good to each other and look out for each other's best interest, relatively speaking, like I said, they get divorced less often, those are the kind of relationships that are built to last. So when a divorce happens, usually it's in the context of somebody did somebody wrong. So now, I will also fully acknowledge that sometimes, both people in a marriage can be the reason why that marriage wasn't going to work. And either one of them were ready to be one half have a great relationship. And both of them were cheating on each other and committing all kinds of relationship offenses against each other. So it's 5050, at best, but even during that early dating stage, not only can people feel that lack of trust towards the other person, because of them being divorced, or because something bad happened to me in my own divorce context, but they may feel a little insecurity. Am I trustworthy? Are people going to automatically judge me because I'm divorced, and it just creates a whole brouhaha? It's a mess.

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Gary Salyer 22:40

Well, it is. And when you're looking post divorce, first off, you know, I work with couples. And I can say I've had a few couples that was at 21 way or the other in terms of watershed blank. But most of the time, both people have contributed it's at best 6040 Most couples are prodding or projecting onto the other one their past pain and that defensive reaction when the one gets plastered with it, like witness talks, creates a pattern a defense that hits them right in their own past thing. And you get these couples, when you drag past pain into a relationship and you haven't worked it through, they eventually become dueling arguments or dueling distancing cycles in the relationship. This is why the subtitle of my book safe to love again, is how to release the pain of past relationships. And then you get to create the love you deserve. Right? It's so the big key for developing trust is to work through those old feelings, whether it's betrayal or or I wasn't very worthy. Because when you're talking about that scenario, they're checking each other out. There's another level of mistrust too. And that is I especially after my second divorce, I didn't trust myself to know how to choose anymore. It was one thing when the first one went through, the second one did a real number on my confidence to choose and what you have to do, you know, when you bring in that distrust, and after you've been hurt, and some part naturally wants to protect you, that protection mode can often be done brailles up walls, it says I'll never get hurt, I won't invest fully. I'll play as keep it safe and the other one realizes, hey, they're playing it on their terms. I better keep it on mine. And pretty soon you have two knees that are hesitating just enough to make sure they can get out without getting hurt again or they won't get fully invested. Because God only knows what I could lose. And now you've got two me's instead of a we whenever there are is a couple that thinks Being a couple is two knees interacting. This is the very thing that creates the ground for mistress, because a me is thinking about its own interests, not the others. Well, what's



Scot McKay 25:11

required there is this brave version of vulnerability, not the weak version of vulnerability where

I'm letting somebody run roughshod over me. But there has to be an ability to acknowledge my own position and reveal to the other person, hey, I want to look out for your best interest. I just don't know if I'm equipped right now. Because after all, especially when people meet for the first time, they may be looking at their scenario through two completely different lenses. And until they trust each other, even at a baseline level, enough to reveal that to each other and talk about it a little. They're basically stuck in their own respective realities, despite what the other person may be going through. And that's not really a good precedent to set for a healthy relationship now, is it?

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Gary Salyer 25:59

No, in fact, and every couple has ever come to me, Scott, they don't have a week. The problem is always the week. My real client is setting up a week and a good we are healthy, we know we're not talking investment or codependency. Yeah, that's a we but that's not what I'm talking about a real we does not betray. It sets up a field of cherishing and protecting where you cherish the other person's interest in who they are, and you protect them. But every couple that I've ever worked with, for whatever reason, from childhood pain, maybe the two of them never learned is this culture doesn't really teach what good relationship is, they eventually don't know how to create that we they stay in knee mode and knees tend to operate on my interest. And they set up this field of I'm not fully trusting this relationship, they may not know it, you have to be able to have two me's that can separate, have their own interest and come together so that each other has each other's back that each other is a home port for the others heart. Unless you have that we I guarantee you, there will be the grounds for at least mistrust. And more firmly. Later on, if they get into acrimonious arguments, I guarantee you, there'll be more and more acts of betrayal. A lot of times, couples that cannot get the attunement and the commitment and closeness they want. They act on their own and the one who feels hurt. And usually it's both it feels hurt them feel they have the right to hurt the other one in order to protest. And a lot of times these betrayals, these small and large acts and betrayals are efforts to get a tune to get empathy. A partner says you have not listened to me. So I'm going to go out. And I'm going to spend all my evenings with my with my female friends or my male friends so that you understand what it's like to feel alone. That is not only betraying the Wii, but it's also that act of what we call perpetration from the victim position. Once they feel like a victim, now they've got the right to be a perpetrator to hurt the other way. It's frequently an attempt to get a to meant or empathy. It's just a very bad way of getting at it, then you've got betrayal at multiple levels and mistrust at multiple levels are not?



Scot McKay 28:29

Well, two things come to mind there. And I think you hit the nail on the head, and hopefully not with the hammer of distrust. Right? So with a regular hammer. The first idea that came to mind is this individualism, this independence is celebrated in our culture. It is and of course both of the words I just used are euphemisms for selfishness and context, you should get what you want. Whisper three simple words into her ear and make her spread her legs, whisper three simple words into his ear, you know this obsession phrase, and he'll never look at another woman again and give you his credit card and take you shopping and love you forever. Women get married for the marriage and the wedding, not for the man. And then they're stuck living with this guy. I mean, the level with which people are narcissistic, even in the context of trying to find a mate is breathtaking. And as to celebrate it. The other thing that's unfortunately

celebrated more and more in today's culture is victimhood. As you talked about, as you were talking about earlier, about 510 minutes ago, maybe it's a 6040 ratio of who was at fault when a divorce happens. But even if it's 99% to one or dare I say 100 to nothing Gary, the person who feels victimized does a lot better putting aside that victimhood and saying, Okay, what could I do better? How can I be a better partner? What will I do next time Even if it's repairing my broken picker, for gosh sakes, I'll go out there and do better because the victimhood mentality foments weakness, and your partner doesn't need you to be weak, your partner shouldn't want you to be weak, you should both be strong together, you should make each other stronger. Like I say, Gary, one plus one in a relationship should equal three or 450. Not just simply two. But this idea of keep your hands off my stack, what can I get out of this relationship is not going to be something your alleged partner is ever going to want to buy into. Especially I might add, wait for it, if they're busy being selfish themselves. So this is a deadly one two punch, isn't it? Both of us are selfish and both of us are victims, then how is that relationship supposed to last? How's it supposed to go the long haul it can't. It's for oil.

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Gary Salyer 30:53

It is and and victim and perpetrator modes happen all the time in marriages and they don't and partnerships and relationships and they don't work. You were discussing something earlier. When people look at their their relationships. One of the phrases in the new book I'm writing as I want to have a chapter on rats yourself out FERS people, you know you were talking about the victim being one down in a relationship at but there's also one up, okay, and both of them betrayed the interests of the week. And I guarantee you almost every person who habitually takes the one up position narcissists. That way, male grandiosity or female grandiosity can go there, more men tend to go to the one up more women go to the one down, but they often switch them back and forth, like a teeter totter. You know that one up position underneath it, I guarantee they were me. They either saw it as a childhood with a mother or father was constantly grandiose, or they were one down, and you guessed it, some parts said, I will never be one down again, I will be one up and I'll make sure they're below me. And then of course, you know, the one below doesn't feel loved. And they usually find somebody who doesn't have a full right to assert or to have their needs met to have a full week. And what happens in real relational health real trust comes when you neither one up, nor one down. When there's neither grandiosity nor inferiority and most therapies, therapists have been trained to empower the one who's one down the victim. But what we don't do very good is pulling down to relational health those who are what up. Let me give you an example from the Gottman research that Jonathan's did research on couples. John Gottman did at the University of Washington, any videotaped about 3000 couples, who spent a day at what was called the Love Lab, and scientists carefully, you know, videotape them the entire 24 hours there took a lot of measurements of their stress hormones. And, you know, behind every mirror, and the little cottage was a cleverly disguised cameras. And a scientist, I saw this tape of the original research in which the man comes in pretty much one app. And the woman is a kind of resentful one down. And this is this is out rolls. He says, Well, Dr. You're going to find out when you look at these tapes, that she's volatile, and it just happens out of nowhere, you're going to find out that she gets angry, she just snaps on her anger half and out of nowhere. She's volatile on anger. And you'll notice that out of nowhere, she can just turn a sunny day into a to a tornado. And Garmin does being a researcher who takes notes. And she has that sort of browbeaten angry, oh, here comes again, He doesn't understand me. So they go through the entire weekend together a scientist who measure everything, and they are measuring interactions every six seconds for what's going on. And when they do their analysis, they call the couple back in and when they get the the analysis, it is amazing. This is so paradigmatic for

understanding how victims and perpetrators he's claiming to be the victim of all of our anger, right? But he's actually one up and grandiose in the relation. He says, you know, you're right. When we looked at the tapes, we found out that she does get angry and volatile, and she it seems to come out of nowhere. She does do that and he gets a smug look on his face. And then he says, however, when we did the deeper analysis, we found that 90% of the time it is preceded by a remark or a look of contempt on your face. You are far more in control of this pattern than you think he was noticing. In her reaction, but never noticing his act of perpetration that contempt, right, and contempt is a huge thing in relationships. Women who naturally who receive contempt in a relationship from a spouse are nine times at risk for breast cancer, we know that it's the acid rain of most relationships. His victimhood was, he could not see her victimhood. The fact that he was often being grandiose and contemptuous, bringing him down, if he stopped the contempt, and he stopped his perpetration, he wouldn't be such a victim,



Scot McKay 35:35

once again, same relationship, two different lenses, two different movies being watched.



Gary Salyer 35:42

Frequently, my job is to show couples where they're contributing to the very pattern, how they're edging it on, so to speak, based on past relationship experience, and how they are actually getting there. The very thing they dread by the sum of their actions, because most couples will not wrap themselves out. One couple, he comes in complaining and says, I got home after a week in Chicago, and she didn't even pick me up at the, at the airport. I don't feel cherished. I don't feel supported. And then she goes, Well, wait a minute, you you got all angry at me because of whatever it was, it was. And you told me not to pick you up. And he says, she goes, Yeah, but you didn't pick up and you they kept backing up, they backed it up 11 times, each of them, not saying what they did, only pointing fingers at the other. This is no way to do trust. Okay, I would love to hear like the man who walks in and says, you know, my wife isn't sleeping with me. And I don't blame her. I mean, I spend two or three hours every night doing video games, and then I spend my weekends golfing, it's no wonder with his little contact, I don't hear that. They come in cleaning. You know, I've been in this marriage. And I just don't get any. So long as two me's are holding their own interest and never looking at the others or how they're expecting it. They cannot build trust. And then there will be all sorts of distancing or volatile moments, trying to protest trying to get back to what they really want. What they want is a relationship where they feel loved, and they can trust each other. The best way to create trust in a relationship is stop thinking about me and pointing fingers at the other me and start looking taking responsibility for yourself, and then shifting into the other person saying what does the other person need from me that I haven't given them?



Scot McKay 37:40

Well, on the surface, that sounds very practical. It is. But a lot of people are going to say, Well, that's easy for you to say Dr. Gary Sawyer, but what's the first step I take? If I'm having trust issues in a relationship where I feel like, I'm going to have trust issues? If I get into another relationship? I mean, what I would say is, the first step seems almost obvious to me. It's

foundational, find a woman who you understand, find someone who gets you and you get them because I see too many couples who don't even understand what's going on in each other's heads. It's way too common for someone to call me and go. Well, my partner said this last night. What did they mean by that? And my answer, as I've shared before, on this show, is always I don't know, did you ask them? Because they will know better than me. And it's always frustration on the other end? When I say that it's like, well, of course I did. And I can't, you know, it's your job to figure it out. But I think there's a fear there of what they might hear if they ask. And so they would rather just plug that perceived need, according to their own parameters. And that doesn't help trust. You know,

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Gary Salyer 38:48

I think alignment compatibility, like you're talking about understanding is important. But what I think is underneath as the foundation of my work, is you really have to release the past pain, or it will creep into the relationship. If we haven't released it, then we are afraid it will happen again. And there will be inevitable ways we protect ourselves rather than connect. And then when some part of us maybe doesn't share so the other person can't understand us. The foundation if you want to start building a trustworthy relationship, so long as you're feeling the old hurt, whether that's unsafe, or unwelcomed, or you weren't worthy, or you were not cherished, or you weren't, you're disempowered, and some part of your brain is looking to receive that again. There is no way that relationship old pain doesn't bleed into the new ego. There it is again,



Scot McKay 39:42

yeah, until you get healed. That's what you're gonna keep expecting. That's gonna seem normal to you. I guess the old theme of considering normal the kind of relationship I was raised under and then we get into a relationship that somehow resembles our mother and father others relationship and its brokenness. And then it's lather, rinse, repeat until we do the healing you're talking about. It doesn't have to be that way. That's a simple, but very freeing realization for a lot of people that sometimes is easier said than done for sure. Yeah,

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Gary Salyer 40:17

you have to do the deep healing so you can walk in with a clean me that can attract another clean me, so to speak. And then great. We, yeah, it's our compatibility. Yeah. But what the research shows out is compatibility is not a predictor of marital lastingness, so to speak. It's not for longevity. It's the quality of the marital friendship, you can have people with very different values, and not totally different. There needs to be some alignment. But differences is not the problem. It's not being able to understand each other communicate love and acceptance and understanding where they're the real predictor of trust, and long longevity in a relationship is when you are each other's best friends. Yeah, best friends. 90% of all men and women say they want the same thing here. There is no difference. 70% of both genders, both sexes say the same thing. The biggest thing they're looking for is the quality of the marital friendship, or what I say in my book, safe to love again, do they feel welcomed with joy, worthy and nourished,

cherished and protected and empowered with choice? If they're feeling and giving and receiving those four, it's pretty good relationship, take any of them away, and you start getting more and more dysfunctionality?



Scot McKay 41:37

You know, one of the grave dangers of consuming mainstream dating advice for men, is you start hearing the same cliches over and over again. And one of the most shopworn of those cliches in the men's dating advice world is staying out of the just the friendzone. And unfortunately, Gary, a lot of guys, focus on the word friends in that conceptual statement rather than the word just because being friends with a woman of your dreams is the very best state imaginable, as you've just carefully described, is when you're just friends and she's not attracted to you that trouble arises. So I wanted to go ahead and throw that on the table just for the good of the cause. Gary, I think now is the time where I should send guys to your websites, they can learn more about what you do and get an even deeper dive into what we're talking about here. Because, you know, this is an iceberg that we've really just seen the tip of so far. So guys, go ahead and visit Dr. Gary SALUR at [mountaintop podcast.com front slash love guide L O V E, G u i d](http://mountaintoppodcast.com/front-slash-love-guide-LOVE-Guide) and I'm just going to let you know full disclosure, you can go to [Gary salur.com front slash love guide](http://Garysalur.com/front-slash-love-guide) and get to the same place but it is my custom to make it a redirect from [mountaintop podcast.com](http://mountaintoppodcast.com) and I've done that this time too. So [mountaintop podcast.com front slash love guide](http://mountaintoppodcast.com/front-slash-love-guide) or [Gary salur.com front slash love guide](http://Garysalur.com/front-slash-love-guide). And Gary SALUR. It's been a fantastic show. This has been just jam packed with information. I suspect we've left these guys wanting more, which is what your website's for. But meanwhile, thank you so much for returning to the show and sharing your wisdom with us, sir.



Gary Salyer 43:25

Thank you, Scott. Always a pleasure for everybody that listen. Thank you for listening.



Scot McKay 43:29

Yeah, man. And gentlemen, if you have not been to [mountaintop podcast.com](http://mountaintoppodcast.com) And a while, we are just coming off two episodes that are retrospectives into the first nine episodes of the chick whisperer back in the day. 2007 to be exact. If you missed out on those shows that were a lot of fun. It was kind of a pattern interrupt as I refer to it as and you can still go to [mountaintop podcast.com front slash lost episodes](http://mountaintoppodcast.com/front-slash-lost-episodes) and get the full and complete version of all nine of those episodes to listen to at your leisure. While you're at [mountaintop podcast.com](http://mountaintoppodcast.com) You can also download my free book sticking point solved. And you can also get on my calendar to talk to me for free for 25 minutes about what's on your mind relative to women, dating relationships, whatever's on your mind, gentlemen, all of that is there for you and more at [mountaintop podcast.com](http://mountaintoppodcast.com) And oh by the way, be sure to check out the latest master class I do those once per month for you guys and I don't leave anything on the table. Those master classes are action packed and philosophy. All of that is there for you at [mountaintop podcast.com](http://mountaintoppodcast.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 44:55

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