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SPEAKERS

Edroy Odem, Emily McKay, Scot McKay



Scot McKay 00:01

Hey, this is Scott. And before we get rolling on the latest episode, which you're sure to enjoy, if you're listening to this right as it comes out well, I want to wish you a very happy Thanksgiving if you're here in the United States, and also a very Happy Black Friday. And on that note, Emily and I both have brand new Black Friday specials for you for 2022. If you're on the men's side, or the women's side, you're going to be incredibly thrilled by what we have for you this year. You can find links to those black friday specials on the respective Show Notes Pages for both the mountaintop podcast and x&y on the fly, depending on which version of this podcast you're listening to, that's mountaintop podcast.com or Scott and emily.com front slash podcast. And now get ready for this very special episode featuring my lovely wife Emily, where we talk indeed about how to weed out the wrong people from your life. Enjoy.



Edroy Odem 01:06

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



Scot McKay 01:19

Hey, this is Scot McKay.



Emily McKay 01:21

And this is Emily McKay.



Scot McKay 01:22

And we want to welcome you to yet another episode of The Big Show. And today, Emily, we have a topic that weirdly we've never covered after all these years, at least in my memory. I can't remember it. Maybe I'm repressing it. Because it's such a rough topic. Oh, do tell. Yeah. Well, we're going to talk about weeding the wrong people out of your life.

E

Emily McKay 01:43

How can we miss that one? That's an important one.



Scot McKay 01:45

Oh, it is an important one. But I think after having weeded so many people out of my life over the years, I felt like I'd covered this enough personally that I didn't have to do a whole lot of it publicly.

E

Emily McKay 01:55

Or maybe it was repressed memories. Yeah, that's



Scot McKay 01:57

what I was trying to say. Yeah, perhaps selfishly, I've avoided this one. But it really is an important topic, isn't it?

E

Emily McKay 02:04

Absolutely. Because the way you set the foundation of any relationship will set the course of your life. And if you get that wrong, it will be really a rough ride.



Scot McKay 02:15

Yeah, one shaky foundation and starting off with the wrong person.

E

Emily McKay 02:18

It will cost you huge.



Scot McKay 02:20

Yeah, I know. Right? Well, I guess the first thing we need to cover here is why so many people allow themselves to well end up with the wrong person. To begin with. I know you have a saying that I've loved to repeat over the years you coined it you are the first and only dating

saying that I've loved to repeat over the years you come it you are the first and only dating expert I've ever heard coined it, which is you know what you can choose who you fall in love with. Elaborate on that? Yeah.

E

Emily McKay 02:45

Well, when you first meet somebody, you can make a decision as to whether this might be a good person or not, if they were a good fit. And at that point, if you see red flags, you have to put a stop to it. Don't go any further. Don't pursue it. Don't entertain the thought. Because if you do, and you ignore those red flags, you eventually start to fall in love with a person that's wrong for you. And so you're starting something bad. So it's hard to reason out of a relationship when you're emotionally invested. Yeah. And



Scot McKay 03:17

you know, a lot of people say, Well, I get emotionally invested. Right then in there, you know, love at first sight. I already love this person. I'm so emotionally involved with them. I just want this to work out so badly that you know, well, you can't choose who you fall in love with. But you're saying well, you don't skip you can because if you see the red flags, you need to have the wait for it discipline to cut this thing off before you get even more entrenched emotionally. That's the gist of it. Right?

E

Emily McKay 03:46

You know, and I can understand love it for sight and being excited. And this is the great person, this is the one I want and he's the right guy. But if you take a moment, that's not love. Because you don't know the person knowing someone takes time learning about them, talking to them, sharing your life with them. That's not something that happens the first five minutes of meeting somebody, that's an infatuation. That is a person that you've dreamt up. And you're hoping he or she is that person that you imagine in your head?



Scot McKay 04:18

Well, the bottom line there is you surely can control who you spend a lot of time with, enough to fall in legitimate love with

E

Emily McKay 04:24

them. Absolutely. So the more time you spend with somebody, the more likely you are to fall head over heels for them. But if you see those red flags, that's when to step on the brakes and go whoa, stop, turn around leave. Yeah, we're



Scot McKay 04:37

gonna talk all about those red flags soon enough. But I think there are other reasons why so

many people I would dare say most people who were in a relationship have settled there with the wrong person. I mean, how many people do you really know who are head over heels in love with the person they're with especially long term and they would do it all over again and there's thrilled,

E

Emily McKay 05:01

Said no one ever Well, except us.



Scot McKay 05:04

And the people we coach, of course, now, but you know, it's a shame that that's the case, because I think, you know, it really isn't an opinion, men and women are designed to be in partnership together. So really, it's an interesting question to ask, what causes so many people to end up settling for each other? And, you know, I think a big part of it is low self esteem, I don't deserve a good person, right? Or maybe, you know, that's how I was raised. This is what was modeled for me was a dysfunctional relationships. So, you know, it only stands to reason I would get into a dysfunctional relationship as well, right?

E

Emily McKay 05:42

Absolutely. Or it could be another one, the lack of like, you mentioned earlier, self discipline, not willing to wait for the right person to show up. For example, you know, if you just take a moment, six months, a year, however long it takes to find the right person in your life, for the next 40 5060, however, many years you got left on you, that will be so much better to wait that little extra more time to be with the right person. Well, again,



Scot McKay 06:11

it comes down to discipline, right? Yes, absolutely. I think some people also Emily, openly invite the wrong situations. I mean, consider the women out there who are starting only fan sites and collecting money from putting themselves out there sexually, and then are thinking somehow they're gonna meet a nice guy from this. You know, there was someone on Twitter the other day, a very attractive woman who tweeted, I don't have an only fans account, in part, because I'm going to be someone's wife someday. And she just got lambasted by the Twitter community. Like, how dare you, you know, shame sex workers like that we're perfectly capable of good relationships also, but good relationship or not. And you know, I've said elsewhere, in other podcasts episodes, that if two people agree to a situation, and they're the right person for each other, they can be both in the porn industry for all I care, as long as they're happy. But I also know Emily, there are people, women, specifically who are putting themselves out there to make a quick buck or because it's financially expedient for them right now, because they're having a hard time making ends meet, especially post COVID. And, and later, they indeed, kind of regretted or they tried to keep it secret. You know, I don't want to be gender specific here. I don't want to sound sexist, but a lot of guys, they get very lonely, and horny, and they hire prostitutes. And then they meet the woman of their dreams someday, who would absolutely freak out and probably walk away, if they knew the guy had been hiring prostitutes. So you

know, it goes for both men and women here, bad mistakes made in the heat of the moment. Bad lifestyle choices can come back to haunt you later and keep you from the kind of relationship you want, right?

 Emily McKay 07:57

Decisions we make in life have consequences. As much as we don't like to admit it. And we like to, you know, blame people for judging us for our decisions. The reality, the harsh reality is that our decisions do make a difference in our lives, people will judge us for it. And the person we want most in our life might be the one that matters the most as far as their judgment goes.

 Scot McKay 08:21


And again, like I said, if you're the type of person who would be perfectly okay, being in a relationship with someone who's like minded, it doesn't matter what endeavors you choose,

 Emily McKay 08:32

there is the key like minded. So if you're looking for a particular person who is very strict on rules and morals and guidelines, then you know, that would not be like minded. Yeah. And

 Scot McKay 08:44

along with that, what came to mind for me personally, was the double standard. You know, there's this woman out there who you know, has worked as a stripper or had an only fans account, because well, she needed the money. Then she meets a guy who's hired prostitutes in the past. And she goes, Eric, I don't want that guy. Or he goes, ik I


 Emily McKay 09:03

don't want her

 Scot McKay 09:04

right after he's been hiring prostitutes. That's not fair. That's not fair. So that comes down to deserving what you want, you have to be the kind of person who the person of your dreams is likewise going to be attracted to. And you know, I get a lot of heat for that. But it really seems obvious. You know, if you have skeletons in your closet that are going to be insurmountable for another person, who you would like to get into a relationship with, potentially, well, that was a bad decision you shouldn't have made and the time not to make that bad decision is before you make it. Right.

 Emily McKay 09:06

 Emily McKay 09:39

That is true. Or if he had made that decision making life changes. So that you know, the person might be you know, okay with letting it go since it was after all in the past.

 Scot McKay 09:49

Yeah, people do make changes. They do evolve, people find faith, which is very transformative. And some people even own that story. And I think again, When you simply find someone simply right, simple, but not easy, sometimes you find someone who's on board with that story. And you're good to go.

 Emily McKay 10:07

Kind of reminds me of when we were on that train with that couple with the dreadlocks. They look very much the same. If you'd seen them separate from each other, you wonder, well, how is that person ever going to find somebody who would accept them for where they are, but they found each other? They were identical to each other in personality?

 Scot McKay 10:24

Well, I think they kind of looked cute together.

 Emily McKay 10:25

They were adorable.

 Scot McKay 10:26

Yeah. And they sure did like each other genuinely. Other wrong situations, though, that I think, well, you know, I'm coming from the men's side here, right? I see guys all the time, Emily, who were getting on the sugar daddy sugar baby sites, and making so called arrangements with women so that they can pay them money or whatever, for sexual favors or whatever. And I mean, gentlemen, you're just asking for it. And ladies? Look, I think you're asking for it to from a safety perspective, frankly, even though I know that some women make a full time job at a leading those guys on. But that's another factor that comes to mind.

 Emily McKay 11:06

And what we're talking about is developing a long term relationship, one that has meaning and has a potential for a future. So if you're doing things as a business deal, business deals are short term.

 Scot McKay 11:10



Scot McKay 11:19

Well hold on a second, I think you can have a short term fling maybe even a one night stand without having to shell out some kind of arrangement money for it. Well, that is true. It's just a bad decision. Right? Absolutely. I would argue getting into a long distance relationship is a questionable decision. And part of weeding out the wrong people has got to be not allowing yourself to get all emotionally attached, with people who live hundreds or 1000s of miles away, especially people who you're not able to meet anytime soon. And who really don't have the means to come meet you either. And therefore, drum roll might not even exist.



Emily McKay 11:59

Yeah, right? Well, well, you know, that's not fun. I can't see how there's any enjoyment in a long distance relationship. All I see is just pure misery.



Scot McKay 12:12

It is. It's miserable. Especially if you are fooling yourself into believing someone who's trying to scam you is actually there. Not that all long distance relationships are scams. I mean, obviously, if you've had in person meetings with whoever you're in the relationship with, they obviously exist. But nowadays with the digitization of everything, there are a lot of people who think they're in a relationship with someone, perhaps even they've duped themselves into believing they're in love with someone, and they haven't even met sometimes they haven't even talked. Sometimes they haven't even seen each other over video.



Emily McKay 12:48

Well, little do they realize they're not in love with the actual human being they're talking to. They're in love with the idea and the dream of the person they invented in their mind. They're in



Scot McKay 12:58

love with a fantasy. Exactly. They're, they're infatuated with a fantasy. And indeed, a lot of times when those people get around to meeting each other, they're disappointed. And then what? All that water under the bridge,



Emily McKay 13:11

or it's a honeymoon for a day or two. And you're back to status quo.



Scot McKay 13:15

Yeah, exactly. So we've covered that one, I think, I think so. Let's talk about some specific people that we should absolutely weed out of our life. And you know, this is coming from a

purely logical perspective really easy for us. Because we haven't met these beautiful sexy people and allowed ourselves to get emotionally involved. These are just conceptual ideas right now. So it's easy for us. We know that. But hey, that's what podcasts are for, to give you this information before you need it. Right, Emily?

 Emily McKay 13:47

Absolutely. If you have a plan in place, you're gonna get exactly what you want.

 Scot McKay 13:51


So of course, you know, Emily and I, based on our history, are going to exhort you very strongly to weed out crazy people, people who are not in our reality with us, who are under the care of a psychiatrist because of a diagnosed mental illness. You know, I had one lady say to me one time, well, you know what, I'm bipolar one and schizophrenic and borderline personality disorder, but I need love to. And I responded to her. This was on a blog post in the comments, madam, you absolutely do. But it won't be from me because you ruined my life. I got a lot of likes for that one. It's it's a fact. Now you and I are biased opinions.

 Emily McKay 14:33

Absolutely. Well, you and I have gone through this before and someone who is thoroughly 100% Not in this world there. They will destroy your life. It's all nice and fun and game to say that oh, they deserve love. What not i i feel for people under those circumstances. But you know, you're not running a charity case. Now if you want to help somebody you could donate to these agencies. Is your organization's but don't make your life the organization that's going to help people out in that way.

 Scot McKay 15:07


I am not a not for profit organization.

 Emily McKay 15:10

My life isn't only get so many years and then it's gone

 Scot McKay 15:13


right? You know you only live once YOLO that doesn't mean YOLO with someone who's a crazy nutjob who's not even in our reality, you know, further down this list are fixer uppers, you know, people who have major flaws in their character or in their lifestyle, or whatever it is. And man or woman can come along and say, Oh, I can fix this person. Well, let me tell you something. To quote Ron White sideways, you can't fix crazy.

 E Emily McKay 15:39

No, you can't. That's the funny part. You can fix a boob job, you can fix all kinds of stuff. One thing you cannot fix is thoroughly crazy people.

 Scot McKay 15:48

Right? And so what are what are the red flags here? And you know, I guess it goes without saying, although I'm about to say it, that this entire podcast basically comes down to our very, very strong hope for you as listener that you'll not only learn what red flags look like, if you don't know them already. And especially pay attention to them. If you already know what they look like, which I suspect everybody listening to this is already smart enough to know. Frankly, it's just we choose to ignore them. So what are the red flags that someone you know, is coming from crazy town?

 E Emily McKay 16:25

They say things that don't make sense.

 Scot McKay 16:27


They do things that don't make sense. Anything that doesn't make sense. Things that

 E Emily McKay 16:31

are incongruent. That's right, there's a lot of them that we can list here, major mood

 Scot McKay 16:36

swings, like, in an instant, getting hugely offended or incredibly overwrought, or something that was really small,

 E Emily McKay 16:47

walking on eggshells, right. You know, you say One wrong word. And it's just going to be torture for the next 24 hours.

 Scot McKay 16:53

Yeah, when they talk about something that doesn't exist, or something that just doesn't make any sense. Like, you know, I was walking on the moon the other day, and I was really appreciating the beautiful sunshine, because you know, you only get that on the moon

sometimes. Guess what? That's a huge red flag. This person isn't all with us. And someone out there is laughing at this, like this is comedy. And I know it sounds comedic. But I personally even post divorce from a schizophrenic woman had been on dates where someone, a woman said something really almost creepy like that. And I said, Well, maybe she's just testing me. Or maybe she didn't really mean what she said, or I didn't hear it. Right. But I dare not ask for clarification. I just soldiered on, because you know, she was kind of hot. Right?

E

Emily McKay 17:41

Well, kind of like the lady who said that she was claiming that you made her pregnant. Although you had never had sex?



Scot McKay 17:47

Yeah. Can you guys believe I actually talk about these stories? How would she even know about that? Oh, yeah, that was crazy. Yeah, dodged the bullet there. Yeah. You break up with them. And you get this long, lugubrious message, or Facebook posts or email or something later, where they're so sorry, and they're crying and they're emotional. And this this huge mood swing? Yeah, you dodged the bullet?

E

Emily McKay 18:11

Well, I mean, guys do that, too. I mean, I've had my phone blow up where it's, Oh, I love you, I miss you. Please come back to me. And the next message is age or you're the worst person and you know, you're wondering if this guy is going to come and stab you. And he goes back and forth. It's just, it's insane.



Scot McKay 18:26

Yeah, women get that a lot where the guy's being Mr. Nice Guy, and try not to lose her and trying to earn her. And then when he and then when she quote unquote, rejects him, he turns on and gets all angry and mean. Yeah, that's pretty scary.

E

Emily McKay 18:40

Know what comes along with that, as you're dating someone with that type of personality. They tend to be very jealous, very possessive. They want to know where you are, what you're doing, who you're with,



Scot McKay 18:50

you know, you bring up a very good point, excessive jealousy is abuse. That's an emotionally abusive relationship. And a lot of men in particular, don't understand that. Because what happens with us as men is we think, Alright, well, we're going to buy into this social meme that

women are all angels and could do no wrong, believe all women and that men are all toxic, masculine beasts who can't do anything, right, you know, yin and yang,

E

Emily McKay 19:18

but we are angels and adorable and wonderful human beings,



Scot McKay 19:21

until you suffer from this incredibly abusive, jealous streak where we're not even allowed to move without getting basically punished for it. I'm not going to talk to you anymore. I'm going to withhold sex. I'm going to just be mean to you. I'm going to throw out things that are important to you. I mean, the crazy can take all kinds of shapes and forms.

E

Emily McKay 19:41

I'm going to rack up and max out your credit cards. Yeah, because I'm jealous. And I'm gonna make you pay.



Scot McKay 19:47

Right, exactly. Literally, quite literally, quite literally. And yeah, that leads us to another one mean people. I mean, you see these people who are really nice to you, and they're doing all the right things, making all the right moves, but To kick dogs, and they're mean to waiters, and they just say horrible, just hateful things out loud. And meanwhile, you're thinking to yourself, well, but they love me. I'm different. Guess what you're not honey.

E

Emily McKay 20:11

Know, what happens is once you get to know them really well and you're at home, in private, it gets really nasty.



Scot McKay 20:19

Yes. And what happens is the more people grow comfortable with you in a relationship, the more the true colors come out, the hateful colors, the mean colors, the crazy colors, the racist colors, all of those colors start coming out. And it's almost like they're pushing the envelope, boiling the frog, see how much you'll take? And will you really accept them for who they really are. And again, they're kind of banking on this fact that you can't choose who you fall in love with. They've got you all emotionally invested, you're all lusting after them, the sex is probably amazing. And then they go nuts on you, then they get mean on you, then they get really selfish with you and jealous and abusive, right?



Emily McKay 21:00

Well, I would hope the sex would be amazing to have to put up with all of that.



Scot McKay 21:04

Yeah, they say crazy people have great sex. That wasn't true in my marriage.



Emily McKay 21:10

Mine wasn't either. Yeah, our sex. I got cheated out of that. Well,



Scot McKay 21:14

both of us, you know, our sex is that much better? And Go figure? We're both saying no, right? No, right. Okay, so the next one, I mean, I think mean people speaks for itself, if someone is just not a very good person, and if they're black hearted, you're kidding yourself. If you think that's ever going to turn into a healthy, well adjusted relationship that ends well for you,



Emily McKay 21:34

right? Less, who wants to be humiliated in public all the time?



Scot McKay 21:38

Well, that's another one people who do that. People who lack social skill, people who will embarrass you. I mean, pay attention to those signs. A lot of this is coming down to Emily, can I live with this person versus living without them?



Emily McKay 21:53


Again, it goes back to being patient self discipline, it's worth the weight. Because if you're with the wrong person for eternity, then you can't wait for attorney to get here.





Scot McKay 22:04


Yeah, and I mean, everybody has flaws. But we're talking about fatal flaws. Here, we're talking about really, really big ones. I mean, we love to talk about being perfectly imperfect. And you and I have quirks that match up really well. And part of making sure you attract the right person is being authentic in who you are, and being honest about who you want and don't want. And then you know, you're more likely to match up with people who are like you, which hopefully wouldn't be for example, an addicted person, which is next on my list.


 Emily McKay 22:34
Oh, the needy, clingy, I can't live without you, or you


 Scot McKay 22:37
know, a \$30,000 gambling habit, or they can't keep the spoon out of their nose. Ouch, drinking problems. You know, do you really want to be married to an alcoholic in return for whatever perceived positives are gonna come from this relationship? The answer is probably not.

 Emily McKay 22:54
I'd add one more thing to that, go for it. With video games and electronics. They tend to be addictive also. And sometimes people have dug their noses so deep into it, they've lost track of reality, and they've lost track of the people that are around them.

 Scot McKay 23:11
Yeah, you bet. 100%. Another one is, and I have to chuckle but I see this quite often, even in my coaching practice, married people, you find someone's already in a relationship, they're married. And yet you allow yourself to get emotionally invested. And you believe that this person is going to leave their wife or their husband for you. They just need a little more time. They need to work things out. And yet you're sneaking around and it feels dirty to you. But you stick around. Why? Because you're emotionally attached and you love the sex and you're hoping for something well beyond hope beyond reason.

 Emily McKay 23:50
Or the you're also hoping beyond reason that even if they did get divorced and separated, that he will never do that to you.

 Scot McKay 23:57
Right? I mean, when cheaters get into a relationship, the bottom line is they're getting into a relationship with a cheater. Well, even

 Emily McKay 24:06
if the cheater doesn't ever cheat again, the person who was in the relationship with them will always be fearful of that. Well, I





Scot McKay 24:15

mean, there's a real world element to this. I mean, I'm zero degrees of separation from that situation myself. I dated a woman whose first husband left his wife for the babysitter. She was the babysitter. Okay. Then they popped out a couple kids together. And he left her.



Emily McKay 24:36

Let me guess, for the babysitter.



Scot McKay 24:38

You betcha. Right? So I was thinking, My goodness, if I married her, would I be doomed to leaving her someday for the babysitter? I mean, is this a pattern that gets thrust upon me so I didn't marry or I'm married you instead. And so far, we really don't even have babysitters. I just take the kids everywhere. The babysitter? Well, they're old enough now they don't even need it. Sexy. babysitter right? You are. But I'll have to leave anybody for you. You're



Emily McKay 25:03

already here. All right,



Scot McKay 25:05

let's Good. Next fundamentally incompatible people. Emily, why did people marry someone who has a completely different lifestyle, belief system? way of parenting way of looking at money? Why did they do that to themselves,



Emily McKay 25:24

because it comes down to the thought of no one else will love me. This person showed up in my only option. And so I'm or he or she has just dropped dead gorgeous. Everybody loves us in a visual, they're charismatic and, or, you know, could be something as simple as the butterflies in the stomach of what's the word I'm looking for that not the infatuation know the last.



Scot McKay 25:50

Last isn't even in your vocabulary anymore.



Emily McKay 25:54

But me as happened here, that you know, you don't have a connection with but they're just chemistry. And you talked about this pheromones, they we unconsciously smell or something. And so there's this feeling you can't really put your thumb on it. But you have this insatiable

attraction to this person, even though you're not fundamentally matched.



Scot McKay 26:17

It's all God's dirty little trick, isn't it to get us to make babies? Well, well, look, there are two things at play there. First of all, once again, people who are desperate to have anybody in their lives because they're not deserving what they want. They're feeling a little desperate, and hey, this person showed up. And if I don't have this person in my life, I have no body. Well, you do a little self work, show a little discipline, there's that word again. And you start deserving what you want, then you have this concept I've talked about for 16 years now, especially to men called being clouded by beauty vision. Oh, my goodness, She's the hottest woman who's ever agreed to go out with you, let alone make out with you or get naked with you. And then you're thinking, Man, if I let this woman out of my bedroom, I'll never see one like her again in my entire life. Well, what I tell guys, especially if they come to me, saying, well, all beautiful women are crazy. Are all beautiful women are mean there isn't a woman who's hot and sane and sweet out there. My simple answer to that is find a nice asked who treats you right? Find a pretty face who treats you right is the G rated version of that statement. Sorry, for you ladies out there who are listening to this on the X and Y on the fly feed. I get a little visceral sometimes, but it is the truth. I think these ladies can handle it. We have pretty much an undefendable audience, men and women. But it's true. Find someone who is attractive to you, who actually is a decent human. Well, we exist out there.



Emily McKay 27:48

You have to open up your mind that such a thing is possible if you're drawing in the exact same person over and over and over again. And you're saying all women, are you saying all men are like this, whatever that description is, is because that's what you're inviting into your life. That's what you're attracting. That's what you're going after. So it's not that all men or women are like that. That's just all the people that are in your life, you've rejected everybody else.



Scot McKay 28:14

And you know, we've said it before, and we'll say it again. People who are no darn good, they know it. They're aware of it. They're looking for someone to get into a relationship with to victimize to take advantage of to take from without giving in particular, and they're not looking for people who are weird and masochistic enough to want such a person. They're looking for the people who will accept and put up with such a person, someone who's optimistic, right and generous.




Emily McKay 28:44

Well, I and and loving and just a sweet soul.



Scot McKay 28:47

You're right, don't stop being all those good things. Just find someone who's like you, instead of well, falling for a personality flaw that says because I'm not optimistic and generous. I'm going to be pollyannish about

 Emily McKay 29:01


this. You got to kick those people out of your life period. Well,

 Scot McKay 29:05

that's what this show is all about. You know, I think we've covered this really, really well. And listen, if any of you out there are finding yourself with a broken picker, you get into the same wrong relationship with a different person. Hey, call us we're here for you. Both Emily and I haven't been immune to that we've been around the block. We made the mistakes. We're not perfect. But what we want to do is we want to stand with you as you become a person who deserves what you want. And we can do that starting with a free 25 minute call. You can go to Scott and Emily dot conference slash podcast if you're a lady or mountaintop podcast.com If you're a man and get on our calendar, the first 25 minutes is free. It'd be worth it. Yeah, we want to talk to you. And with that, until we talk to you again real soon. This is Scot McKay

 Emily McKay 30:01

and this is Emily McKay be good out there and have fun

 Edroy Odem 30:12

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