

# mtp351

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## SPEAKERS

Edroy Odem, Emily McKay, Scot McKay

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Scot McKay 00:01

Okay, gentlemen, no more messing around. This time, I finally did indeed update my YouTube channel. Just this week, I published a brand new welcome video explaining everything. And what I'm going to do for you is something you've probably never seen before done on YouTube. After all, every time you go to YouTube looking for answers on dating advice, relationship advice, sex advice, seduction advice, whatever it is you're looking for, you really only have two choices, don't you? First of all, you can try to sort through all that old school rehashed, Pua advice from like a decade and a half ago that never really worked to begin with. Or even worse, you're stuck with all those red pill men going their own way, who project a flat out anti masculine aura of victimhood, and blame women for everything as if that's going to be attractive to women. Right? What's up with all of that? Well, somebody had to step up and give you guys the answers you're looking for. And right here right now is where everything indeed changes. When you go to mountaintop podcast.com front slash YouTube. Here is what you can expect. Fluff free answers to the most frequently asked questions about women and sex and dating and relationships and seduction and masculinity. No intros, no Bump music, I'm going to hit the ground running on every video with answers that actually work for a change. So you'll get all the answers you need. And you'll get it all in under two minutes per video. So how about that? Well, guess what? I've already populated the channel with the first six videos, so be sure to go check out mountaintop podcast.com front slash YouTube.




Edroy Odem 01:57


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 02:11


Hey, welcome, again to another episode of The Big Show. My name is Scot McKay.


 Emily McKay 02:15  
And I'm Emily McKay.

 Scot McKay 02:17  
And what we're going to talk about today is one of those topics where I think few dating advice experts or whatever you want to call us nowadays, ever tend to talk about, but it's kind of a topic where angels fear to tread. We're going to talk about power couples today. And the first thing that comes to mind, Emily is is kind of a nebulous term. I mean, what does power couple even mean?

 Emily McKay 02:40  
That's a good question. And we're gonna tackle that today. I think a lot of people look at the tabloids, and they see couples on there. And they see them as power couples. But what does it really mean?

 Scot McKay 02:51  
Well, yeah, I mean, every time we seem to see the words power, a couple written, it's in a tabloid newspaper, or in the Entertainment Weekly News, talking about a certain celebrity couple, usually to celebrities who team up to be famous together in some way, you know, like benefit. They always have like a name. That's a portmanteau of both of their first names, right. Scott and Emily, that'd be like, scam. Really? Couple. Yeah, that would be terrible. No wonder, right? Power Couple and few have ever called us that. So I mean, there you have it, you have couples who are Hollywood celebrities, and they're together. But I mean, that's not the only way a couple of can be a quote unquote, power couple, right.

 Emily McKay 03:34  
I think you're right. I think a power couple could be, you know, couples who are in politics, who teamed together and do stuff and become very famous, I think they could also get together couples, and change the world do fundraisers? Yeah, that's good,

 Scot McKay 03:50  
too. I mean, what about the couple who is simply a great example to other people and a mentor to other couples, and has power that way? I mean, if you dissect the actual word power, and what it means, there are so many ways people as individuals can be powerful in so many ways. Again, a couple could theoretically be powerful, right?

 Emily McKay 04:10  
— . . . . .

The word powerful can have a good connotation, or bad one or you can think of power in the sense of someone's going to oppress you and make you feel bad. But it can also be something good in accomplishing good things for other people.



Scot McKay 04:23

Oh, this is really intriguing. Are there evil power couples?



Emily McKay 04:27

I would think so. How so? Well, me, let's look at history you had, you know, kings and queens who, you know, did awful things to their peasants.



Scot McKay 04:37

Well, I think that's fair enough. But what about modern day? What about in our own society? I got a great example. What about that couple who are kind of in cahoots together to manipulate and be selfish and narcissistic? As a team like they give the double whammy of narcissistic selfish ambition to the rest of the world around them?



Emily McKay 04:59

Are you talking about the name ahead.



Scot McKay 05:00

The neighborhood. No neighborhood is



Emily McKay 05:04

always one couple the neighborhood looked seeking to, to do something other search. All right,



Scot McKay 05:09

well, fictionally speaking and again here, we're going to traipse again into the realm of the theoretically famous, but anybody who's ever watched the TV show House of Cards, Claire Underwood and Frank Underwood are a power couple. And they're evil and manipulative. They're trying to take over the world together, at least for the first several seasons. So that would be a power couple with dark ambitions. Right. But I think that can happen even in your local neighborhood association, or your PTA, or God forbid, your school board, or even your church board. There are always these couples who just want to be in control and run things and


have power over people. I mean, you could argue these often, indeed, on the other hand, are people who lack power in other areas of their lives. But I'm going to shut up and hear what you have to say about it.

 Emily McKay 05:56

Well, that's a good point. You know, sometimes people who are trying to force their power on other people is because in other parts of the life, they do lack that power. You know, we've encountered plenty of that in our lifetime. But I think sometimes both together, team up, and they're just a force to be reckoned with both spouses. Yes, both spouses.

 Scot McKay 06:18

Right. So in other words, you get to people who have considerable personal power by themselves, but then when they get married, bam.

 Emily McKay 06:26

They're scary.

 Scot McKay 06:27


Yeah, I'm thinking two years ago, back when Lonzo Ball's dad was such a loudmouth when his kids were young and theoretically going to get drafted into the NBA. And he was talking about how he chose his wife because she was tall, and together, they were going to make NBA children together. And that's kind of planning like architecting the power couple motif, isn't it?

 Emily McKay 06:50

But that was very genius of him. If you think about it,

 Scot McKay 06:53

yeah, it was kind of tremendous foresight. Like very blue, it was talking about it too much afterwards, all those kids turned out pretty decent basketball players.

 Emily McKay 07:01

That was by design. Yeah. You know, you have to wonder, Is that something that we should aim for?





Scot McKay 07:06

being taller so we can have basketball player kids? Ain't gonna happen? Yeah, that chopper ethos over here? Yeah. Well, I mean, I understand what you're saying, though. The Royal we write us and everybody listening? Should we aspire to be a power couple? If we feel like we have considerable personal power? Should the respective level of personal power of our prospective spouse be in line with ours? Should that be something we're looking for when we're dating to make sure we end up with Mr. or Miss right for us?



Emily McKay 07:39

Yeah, that's exactly right. Some things we should plan in advance. And is that even possible?



Scot McKay 07:45

Does that feel so shallow to talk about? There's just something about that that feels slimy? But yet, it makes perfect sense. I don't know why I feel the way I do about it. Help me out?



Emily McKay 07:57

Well, I kind of think it's a good idea. I think it's kind of cool. Because you're trying to find someone who's your perfect match? Who the two of you are a perfect team. How else can that be any better? That's kind of like putting a basketball team or a football team together. You don't just haphazardly put anybody together. There's a lot of thought that's put into this, to make a very powerful team that's going to win,



Scot McKay 08:19

man, all the pressure, we're putting on all the single people out there. I mean, it's bad enough to find someone you like and are attracted to. Now they have to be powerful on top of all else. And by the way, I hear all you guys out there already. Oh, sure. I had to be tall, good looking, and rich, and famous. Now I have to be powerful on top of all else, or some chick isn't gonna like me? Well, my answer to that is, well, I guess if she has personal power, she's going to need you to at least be as powerful as she is, or show lack respect. Well, that's



Emily McKay 08:49


a lot of stress, isn't



Scot McKay 08:50

it? It's just like I said, it feels like a lot of pressure.



 Emily McKay 08:53

But I'm thinking more on a more doable scale. I'm not looking to go and take over the world and conquer it. I'm looking more on a level that is my size. So I can handle

 Scot McKay 09:06


You're certainly doable. Sure, people are listening. You got lots of power. Yes. In all sorts of ways. Yes.

 Emily McKay 09:14

I have power over the kids over the dog and over my life.

 Scot McKay 09:18

Well, there you go. One thing you don't have power over is your husband.

 Emily McKay 09:24

Together, we make a great team.

 Scot McKay 09:26

That's true. So let's talk about what we're really asking for here. And whether we're maybe biting off more than we can chew. Once we get what we asked for. Let's say a couple becomes a power couple. Okay, all right. They're really prominent in their community. All the attention is on them. They get a lot of notoriety. It's just good for a marriage to be in the spotlight like that and to have all that pressure thrust upon them and upon each other even within the context of the marriage. I mean, what if someone's not carrying their weight in the power department?

 Emily McKay 09:58

Oh, yeah, that would be He, that would be bad if one wants it and the other doesn't. But if they both want it, I think under those circumstances, for them, what better lifestyle is there for them, of course, the rest of us would be miserable. But I think a power couple like that would be thrilled to have that as a tip. But like you said, if you have one working and the other not, you're gonna get some resentment, both from either party, because how dare you force me do something I don't want to do or could be? How come you're not helping me? I need your help here.

 Scot McKay 10:33

You know, I'm thinking about this as you talk. And offhand, this is very offhand in context here

just on the fly. I know at least as many couples were only one of the spouses really wants to be a power couple, as I do legit power couples.

E

Emily McKay 10:50

Yeah. Well, I kind of like being your sidekick.



Scot McKay 10:55

Well, I mean, in a power couple, is there a lead spouse and a sidekick? And they can still be considered a power couple? Or does there have to be this united front of pure intimidating raw power exuding from both like superheroes?

E

Emily McKay 11:10

That's a good question. Because superheroes, you have your main character who's strong, and then you have the one that's supportive, and is strong too, but is happy being on the sidelines.



Scot McKay 11:20

So Batman and Robin are a power couple?

E

Emily McKay 11:22

Yes, I guess so.



Scot McKay 11:23

I guess so

E

Emily McKay 11:24

in tights,



Scot McKay 11:25

the tights give it away, don't they? All right. So can a power couple be a power couple? Simply by acting like one? Or, you know, does that distinction really have to be earned? We already talked about it being potentially bestowed upon a power couple by someone else. It's kind of like, you know, giving yourself a nickname. It doesn't really work very well. It kind of makes

people roll their eyes. I mean, let's just get down to the bottom of it. It's douche-y. Douchebags would do that. So couples who act like power couples are fronting. And I think people can really see through that they don't make friends with other couples very easily, do they?

E

Emily McKay 12:04

No matter of fact, when we're not when they're not looking at everybody is rolling their eyes, except



Scot McKay 12:09

when they meet couples like themselves, then they tend to form a little echo chamber of people who think they're more powerful than they really are. Then they can be powerful for each other.

E

Emily McKay 12:18

Right? Or, or not? Well, yeah,



Scot McKay 12:21

but you know what, this is a thing. You see this not that anybody's really good at making friends with anybody anymore. Post COVID. I think most couples have fewer a couple friends now than they used to, which is probably something we might talk about in another show, which is making friends with other couples nowadays, post COVID. And everything it might be worth revisiting that topic again. But nevertheless, I think this would be entertaining to talk about couples who think their power couples act like power couples, you know, put on appearances and find other couples to kind of dance that dance with, you know, they feel powerful for each other. We're gonna have these dinner parties where we eat highfalutin things and talk about high class stuff. And really, we're just playing.

E

Emily McKay 13:08


We're all pretending it's cosplay. Right? Yeah. That for adults, for big people.





Scot McKay 13:14


You know, I have to admit, that kind of sounds like fun. It's like a vacation if you can find like a few other couples and together, sit around and feel powerful. And maybe stroking each other's ego. Right, right. Right. Right. Although you don't want to stroke each other spouses egos. That could get a little messy. We've seen that happen at the dinner table before, by the way. Nuff said about that? Yeah. But I mean, in that context, I guess there's really no harm or foul in it is there. So if you're young or retired, well, if



 Emily McKay 13:41  
they find their own little circle of people that are like themselves, I mean, we all want that,


 Scot McKay 13:46  
in a way that's kind of a little microcosm of power unto itself. You have your little group of unstoppable mama bears and Papa bears,


 Emily McKay 13:55  
although in those groups, you're always going to find another couple who's going to rise above all of them and take power over them.


 Scot McKay 14:03  
Oh, yeah, there's gonna be the king and queen of the hill, even in that little clique of people isn't there.

 Emily McKay 14:07  
Every group has

 Scot McKay 14:08  
an alpha mean, girls only mean couples?

 Emily McKay 14:11  
Well, you have to have a leader. Don't you have to have a leader? Do you have to? Well, every group has a leader. It's going to be one

 Scot McKay 14:19  
of the moms. It's going to be one of the wives who's like the architect of all the social gatherings, et cetera, et cetera, right?

 Emily McKay 14:25  
I think so that makes sense. It



Scot McKay 14:27

does make sense. Well, anyway, so back to our topic at hand. Let's talk about some real objective traits that a power couple would have, either, you know, the small time version of a power couple or the big time version of a power couple. The first one that comes to mind for me is they have to earn the respect of everybody really not just other couples. What do you think?



Emily McKay 14:52

I would agree they have to see you as a leader and being able to do good things for you, such as in the community. You You know, you have a couple and they get out there. And they're helping the community either out in the corner of the neighborhood, fixing up the yard, or they're doing different things that make everybody adore them.



Scot McKay 15:12

Ah, so they have to be likable. Or do they just have to be respected?



Emily McKay 15:18

A little bit of both. They have to be likable, but they have to be in a way that they're helpful. And people feel like they're receiving something from them.



Scot McKay 15:25

Yeah, I mean, I would think off the top of my head. Another trait is they have to be the kind of couple that other couples would aspire to be, although some people are pretty shallow, and some people have more depth to him. So some onlookers may look at a couple and say, well, they're a power couple, because they have so much or they've accomplished so much, or because they have so much social power,



Emily McKay 15:50

or because they do a great job of being fake. Ah, there you



Scot McKay 15:53

go. Fake power couples, couples joining together in their fakeness to pretend they're powerful, and to swindle other people into believing it.



E

Emily McKay 16:02

Well, you know, it's like fake it until you get there.



Scot McKay 16:05

Fake it until you make it exactly right. Well, I mean, I think a lot of couples are pretty good at fronting that. I mean, I've been to dinner with couples for whom everything was happy and shiny at the dinner table, then two or three weeks later, they filed for divorce.

E

Emily McKay 16:22

That's, that's amazing. That's shocking. Well, it isn't so



Scot McKay 16:25

shocking when you consider the fabric of our culture nowadays. I mean, and I mean, this was years ago. Oh, that's sad. Yeah. I mean, people are really good at covering whatever's wrong in their family, especially that they would be potentially embarrassed by with money, with social skill in front of other people. That's just kind of like a feature of our culture nowadays in the Western world. Either that or it's a bug. I don't know if it's a feature or a bug can be both.

E

Emily McKay 16:56

Well, it's contagious. And social media has fed that. So we see these families and we see these lifestyles and we want to aspire to that, like, wow, they have exactly what I want. And so yeah, it's easy to create an image of being a power couple and having people think that they want what you have. And it's a temptation, we should be careful, because if we haven't successfully done the work, then things can crumble. Like you said that one couple were fronting and they weren't real and authentic, but they didn't work on their own relationship to keep it strong.



Scot McKay 17:28

Now, there's another point you just brought up that we should talk about a little bit more. And that's the simple fact that however, we're projecting ourselves to the public is going to Well, I don't want to use the word dictate, but strongly influence how other couples view us and how they look up to us. So what's the responsibility of a couple who could theoretically be seen and or understood to be a power couple to other couples who are looking up at him? Because I mean, it is incredibly disappointing, and perhaps even damaging to other relationships when couples who have aspired to be like one couple wake up one day, and that couple wasn't who they thought they were wasn't who they were projecting themselves to be to other couples. That's bad leadership. It's certainly bad mentorship. And Emily, don't you think maybe, if power a couple fronts too much, and they're too fake, and the House of Cards falls too quickly, it could actually discourage other couples rather than encouraging them and maybe think man is our

marriage next? I mean, if that power couple could split up, how rock solid is our marriage? After all, when really, there was never even a firm foundation built underneath this alleged power couple to begin with, because it was all all fake.

E

Emily McKay 18:51

Right? Which brings us to the next point, when we see a power couple, shall we strive to be just like them? Because what if what they're doing isn't really going to be successful for us in our relationship? Well,



Scot McKay 19:03

yeah, I mean, one of the couple who looks at another couple as such a paragon of marriage, that they model their own marriage after them at the expense of whatever connects the two of them,

E

Emily McKay 19:17

right? I can think of an example you know, it's like trying to keep up with the Joneses. You know, they have they're going to vacations they live this perfect lifestyle, they're just everything is just so perfect. And what we don't see in behind the scenes is they might be incredibly in debt, but we follow their lead and we run right you know, just to keep up with them. Oh, that means we're gonna have to go on vacation spend money we don't have we have to go do this and do and create the stress and we know money is one of the biggest reasons why people end up in divorce, along with infidelity. Oh course. They kind of go hand in hand sometimes. But if we're going to follow someone else's lead or follow someone as our or mentor and think that they're have this incredible lifestyle and they're this great power couple that we want to be just like them to the detriment of our own relationship and our own lifestyle because we go into debt and we create the stress and we create havoc in our lives. That would be bad,



Scot McKay 20:15

right? So, you know, we go into six figure credit card debt to be like the Joneses. Little do we know the Joneses to have a six figure credit card debt. Right? Exactly. Man, what a mess.

E

Emily McKay 20:29

And we find this out after they're divorced when they're fighting over pennies. Ah, so



Scot McKay 20:33

maybe the first step to being a power couple is to set your own boundaries, set your own goals, make your own roles, live your own life, and let other people look up to you instead of chasing

after another couple you see to be a power couple. Power Couple equals leadership.

 Emily McKay 20:51

That's right. You have to be the leaders, the alpha dog. Yeah, dog doesn't look at the team and go, Hey, guys, what should I do next?

 Scot McKay 20:58

That's powerful. That's a powerful thought about power couples. I think we're onto something there. But you know what we also mentioned, reasons why couples divorce a minute or so ago. And one of the biggest reasons is infidelity. And something that snapped into my twisted brain is, hey, wait a minute, if a power couple of sharp, aren't they more likely to be hit on by other people and perhaps lured away into cheating? I mean, we certainly see a lot of Hollywood couples divorcing splitting up because my goodness, they're just both so desirable, that they can't keep it in the holster.

 Emily McKay 21:36

That's a good point. It is seductive. So let's say that there's a couple. And they are a power couple. It's very normal for people to find them sexy, they are dripping with confidence. And they have this aura about them that is irresistible.

 Scot McKay 21:54

Yeah. You know, when people aren't very powerful. When they're not very attractive, it's a lot easier for them to stay faithful to their spouses, because they don't have the opportunities. Power couples will have more sexual opportunities. Oh, yes. A lot more. Yeah. That's really an interesting thought. It's almost like the bigger they are, the harder they fall.

 Emily McKay 22:16

They have a lot more to resist. There's a lot more at stake.

 Scot McKay 22:19

Yeah. You know, when you talk to people who are famous, they almost always underestimated the cost of that fame to their social life. Wow, that's

 Emily McKay 22:28

costly. Yeah,



Scot McKay 22:29

I mean, even to your personal safety, like people are constantly coming after you. They're taking up your time. They get angry when you don't give it to them. So imagine being a couple and being that sought after? I mean, like the Hollywood power couple. When you think about it, it's amazing that any couples in Hollywood go the distance and plenty do



Emily McKay 22:48

that plenty down, unfortunately. Yeah. Well,



Scot McKay 22:50

that leads me to think the true power in being at least a famous power couple is being legitimately right for each other, having that connectedness and that commitment to each other. And see, that kind of power is the kind of power that any couple can and should aspire to, because that pretends a long happy relationship. And you and I both know that the importance of having a strong connected relationship with each other, far exceeds the value of money or even other experiences in this life. You know,



Emily McKay 23:22

I do, I experienced it with you.



Scot McKay 23:25

That's right. I think with that, we pretty much covered this subject. It's an interesting topic, and one that few people cover, but I'll tell you what, we've taken it places I didn't expect it to go. I know right? Be careful what you ask for, because you just might get it. And to you young couples out there. Be careful what you aspire to. And be careful about the role models you're choosing. And why.




Emily McKay 23:50

Yeah, there's plenty out there, especially with social media that is constantly bombarding us telling us we should do this. And we should do that. And it's tempting



Scot McKay 23:59

to think about it every couple is a power couple on social media. They get to run the highlight reel.

 Emily McKay 24:04

Yes, right. Be careful. It's it's not always real.

 Scot McKay 24:08


Or EAL Exactly. Sometimes the r e l isn't even real. Right? But don't get me started on that one. Anyway, if you are over the female persuasion and are listening to this and you like what you heard, please subscribe on Apple podcasts or on Spotify, or on Google podcasts or wherever you picked up this particular episode. And also visit WWW dot SCOTTON emily.com front slash podcast. Remember, there's only one T in Scott's gotten emily.com front slash podcast where you'll find show notes and downloads of free books we have for you. And there are extra goodies there for you too at Scott and emily.com front slash podcast. For all you guys out there listening to this show on the mountain top feed, please head on over to mountaintop podcast.com Where you You can download a whole wheelbarrow full of free goodies. Also, whether you're a man or a woman, regardless of whether you go to Scott an nba.com, front slash podcast, or mountaintop podcast.com, you can sign up to get on our calendar and talk to us free for 25 minutes about whatever's on your mind. If we can put a plan together for you, that takes you from good to great in your relationships with the other gender, then so be it. We'll be happy to help you plan that out.

 Emily McKay 25:27

We will be very happy to hear from you and help you out.

 Scot McKay 25:29

Yeah, and as always, we appreciate each and every one of you who listen to this show and support it. Man, it's been more years than I care to say out loud now that we've been running this show consecutively.

 Emily McKay 25:40

So we'll give away our age that this

 Scot McKay 25:43

Yeah, you know what, you'd think we'd be a power couple by now having run a top rank podcast this long.

 Emily McKay 25:48

I know right? To have a few more years under our belt, we need to



Scot McKay 25:52

step it up. We need to fake it till we make it just like you said. Anyway. Yeah, for what you asked for. Exactly. Yeah, the bigger they are the harder they fall. Well. Fortunately, we're not very big.



Emily McKay 26:06

It'd be a small fall.



Scot McKay 26:08

You know what we didn't cover? Was that the idea of power parents. Oh, man, that's just too evil thought to even cover in the show. Power parents those poor children, right. Oh,



Emily McKay 26:21

yeah. Have no chance.



Scot McKay 26:22

Let's just not go there. Anyway, that about covers it for this episode of The Big Show. Until we talk to you next time. This is Scot McKay



Emily McKay 26:31

and I'm Emily McKay.



Scot McKay 26:32

We're coming to you from x&y communications in San Antonio, Texas. Until next time, be good out there



Emily McKay 26:39

and have fun.



Edroy Odem 26:47

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