

mtp361

Wed, Jun 21, 2023 5:36PM 39:01

SUMMARY KEYWORDS

normal, couples, relationship, mountaintop, talking, women, married, kids, men, people, podcast, masterclass, hear, sex, extreme, world, years, adversarial, normalcy, find

SPEAKERS

Scot McKay, Emily McKay, Edroy Odem



Scot McKay 00:00

Gentleman. What if being yourself doesn't cut it? It isn't working for you. Should you just try to fake it till you make it? How many cliches can I come up with during the first 10 seconds of a podcast? Well, there's at least two there already, right? Here's the deal, guys. Rock Solid, unstoppable confidence is the foundation on which the rest of being good with women is built. You've heard me say it on this podcast before and I'll say it again right now. The number one differentiator between men who succeed with women and men who do not is confidence. Simply put, those are the guys who believe they should be succeeding with women. If you would like to get a firmer foundation in this area, if you would like to be not only confident, but authentically, so make it real. Then I invite you to join me for this month's masterclass that will be held Wednesday night, June 28. At eight o'clock Eastern Daylight Time, that's GMT minus four for those of you all over the world. This will be an absolutely essential masterclass because this is the foundation this is it, gentlemen, once you have built that foundation of confidence, everything else in terms of skills with women is in second place. It's all in the rearview mirror, get the confidence believe you're the kind of man women should want. Women will follow that lead and wonderful things happen with women from there. It's all happening this coming Wednesday, the 28th of June at eight o'clock pm eastern get your ticket at mountaintop podcast.com front slash masterclass. That's mountaintop podcast.com front slash masterclass. And, hey, if you can't make it on Wednesday, there will be a download portal the very next day with everything included, where you can either stream or download the entire presentation. And you also do get to talk to me for 30 minutes on the phone and email me your questions for a full 30 days afterwards, which is the next best thing to be in there. So consider yourself invited gentleman, not only to a world where you are more confident, but a world where you're succeeding more wildly with women than you ever imagined. That ticket to this masterclass for men is waiting for you there at mountaintop podcast.com front slash masterclass?



Edroy Odem 02:37

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 02:50

Hey, everybody, welcome again to another episode of The Big Show. As always, I'm your host Scot McKay.



Emily McKay 02:57

And I'm Emily McKay.



Scot McKay 02:58

And today we have well a pretty controversial topic for you and an exciting one we'd never done.



Emily McKay 03:04

No, we haven't. Matter of fact, we're talking about what is considered normal. And if it's even beneficial



Scot McKay 03:10

in the context of dating relationships, and any interaction between men and women, frankly,



Emily McKay 03:16

I know with all the different things happening in the world. The question is, what is normal? And is it okay,



Scot McKay 03:23

well, you know, normal is going to be a subjective term for a lot of people out there.



Emily McKay 03:27

But there has to be some things that are pretty standard, don't you think?



Scot McKay 03:30

Well, I would think so let's talk about some of those. First of all, you know, before we even get into that, here's something to throw on the table. We're talking about normal being standard,

or what's typical, is that necessarily beneficial, or even what's best in the context of a relationship. I mean, sometimes what people consider normal between men and women, is we don't understand each other. We don't even like each other, and we get into a relationship. And we're unhappy and miserable for 50 years till death do us part.

E

Emily McKay 04:03

You know, I was just thinking when you said that years ago, normal was getting married, having a two story house, a two car garage. Now that's not the normal that I think a lot of us are striving for today.



Scot McKay 04:15

Well, then what is?

E

Emily McKay 04:16

Well, let's find out. Let's dig in.



Scot McKay 04:18

Alright, so I guess you're already jumping into the relationship minded stuff. Oh, of course, right? Two cars, three bedrooms, two and a half baths, two and a half kids, two and a half kids, right? Dog and a half. All we can afford at that point. And, you know, that's the American dream, right? And it is considered standard and therefore normal. So if we're going to talk about things that are normal between men and women and in relationships, I guess the first thing we should talk about is our feelings towards each other. Emily, a lot of men and women don't even like each other. A lot of couples we've met before, don't even like each other. And yet you and I adore each other. We know other couples who adore each other. And I'm not sure there are more of us than there are people who are miserable in a relationship to the point where we could call either our situation or theirs quote unquote, normal, right?

E

Emily McKay 05:15


Well, yeah, they're more common that would make us not normal. Yeah, that's already throwing a wrench in the works, right? Well, if that's the case, I'd rather not be normal. Right? If



Scot McKay 05:24

being abnormal is wrong, I don't want to be right. But I think that's something we really should address here is this whole concept that what's normal, as opposed to what's unusual? isn't necessarily something people really want it to happen, or what is the best outcome possible? That sounds a lot like settling to me. Why do people think that it's normal? To settle for example, okay, I get married, I get buried, you know, have a big bachelor party bachelorette

party before I get married, because God knows my life is over. As soon as I say I do. All my adventure stops. God help us all. When we have kids. Normal is going to equal boring at that point. What's up with that?

 Emily McKay 06:13

Well, that would be a different perspective, because everyone has a different idea, a different viewpoint, different desires. So your normal is not somebody else's normal.

 Scot McKay 06:22

Yeah, I agree. And different people can have different ideas. And normal is is normal does right or normal is as normal things. But I've heard so many people talking about how the whole idea of having sexual attraction or even dare I say chemistry, at the front end of our relationship is not normal in the sense that it leads to anything healthy. However, you also hear these people talking about oh, you can learn to love someone. Now most of the time, when I hear something like that, it's someone talking about their arranged marriage between their auntie and their uncles, or whatever happened there in their culture. But a lot of people think, Alright, well, it's time for me to get married. And here's someone I can actually get along with. And I, you know, I don't find them to sexually attractive matter of fact, I don't even really have any urge to make out with them. But they should be my wife or they should be my husband. That's right.

 Emily McKay 07:13

But it's time it's time for me to settle down, get married, have the typical dream that everybody wants for me. And we've seen this happen so many times

 Scot McKay 07:22

having somebody is better than nobody. That's normal, or is it?

 Emily McKay 07:27

Well, I would say it's not because you should strive for what is the best life for yourself. That should be the normal.

 Scot McKay 07:34

Yeah, you would think that would be the norm that people would want to be happy people would want to, you know, go for the gold ring. But they don't. So it's kind of an oxymoron to even call something normal when it's well, frankly, getting more and more rare in society.

 Emily McKay 07:50



Emily McKay 07:50

Well, normal is now viewed as you get married, you get divorce, you get married, you get divorce, or altogether, just don't get married to avoid it.



Scot McKay 07:58

And going along with that. Getting married means this is my chance to have somebody else give me what I want. Ouch. Yes. Like, you know, people are very selfishly minded going into a relationship. I need this relationship. This is my vehicle in this life to get what I want. Well, what about the other person? They're thinking the same thing. And that's like the new normal nowadays. You never used to be that way.



Emily McKay 08:21

That's right. The me ism nowadays is very normal.



Scot McKay 08:25

Right? It's all about me, and this relationship isn't really about us. It's about you helping me get what I want and vice versa. So then it becomes adversarial. You know, I mean, people would call it transactional. I think that's euphemistic because it becomes adversarial couples start not even liking each other like we talked about before.



Emily McKay 08:49

So what is a healthy normal? What should we strive for? When it comes to normal? Well expect to be normal?



Scot McKay 08:54

Well, you tell me first of all, let's start with behavior. How do happy couples who are behaving normally act? Or did I load that question too much by assuming the happiness



Emily McKay 09:04

let's assume that they are happy that then everything right, and they're striving and trying to do everything to make each other happy? I think making each other happy should be the first norm?



Scot McKay 09:14

Yeah, I should be normal. I think being honest with each other. Maybe not being brutally honest with each other. Like, I think you look terrible. And I'm sick of your face. Or, you know, I saw a

girl at the grocery store and kind of thought she was cute. And now I have to come home full disclosure. I mean, I think that's overboard. Radical Honesty. I don't know if that's normal in a relationship, but not keeping dark secrets and cheating on people and having a drug habit or hiding where the money's going. None of that would be normal. That would be dysfunctional.

E

Emily McKay 09:45

I would think so but yet brings another point is you talking about having hidden money? A lot of people think it's normal to have separate bank accounts. Well, is that normal? Well, depends if you are wanting a relationship together as a team Even or if you want to live independently of each other, you're kind of being roommates. In that case, obviously, there's



Scot McKay 10:05

two different brands of normalcy there. Well, yeah.

E

Emily McKay 10:08

And it also, when you have two different bank accounts, it lends itself to making it way too easy to have affairs.



Scot McKay 10:15

Well, perhaps that's true. But it brings us back to the original question which remains unanswered. Is it normal to have separate bank accounts? Or is it normal to have a combined Treasury for the family? Or can they both be normal? Depending on how the couple decides? Well, that's

E

Emily McKay 10:32

a good question. I think in today's society, that is the norm. A lot of people are doing that they are doing separate bank accounts. That is normal. I still say having a bank account together as a team is healthy. Well, it's



Scot McKay 10:47

healthy, but is it normal?

E

Emily McKay 10:48

Probably not.



Scot McKay 10:49

Okay. Well, then that's really interesting. What about other behaviors? Like what? Oh, I don't know. Is it normal behavior to be happy and play nice all the time? Or is it normal behavior to be at each other's throats? And insult each other all the time? Or is something more normal, a happy medium between those two? And where would the boundaries be between normal and not so normal?



Emily McKay 11:19

I think in between as normal? I mean, we've seen the families we've seen the couples who have been on the extremes of both sides,



Scot McKay 11:27

you know, before you move on, the extremes would be the deviation from the norm. Yes. Anything extreme in any aspect of what we talk about today is not going to be normal. Right? You're onto something? Yes, yes.



Emily McKay 11:41

Well, we've seen the couples who get along way too nice all the time, nonstop. And you know, that's a couple that never talks. And then we've seen the couples that argue and fight and have no respect for each other. And that's just abusive and destructive. So somewhere in the middle, is very common. And I think it's very normal.



Scot McKay 11:59

Yeah, the example that comes to mind would be like what we've seen in movies before, where the couple can't stand each other, and they're sitting across the table from each other. And the dad goes, Timmy, tell your mom to pass me the mashed potatoes. Right? Yeah. Cuz they won't talk to each other. Right. Yeah, we've seen that in several movies. That's like a shopworn, you know, comedy gag.



Emily McKay 12:19


That's hopefully that's not normal. And no one does it. No real life, at least.



Scot McKay 12:23

But everybody can understand where that would come from and where it's going. Well, I



 Emily McKay 12:26

think we've all felt that way before, when we're angry, like, you know what, I'm not talking to you.

 Scot McKay 12:32

Right. And we talked about the silent treatment before it's normal, maybe to feel that way or not have anything to say or just need a break or want to shut the other person off. But it's not normal to have a loveless, sexless marriage, where the connection just got absolutely tried and underfoot and never came back.

 Emily McKay 12:50

Or that would be the normal everyday life for them. Right. How

 Scot McKay 12:53

awful that would be extreme see? Yes. Yeah. Right. So you talked about the couples that are all shiny and happy in real life? Is it normal to be shinier and happier in public than you are back at home? Behind closed doors?

 Emily McKay 13:08

Absolutely.

 Scot McKay 13:09

I think so. I think it is normal.

 Emily McKay 13:11

Yeah, I mean, everyone wants to present their best foot forward, no one's to put out their, their personal trash out there for everyone to see their dirty laundry.

 Scot McKay 13:19

Right? Exactly. Yes. Yes. You know, reminds me I was told once back when I was a teenager by a mentor, who I trusted and respected that, hey, you know, what, who you are around the people you're most comfortable with? is who you really are. And I was like, Oh, that can't be true. Because I knew I was a real piece of work when it came to dealing with my dad and my siblings. Oh, no, the people you are around the most will show you how you really are. Now in


this family, I know there's some dirty laundry, we wouldn't make public. There are certain things we do in this household that stay inside the household. But I don't think we're dramatically different with each other when we're out in public.

 Emily McKay 13:59

No, we're still the same. Yeah, we're still us. Yeah.

 Scot McKay 14:02

What you see is what you get, even when y'all are listening to this podcast, that's kind of who we really are. Unless we're having a really bad day, you know,

 Emily McKay 14:09

now, is that normal? Because I've had this conversation many times as others. We're being yourself and being honest. And what you see is what you get, most people don't see that as normal. Unless you're being fake. They don't feel comfortable around you.

 Scot McKay 14:24

Well, I think there's two kinds of people. I think there are people who love to be fake and those people like each other. And then there are people who are very blunt and honest and which sees what you get. And those people tend to really value each other's company. So again, that's kind of a split perspective into what normalcy would look like. complicated word, this word normal, isn't it?

 Emily McKay 14:43

I know, right? Because normal is different for everybody.

 Scot McKay 14:46

Yeah, you know. So another point we can make here is what kind of lifestyle do you live as a couple when you're normal? I think a lot of people think Alright, well I go to work, I come home. We have sex once a week. We watch TV We take care of the kids. And we live a pretty mundane life because we're married. Now we're in a relationship. Other people are like, well, you know, you don't have to be boring. You can go out and do some adventures. You can travel, you can live in an RV, you can World School, your kids, like we've been known to do. And other people are like, oh my goodness, Ermahgerd you can't like strap a crash helmet onto your kids and take them to do extreme sports like BMX, because my goodness, that would be abusive. So I mean, normal to some people is relegated to boredom, right?

 Emily McKay 15:31

But you know, that would not be normal. But then again, that's when you are not trying to become normal, going out and adventures and doing things that most people wouldn't do. That's kind of fun. And I'd rather not be normal in that way. I take a lot of pride in that.

 Scot McKay 15:45

Yeah, I think it's not normal in developing countries, either. I think this nice, comfortable, sanitary lifestyle, where we're all nice and neatly insulated is not normal, in the rest of the world, or much of the rest of the world. And I think it's only become normal, probably within the last 80 to 100 years for anybody

 Emily McKay 16:06

where water is safe to drink, or not safe to drink. Right, exactly. I

 Scot McKay 16:09

mean, tap water. I mean, who knew? Right? That was not normal to drink water without boiling it anywhere else in the world until relatively recently in history. Yeah, the thing here for listeners that we kind of want to pass on is challenge these ideas, challenge, anything you've always been told is normal. Or just because you see so many other couples behaving this way, or doing these things, or having this particular mindset doesn't mean you have to also normal can come in all kinds of shapes and varieties and depends very much on the couple involved and how they choose to live their life together.

 Emily McKay 16:46

What was trying to strive for is what is the best lifestyle for us and make that our normal everyday normal?

 Scot McKay 16:53

Yeah, another direction we could go with this conversation is jealousy. I mean, we've done entire podcasts on this before. But some couples think like, well, if my spouse, my partner isn't jealous of me at all, then they probably don't love me and they're ready to leave. Other people are like, Well, my goodness, what an albatross to carry around your neck all the time. I don't need that kind of guilt and shame and dissent in my relationship.

 Emily McKay 17:18

Another type of thing that's considered normal by a lot of people is if they're not experiencing drama, at that point in time in their life, they don't feel normal either.



Scot McKay 17:27

Yeah, right. If everything's on an even keel, and things are going well, well, something has to be destroyed, some type of drama has to happen. And if the shoe doesn't drop, by the time I expect it to, well, I'm going to force the issue. I don't think that's normal. Emily,



Emily McKay 17:43

that's not normal, but to that individual that is normal. And that's broken? Well,



Scot McKay 17:48

this is the point in the conversation where we assert the truth, the reality that what we experienced growing up what it was like in our household, the example we were given is what gets imprinted as normal in our imagination. And a lot of people carry that into their own relationships. But it may not be normal on a broader scale, for a lot of other people do, that's pretty messed up. And yet, you're bringing that into a relationship. Like it's what everybody experiences, because it's what I experienced. Meanwhile, there's someone else in this relationship



Emily McKay 18:24

has a whole different background. You bet. Exactly. We are usually like our parents, we're gonna repeat our parents mistakes, because we think that's normal. And understanding that is so important if we want a healthy relationship moving forward. This is why so many people are in broken relationships, because they've seen this happen with their parents, and where they've gotten together and separated and gotten together and separated and gone through multiple



Scot McKay 18:48

step parents. Yeah, ironically, the truth there might be, it's not normal to break that pattern, and do better or do differently, or, God forbid, be influenced by your spouse's views, rather than simply your own. This is why people who have had dysfunctional families in their upbringing or in their past somewhere, often frustrates the living bejesus out of their new spouse who grew up in a happy home. It's like, where's this even coming from? And it's like, I didn't understand how this can be normal to you. I'm never going to understand how this can be normal to you. Clearly, my brand of normalcy, which is the real brand of normalcy in that person's eyes, is the only way to go. I don't even see how we had anything to fix here, because my example was a good one. And yet, you're still trying to wallow in that old example, and bring that to the party here and no one's having it, except you.



Emily McKay 19:47

 Emily McKay 20:00

And this is where bad habits that destroy relationships happen. Well, whether mom or dad had bad personality conflicts that kept destroying the relationship, and we've tacked on that personality to ours. selves, and we are doing the exact same thing to our relationship.



Scot McKay 20:03

Yeah, it seems so deep. And a lot of people, I'm sure listening to this going, really. And my only response is really, oh, this is huge. This is a huge issue. Because if you think about it, Emily, everybody becomes one half of a couple with a story of their own, with a pastor of their own, with a psychology of their own and with habits of their own, right. And imagine, to people who are coming out of broken relationships in their second marriage or out there dating again, there's going to be even more baggage there, because then your idea of normal has been royally rocked to the core. I mean, if it were normal, you'd still be married to this other person. Yeah, you know, here's a spoiler alert, if you think divorce is normal, we're probably not the podcast for you are the dating coach for you, you know, you go continue that pattern of getting into the same bad relationship and having a breakup again, if you're happy with that, and that's normal between you and your trainer, significant others. We're not feeling you, we don't have to stand that one. So in our minds, that would not be considered normal per the terms of this conversation.



Emily McKay 21:07

That's right, the healthy normal would be finding a relationship with true love and genuine consideration and respect. And growing that together and adjusting what we perceive to be normal that were broken, and grow something great together.



Scot McKay 21:22

Or, you know, what you're bringing up here is the point that if there's a design to how men and women are supposed to interact, how they're supposed to be in partnership, instead of being adversarial towards each other, that would be normal if it's intelligent design. Now, of course, that would demand some sort of faith in that concept. Yeah. But I think if you look at how men and women are masculinity, femininity, raising children, to be productive members of society, having a mom and a dad in the home, some would argue that the modern family unit isn't even normal, the extended family all in one house, or having a village, raise the child, etc, would be normal. But one thing I know is that men and women are supposed to be in partnership, and we're supposed to treat our kids with love and care, and nurture them to adulthood to be productive members of society, you don't hurt anybody. I am hard pressed to think of any thing I just recited over the last 30 seconds is anything other than quote unquote, normal by definition,



Emily McKay 22:24

correct. I mean, not everything ends up the way we want it to. But to strive for that is so much better than looking for something broken. Yeah, exactly.



Scot McKay 22:33

And to that point, I've actually heard other dating coaches, Emily, say that couples fighting is actually normal, you should fight more, it'd be a good idea. Well, I



Emily McKay 22:42

don't know about fighting, maybe disagreeing and arguing and talking about stuff. But actual fighting, like verbal abuse or physical abuse is totally off the table.



Scot McKay 22:52

Yeah, you see, I have a problem with the semantics of using the word fighting to you and I are on the same page there. I have a problem with couples who agree with each other all the time about everything. I think that's abnormal, because I think someone's in control. They're abusively another person is the Yes, person.



Emily McKay 23:11

I agree. 100%. No, in all seriousness, you're right. You know, the opposite to arguing or fighting would be always getting along. To do that someone's always going to have to give in.



Scot McKay 23:23

Yeah, I mean, there are going to be times you want something for dinner, and I don't want it or you want to buy something, and I don't want any part of it. And as much as you and I are soulmates, quote unquote, and we complete each other's sentences on cute podcasts like this. And we generally are cut out of the same cloth and agree on most basic matters. Well, all basic matters that revolve around Central compatibility, like faith and who you vote for, and how you spend money and where you go on vacation, how to raise kids, blah, blah, blah. You know, we're all on the same page on that.



Emily McKay 23:57

But we still have areas where we disagree, and, and we tell each other Hey, this is what I think and when we have discussions about



Scot McKay 24:04


it, right? And I may not be in the mood for this, and you may not be in the mood for that. And yet, if someone is always giving in to the other person no matter what. I don't see that as healthy or normal. I see that as manipulative and abusive.

 Emily McKay 24:18

And that's very sad, especially for the person who is never getting what they want.

 Scot McKay 24:23


Well, yeah, right. Exactly. And for us and our family normal is you got a problem. Let's hear it. But you don't ever insult each other. You don't ever show disdain, or let alone hatred towards the other person. And we've seen other families out in public, just spewing hate at each other. And even our kids will look at each other like mom and dad. They're not normal, but that family doesn't give it a second thought. They're thinking No, everybody else must be like this. You kids just behave and calm down and they're just calling each other names and like walloping upon each other and it's just insane.

 Emily McKay 24:59

Well, the other day I was at a, I was at an event and I saw this couple arguing and I'm, you know, like in the vicinity of them. I'm like, probably three feet from them. And I had to like quietly leave because it was so uncomfortable. It was so not healthy.

 Scot McKay 25:15

Yeah, publicly embarrassing each other as a couple of them publicly, publicly creating a scene. Hey, you know what, here's how I can tell you forthright and straight up. That's not normal. Because otherwise you'd see a whole lot more of it. It's still relatively rare. If you're out there. And you're a couple and you're making a scene and getting into arguments. Look around you read the room. Nobody else is, I mean, even at Walmart at like, two o'clock in the afternoon on Saturday. You know, that's where it's most likely to look like a Jerry Springer show than anywhere else on Earth. It's not. You know, I can't remember the last time I saw a couple publicly humiliating each other. You said you just saw it recently. It did.

 Emily McKay 25:55

It was a kid's birthday party and the couple were really at it.

 Scot McKay 26:00

Wow, that's brutal. I mean, at home behind closed doors, you could argue the quote, unquote, normalcy of acting like that in front of the kids. But I don't think it's quote unquote, normal for couples to verbally assault each other.

 Emily McKay 26:12

Yeah, no, it was everyone around them, including myself was very embarrassed over the situation.



Scot McKay 26:19

Yeah. What I would talk about as normal in this context, is well, it harks back to what we were talking about in terms of avoiding extremes, right? Oh, yes, that's true. I'm not just your yes person. But we're not going around throwing plates at each other. And, you know, drawing firearms with each other in public. In the middle is I'm cranky, I had a bad day, something caused me to get up on the wrong side of the bed today. And it's my turn to be cranky. And you can kind of chirp back at me if you want. But don't take it too far. It'll get ugly. And we know where our boundaries are. And we don't get in each other's way. To me, that's the sign of a trust relationship.



Emily McKay 26:55

So it's slamming a door normal.



Scot McKay 27:01

We had a smattering of door slamming in this house. But you have to get to that point. Yes. I think it's normal to push each other's hot buttons past the verge on rare occasions,



Emily McKay 27:13

oh, no, I don't think you've ever done that before. Oh, yeah. Have slammed the door.



Scot McKay 27:17

I don't know if I've slammed the door. But there have been doors slammed in this house. I've know I've gotten heavy handed with stuff, you know, objects not, you know, harming people. We haven't ever physically assaulted anybody in this house. And yeah, I don't think we ever will. I'm sure we never will. We're not those kind of people. But you know, I'm one of those guys, for those of you listening, who when I raise my voice, and I get to screaming and yelling, people know, it's happening for a reason, something got bottled up there. And I've had enough, you pushed me. And now it's time to sit down and shut up,



Emily McKay 27:54

which isn't normal, because you don't see that very much. Well,



Scot McKay 27:57

I don't have a temper like I used to when I was younger. I mean, I'm Scottish, Irish. I mean, I have an Emmy. But I don't have the temper I used to have I don't go blowing off. I don't explode like a warm Diet Coke. I measured and if that's not being heard, or that's not being responded to appropriately and something needs to happen around here, that just isn't going to happen until I start yelling, well, then that's when I break the glass in case of the proverbial emergency. And that's when I start yelling, you're the same way?

E

Emily McKay 28:32

Oh, yes. Well, you know, having your moments where you get, we've had too much been fed up. That's normal. how often that happens. That should not be normal. So you don't do that. But it's rare that that ever happens. Yeah.



Scot McKay 28:45

And I think that's normal. Right? The quality in a relationship. You know, the man is the one who's the breadwinner, and the woman is the one who keeps house, and the man is in charge, and the woman is subservient. Nowadays, there's a lot more talk about equality in a relationship. But see, I think a man and a woman can have equal standing in a relationship. And that be perfectly normal. But the man can still be the man and the woman can still be the woman.

E

Emily McKay 29:10

Absolutely. Whether she makes more money, or he makes more money, and they share in the duties of the household. It's teamwork. So it really doesn't matter. As long as you both are pitching in and doing your part together. Yeah, I



Scot McKay 29:22

can agree with that.

E

Emily McKay 29:23

I know. Right, right. I mean, things have changed since the 50s. Right? Yeah. You know,



Scot McKay 29:27

in this household. I like to cook dinner. You still do all the laundry?

E

Emily McKay 29:31

I do. I don't let anyone touch my laundry. Right, exactly. That's just your thing. My rule is to

touch it and like



Scot McKay 29:38

being handy around the house. You fix as many things as I do. I like to do that. I do every prop. Exactly. The kids have their chores. They know what they're supposed to do. And when they don't do it. They hear from us. Usually we don't have to chirp too loudly. Right? So yeah, cars, bicycles, techy stuff like that. That's you I usually take care of that. and you have a whole host of other things you usually take care of. You're basically the main homeschool teacher. You deal with the pets a lot more than I do.



Emily McKay 30:08

Oh, goodness. Oh, yes, definitely don't pets. Yeah. And so



Scot McKay 30:11

it comes out pretty equal. Yeah, it works out. Great. Here's the last one, we have to cover sexuality in a relationship. Okay, what's normal? And what's abnormal?



Emily McKay 30:22

Wow, that's a whole podcast in itself. But for the sake of time, we'll just cover the basics. All right,



Scot McKay 30:29

first of all, how much sex? Should a married couple have? If you've been dating for a certain amount of time, you'll have how much sex? And if you've been dating a little longer than that, what happens?



Emily McKay 30:44

Well, first of all, let's cover what is normal, the general rule of what most people experience, and it's cliché. So you meet, you're excited, you're hot, you're 40. And you're having a lot of it in the beginning, which we did, over time, years, decades, where everything's kind of weighing hormones change, things like that. But in reality, sometimes, there's couples who will experience different things that might happen. Either the woman or the man, we experienced some extreme hormonal differences, or changes, I should say, that are extreme and the libido is gone.



Scot McKay 31:20

And extremes aren't, quote unquote, normal,

 Emily McKay 31:23

right? But it happens more often than you would think. Alright, well,

 Scot McKay 31:26

I remember I had a human sexuality class in college. And there we were a bunch of sexually repressed Christian college students. You know, probably juniors in college, we were all about 20 years old. And this couple taught the class. And oddly, perhaps, interestingly, they were an open book, even at a Christian liberal arts college. And so we could ask all sorts of things. The only thing we couldn't ask them about was their own sex life. And if you saw this couple you wouldn't want to know anyway.

 Emily McKay 31:59

But your parents, right, right, right. Right. Right.

 Scot McKay 32:01

Exactly. And towards the beginning of the class, they started talking about exactly what we're talking about now, which is how much sex is quote, unquote, normal in a loving, committed relationship. And he took out the chalk and wrote on the board, a newlywed couple will have sex. Try weekly, you know, three times, three times a week. Oh, goodness, gracious. You're, you're already way ahead of me. Right? You finished? Right? The boys and the girls in the room are kind of looking at each other up and down with like a raised eyebrow going. That seems kind of like a paltry sex life or having just gotten together, right? Oh, my goodness, kind of trying to keep from laughing. Yeah, I was gonna say snickering but it was like, bah, ha, ha. I remember we talked about that after class for hours. You know, just socially. Yeah. Oh, no, wow, no about yours. But it was a running joke for least the rest of the day. And then the teacher continued. And you know, when you've been married for a year or two, you try weekly. And again, we're looking at each other with wrinkled noses going? gotta be kidding. This is what I have to look forward.


 Emily McKay 33:07

What do you think it's dad? We're all thinking, Man,

 Scot McKay 33:09

this is projection considering who's telling us what's going on here. And then, you know, when you're older and retired, you try weekly. A que el why? He can't really get it up. Yes. Right. Right. So the whole thing was a play on words. And we kind of all kind of rolled our eyes on

that. Okay, so we've been played, right? Everybody knows like a newlywed couple is going to be like, try daily. Yes. If not more, right. Then you try daily. Then comes the weekly part, I guess. But you know, that keep things simple for the play on words he was attempting. That's where he went with it. Okay, it was a joke that well, not really. He didn't play it off. Like it was a joke. He just said, this is an easy way to remember what the sex practitioner should be.

 Emily McKay 33:57

Goodness. So now I know what we're gonna be talking about the rest of the day.

 Scot McKay 34:01

Yeah, I guess so. Maybe we can try weekly?

 Emily McKay 34:07

At least is that monthly.

 Scot McKay 34:09

What's normal as you watch TV, cook dinners have a few

 Emily McKay 34:12

the ropers. Just came to mind the ropers

 Scot McKay 34:16

from Three's Company? Yes. Yeah. And she now in their older middle aged years. She was horny all the time. And he was trying to like, say he wasn't interested in didn't want anything.

 Emily McKay 34:28

Your name's not Stanley. Exactly.

 Scot McKay 34:31

Yeah. I'm also glad you're kind of hot. It makes it a lot easier to say yes, you know. But yeah, you know, you have these differences in sex drive as you get older. That's biologically normal. I mean, you can do something about it. I mean, the advancements medically are amazing. But above and beyond that, I mean, the stereotype is women will give you oral sex until you're


married and then they won't want to do it anymore. And that men are horny all the time. time until you get married and then the conquest is over. They don't want to have sex anymore. Couples never have anal sex. And anything kinky spanking, using roleplaying anything like that is probably for weird single people not for established responsible parental adults, right? And then you have the whole idea of polyamory and voyeurism and swinging and all of that. And it's really hard to sort out what normal looks like when you're talking about a sexual relationship. Is monogamy even normal anymore?

 Emily McKay 35:37

That's a good question. Because there's so many people who aren't nowadays, how many people have cheated on each other? Is what 75 or 80%. Now,

 Scot McKay 35:46

I guess so. I mean, one's hard pressed to understand what the difference is between adultery and adulterating. Sounds like they're synonymous. They're very close.

 Emily McKay 35:54

Why did they they should not be normal? No, no, no. Well, I

 Scot McKay 35:58

guess in the interest of time, I think this is where couples talk about what normal means to the two of them. And that's all that matters, as long as you're not hurting anybody. Right? That's right.

 Emily McKay 36:09

And so two people who have these desires should find each other.

 Scot McKay 36:13

You know what, I think this is the mic drop ready? I don't think there's such thing as a normative normal sex life as much as there is a normative slash normal way that's acceptable to talk about it and mix company. That's what I think. I think we're hardwired to say, oh, yeah, married sex looks like this, this and this. Everything else is a deviation or an extreme. But in reality, I bet you for every married couple, there's a different sex life if that's a healthy sex life. They just don't go around talking about it with everybody, although y'all women do well, sometimes. And that is, quote unquote, normal. Exactly. And with that, it's time to send you all to our websites. Guys, if you're listening to this, please go to mountaintoppodcast.com where you'll find lots of downloadable information, you'll be able to check out our sponsors origin and main heroes soap company and key port. I have lots of downloadable goodies. And when you

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E

Emily McKay 38:05

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

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