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SPEAKERS

Scot McKay, Richard Strother, Edroy Odem



Edroy Odem 00:05

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



Scot McKay 00:18

Oh, how's it going? Gentlemen, welcome to yet another episode of the world-famous Mountain Top Podcast. I am Scot McKay I Scot McKay on just about every social media platform if you haven't checked out, ask Scot McKay on YouTube. I'm doing new videos every Tuesday, gentlemen, two minutes and under his all it takes for me to expose one of the biggest myths and dating and relationship advice and set it right with actionable advice. It's actually going to work for you instead of all the old wives tales and on how you get old wives tales and men's dating advice. That sounds especially heinous. But hey, that just makes this YouTube channel all the more important, right? As always, the website is mountaintop podcast.com and the Facebook group. Also, as always, nothing's changed there either. Is mountain top summit with me today. As a new friend of mine. We talked quite a bit before I started a rollin on this podcast episode. His name is Richard strether. He is the widowers wing man. Now before you guys say out, this isn't for me and click stop on this podcast episode and move on. We're not actually going to talk about widowhood all that much in this episode. Instead, we're going to extend the topic to something that is relatable to just about everybody at some point in their life, which is getting back out there and meeting some women again, after a relationship for whatever reason isn't there for you anymore, getting back out there dating relating to women, and all the issues surrounding that. So without anything further, Richard strether Welcome to the show, man.



Richard Strother 01:53

Thank you for having me on Scot. Yeah, man,



Scot McKay 01:55

it's a pleasure to have you here. Now, I want you to give us a little bit of backstory about how you came up with the vision and the passion for being the widowers wing man in particular.



Richard Strother 02:07

Well, I've been a coach for many, many years, I have been I was trainer for Apple for eight years. And I did a lot of technology coaching. So beyond just, you know, not IT department stuff. And then a while back, I had a conversation with a good friend. And I was like, you know, I feel like it'd be having more impact. I feel like I could be doing something more, you know, better for the world. And it kind of, you know, where your life experiences and all of that. And I lost my wife, Samantha in 2018, in October of 2018. And I looked around, and there was a remarkable, remarkably small amount of resources for with admin, and I was like, This is ridiculous. And even the resources that were out there, the dating resources were, you know, they just kind of glossed over it, you know, it's like, yeah, just get out there. It's like, no, there's more to it than that. So that became the winner agreement. And I'm really about having your back through the whole process. So



Scot McKay 02:56

now something Richard, you just said, that I fully agree with is that there's this kind of glib dating advice of hey, just get back out there. Just be yourself, you know, fake it till you make it. All of this kind of pat on the back dating advice, which just makes everybody roll their eyes because it's just too terrible to universal. What happens when a guy is widowed? What's really going on? I'm sure different guys have different experiences on a case by case basis, but just give us a little bit of an idea of why you simply can't just get back out there.



Richard Strother 03:34

I love that question. And the reason it's so important is because when you when you lose somebody, when you lose a partner that you've had for a long, long time, it's not just your partner that you lose. I mean, you're so tied up in your relationship, your roles, your identity, you lose a huge part of yourself your identity. So you kind of have to, you have to reimagine not only do you lose the person, you also lose the expectations of the life. You want it to live with that person. So you don't have you know, just grieve the person or the memories or what have you. You have to grieve for that future that can that can no longer happen. And you have to kind of stop and go, Okay, who am I? Are we good? And reimagine, reimagine what the future could be. And that's, that's uncomfortable for a lot of people.



Scot McKay 04:22

Yeah, it is, you know, I think you really put some dimension into that topic as you answered the question. And I was hoping you would, you know, when I asked that question in the corner of my mind, I said, you know, here comes an obvious answer. Well, you grieve, dummy. You know,

you have to spend some time grieving this loss before you get back out there. But in my heart of hearts, I felt comfortable asking you that question, Richard, because I knew you'd put some dimension to it, and you most certainly did. Yeah, it's not just the loss of a significant other. It's the loss of a significant lifestyle. Right. nificant mindset exam Ben shinned that you didn't decide you wanted

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Richard Strother 05:02

exactly that, and tendency of people to want to, you know, Damn the torpedoes and go full bore into trying to six, or you know, get back to normal normal is not an option Knology knew it. And now it's a matter of are you seeking a relationship? And I talked about this a lot of other places, but are you seeking relationship to fill a void? Or to share a life? And that's the key? Yeah, you



Scot McKay 05:29

know, you bring up an excellent point there. A lot of times, when we date someone who's a widow, we have a lot of assumptions there, especially if we haven't gone through anything similar ourselves. Those, those assumptions would lead us to believe Okay, well, first of all, these two were most definitely madly in love at the time of the partner's demise. And she's probably got a shrine in the back corner of her bedroom where she worships or acts every night, and I'm not going to be able to get in edgewise. between her and her grieving process. I'm never going to replace that guy. I can't be that guy. So why bother? It's very intimidating. And it's very frustrating for widowed people to have to face that mindset on the part of people they might be going out on dates with perhaps very casually who make that assumption. Did you find that frustration ever?

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Richard Strother 06:26

Oh, absolutely. Look, the some of the some of the people I went out with, we're worried about being compared. And I don't, I would never, because I live in I live with intention. I live you know, I believe in radical honesty and whatnot. And I, I would never compare because there's, they're not, you know, they're not Samantha, and this is something completely new. And I'm 100% good with that. But it is difficult some for some people not to compare and to kind of go or to worry about being that to be judged.



Scot McKay 07:00

Yeah, on the other side of the coin, let me throw this on the table. You do not have an ex wife. This isn't like a divorce. You didn't ask to not be married anymore. You didn't agree with her for this relationship to end. So it's not like you're not a relationship minded guy, you may very well be a relationship mine a guy and be very relationship ready, some points within a reasonable time after being widowed, but I guess these their own. And this timeline is exactly what we're talking about today in terms of how to decide when to get back out there. And I guess it would be worth it to discuss that for a while. Well, let

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Richard Strother 07:42

me add something on just on that too. Or aside to that. There's also what my current partner calls, odors of sainthood, which is when somebody dies, in your relationship, every relationship has its struggles has its friction. And people tend to go you know, somebody dies, like, oh, well, they were one of the good ones. They might have been an asshole, but nobody says it. So when you're when it's a divorce, or when you have an ex, you can, you can be angry, you can misdirect your anger at them all you want you there's there's a chance for resolution there. It's not, it's not off the table, you can still, you know, you can rage and holler at them all you want. But when somebody dies, all of a sudden, it's, you know, this idea of we can't speak ill or we can't, you have to kind of come to terms with that part of what wasn't good. And instead of idolizing or having the shrine, as you've said. So there's that too.



Scot McKay 08:37

You know, I want to add something to what you just said. And I don't want to get away from the main topic that we're about to discuss. But this absolutely deserves being put on the table here. I actually dated several widowed women, none of whom were still worshipping their deceased husband, none of them. One of them had a very sunny disposition and was very ready to move on. I mean, she didn't want to forget who was the father of her son as well as her husband. But she knew better than to impose that not only on the guy she was dating, but really impose it on herself either. Because it isn't fair to anybody. It isn't even fair to the deceased spouse. So I had that experience. And the other experience was, I found out another woman was widowed who I was about to go on a date with and I, you know, offered all the social graces that I normally would and she said, Oh, don't bother. He was a jerk. We were ready to get divorced. Anyway, he did us both a favor by kicking the bucket. I mean, I didn't wish the guy to die or anything. But we really got to the point where we couldn't stand each other anymore. And he was cheating on me and I had enough and we had already hired lawyers and he had a car accident and basically that solved the situation. I said, Well, now that was the theater of the unexpected, but she was very ready to get out there and date again. Be Because for her, it was kind of like a divorce was finalized ahead of schedule. I mean, she didn't wish death upon the poor bastard, you know, clearly, but it wasn't anything at all. Like she had a shrine in her bedroom to this guy. You know what I mean? So we make all kinds of assumptions about widowed people. And really, we should have a much more open mind and maybe just listen to someone who's widowed, a lot of people are just very intimidated from dating widows at all, especially younger widows when they're younger guys, I mean, if we're all in the old folks home, you know, dating around in the villages in Florida or something, I guess it's part of the territory, but much less so when you're when you're younger, when other woman I met was widowed, because her husband was killed in action in the Middle East military. Oh, right. So I mean, since that was like an international incident, there was a lot of attention given to it by the media, and by certain organizations who take care of Goldstar families. And it was almost like she had to sidestep the trappings of what the circumstances were sometimes just to live a normal life and to go date again. Exactly. That's another nuance, you know,

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Richard Strother 11:07

well, and the expectations, the judgments that come, they may be well meaning, of course, but everybody's saying, you know, when you hear it from friends, family, colleagues, whatever it's

like, really, so soon, or, you know, well, I just can't see you with somebody else. It's like eight years later, eight years, right? Yeah. And it's like that, yeah, but thank you, but that's not helpful. Because that doesn't help me when I'm alone in bed at night, you know, or when I when I come home, and I want to be, you know what, I want to share my day, or I want to share my life or I want you know, that I seek I crave. We all crave touch intimacy, and I'm not just talking sex, you know, we all crave that that intimacy, that person that we can have as our confidant, our companion, our you know, somebody who is there for us.



Scot McKay 11:49

You know, it's interesting, Richard, as you're talking, I'm considering how couples routinely put together a will or a trust. But they rarely talk about what do you do? If I pass or you pass? I have given my wife Emily encouragement to go find another guy, if I leave this world. And it almost seems like more people should talk about this, even though it's unpleasant. It's kind of like buying your burial plot before you die, you know, but probably you should do it. Why don't people even want to talk about this? Again, this is another question that there could easily be a wrote prepackaged answer to but you know, I know you're a smart guy. I think about this a lot. So I can't wait to hear the nuance you put on this on this particular question as well.



Richard Strother 12:33

Our society, I'm going to give you a package answer to start, but our society has a very unhealthy view around death. And the fact is, is death is part of life. There's no way around that, you know, we even say it all the time, death and taxes. But the fact is, is that we we really do have some extraordinarily unhealthy views habits. And we we avoid death. And it for us. It's this thing we don't talk about. We shouldn't be talking about it. We need to talk about it. Realistically, I absolutely agree with you that these are conversations that need to be had and I'm a huge I'm a huge fan of Esther Perel, and I believe in having those difficult conversations. And as somebody who practices radical honesty, for well over 20 years, having a hard conversation, it's just part of life. And it can actually, and I know this is gonna sound strange, it can actually be a really fulfilling and rewarding part of life.



Scot McKay 13:27

Man, if I practice radical honesty, I have this deep seated concern that I would end up like Don Rickles only not funny, but I don't want that for myself, you know, I gotta have a little bit of, I've got to extend a little bit of Well, once again, social grace towards people sometimes, or I'd be a handful. You know, I got dirty little naughty fantasies in my brain about people often and they're not always sexual. So



Richard Strother 13:52

let's talk about well, let me at least define radical honesty as honesty to be as honest as one can possibly be without being tactless?





Scot McKay 14:01

Oh, I know, we're not we're not talking about a Jim Carrey movie here or anything. As ironically funny is that movie is I get you I understand. But I've had with that line, but I understand where you're coming from. Yeah, there are things we just don't want to talk about, especially in western first world culture, if you want to call it that. Because everything is sugar coated, it's I'm fine. How are you? And then anything that is unpleasant or dark? We don't want to talk about and I've spoken before, Richard about how that's really all part of Mr. Nice Guy syndrome. Right? Yes. And, oh, we don't want to make anybody uncomfortable. Or we don't want to admit that there's anything wrong with us or untoward about ourselves or that needs to be changed, because then we might scare somebody off or they may not like us anymore. We may not get that approval we're seeking and, you know, in developing countries, they just don't have that luxury. It'll be more real with each other, but we have this convenient way of covering it up either by an art's practicing radical honesty when something needs to be talked about, or just faking our way through life, trying to pretend with a smile on our face. And that keeps us from talking about things that really need to be talked about, you know, I've mentioned to guys how they should let their dark side breathe a little bit, and I don't think dark is evil. I think dark is unpleasant. And a lot of guys just won't do the hard things that involve being unpleasant. Like, I've got to do this, I've got to do that. But I'm going to put my head in the sand and act like an ostrich instead. Because I just don't want to face it. All that is weakness, not strength. So I



Richard Strother 15:35

wouldn't even I would even argue that it's not even unpleasant. It's just uncomfortable. I mean, I find



Scot McKay 15:42

discomfort unpleasant. So we're on the same page, for sure. Right? Yeah. Yeah. So I mean, a lot of times, when widowed, I'm sure there's a tendency to smooth things over, because they don't know how to talk about it with you. A lot of people when someone else is going through something unpleasant, tragically, in our culture, they'll avoid them. When we hear someone's dying of cancer, or we hear that someone's lost someone very close to them, we don't want to get in on that unpleasant situation. So we we distance ourselves from it. And I think that's just an awful feature of Western culture. But we do.



Richard Strother 16:19

I would say there's a second part to that. Yeah. Where you have people who, hey, don't be down, let me jolly you out of this. And it's this is not a short term thing. This is not something to jolly somebody out of, just to be able to sit there with somebody in and yes, it's uncomfortable, but to be able to be to be able to sit with somebody in that uncomfortable situation or, you know, with their discomfort, or with their grief or whatever they have. Just to know that somebody's got their back, that is often a lot more helpful than people seem to, you know, the the majority of people realize,



Scot McKay 16:56

certain cultures are better at this than others, I think of Jewish folks who sit Shiva together for seven days a morning. And it's not about patting each other on the back and talking, a lot of it is built around the silence of just being together and indicating we support each other. Exactly. That's my understanding of the Jewish tradition of sitting Shiva after someone's past. And other people just make potato salad, hold a picnic and move on. And like you said, there's sort of like a pendulum effect. Either I'm going to distance myself from this unpleasant situation and let this person grieve alone. Or I'm going to try to butter them up and perk them up and say, Oh, get over it. But it seems like there's no reality. Either way that pendulum swings. You know what I mean?



Richard Strother 17:45

Well, there's also a third part of that, too, which is when when people are kind of, you know, trying to draw you out of it, or whatever it is, people are going and talking about, yes, you want to share your memories and all the good parts. But in some cases, people can almost interrupt your ability to grieve. And you know, your wind up taking care of them. Because right, and then that's what we do. So we're taking care of them. And we don't, it delays our chance do we need to do to grieve for ourselves? And then of course, if there's kids, or if there's, you know, and then you got to go back to work, because nobody gives you long bereavement. And now it's now it's a matter of, okay, I have to, I have to handle everybody else. And now I'm back to life. Everybody's gone on their merry way. And now I have to deal with it. Yeah, that's



Scot McKay 18:30

really twisted, isn't it? But we as men are exactly like that. We feel like we carry the people who are there to help us mourn. Right, that becomes burdensome. Yeah, I think that's, I think that's an excellent observation and very true. So let's talk about the core topic here of today's show. Obviously, there are other ways people can find that a relationship ends other than widowhood, their breakups or divorces. Of course, I've known people, their spouse or significant other boyfriend, girlfriend, whoever just disappeared. They're on the lam or they just they left, they hid or there was no closure. And I think it's worth mentioning that when there is no closure that can be really tough psychologically and hard to figure out when to move on. I mean, I went out on a date with a woman who had to wait two years to date again, because the court had to decide that he wasn't coming back after two years, because he did exactly what I just referred to. He just disappeared. He just vaporized he left one day and never came back was never found again. And imagine that's like that lack of closure that leaving that Zeigarnik loop open is just like oh it's terrorizes your brain. Absolutely. I mean, there's even been shows you know, movies built on this premise like the the X or the last spouse or boyfriend appears out of nowhere after years and creates havoc because this person is remarried or whatever, you know, and that's it. Rudel, but I think that's a relatively small percentage of the population. Most of these guys thankfully, yeah, thankfully, my goodness. And God bless those people for whom it's the case, especially the people vaporized, probably. But I mean, as far as us as men, listening to this show, most of us have probably gone through a breakup or a divorce. And we're given all sorts of shade tree advice on when to get out there again, someone's going to say, oh, no, you need to get out there immediately. One of my quasi mentors, Homer MacDonald was famous in his career for saying, Hey, she says she wants to leave, help her pack her bags and get a new girlfriend the next day. Oh, our right. Other people, probably more

mainstream people are like, Oh, wait at least a year before you go out and date. Again, I'm like to do what feel sorry for yourself and be lonely and drown in Internet porn for 365 days. I mean, you gotta get out there and be social again. But I think the fear and you can either back me up on this or set me straight is, I mean, you shouldn't just cease being social. I mean, there's a big difference between going cold turkey without ever interacting with another female human being for at least a year or whatever timelines artificially imposed. And going out there and rebounding into another long term relationship, there's a little gray area there, don't you think,

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Richard Strother 21:17

Oh, if there's a huge gray area, I am in support of the one year and the only reason I, especially with a widowed, divorce may be a little bit different, again, because there are different options for closure or whatnot. But when there is no closure, or when it's something where you have to grieve, even if it's a divorce, if you're the one being divorced, then you have to, you know, kind of mourn the loss or again, more than that life that you had planned for or that you expected. And now it now it isn't, the one year especially when somebody dies, is you really do need time to stop and go, Okay, what is valuable in my life? What am I willing to change? What is healthy to change, because there are a lot of people, whether it's divorce, whether it's a whether you're a loss of a partner, whether it's somebody who disappeared, they, they will go, Oh, my God, I've got to change everything. And then all of a sudden, they're in an apartment that can't afford or a place they can't afford, they find themselves alone, isolated, they've made bad decisions, or bad financial decisions, or they jumped into a long term relationship with somebody who is not necessarily the person for them. Whether that's narcissistic, or whether it's, you know, there's so many options here. So I can, I'll just sum it up like that. So that I do believe in the one year, but as for when somebody is ready, I think it's important to get into the Why are you looking for a relationship and I think that's the biggest key, it's not about time, but where you are in your journey to try to go okay, I'm me, I'm okay. And I want to share a life rather than Oh, my God, I got to fill this hole.



Scot McKay 22:57

Alright, Richard, what I hear you saying is people have some housekeeping to do after a traumatic relationship event before they even think about another relationship. I suppose I'm thinking less on such a grand scale. I'm with you 100%, that you should bide your time. Yeah, take your time between long term committed relationships. But on the other hand, I think a lot of people say, don't even go out for coffee with someone because I don't trust you. Oh, no vulnerable right now. And you're gonna get into this long term relationship, and you're gonna get on the rebound. Next thing, you know, you've done it too soon. And I don't want that for you. I guess I trust people more. And I'm thinking you're probably going to agree with me on this piece. Two, please go out and socialize. I mean, go to a meetup group and talk to female human beings. Get out there and realize you're still attractive. Let someone flirt with you at the grocery store. Don't completely divorce yourself from being social simply because you just got divorced from a woman. That's 100%

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Richard Strother 23:52

Yeah. 100% social, and especially when you lose somebody. Staying social is probably the biggest key is probably one of the more important things and if you know somebody who's lost,

whether it's a divorce, whether it's an actual, you know, a death or what have you, Please do your part. Get them out.



Scot McKay 24:12

Yeah, without an agenda. Right? Like, Hey, I just want to get you out of the house. One of the things that we talked about on a recent show and I thought it was really profound was men don't check up on each other. Talk about the I'm fine. How are you culture? Guys are just like yeah, yeah, I'm doing well and we don't ever drill down and say hey, you know what I sent you might be hurtin let's talk about this. Let me buy you a beer. And when a guy's been broken up with or a guy's just gone through a divorce, or God forbid, widowed, you know, even full grown men who call themselves masculine and call themselves leaders and call themselves virtuous men. Sometimes those guys will just abandon their buddies out of awkwardness. That's the time we need to check in. On our friends, even our acquaintances and make friends out of them at that time and say, hey, you know what, I just want to get you out of house. Let's go play golf. Let's go have a beer. Let's go do something social because I sent you might need it and let the guy tell you no, but yes, the time he's gonna say well yeah, man, that'd be pretty cool. Let's do that it's like, Alright, let's do that. That's how men should be in community with each other at times like this, I know that if you go out and you meet women enjoy it, there's no pressure, there's no rush, you don't even have to go out on a date with a woman you just met and flirted with, if you don't feel like for whatever reason, it's time to ask women out and actually go on real dates within Don't pressure yourself. I mean, frankly, Richard, guys were single and haven't been in a relationship for quite some time and aren't in any grieving process, in particular, still talk themselves out of that, for whatever reason, you know, too much pressure, right?



Richard Strother 25:51

Yeah, you're so right there,



Scot McKay 25:53

riff on all that man have added.



Richard Strother 25:56

Social is hugely important. Yes. I agree. We need to have a much better culture for men. And the other thing is, I think that men would be better if we kind of went with a little more radical candor or a little more radical honesty, and that, you know, how are you doing? Not so good? What's going on? And say it like it is? There's no shame in that. There's nothing wrong with that, you know, it's okay to not be okay. And we're kind of trained out of that for when we're young. So, yeah. And I really love the idea of Yes, be there for be there for your friends, be there for your colleagues be there for you know, I'm fully supportive of that. And yes, if you want to go out with the cashier, who you flirted with, or the, you know, somebody, it's okay to

be friends. And especially as we are more mature, we're not looking for the puppy dog love fling thing wrong. It's nice. But we're looking for a more substantial long term relationship. And that starts usually with a good friendship, where there's trust built,



Scot McKay 26:57

you know, you mentioned the puppy dog fling, is let's turn the tables on this. Okay. I think another aspect of this conversation that deserves some discussion is, what if we fall into depression after the loss of a relationship, even the loss of life of a significant other, and just go on a downward spiral of self destruction? I mean, that's been known to happen drank too much. I'm not married anymore. I'm free. So you know what, I'm just gonna go out and be a man whore and screw everything that has a skirt on. And all of those potentially unhealthy actions can really prohibit a guy from growing and moving on. And I mean, it's not gender specific, of course. But of course, this audience is all men. How do we know when we're being self destructive, as opposed to getting out there and breathing a little? What's the boundary?



Richard Strother 27:48

For me, it's a big thing has to do with purpose and identity, right? And that's the, if you're being self destructive, it's most of us know, when we're being self destructive. We have that inkling. And sometimes it feels good. It feels good to do something stupid every once in a while, let's be fair. But when you look at this and go, Is this who why is this really who I am, or who I want to be? Because that's a big part of it, you write a lot, there's a lot of men who get into depression, because they've been caring for their partner for a long time, or their relationship was really kind of the anchor of their life. That was the pillar on which they leaned, and now it's gone. So where's your identity? Who are you? And I find that most people fall into depression, or don't take care of themselves? I mean, that ultimately comes down to am I respecting myself and my identity? And not necessarily you may not know who you are yet, or you may have lost who you are in a long term relationship, or part of it anyway, we did mention that earlier. But that is really a big part of it is are you being true to who you are and or who you want to be? And is this is this going to benefit you kind of getting to where you want to be, but you have to know you have to know your purpose, you have to know or at least have an inkling as to where you want to go to Mahatma Gandhi speed doesn't matter if you're going in the wrong direction. I say that a lot.



Scot McKay 29:12

That's very true. You know, you bring up a great point in that. We as guys love our setup, darling. We get everything exactly the way we want it. And we feel like we've gained mastery over our lives because everything's in position. And we tend to let it stay that way, sometimes at the expense of becoming stagnant rather than growing. And I exactly imagine there's a very real danger after the disruption associated with widowhood where you're saying to yourself, but I want to, I want to cling to as much of my son up as I can. I want to live in the same house and drive the same car and do the same job and have the living room arranged the same way and watch the same TV shows. But she just can't it's too pro bound have a disruption. And maybe the first step for a lot of us is guys is to embrace the disruption and do what I call being unsettled. I mean, again, you didn't ask for being widowed. But something indeed had to give

something had to change. And I, I love the way you talk about it because it leaves a lot of middle ground instead of gravitating towards extremes. And I think that's just fantastic. Good stuff. Thank you. You're quite welcome.

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Richard Strother 30:25

Neurologically, there's also a reason for this, by the way, I'm a neuroscience nerd. So if I can do that for just a second, our executive function where we make decisions about our future and what's good for us, and you know, these, these kind of more elaborate decisions we have to make are in the prefrontal cortex. And that actually requires calories. It's tiring, if you sit at a screen and do the same job over and over, you can go for hours and hours and it doesn't tire you up, just screen might a little bit tiny, making your eyes get tired. But when you're making decisions, when you're living with intention, when you're you have to build that stamina up, because it does take energy, it tires us out to do it. So we live by these patterns. We live by these heuristics, these things that we do, because, you know, well, we I do this because it works. We tire shoot the same way. Because why would you learn another way until you have to learn another way? Well, when we we hold on to what we know because it's easy. And it allows us to take that kind of to coast a little bit and give our brain a little, a little bit of rest. So you're right, we can fall into that rut. And we don't want to be cruising in that rut because we don't want to dig it any deeper. So we do have to get out we do have to socialize we do have to expand our neuroplasticity fancy terms for we got to try new stuff. We got to expand our horizons. We've got to get out there and do and your identity doesn't appear to you in a dream. This is not a prophecy. You find your identity by by finding what gives you not happiness, but fulfillment.



Scot McKay 31:55

Hmm, fantastic. His name is Richard strether. He is the widowers wing man and when you go to mountaintop podcast.com front slash Strother, S T R O t h e r like other with a straw in front of it. You'll find his website, the widowers wing member, he's got lots of resources for you. And if you want to sign up to talk to Richard, he's there for you, too. Richard Struthers thank you so much for a very necessary an interesting conversation on a topic that a lot of us don't even like dealing with, let alone talking about. So thank you for the work you do. Thank you for your courage and men. I can only wish you the best. Thank you. Thank you, Scott. Yeah, and gentlemen, if you haven't visited mountain top podcast.com Lately, get in on the masterclasses get in on the free newsletter that you can sign up for there by entering your email address. Download your free copy of sticking point soft I don't talk about it enough. It's a free book that covers just about every sticking point A man could possibly face when dating and relating to women that's there for you free of charge when you go to The Mountain Top podcast.com Also visit our sponsors which include Jocko willings company origin in main heroes soap company, and also the key port.com. When you partake of any of the goodies from any of our main sponsors, please use the coupon code mountain 10 To get an additional 10% off and as always guys, I'm here for you. I'm exactly who you think I'm going to be. And when you sign up to talk to me for 25 minutes, we can talk about what's on your mind and perhaps even put together a plan of action where you have the right women in your life once and for all. It's all there for you and more at mountaintop podcast.com And until I talk to you again real soon. This is Scot McKay from X & Y Communications in San Antonio Texas be good out there



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