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## SPEAKERS

Scot McKay, Edroy Odem, Cyndi Olin

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Scot McKay 00:01

What first comes to mind when you hear the word seduction? It may sound complicated or practically impossible in this day and age, you may even think of seduction is something dark or even evil. Problem is nearly all men's dating advice on seduction in the past didn't exactly help matters. Well, in this month's masterclass for men, we're going to reclaim seduction and talk about how to master it as an art. Better yet, you'll emerge with everything you need to seduce women the way they love to be seduced the way they actually fantasize about being seduced. If you're listening to this episode within a few days of when it dropped, grab your ticket for this live event happening this coming Wednesday, September 27 at 8pm Eastern Daylight Time. You can do that right now by going to [mountaintop podcast.com front slash masterclass](https://mountaintoppodcast.com/masterclass). That's [mountaintop podcast.com front slash masterclass](https://mountaintoppodcast.com/masterclass). Being a master seducer is what separates the men from the boys when it comes to attracting women. Don't miss this one of a kind event, which is frankly long overdue. Seduction as an art form. This month's masterclass for men. this coming Wednesday, the 27th of September at 8pm Eastern Time, expect an original and completely different approach to seduction that will change the way you look at it forever. Reserve your ticket at [mountaintop podcast.com front slash masterclass](https://mountaintoppodcast.com/masterclass). And now my longtime friend and colleague Cindy Alene joins me. Let's talk about second dates.



Edroy Odem 01:49


From the mist-enshrouded mountain top 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 02:03

Greetings out there gentlemen, all of you all across the fruited plain. Welcome to yet another episode of the world-famous Mountain Top Podcast. I am your host Scot McKay at Scot McKay on YouTube, Twitter and just about any other social media platform out there with the exception of Instagram. And I guess now threads where I'm at real Scot McKay. So I hope you'll

check us out on there also at mountaintop podcast.com. And I also trust you're already a part of the Facebook group, The Mountain Top summit on Facebook. But if you're not definitely join on there and jump into the conversation. Gentlemen, we'd be happy to have you. Today I have a longtime friend of mine and erstwhile running mate over at Clubhouse we used to do a room there during COVID. Back when clubhouse was a thing. She and I get along on just about every aspect of dating and relationship advice. And she works mostly with women. So it's always a treat to get her on the show and have her talk to you guys. I'm talking of course about my good friend Cindy Olin from Tucson, Arizona. Cindy, welcome back to the show.

 Cyndi Olin 03:14

Thank you so much for having me, Scot. I always love our conversations. And I just know this is this is going to be no different. It's a great topic to

 Scot McKay 03:25

Yeah, well, you know, sometimes bringing the controversy brings the downloads, but you and I tend to get along on everything. So we're going to have to bring the fun and drop a lot of knowledge on these guys to make up for it. Right.

 Cyndi Olin 03:38

Exactly. Exactly. It might even shock them with a few of the the knowledge pieces that we're going to hit them with today, hopefully.

 Scot McKay 03:49

Yeah, let's not sell ourselves short either, we may devolve into a raging shouting match.


 Cyndi Olin 03:54

You never know, Scott.

 Scot McKay 03:57

It would feel a little bit fabricated between you and i. Today's topic is one that we I don't think I've ever covered here on this show. Typically on the show, what we tried to do is look for topics especially after all these episodes going on 400 of them now that find a new angle on dating advice on relationship advice, being a better man, and kind of stay away from the ones that have been really well traveled. But sometimes that means certain topics get no I don't know for lack of a better way to put it lost in the shuffle a little bit. So today we're going to kind of roll back a little bit and talk kind of on a grand scale if you want to call it that. About second dates.

Now this all started Sunday when you when you wrote a pretty good email to your audience about second dates your audience of course being almost entirely women, just for the benefit of these guys listening. What was the content of that email in particular?

 Cyndi Olin 04:58

Yeah, yeah. Thanks for asking. So it was about having a great first date and getting confused around, you know why a man doesn't follow up right away after a first date leading to a second date, when you know, you went, you felt like it went great. The night ended, you might have even talked about making plans in the future, and he doesn't follow up right away. So I talk about some of the reasons why that happens. And it's not necessarily what you think, you know, a lot of times, classic dating advice will say, oh, that didn't really go that well in his book, or he thinks you're just not that interested, or he's not ready for commitment, when that's not necessarily true. Many men that are healthy, grounded know who they are, they're focused on different things, they might take a little bit of time to connect with themselves and decide, do I really want to pursue this? They also like to build anticipation. And there's some other aspects of testing compatibility, they want to know, when you when they do reach out to you. How are you? How are you going to show up when they give you a little bit of space. So when they give a female a little bit of space, we're talking about men and women here. And they also they have fears too, right? They don't want to come on too strong. There's many reasons why it is. And they're, you know, some men are old fashion romantics. So they want to, you know, they want to create a little bit of distance and that courtship phase, which is what I was saying earlier, and build that anticipation, and really create a connection with you. And they also know that healthy connections take time to build. And we live in a world where it's so fast pace, and we're so you know, we're used to instant gratification. And this is a different take on that as well.

 Scot McKay 07:29

Yeah, you mentioned several things there, the last of which being that the guy doesn't really want to move that quickly on this. And again, Sunday, we've all been taught that if we call a woman, like very shortly after a successful date, we're going to come off as needy and clingy. She's going to put us into just the friendzone because we weren't much of a challenge. I mean, that's the classic advice there. But right at the beginning, when you rattled off some reasons there were three big ones that I think we could illuminate a little bit there. The first one is she thought the date went well. And he didn't write.

 Cyndi Olin 08:03

Right.

 Scot McKay 08:04

And so one, the one thing that comes to mind there is this happens all the time, and it's not gender specific. One of us is real gung ho, we're really attracted. We're like, wow, I hit the jackpot. The other person is thinking not so much. Let's tap the brakes there. And specifically,

when it comes to men, I think men more than women realize very much fear, hurting a woman's feelings or perhaps getting an angry response from her when we aren't pleased with her. So men will go Oh, yeah, no, yeah, no, yeah, no thing from the past 15 years that's emerged that I still don't understand. Yeah, no, people didn't go no, yeah, no, 20 years ago, that's relatively new in our culture. No, yeah. No, had a great time. I'll be calling you and crickets, you know, the guy never calls her again. That's because he didn't have a great time. Or he wasn't so interested. And sometimes, well, a lot of times, if not most of the time, women will be left scratching their heads when that happens. I thought he liked me. But then nothing happened. And that tries women nuts. You know, they're like, I kind of wish he just would have been honest with me. So I wouldn't have been hanging by the phone. The second one that you mentioned was that maybe he thought I didn't like him. Mm hmm. This happens all the time, because women in turn, and you could back me up on this or argue with me, hey, this is where we make it that juicy argument. Women are taught, Hey, you don't want to come on too strong with a guy because then you'll look like a slots, or you'll look like you're too forward or too loose a woman. And so sometimes women let that pendulum swing all the way to the other side where they don't give a guy any indicators of attraction at all. And this guy goes well, I'm not gonna call her back. I'll just look stupid because she clearly wasn't having a good time. So why should I even try? And then the third one you mentioned is because he's commitment phobic. Now see, Cindy, one day come on. Right? Why would a guy be commitment phobic? Because he doesn't want to go on a second date?

 Cyndi Olin 10:08

Well, I agree. I don't think that's true at all.

 Scot McKay 10:11

Well, what I was gonna add is maybe not so fast. Maybe that's where the four or five day buffer comes in. So she doesn't go into girlfriend mode. So quickly on him. That's been talked about before. Exactly,

 Cyndi Olin 10:22

exactly. I want to circle back to the the one that you were sharing about how he may not think that she's that into them.

 Scot McKay 10:33

Nice. Jen Psaki imitation there, yes.

 Cyndi Olin 10:37

And here's why sometimes two women are nervous, maybe they've been out of the dating scene for a while. So they might be really in their heads and acting a little stiff or not realizing they're not showing a lot of interest. You know, just like a man or a woman can easily go into

interview mode of what are you looking for? By when What's your five year plan, instead of just being relaxed and light on the date? Right? So that's a possibility, too. Those things do happen. And, you know, something for the guys to say to a woman and say, hey, you know, take that chance and even say, hey, if I were to ask you out again, would you say yes?



Scot McKay 11:28

Or maybe just suggested or suggested allude to it? Live? Yeah, yeah. A couple of things there. First of all, indeed, men are taught by most men's dating advice. Even the pickup artist stuff that women have everything figured out socially. They don't fear rejection at all. They are the choosers you're supposed to chase them. They enter every single interaction with a guy if it's about to turn romantic, or potentially, so with the most amount of confidence and even practically arrogance, they're just dying to reject you. Absolutely not true at all. So many women lack social skill, self awareness, you know, go on, you want to jump on this one, go for it.



12:13

Oh, yeah. I mean, women are nervous, they're, you know, they, you're right, they, they might lack that awareness, or they get really caught up in their head, which means they can't really see what's going on with the man in front of them. And they're, you know, even if they say they're an empath, or intuitive, they're a little...



Scot McKay 12:37

They're not.



Cyndi Olin 12:37


They're not. They're not able to even tap into that because they're way to in their head. And they can't just, you know, one of the one of the ways that I, you know, invite my clients to approach dating is light, like you're, you're meeting a new potential friend, and just letting it unfold, instead of being, you know, putting so much pressure on yourself, for it to go somewhere. It's easier just to approach it from a place of wow, what am I going to, you know, what am I going to learn from this person? How can I have a really great time and invite that from this person in front of me rather than focusing on I was just going to turn into the love of my life, people put way too much pressure on themselves to do that.



Scot McKay 13:33

I'll tell you a couple of things there. First of all, I have to say this and I don't think I've ever said this in my out loud voice before. But do women ever tend to greatly overestimate their supernatural giftedness? Oh, I'm an empath. I'm clairvoyant. I can see they can't. Just normal like you and I, they just read so many books on the subject, right. More importantly, here, this idea of being light, especially on a first date, is just a massive, massive, hugely important point.


I talk a lot Sunday to these guys about being warm and light. I call it warm levity, you know, because that would be what you call being warm and light, right? Most guys are so dead serious. My point here is they're leading with this. You know, this is the card that they're leading with. And women simply follow suit. And if they're going to be so serious and ask questions, and get deeper, even negative or dark. What do they expect they expect a woman to rescue the situation? No, he's supposed to lead yet so if you guys lead with warm levity, the day I started approaching first meetings with women with warm levity is the day I had a whole lot more women and a whole lot happier women in my life from the jump. I mean, from Jump Street. I would get on a date and God outside of my head like you've so eloquently already recommend I did. And instead of worrying about how I look and how it was going for me, because you know, I had a little run there where it went pretty well. So I stopped worrying about it maybe naturally. And I started gazing across the table at this woman who needed that assurance herself because she's human, just like me. And I started just uttering simple phrases like, hey, you know, you look even better than your pictures, or you know what, hey, we're only 510 minutes in here. And I feel like I've known you for 10 years. I already feel like I know you, this is great. Or you know what? This is already going, Well, I'm already having fun, or this is going great. Let's just relax and have fun here. I mean, I don't give the whole police order to relax, pal, you know, till one because that famously gets the opposite result, especially with women. But I think you get my drift. I think when men lead with this warm levity with this ability to relax a woman and help her feel at home, that's what the first date is, for. The first date is simply a very informal test, you know, the word test can peacefully coexist with warm levity. I'm not so sure. But it is what it is. It's a test of whether we actually like each other and get along. That's it. That's all the first date is for.

 Cyndi Olin 16:12

Right? It's so true. It's just like, let's see, what's our energies like together? Can we? You know, can we share a little laugh? Are we open to continuing to get to know one another? Great, check those boxes? Let's go. You know, it doesn't. It doesn't need to be overly complicated. And I feel like you've spoken to this men and women both easily overcomplicate this. And I love the warm levity if men approach dating with warmth, levity, and women with lightness, and a, you know, a growth mindset rather than focusing on is he going to like me? What's going to happen next, staying in the present moment? And also focusing on well, how do I want to show up? You know, I want to, I want to show up him and my joy and my lightness, or maybe I want to work on a certain area of being more open and vulnerable. Maybe that's been hard for me. So opening myself up to that thing, you're not going to worry about whether or not Oh, does he like me? Are we going to you know what's going to happen and the next three, four or five dates, you're just being present and enjoying the moment with them.

 Scot McKay 17:41


Now, you mentioned the next four or five days there, let's not get ahead of ourselves. We have a topic on the table here, which is the second date. So let's just for the sake of the topic could use your make the brave and perhaps ill advised assumption that these two soldier through their first date, they actually like each other, someone makes a bold suggestion to the other that we get together again, and that second date actually happens. First of all, what should they do on the second date? Where should they go? What kind of plans would a guy make for a second date?

 Cyndi Olin 18:15

There's so many great things to do that, again, I'm going to still focus on this lightness that are connective activities. You could do like bowling or miniature golf, or you know, dinner's always great. It's predictable, though. Right?

 Scot McKay 18:36

We're hungry, we're hungry. We're hungry. I always looked at it. I mean, if you gotta you gotta eat. I'm going to this restaurant, I should take her with me. Maybe a better way to ask this question before we even ever got into what should the Plan B is? What's the second date even for Cindy? Here we are first aid is to get to know each other. Do we even like each other? Okay, box checked. We're on the second date. Now what?

 Cyndi Olin 19:01

Yeah, the second date is going a little bit deeper. Just, it's just a next level of going a little bit deeper. What is your vision and your life? Like? Not so much, you don't have to, you know, get your spreadsheet out and outline it? Right. You know, you don't have to do that. But I should know, what are you? What do you ultimately looking for? Does that similarly match? Oh, good. Okay, great, because sometimes people don't, for example, if one person says, oh, gosh, I've got a vision in my life to, you know, get married and have children and that other person is not interested in that. Then, you know, you're also looking for you're looking for compatibility. Are we compatible? And the areas that are really important to us?

 Scot McKay 19:52

Well, that assumes both people are relationship minded. Right, right. But I mean, one of the things that I counsel guys to do is To simply find out where a woman is with her dating life. Yeah, you know, here we are on the second date. Obviously we'd like each other, although that may not be obvious, and we can talk about that in a second. But what are you looking for out of your dating life right now? So let's say this guy just wants to be casual and perhaps collect up a harem of four or five women have casual sex with sometimes. Yeah, yeah, some guys feel that way. The stereotype is all men feel that way. And the stereotype about women is they all want to find a husband and lock him down as soon as possible. But the truth of the matter is stereotypes lie. So what I tell guys to do is find out what she's looking for from her dating life right now and see if the two of you even match up. And if you don't, after she's told you what she wants, well, then you can explain what you're looking for out of your dating life right now and see if you're still interested in continuing this. I mean, there's nothing wrong with that. Matter of fact, honesty is almost always the best policy when it comes to matters like this with women, because frankly, Cindy women can handle it.

 Cyndi Olin 21:02

Absolutely. And if somebody isn't being forthcoming and honest, their actions are going to

snow



Scot McKay 21:11

and it'll lead to a lot of anger, heartbreak and bitterness. Right?



Cyndi Olin 21:15

Right. Which is part of the reason why we're here that people



Scot McKay 21:20

situations.



Cyndi Olin 21:21

Exactly. And sometimes people are, aren't even clear themselves about what they're looking for. So it's important, it's important to be really clear, like, what is your intention in your dating life if your intention is to date to become even clearer on what you want? That's great. That's a good start. Even,




Scot McKay 21:45

you know, I have to tell you, the last masterclass, I did prior to our recording of this show, at the end of August 2023, was called know your type. And the number of men who came to me wondering why they would ever need a masterclass like that. It's like, well, you know, she's sweet, and she's hot, that's good enough. That's, that's the extent of imagination that a lot of people lend to this whole topic. We go for four years, at least to prepare for our careers. We go and learn another language we get in the gym to to get in better shape. We learn musical instruments, but we just wing it when it comes to whoever's gonna come along. You know, when I stopped looking for a woman, that's when she'll find me now she'll come along, when I released when I least expect it. Those are wives tales. And yet, when men actually figure out what kind of woman they want, I mean, for starters, who are you most physically attracted to? What is your type? That was a huge part of this masterclass, right? But also, what does compatibility even mean? A lot of guys are thinking, well, she's hot, the rest will take care of itself. I mean, they got the crazy hot matrix that assumes all women are nuts to begin with. And I mean, it's just unbelievable. But we have a right to know what's not only reasonable, but what it is that we want, so that we can go looking for a woman who we're going to get along with and really like. And you would think this is the most novel concept of all time. And I will tell you, the guys who attended that masterclass, were like, wow, this was powerful. I just feel like I've been handed a toolkit that is going to help me lead a bonfire with my dating life when I was trying to rub two sticks together on my previous years. I mean, that's the kind of feedback I got, and in need, you know, knowing what you want. Women will ask this question, and guys will freeze up like Homer Simpson, DOE, you know, what are you looking for? And men are thinking and this woman's already trying to get me to say out loud, I want a wife and I want to be locked down.




That's not even perhaps what she's saying. It is true. It's more like Do you even know who you want? And when guys like, oh, what's a woman to do with that? Except not feel safe and secure? Right?

 Cyndi Olin 24:11

Yeah, that's the adverse side of it. You know, when it goes like, Oh, I'll know when I see it. Women say it too, though. They do. They do. You're right. And until they get deeper into well, wait a second. What do I value? And also, you know, along with values comes with what kind of personality type and you know, I I'm sure that masterclass was amazing. What kind of personality type do I feel best around? Do I feel safest and most secure around and what are my needs, and not to make it all about you, right? We want to know what the other person's needs. Kids are and do you know, can you provide that for them? Those are powerful questions to ask.

 Scot McKay 25:08


Well, I mean, let's go meta level on that. The woman who is right for you, if you think about it is more likely to think you're right for her. Because your values match up, you know, you look cute together all this stuff. Yet so many people, men and women, it's not gender specific, Cindy, that the person they actually want is the person most likely to elude them. Because you know, that would be too good to be true or something we need to get over ourselves.

 Cyndi Olin 25:33

Yeah. Yeah. And really, you know, when when we think we want something that's usually based on some outer fantasy version of the, you know, ideal man or woman. And it usually at the end of the day isn't what we need.

 Scot McKay 25:56

You know, I talked to high end matchmakers a lot, as I'm sure you do. Oh, yeah. I used to be used to good, right. And it's amazing how they'll ask this 100 millionaire guy what he wants from a woman. And of course, you know, if you're 100 millionaire, or God forbid, a billionaire? Well, first of all, let's talk about this for a second. If you're a billionaire, you could get on the phone and arrange a conversation with virtually any woman who's single. I don't care how famous she is, he could pick a woman off a TV show and go, Hey, virtual assistant, or personal assistant, valet, butler, whatever he's got,

 Cyndi Olin 26:34

My AI person.

 Scot McKay 26:36



Scot McKay 20:50

Right. So if billionaire boy needs a professional matchmaker, something's already awry. And this is something the high end matchmakers will readily admit, by the way, they'll say, probably, but the list comes on Facebook, I'm looking for the right woman for this guy he wants her to be he's 62. But he wants her to be six foot tall, a former supermodel, and not wanting children even though she's between 20 and 35. And to stay out of his way all the time while he goes hanging out with his buddies. And I'm thinking like, okay, sure, that's what he wants. That's what he says he wants. But as soon as he gets that woman, he's still not gonna be happy, because he's never been happy before with that, even if he could find it. And of course, this woman is the kind of person who if she was available, would be way too smart to make herself available to a guy who just wanted her for those things. You know what I mean? Right? It's a vicious cycle. So yeah, if you are willing to do the work, and it is work to figure out who it is you really want, who you're most compatible with. It shouldn't strike you as odd that someone with those values is looking for you and return to and when you meet each other. And you do what I call deserving what you want, it's likely to go well,



Cyndi Olin 27:45

it's so true. It's you know, and there's, there's so many women that I work with that once they do the inner work, and they get clear, and they start dating, and they meet that kind of man. They're like, wow, they just go you know, datings never felt so much fun.



Scot McKay 28:09

Figure easier. Yeah, we were talking about the second date, maybe not being automatically an indicator that the two of them really liked each other. We got along. Let's talk about what kind of wiggle room we have here in second date territory. When it comes to Mercy dates, or you know, I really don't have any body to go out with so I suppose a second date with this loser is better than no dates at all. or god forbid he spent \$200 on you know, photo to chow with me on the first date. So looks like, hey, he set a pattern there. So why give up the free meal ticket? There's lots of reasons a second date that probably shouldn't be happening is happening. True. How do you know the difference? You just call



Cyndi Olin 28:53

it out? You do? You already know deep down? Do you? You know he he took me to this fabulous restaurant. I can't say no. To another Oh, I



Scot McKay 29:04

think there are a lot of guys with that blind spot. I'm taking this woman out wining and dining and buying her gifts and she keeps showing up so she must be in love with me into that trap repeatedly with a total blind spot around it.



Cyndi Olin 29:16

Of course. And if they go a little bit deeper with that woman, they'll start to feel her resistance. Because unless they're they just for whatever reason are really caught up in that blind spot and then eventually the woman just she just can't go there. Why she doesn't want to sleep with him or something else.



Scot McKay 29:41

Well, yeah, the resistance comes in the attraction department, right? We're acting like we're just friends. She's putting that boundary up but she's still willing to go out on dates and have me pay for gentlemen there's your red flag,



Cyndi Olin 29:51

and there's no progression, no zero progression you can feel that or regression. Yeah, it's it almost regressive. and women can feel it too, when when a guy, you know, it goes both ways, you know, for guys going out with her multiple times, and there's been almost zero progression in the connection and getting to know one another, or closeness even, it's a sign on her side to



Scot McKay 30:24

agreed, I think a lot of times women's girlfriends or BFFs, put them up to the Mercy date. Oh, come on, you haven't been out in ages give him another chance, he couldn't have been that bad. So she shows up for the second date. And she's still kind of rolling her eyes and doesn't want to be there. And there's no more connection on the second date than there was on the first, there's your clue gentleman that either this isn't either mercy date. Or maybe she was hoping you would lead differently on the second date, and you didn't. But that's really frustrating, because you don't know if it's you, or if it's her or a combination of both. And then it gets really confusing.



Cyndi Olin 30:59

It does. And, you know, here's here's the other thing, too with that. Most of the time, what I counsel my women around, is give it three dates, unless it's an absolute hell now, you know, unless there's, you know, total, no value connection and, and you know that, but what I find more often is that women start to open up more on the second date, and she goes, Wow, this guy's really amazing. He seems to have a really great heart. He's doing you know, XYZ things. And they, you know, women fall in love with their ears. I feel like I've said this before on your show. And men tend to fall in love with their eyes. So when they when they spend more time and they get out of their own way in their own limitations that can also sabotage themselves and love, things start to open up and they take that pressure right of being so outcome driven out. I see it happen with my women all the time, and they they meet amazing men that are aligned with them and things work out what do you know very favorably,



Scot McKay 32:19


you know, you challenged me there because I've never been one to suggest to my guys that a third date is anything other than an indicator of genuine attraction. I think in by the second day, she's gonna bail on you, she's gonna bail on you. If she's there for a third date. She's got to at least be interested. But you're counseling women to give it a magic number of three dates. Unless it's a hell no. Now I'm thinking there aren't a whole lot of hell maybes after two dates anyway. So I think I'm gonna stick to my guns there. But the caveat is, if you're spending big bucks on her like a moron, okay, that's what you guys are with a lot of money throwing it around like that you are throwing good money after bad you're not going to get anything other than a dinnertime partner that way, what you're doing is you're setting a precedent where Sure, it's like feeding the neighborhood stray cat, she'll show up if you're gonna feed her for free. But you're not gonna get anything more than that. And as a matter of fact, she might not respect you as much or be as attracted to you if ironically enough, wait for it. You hadn't spent so much money and she felt like she was being bought?

 C Cyndi Olin 33:23

Yes. That's a lot of pressure. Yes.

 Scot McKay 33:27


Right. Yeah, of course. So let's say these two get past the second date. He invites her out to a third date, we can pretty much well, I'm thinking we can pretty much rest assured together that we at least like each other. Then comes the third date pressure for sex, because all dating advice says you should have sex on the third date. Well, that's a bunch of nonsense, isn't it?

 C Cyndi Olin 33:48

I agree with that now, now you you need to wait until you've gotten to know one another. And you both feel safe and comfortable. And most women, at least my women, they don't want to be they want to be exclusive in that arena with someone.

 Scot McKay 34:09

Well, some women fairly enough Some women do want to get horny on the first date. For sure, like a case by case basis. Right

 C Cyndi Olin 34:16

There's that too. Yeah.

 Scot McKay 34:18

I mean, I guess I'm just anti timeline. Like a hard timeline doesn't fit anybody's needs except on rare occasions. So when you say we gotta be exclusive by 90 days, or he doesn't love you or

anything like that. You have to call her three days after you get her number. Those timelines to me have always seemed so artificial.

 C Cyndi Olin 34:34

Right? Right. It's like it is really a case by case basis. And I do think that healthy connection takes time to grow and for both people to feel okay, I want to go to this next level physically.

 Scot McKay 34:52

And you know what kind of looking back on our conversation here, Cindy? A second date really can get complicated because it's not a Throw away like a first date, we're either gonna like each other or not, this is either gonna go well or not. And it's not like, Hey, we're off and rolling, we're on our third date. Now we must actually like each other. This really is where you're on the bubble, the second date, it could go well, or it could not go well. And I think that men and women being in relationship or potential relationship together, just keep it warm and light, and we're honest with each other, we're either going to be attracted to each other, or we're not. And if we bring our best self, and she brings her best self, the right thing is going to happen. We're either gonna get along or we don't, don't you think?

 C Cyndi Olin 35:39

I agree. And it's so easy to overcomplicate it. But yeah, go be light, have a good time, make a genuine connection. And if it's aligned, the right thing is going to play out. But you brought up something that's so important, it's being really honest about, you know, where you're at what you're seeking, and not being afraid, you know, because I feel like men and women both get fearful around this. Oh, I'm afraid to say that I'm not looking for anything serious. Because, you know, most women want that guarantee, and I want to date and you know, so you can put yourself into a big time conundrum, by not being honest.

 Scot McKay 36:30

Yeah, I agree. 100%, as I typically do with you, right. And I think the big mic drop here is guys, if you find yourself on a first date with a woman, and you don't know whether to ask her out on a second date or not, because you can't read her. Or if you're on a second date, and you think it's going well, or you're not sure, because once again, you're having a hard time reading the room. Hey, get off the fence and just suggest that the next day, if you want it to happen, because after all, what Cindy has been saying here is women don't necessarily have the wherewithal to send all the right signals and say all the right things, even though we as guys have been taught they do. That is a myth. And we as guys have to stand in the gap. Hold space in that situation and step up to the plate. How's that for a bunch of platitudes in one sentence?

 C Cyndi Olin 37:19

A lot and it was good. Mic drop Scot.



Scot McKay 37:23

I thought I threw down. Yeah, there's two more right here. Her name is Cindy Olins. She's from Tucson, Arizona. And she brands herself a dating and relationship coach with create your own luck and love, which is a brand I really love. Cindy, when these guys go over to mountaintop podcast.com front slash Cindy CYN. Di what are they going to find?



Cyndi Olin 37:46

Yeah, so I put something together for you guys, dating scripts that bring a woman closer. So if you're interested in a woman and you want some framework that'll help you down that path to open her up, then you will get it. So in the link you will find dating scripts that open her up and make her want to say yes.



Scot McKay 38:17

Wow, objective information from a woman who knows what she's doing. Well, more could you guys ask? Mountaintop podcast.com front slash Cindy Cy NDI knows her stuff. Good stuff. Great show today. Matter of fact, I love where this went. We ended up talking about first date, second dates, enter dates, all kinds of with the second date sandwich there in the middle. What's that we feel when we're on second dates.



Cyndi Olin 38:39

Right. Right. And I hope that was helpful because this this topic isn't talked about all the time. And it's so important. Like, where do you go after the second day? I even think you know, where do you go if you get intimate too soon. If you feel that way, and then it's like, what do I do next? Right. There's so much more



Scot McKay 39:01

you kidding of what do I do next? That would be the greatest topic ever for when you come back real soon. Yeah, I



Cyndi Olin 39:06

love that idea.



Scot McKay 39:07

What if we had sex too soon? I don't think we've ever talked about that. We've never talked



Cyndi Olin 39:11

about that. No, there's so many things that could be done. That could actually create a closer connection and build upon



Scot McKay 39:20

that. You bet. Let's do that next time you're on. I love ya. I love it. Okay, but for now, thank you for being on this show. We always appreciate you Cindy.



Cyndi Olin 39:30

Thank you. I love being here, Scot.



Scot McKay 39:32

Yeah, likewise. These are always fun shows. Gentlemen, mountaintop podcast.com is waiting for you visit our sponsors origin in main heroes soap.com And the key ports.com. When you visit any of our three main sponsors use the coupon code mountain 10 for an additional 10% off, you can check in on the master classes that we've done, including the one that happened in August 2023 on knowing your type among plenty As others we have covered all kinds of topics there over the last year and a half or so, surely one or more of them will appeal to you go to mountaintop podcast.com front slash masterclass for all the details on that. Get on my phone. Talk to me for 25 minutes free can be Skype or Zoom too by the way, when you click the big red button at the top of mountaintop podcast.com That first 25 minute consultation with me is free guys. It won't cost you a dime. That opportunity to get on my calendar and so much more including a host of free downloads is there for you 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



Edroy Odem 40:53

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