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## SPEAKERS

Scot McKay, Seth Nelson, Edroy Odem

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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

All right, gentlemen, welcome to yet another episode of the world-famous Mountain Top Podcast. As always, I am your host Scot McKay. You can find me on just about every social media platform at Scot McKay, Seo TMCK. Why one T and Scot, with the exception of Instagram, where am real Scot McKay at real Scot McKay, that is the website as always is mountaintop podcast.com. And gentlemen, those of you who are already in on our Facebook group, which is The Mountain Top summit know how much fun it is. This is not another one of those men's group where we agonize about everything and get unsolicited advice from people who have no idea what they're doing and who are sometimes just as angry and misguided themselves giving the advice. Now we're stepping down from that. And we're having a little bit of fun actually being a man go figure. All of that's there for you at mountaintop summit on Facebook, if you're not a member already, you should be with me today is a new friend of mine. He's a good guy, I've already been a guest on his podcast, actually with my lovely bride, Emily by my side as per usual, his podcast has the auspicious title of how to split a toaster. And it's about divorce stories. And that's kind of a creative way to talk about it. What my guest, Seth Nelson didn't hear from me is that in my divorce with my first wife, she and I actually argued over a walk that costs probably \$30 at Walmart. So I mean, that just tells you how crazy it is. It's like you really do sometimes get down to splitting a toaster. But enough about me, my guest is indeed named Seth Nelson, Esquire. I added the Esquire myself, just because I'm a Bill and Ted fan. But he is a divorce lawyer. So he's learned at Esquire title behind his name, fair and square. He is from NLG divorce and family law. And as you guys all know, we've had we've had at least two divorce lawyers on this podcast before so I figured we're going to mix things up a little. And here's exactly how we're going to do that. As it turns out, my new friend Seth Nelson is not only a divorce lawyer, he has been divorced himself. And guess what? He just recently got remarried. So the topic du jour, if you will, is dating after divorce and getting

married again along with that from a divorce lawyer himself. Seth Nelson, welcome to the program. Man. Scott's so excited to be here. This has got to be a fun conversation. We're not we're not doing it. Right.

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Seth Nelson 02:55

Absolutely. And my only two goals for this conversation is one to make sure that your listeners hopefully have some good takeaways to help them why they're out there. Back in the field dating again, and looking for positive healthy relationship which a lot of us were not in, in our first marriages for him to to not have my current wife listen to the show and decide to divorce me.



Scot McKay 03:26

Are we gonna get into some of the prurient details of what happened pre second marriage? Is that what's gonna go on here? So

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Seth Nelson 03:32

we are live? Everything's on the table. Whatever. You asked me Scot. I'm going to answer but I'm a lawyer so I can talk out of both sides of my mouth.



Scot McKay 03:39

Yeah, very good. Well, you know, perhaps unbeknownst to this audience, I'm somewhat selective in the episodes I listened to with my wife, although I tried to make it a point that I'm not going to disclose anything, especially in a way that would throw her under the bus or embarrass her in any way that I wouldn't ever say with her. You know, sitting right next to me, but man, I tell you what, she's pretty undefendable. So we've had some pretty hairy moments on these podcasts talking about sex talking about dating and old war stories. So you can feel free to let the Firefly or to hold your cards close to your chest, whichever, whichever lame cliché you want to adhere to most. I'm all in men. Yeah, it

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Seth Nelson 04:19

will flow easily. Most of what I say in front of my wife, she goes, I can't believe you said that. And I say have we just met? And I say that have we just met in all sincerity? Because we actually met when I was in the third grade and she was in the fourth.



Scot McKay 04:37


Oh my goodness. So this is a rekindling of a childhood friendship.

 Seth Nelson 04:42

Well, that's a very nice way to say it. I'd like everybody else in our school had a crush on her. She remembered who I was, but at no time. Did she have a crush on

 Scot McKay 04:51

me. Well, hey, looks like you got it in the end. That's right.

 Seth Nelson 04:55

I'm gonna get wired tastes a long time coming. Wow.

 Scot McKay 04:59

So you You heard third grade, you had a crush on her then and she only got better with time like a fine wine. I'm presuming. Absolutely. All right. So how did you to reconnect? Was it on Facebook?

 Seth Nelson 05:11

It was not. It's not a Facebook reconnection. It was 13 years ago, I was running for Tampa City Council at the time, and I was networking being out in the community as much as you can, which is what you do when you run for office. And I was at an event where we ran into each other. In literally, I was going to reintroduce myself and she goes, Seth, I know who you are. And she says, You know, I'm going through what you went through a few years ago, and my heart just sank. For her. I said, I'm so sorry, you're going through a divorce? And she goes, No, no, it's okay. It's mutual. And we started chatting. And she was there with at the time, her three year old child, her parents were there. Now remember, I grew up in the same Jewish community that she did, we went to the same Jewish grade school, we'd go to services at the same synagogue, they had the youth group that were involved in. So our families knew each other, but we didn't know each other as adults at all. But she literally handed me her phone and said, Here, take my phone, put your number in it. So maybe we can hang out. And I said, Yeah, that'd be great. And at the time, if she was on this show, she would tell you the reason she did that is she thought Seth is the only divorce person I know, in he must have friends. She had no interest in dating me at that time, wouldn't even have considered it. And we just started talking. And the next thing you realize that she's like, Oh, my God, I don't really know this guy, as an adult. And we just certainly hit it off and got to really know each other in a much more deep, intimate way in our conversations that went on for hours. Like high school kids back in the day when high school kids used to talk to each other on the phone. And way back in the day now, right? And we started dating, and we were together for 13 years, took a break in there when we kind of got out of each other's way and ultimately got married just this past July 4.

 Scot McKav 07:15



Scot McKay 07:12

So 13 years of dating 13 years of dating. Wow. So both of you were a little gun shy about pulling the trigger. proverbially speaking on that next marriage, right? No, no, she



Seth Nelson 07:27

was gun shy. 100%. She never felt like she needed to get married. There was no reason in quotes to get married,



Scot McKay 07:37

especially to a divorce lawyer. Exactly.



Seth Nelson 07:41

But we weren't going to have children together. We weren't going to mix our money or commingle our finances, she didn't need a man or anyone for that matter to support her financially. Because sometimes that's what happens in marriages, one spouse ends up supporting the other financially. I'm not making a judgment on that. The spouse that stays home could be providing for the family, raising the kids doing other things. So there was no reason to have quote, unquote, the piece of paper.



Scot McKay 08:10

Did you recognize her? As soon as you saw her? Oh, yeah. The moment of course, from sight. Yeah. Can I ask how old she was and how old you were?



Seth Nelson 08:19

Yeah, she was. She's, uh, she's born October of 69. And I was born July of 70. So we're about eight months apart. So we were 4041 Right then.



Scot McKay 08:29

So when was the last time you had seen her before? You encountered her at this meeting?



Seth Nelson 08:34

We would run into each other every few years, from about 2000 until 2010 When we started dating,



Scot McKay 08:46



Scot McKay 08:40

so this wasn't some miracle of circumstance that you recognize her. There was anything really serendipitous there. You had been running into each other socially for a while.



Seth Nelson 08:55

Yeah, but it would be every few years. So I ran into her in Gainesville, Florida when she happened to be living there, and I happened to be going to law school there. I ran into her back in Tampa, Florida after I moved back to Tampa after law school, and she moved back to Tampa after leaving Gainesville. And, you know, there'd be charity events that I would see her at, sometimes with her husband, sometimes with not, but there was never any attraction or anything like that. When she was married. We I mean, literally be like, Hey, how you doing? You meet someone at a cocktail party. You haven't seen them for a few years. You chat for 1015 minutes and you go on your way.



Scot McKay 09:30

For the record. How long were you divorced before you actually got her phone numbers started talking?



Seth Nelson 09:36

About two and a half years? Okay, so not that long? No, not long at all. So my son was five years old when we started dating, and I got divorced from my son's mother when he was only two and a half. That's rough. Yeah, it was rough.



Scot McKay 09:52

Yeah, that's about how old my little daughter was. When her mother and I were getting divorced. And you know, they know they know exactly what going on.



Seth Nelson 10:00

Oh, it was the worst. One of the worst things that ever happened as a parent is my son was three years old. And he's in the backseat of the car strapped into his little car seat. And he says to me, why do these friends when we go over there, because there was some friends in the neighborhood? Why are their parents both there? Because his parents are never at the same house at the same time. And I said, well, because they're married. And he says, Do you think you and Mom, mommy will ever get married? I said, No, we were married. But we thought it was better for you that we weren't married anymore. We live in different houses. And a crocodile tear came down his cheek, and it just broke my heart.



Scot McKay 10:45

It is the heartbreaking because then he's gonna blame himself

it is it's heartbreaking because then he's gonna blame himself.

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Seth Nelson 10:49

Yeah. And I explained to him, like mom loves him. Dad loves them. We're always a family just in a different way. And of course, that night, I talked to his mom and said, Hey, this is what happened. She her heart broke, too. But then she goes, I'm glad that happened on your watch. Cuz she didn't want to see that tear, right? It's hard enough just hearing about it.



Scot McKay 11:06

From the sound of it, you have the benefit of your ex at least being relatively sane. At least these matters.

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Seth Nelson 11:12

Yes. Yeah, that's a good thing. Yes. Not only is she relatively sane, she is amazing. She's an amazing mother and a great co parent, we know that our relationship didn't work out. But that didn't mean that we couldn't be great co parents and raise an amazing young man, which which we thankfully have been able



Scot McKay 11:29

to do. And he is indeed a young man. Now he's got to be at least 18, right?

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Seth Nelson 11:33

19 years old, we just just dropped him off at college last week.



Scot McKay 11:37

Well, that's about the best you can hope for in terms of co parenting with a divorced spouse, don't you think

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Seth Nelson 11:44

we hit it out of the park, when you have the ability to take your break down in a relationship with a person in realize that every interaction you have with them is not about you're interacting with them for your own relationship with them. It's about doing what is best for your child. And what we always have thought is what's best for our child is for the child's parents not to be in conflict. So whatever you need to do to make that happen, you got to do your best. It's

not always easy. We weren't dealing with mental health issues, I wasn't dealing with alcohol and drug addiction issues. There's a lot of reasons why relationships are not easy to co parent, I had a great co-parent, I was very fortunate.



Scot McKay 12:25

And a lot of times when it's just not going to happen the way you envision it, we as men tend to blame ourselves even though our ex wife just isn't in a position to be able to reciprocate for the aforementioned reasons, either. She's not with us mentally, or she's subject to some kind of addiction or something else that's basically ruling her life rather than her good sense.



Seth Nelson 12:48

Or she is playing the victim card, in every interaction she has with you, is going to be a negative interaction. Just when you say hello, she won't like the tone. She won't like how she said it. You didn't mean anything by other than a greeting?



Scot McKay 13:04

Well, the terrifying part there is usually when a divorce happens, it's for a good reason. Two really good well, meaning people rarely get divorced. Now, in your case, you may have been the exception. And that's all well and good. But a lot of guys, especially given how we're hit on a daily basis with the accusation that we're toxic simply by being male or being masculine. We carry a lot of guilt for those failed transactions, even as a parents trying to peacefully co parent with an ex spouse when it's really hard, who's standing in the way, and it just doesn't seem like the courts are often our friends. You know what I mean? In those I



Seth Nelson 13:45

know exactly what you mean, I deal with it every day in the court system with my clients. But what I did after divorce, and really about what we're talking about today, is I did hard work on myself in set very clear boundaries for how I was going to protect myself and ultimately my child. But this applies to whether you're dating with or without a child after divorce, on what type of behaviors I was going to find acceptable and anyone that I was going to date,



Scot McKay 14:16

good for you. In other words, you weren't a victim because of this divorce. You said how can I do better? How can I be better? How can I be more attractive? How can I not make whatever mistake happened the first time? How can I not recreate that mistake again?



Seth Nelson 14:31

100%. My goal was never to get divorced again. Which one way to do that obviously is don't

get remarried.



Scot McKay 14:38

What's the obvious way? I am the leading cause of divorce is marriage.



Seth Nelson 14:42

That's right. I am a hopeless romantic though. I think that it is the ultimate connection between people and commitment. And I think the world treats us differently when you're married. But it's just was part of my DNA. In since I knew I wanted to be married again but not divorced again, I knew that I had to really set boundaries to be with somebody that I'm going to walk this earth with to the rest of our lives. And that's not easy to do. But it served me well. It took 13 years to get married again, to my wife's credit now, if we would have gotten married when I wanted to, I don't think it would have worked. I think the 13 years and some time away and figuring out what was really important helping us communicate was vitally important. And I just have some tips for your listeners, if you want to get into some.



Scot McKay 15:36

Well, you basically dovetailed, the two questions I'm champing at the bit to ask together so beautifully that I almost am shell shocked by the beauty with which you executed that perhaps unbeknownst to you. So here is how I'm going to, I guess position you to riff away as you will. Okay, and you can have all the time you want the floor is yours. The first question is tell me how your dating life went after your divorce. Maybe perhaps along with these boundaries that you set what they were, how they defined you, how you improved and how you saw the trajectory of your dating life and the quality perhaps of the women. You were attracting, improving. And obviously, that culminated in you meeting your school age sweetheart, who was as good if not better than ever, which is definitely a win. The second question is if that first one wasn't long and convoluted enough, therefore yourself, how did you get out of the friendzone? With your current wife?



Seth Nelson 16:35

So let's do the first one on dating first. Yeah, okay. It was easy. Dating after divorce to me was easy. In the reason why it was easy, is because I was never going to enter into a relationship that I was not okay with it ending. So I'm going to say that again, I was never going to go on a date or an into a relationship that I was not okay with it ending. I was not going to be so attached to someone that I do anything to keep them.



Scot McKay 17:06

So your boundary there was you weren't going to be needy. That's right, Lee,



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Seth Nelson 17:11

well, might be my wife. I say fiance, because I've been saying that so long now. But my wife always, we joke that I'm saran wrap, because you can see right through me and I'm cleaning because I'm the guy that wants to sit on the couch next to her. She's okay watching the movie from the other side of the couch. Okay, but I wasn't going to be needy in the sense of emotionally needy, or needing to always provide or needing to always fix her problems or needing always to do the nice thing or say the right thing. I was going to be me, if me worked for her great. But I wasn't going to change the core of who I was to try to make somebody else happy. Because my job isn't to make them happy. Their job is to be responsible for their own emotional well being is my job to be a supportive partner to be who I am to be consistent, to be an even keel to if I say something, do it, you know, all those things that you can control. That was my job. Having witnessed



Scot McKay 18:12

the flotsam and jetsam of the family law system in Florida for so long did that give you have a more fine tuned approach to all this? You think your professional life?

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Seth Nelson 18:23

Oh, yeah, I see the biggest breakdown and relationships people ask me what's the breakdown is communication. It is just flat out communication. Now I'm taking aside like we talked about before mental health, addiction, all those problems. But my former spouse, never once intentionally hurt me. And I never once intentionally hurt her. My current spouse, I have been hurt by her but never intentionally, and I've hurt her but never intentionally. What I've learned in the time when I did the hard work on myself is when my current spouse says something to me, and I am hurt or behaves in such a way that I am hurt. I will just say my chest is tight. That's my code from hurt because I get really tense or, you know, that didn't feel really good to me. This is what I heard you say? And she will then say, Oh my God, that's not what I meant. I'm sorry. I didn't mean to hurt you. That is so we will have more sophisticated, emotionally mature conversations and not let it just slide by. Because when you slide by, that's one cut. And then it's death by 1000 cuts.



Scot McKay 19:31

Yeah, you can say that again. In my actual divorce decree, my wife said this was the cumulative effect of all the small things he's ever done to me. Now, the difference between my first marriage and my second marriage, other than the mental illness versus lack thereof, was connection. And you're talking about this ability to communicate. That ability to communicate arises from two people getting each other they know what's going on inside their heads, plus, there's this The essence of them not being so easily offended or so emotionally fragile. And when you have that state of affairs kind of working together, spinning on its axis correctly, then the universe tends to operate a whole lot better relative to your marriage. Right?

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Seth Nelson 20:14

1,000%. I couldn't agree with those statements more. Well, I've been doing this a while. Well, you're good at



Scot McKay 20:20

it. And you're doing what you're doing for a while, which gave you a clear advantage when you were dating.



Seth Nelson 20:25

Yeah. And this is another reason why I found it very easy on those boundaries is, you'll be on the dating apps. You go out on a date, you're sitting at the table, and they will ask me, Well, what do you do? I'm an attorney. And then they ask you what kind of an attorney and I say, I'm a divorce attorney. And I immediately say, but I really work hard to leave my clients issues, legal issues, and emotional issues and problems that they have at the office, and then live my life when I'm not in the office.



Scot McKay 21:01

You know, we've had people who were in the psychiatric field on this show. Several in particular, I remember the conversations, Dr. Mark Gholston was one of them. And I brought up with them, how does it go on dates, when the person you're sitting across the table from finds out what you do for a living, and almost all of them played a little bit of a game of keep away from what they do. Because as soon as someone who is a pedestrian relative to a psychiatric expert, the fears, they're just going to, like, Blossom forth, you know, like mold and mildew, they're going to be like, Oh, my God, this person can see right through me, they're going to psychoanalyze me, they're going to be able to manipulate and trick and, you know, do all this Freudian crazy crap with me. And really, every one of those same psychiatric experts who've been on my show psychologists, psychiatrists, therapists, said, You know, it's really just not like that. I mean, when I'm off the clock, I just want to be human. And I take everybody as they come. I mean, sure, I have some insight into personality, but it's not like I'm clairvoyant, and some kind of like, brain wizard who could pick people apart. But it's just amazing how people fear that. So massively that I almost have to kind of soft pedal it on dates. And I can only imagine the best way to hit the issue of being a divorce lawyer, when you're out on a date is with a big heavy hammer. Because the first thing I'm sure someone asks you is, well, why are you divorced? And dating again, if you're this expert in divorce, but it's not necessarily that you're that is it?



Seth Nelson 22:36

No, in fact, that isn't in that was very well put into thought that that's what I thought they would say, as well. If you're a divorce attorney, you must have seen it all. Why are you back out here, right? Yes. Instead, they immediately tell me about their divorce. They immediately remember I start by I really work hard to leave work at work and be home at home, which is my DJ can't help. It says, my big, big. Like, disclaimer, don't tell me about your divorce, because then it feels like I'm working.



Scot McKay 23:08

I got another disclaimer for you. Okay. It isn't that you're a divorce lawyer necessarily. We all did that. When we were divorced dating again, the topic of one's divorce is just so Lagu bristly common. And his his you just can't stop yourself absolute



Seth Nelson 23:25

worst thing to bring up You bet it is in here's why. So they would bring it up in it. Oh, he started with Oh, my God, my ex was the worst. And I'm like, I hear that from every client. That you know, I assure you, they weren't the worst, no matter how bad they were, there's always somebody worse. There's always someone with more money. There's always someone that's taller and more attractive and more fit, right. So what they would immediately do on a first date, is invite their former spouse into our date. Why would you do that?



Scot McKay 24:00

Because they can't help it. Wow, the record by the way, I started dating thinking, oh, man, my ex. And you know the story and these guys do to about my ex, there's no need to rehash it was the absolute worst, nobody is going to have more of a nightmare story than mine. And in fact, women will probably not even believe that. Well, for lack of a better way to put it. I was the innocent one in my divorce after all right? Oh, I heard worse. I heard tons worse. One woman was dragged into the cartel by her husband doing the criminal work. And then he disappeared like soprano style and never returned again. And she wasn't even allowed to date again until the courts officially acknowledged Yeah, he's probably dead at this point. I'm like, All right. That's pretty bad story. Yeah, when that one yeah, I'll let you chalk that one up. But importantly, I also didn't give her a second date. Just in case so and so you know. comes back from the dead. That would get ugly, smart



Seth Nelson 25:02

move for me. Yeah. So that's my first rule is you don't invite your former spouse, your ex into your current relationship, because nothing good comes of that. And you



Scot McKay 25:17

know what, if you're dating someone who is your ex spouse, you're probably already on the wrong track. That's right. Yeah, that's right. If you're dating someone exactly like them. And you're almost literally inviting your ex spouse into the relationship in the form of the next woman you met. And she says things like, oh, we have so much in common and she looks like her, et cetera. Oh, man, I'll tell you what, I met a woman online, this is a true story. And I like Latinos. And I like a certain facial structure, I have a type, you know, and I met this woman, and she looked, you know, beyond her pictures, she looked a little different than her pictures, she looked so much like a dead ringer for my ex wife that I couldn't even. That's and the poor

woman. I mean, it wasn't her fault at all. But I mean, she could have been almost her doppelganger. And I was just thinking, like, you know, this, this just can't. And so I told her, you know, the typical things I would tell her at the end of a date, and she wondered what happened. And I sort of couldn't tell her. I mean, it's just amazing. You, you not only look for someone who resembles your ex wife, you look for someone who's going to feed you the same crap sandwich over and over. And we somehow defaults to what we're comfortable with, even though it ruined our last marriage. And I have to applaud the fact that you said, like I did, you know, I'm not gonna be a victim anymore. I don't want to get divorced anymore. I absolutely cannot do what happened last time over again, history cannot repeat itself here. So I love what you're talking about, give us some of the practical ways you turn that ship around during your dating process, you know, prior to you meeting, the woman you're married to now,

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Seth Nelson 26:58

I would focus on the future, not the past, when you're dating someone, it is all about what kind of time you're going to spend together in the moment. And do you see yourself being with this person in the future, it has nothing to do with the past people you dated. Now, to your point, you don't want to date the same women over and over and over again, that don't work out, then you need to reevaluate what you're doing in selecting someone to go out with and how the boundaries and what you're going to accept and not accepting a partner. But my point is, that stuff that you are doing, it has nothing to do with the person you're dating. So when I would be on a first date, I would talk about or ask the open ended questions like, you know, Is there someplace in the world that you've always wanted to travel to that you've never been? Why now you're talking about the future. And some people that I would date would then choose couldn't resist, and I would only have one date with them. And I would like be saying check, please, as soon as I could, when they would say I always have wanted to go to Paris, because my husband never let me like, now you're looking backwards. Right? I'm trying to see what you want to do in your life. What are your hopes, your dreams, your goals? And you once again, are bringing back the past?



Scot McKay 28:17

Were you really that draconian about it? As soon as you brought up the accepted Check, please?

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Seth Nelson 28:21

Pretty much Wow, pretty much it was a hard stop for me. And the reason for that, it's, it's okay to say that you have a former spouse, but to go on or to blame them or to be the victim, I'm not interested in it. I work really hard at work, but I leave it at the office, I don't bring that that home with me. And you're just carrying around that baggage. So if they would say something like, you know, I've just always really wanted to go to Paris and never had the opportunity. That's different, right? That could mean my work my finances, I was in a bad relationship. I didn't have the opportunity. We have the kids, whatever the case may be. But if they were pointing blame to somebody else, I'm not interested in the blame game.





Scot McKay 29:05

And then we as dumbasses sit across the table and go, Yeah, well, I've been there half a dozen times. You're not missing much. And then that's when she goes check. Please,



Seth Nelson 29:12

exactly. Give it to him.



Scot McKay 29:15

I figured we needed a little levity there. And I've actually overheard couples talk like that. rolling her eyes. Yeah. Because he's just trying to brag. And it's not helping. Yeah,



Seth Nelson 29:26

that's right. Look at all the stuff I've done. It's really not that good. Right? Nobody cares.



Scot McKay 29:30

I've noticed nobody cares about anything you've ever done. Unless, and or insofar as it serves their needs. It helps them in the moment. Yeah, it's amazing. Yeah.



Seth Nelson 29:42

I think I'm saying the same thing you're saying in a different way when I tell you. So you and I are friends. Scot. We just met up on my podcast. I'm on yours. I had a great conversation with your and your wife. But let's be honest here. If you really think about how often I Seth Nelson and have thought about your and your wife since our last conversation, it hasn't been that much.



Scot McKay 30:05

Am I supposed to be offended because I have to kind of admit the same back at you.



Seth Nelson 30:10

That's right, in that the point is we shouldn't be offended by that. We people don't sit around thinking about other people in their lives all day long. They think about their own lives, we are by nature, self centered people.



Scot McKay 30:24



Scot McKay 30:11

You know, if you let yourself really feel into that, it's incredibly freeing, it lifts so much pressure off your shoulders, like people who are so scared to do public speaking, if they only knew how little the audience was actually engaged and criticizing them, and perhaps tearing them down or mentally undressing them while they're on stage, it would be so much easier for everybody to do that.



Seth Nelson 30:51

Okay, we did not set this up. We did not set this up. But that leads into my exact point about dating. I did not care what the other person thought of me,



Scot McKay 31:02

because you have other options. Next Bus is my friend Susan winter would say,



Seth Nelson 31:08

That's right, you have other options. But I don't put my self worth in what other people think about me.



Scot McKay 31:14

Plus, she's wrong for you. Anyway, if it's going like that. That's right.



Seth Nelson 31:17

100%. So if you don't like me, for whatever reason, and this is a true story that I am telling you, I was dating a woman, we went out four or five times, we were not exclusive. I would want at the time I wanted to pursue this relationship more get to know her better. And you know, I was thinking about maybe we should just only date each other and not others, and we go out to eat. And she's doing a really bad job of breaking up with me.



Scot McKay 31:48

Did you make it easier on her? No, I



Seth Nelson 31:51

don't think I did. But I tried to. And here's what I said. I said, I'm going to just repeat back what I think you're saying. So to make sure I'm communicating with you. I think you're breaking up with me, even though we're not an exclusive relationship, but you're saying you don't want to date me anymore. Yeah, that's right. I you know, it's really me, not you. And I start laughing.

And she says, What are you laughing about? And I said, let me make this easy on you. This is no big deal. She goes, What do you mean? I said, the last time I broke up with someone, I was worried about seeing my kid I was worried about keeping the kids in the house because they were in a good school district. I was worried about how we were going to make the finances work, how we were going to make transportation work, how we were going to do x y&z this breakup is no big deal. I like you, I would like to continue to see you and get to know you more, and see if this relationship goes somewhere. But if that's not what you want, I will be upset for 24 to 48 hours, and in six months from now, I will not remember your name.



Scot McKay 32:54

It's about as pragmatic as it gets



Seth Nelson 32:56

in, she was then offended. You're not gonna remember my name. And I said, What does it matter? You never want to see me again in your life. I don't understand why you are now offended.



Scot McKay 33:10

Why I'm laughing Do tell to tell you. Because you think like a lawyer, bro. You sound like a lawyer. You think you're keeping this at work, but you're bringing it? I mean, it's just who you are. That's why you're a good lawyer, because that's who you are. It's a horse, surely. Yeah. But I mean, it's a cart and a horse. Really? I mean, you're a good lawyer, because it's not like you're bringing your baggage from work with you. It's just that's who you are. And it's the way it's got to be. And it's cut and dried. And that's the language you speak. And yeah, isn't it crazy how this woman she's such a drama queen that she almost needed you to give her this big, awesome production of Oh, no, don't leave me please, just to help assuage her ego or something, which is something we as men are usually accused of, but name a, oh, boy, women can be affected by that bug as well. It's incredibly common. They need attention. They need to be validated. They're invalidating you. It's crazy.



Seth Nelson 34:06

It is bizarre. I will never forget the date. And to this day, I cannot tell you what she looked like and I do not remember her name. But to your point that I do bring my work home with me. Well, I'm gonna set it a little No,



Scot McKay 34:21

I caught myself a little bit. I put a safety net under there for Scot



Seth Nelson 34:24



Seth Nelson 34:24

I hear you but you're gonna appreciate this. I was in let's call it a disagreement with my spouse, my current spouse and she says, You know, when we get an argument, I feel like you're deposing me.



Scot McKay 34:36

I was gonna, I was gonna say if I were her, I would go sue me. That's



Seth Nelson 34:39

right. Exactly. And I told her. Well, I wouldn't have to depose you if you just answer the question.



Scot McKay 34:46

Well, I mean, military officers, you know, come home and order their kids around. Women who are kindergarten teachers come home and woman splaying their husband through basic tasks. I mean, it's like we can't help it. It's like we're, you know, I passed the Enneagram test and landed in the profession we're supposed to be in. I mean, what are you gonna do hold that against us?



Seth Nelson 35:05

No, I will share this with you. My first Bell's is a brilliant attorney. She was top of her law school class. My second spouse got her LLM in tax which in the legal world, you get your Juris Doctor first, and then you get your Masters. So when people are there, LLM, they know what they're doing. And she got it at NYU, the top LLM tax school in the nation. So these are very smart women, and the fact that they think I can outdo them in a debate. I would have to disagree with that one. But that brings up a point about dating. And when you talk about your former spouse, first off, I would recommend everyone refer to their former spouse as their former spouse and not ex wife.



Scot McKay 35:54

Well, don't call her your wife either, especially if you're newly divorced. But that one slip a few times. It has it wasn't pretty.



Seth Nelson 36:00

Yeah, correct. But x in my mind has a derogatory connotation. And if you say former spouse, it's just more respectful.





Scot McKay 36:08

On a related note, what is the richest man in the world thinking by renaming Twitter x? For that exact same reason?



Seth Nelson 36:17

Listen, we have I think the X is amazing. It we have a little coaster at home that says, Dear algebra, stop looking for x. She's not coming back.



Scot McKay 36:30

Beautiful. And stop asking why to exactly. Yeah, so what I did there,



Seth Nelson 36:36

I got you x&y. I was with you. It was settlement. I liked it.



Scot McKay 36:39

And it's good plug for my company, which as I speak, completely, hypocritically now is X & Y Communications, but that's chromosomal that's not canceling things.



Seth Nelson 36:51

I love it. I love it. That's my excuse. And I'm sticking it in like double down on it. It works.



Scot McKay 36:55

Alright, so how did you get out of that just be friendzone with the chick, tell us man.



Seth Nelson 36:59

We started talking. We started talking on the phone. And it was like a Thursday night that we ran into each other. And, you know, remember, she was still going through a divorce. Now it was basically all done. They were just waiting for the paperwork to be finished. And they were getting along and everything was good with the kids. But like I said, we were talking on the phone like teenagers used to do. And we were going to have lunch together. And I said to her, you know, I got this question to ask you. And it's just going to be open, honest and vulnerable. Is Monday a date? And I said but before she can answer it, but it's okay. If it's not, because if you're not ready, you know, I'm trying to be very gentlemanly and, and respectful of where she is in this divorce process. And emotionally Is she ready to date? And she goes, Well, that's how every girl wants to be asked out. It's okay, if it's not. And I just start laughing. And it turns out

that it was a date. But the reason we had to ultimately define it is because we've just known each other forever. And we're obviously going to just get together as friends. And that was the intent. But if she was on this show, she would tell you, Scott, you're not telling the full story. So here's the full story. When we first ran into each other on that Thursday night, I said, Well, if you ever want to get together, have coffee or grab a drink, let me know. And she goes, Yeah, that'd be great. How about next Thursday, in Scot I said, I got plans. And she goes, Okay, how about Thursday after that? And I'm like, Oh, I think I got something that night. And she goes, Okay, how about the next Thursday? And I'm like, I might have something that too. And she thought this guy has no interest in even hanging out his friends. Like she wasn't even thinking about dating me.



Scot McKay 38:41

Well, that would be the message you sent there pretty clearly pretty clearly.



Seth Nelson 38:45

So we start talking on the phone. And then I say to her after the Monday date, hey, do you want to get together on Thursday night. What I didn't know at the time is that she lived on the north end of town. Her son had acting lessons in a performance on the south end of town. So she would have to drive from there. And she would have like two to three hours to kill every Thursday night because it didn't make sense to drive all the way back north just to come south so she would have some time to kill, which she didn't know about me is I never had my child on Thursday night. He was always with his mom, Scott. I had dates lined up on Thursday night weeks in advance. I literally had three separate dates on three separate Thursdays with three separate women all the way out. And so when I said, Hey, you want to get together on Thursday night? She goes, Oh, I thought your plans I'm like, oh, yeah, those do not cancel those. And then the next Thursday, you won't get to go on Thursday. I thought you had plans. No, no, those canceled? And literally she goes what was the deal with Thursday and then I told her so I got some credit for canceling all these dates before we ever even had our first date.



Scot McKay 39:53

Now that's adduction at its finest. I have to tell you.



Seth Nelson 39:56

Well, I'll know that it's fine is but it worked.



Scot McKay 40:00

You know, I'm reminded of when I met Emily, she and I were both going on lots of dates like that. And once I met her, and went out with her a few times, I suddenly just didn't have the need for any of those other women to go out with anymore. I guess that's what you're basically saying is you did a little reprioritization in your life

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Seth Nelson 40:24

real quick. Yeah, because remember, I had a crush on her, not the entire time, but certainly from grade school. But really, when we started talking as adults, I was like, there's some real substance here. And let's just inject money for a moment. Because money is power. There is issues with money in all relationships. And people have the hardest time talking about money, even with their spouse talking about sex, even with their spouse in we had a money conversation very early on in our relationship, because I was newly divorced, I took on all the debt that I could possibly take from the marriage to leave my former spouse in the house with the kids because they need to stay in that good school district, which meant I didn't have any money. I had just recently started my own law practice. So everything was going back into the practice, and everything was going to support my son, and to do everything I could for him. I did not have money for fancy dinners, to go on trips to do any of that. And I made that very clear very early on. And I did that with other women before my current spouse. And they were gone. Because I got the feeling like, Oh, they're looking for me to pay for everything. They didn't want to partnership. They wanted someone to pay, like I was looking for an equal partner, right? And we were dating and she goes, Well, I have a question for you. I said, Sure. What's your question? She goes, Do you have any objection? If we go out to a nice meal? And I pay? I said, No. And she kind of looked at me. And I said, what? You kind of have a confused look, she goes, No, I really appreciate that. Because why should I stay home and be with you, even though I want to be with you. But I want to go out for a nice meal. Just because you can't have the ability at this time to pay for dinner, I want to go out and if you're not man enough to let a woman buy you dinner, because she wants to go out to a nice dinner with you, then I'm really not interested. So that was very open, honest and vulnerable. And here we are 13 years later, the law firms doing great sending my son off to college, we got all this stuff going on in my financial position is dramatically different than it was 13 years ago, a lot of hard work that got me here, a lot of other people have helped along the way with great team members at my firm and whatnot. But being open, honest and vulnerable, about money, and having those discussions, I think, also really took a lot of stress off of a potential stressful situation.



Scot McKay 42:59

You know, I think Seth, a lot of guys are listening to this. And it all sounds very counterintuitive to them, especially guys who maybe are recently divorced. And they feel like their former spouse, not their ex, took them to the cleaners in the family law system. And that's why they're broke is a joke. And they have this fear, perhaps driven by what they've read on the internet, and been told to expect that all women care about is whether you're going to provide for them whether you have a whole lot of money. And if you don't if you're broke as a joke, or just recently divorced and pulling it back together as you did, they're not gonna have any interest in you at all. And you're saying a lot of those women did but when you found the right woman, for him, that wasn't an issue. It was indeed that it wasn't a factor at all. A lot of guys are probably also thinking, well wait a minute, how did this guy get set up on so many dates rapid fire without having that advantage at the ready to entice women with to go on this set dates. And what I want to interject here, when you talk about intersecting money. I want to interject here that guys, if you're interesting, and you make a woman feel a certain way you make her feel safe and comfortable and you're charming, you act like a man. It's amazing how these old wives tales, especially when you hear them from bitter jaded guys like the men go in their own way who I like to harp on, you know, it's one of my soap boxes, by the way is that whole

movement. I just think it's a bunch of guys entering into a self fulfilling prophecy because they're bitching and complaining and women just find that completely unattractive. So of course women don't like them. But if you're this guy who actually likes women, as I think you are, first of all, you got a huge advantage right there because most people nowadays can't even stand the people they're trying to mate with and procreate with. It's really weird. But if you have this mindset that hey, men and women actually are designed to be in partnership together, despite the fact that My first marriage didn't work out, I still believe in that inherent fact, then women are going to perk up because they're gonna have a guy who they think is on their side who they sense is on their side, I should say, early on, and then when you treat them with respect, and you make them laugh a little bit, and you're fun and interesting, and dare I say, to kind of recall something we were talking about earlier, someone who actually cares about them, because to quote Teddy Roosevelt, nobody really cares how much you know, until they know how much you care, which kind of encapsulates everything we were talking about before on that subject. All of a sudden, they still want to meet with you, they're still attracted to you, because you're making them feel a certain way. And it's irresistible to them.

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Seth Nelson 45:41

In none of this is a fancy restaurant, like I had dates lined up, but I didn't tell you we're going to like steak houses and ordering. You know, Tom Perry on it was, hey, do you want to get together and go to a movie? Do you want to get together and have an early dinner? And then go for a walk?



Scot McKay 46:01

My wife and I met at IHOP? For breakfast? Exactly. You got it? Yeah. So

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Seth Nelson 46:06

in doing that, to basically say, this is not what I'm about at this time. That did a couple of things for me. One, it alleviated any pressure to feel like I needed to provide or do all this stuff. It also showed me that the person that I was dating, buying her things is not you know, we've all read the five languages of love. But that was never an issue for her. She knew that if I want to buy something, I'll buy something for myself.



Scot McKay 46:30

Plus, there's more to being a provider as a man than being an ATM machine. That's right, or other things you can provide. Yeah,

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Seth Nelson 46:37

that's right. So I think that was that. The other thing that I think, in the reason why I would go on dates or get dates or people would find me attractive, and whatever words you want to use is how I treated my former spouse. I didn't bash them. I was with my current spouse for about

five years. before I said anything that was even partially considered negative. And when I said it, I was dating at the time. And she goes, Oh, my God, what? And I'm like, what? And she goes, that's the first time since we've been dating that heard you say anything that can be perceived as negative about your former spouse, and it was something stupid about like driving or, you know, whatever. And I was like, Oh, my God, I'm so sorry. I said that I should have never done that. I felt horrible. But the point of that is, when you're on a date, and you start bashing your ex, I'm gonna say x now to be derogatory. That woman that you're dating is like, is this how he's going to treat me? Or maybe I was in that situation. And it's just, it's just playing out in a manner that is only bad. And it's not like I went on and on about how great my former spouse was, but I would you know, she did something great for our kid, I would mention it.



Scot McKay 47:54

It's your soft pedaling it otherwise, because you don't want to be dwelling on that anyway. Correct. Yeah, I will add a little bit of an aside to what you're saying. That's how it should be with your kids too. If she wants to badmouth me, and tell lies about me great. And you know what, I will not be walked all over like a carpet. That is different than what I'm talking about. But I'm not going to engage in bad mouthing my kids mother, and especially telling lies about her to him in a weird sorted attempt to curry favor, because I want to believe with all my heart and soul that it's going to backfire. It will I mean, it's about my character anyway. And what kind of man am I



Seth Nelson 48:40

and it will end on that foot, your kids figure it out, and you're only harming your own relationship, and they are not going to define their relationship with you. Based on what your spouse tells them. They're going to find that relationship on how you treat them, and how you treat their mother in the reverse is true. They're going to evaluate their relationship with their mother on how their mother treats them and how their mother speaks about you.



Scot McKay 49:05

Fantastic conversation. His name is Seth Nelson. He is with NLG divorce and family law in the Tampa St. Pete metro area. He is also the host of a wonderful fun podcast called how to split a toaster, as if a show about divorce can possibly be any fun. But hey, then again, we've had some fun here today, right? And when you go to mountaintop podcast.com front slash Seth, you will be magically transported to his website where you can learn more about him his practice and what he's got going on over at NLG divorce and family law. Seth Nelson, what a wonderful conversation that took some unexpected twists and turns. And I got to tell you, here's a little secret. Those kinds of shows are usually the best shows. So thank you so much for joining us today.



Seth Nelson 49:54

Thanks for having me. I appreciate you and your listeners and I think you're doing great work and helping a lot of people was just a real honor to be a small part of that.



Scot McKay 50:03

Well, thank you, man. And you know what I always love talking to family law attorneys who actually are ethical and meanwell. And I mean that from the bottom of my heart too, because man, there sure are a lot of them out there who are hard to trust. So thank you for being a beacon out there for these guys, as well. And listen, gentlemen, if you haven't been to mountaintop podcast.com Lately, there's still that open opportunity for you to get on my calendar. Talk to me for free for 25 minutes about what you've got going on. Hey, listen, maybe you're recently divorced. Maybe it's been too long since you've been divorced. And hearing Seth and I talk about all the dates we lined up prior to finding the right woman really just kind of pissed you off a little bit? Well, why don't you take that energy and turn it into empowerment? Let's talk about how we can get the right woman in your life once and for all. Listen, guys, Seth and I were where you are. It's not like we're better than you. It's not like we're somehow blessed compared to you guys. The reason why both he and I do what we do respectively in this life is because we've been there. We've seen the light at the end of the tunnel and we've walked through it and we want the same for you. So finally get on my phone. Let's talk for 25 minutes free won't cost you a dime, I'll be exactly who you expect me to be. Hey, my passport says Scot McKay on it. And that is who I am. I look forward to talking to you. I always appreciate each and every one of you guys who I talk to either on the phone or zoom and man I guarantee some result in advance simply for taking the time and I respect you guys for taking a big step forth and say hey, you know what, let's get this part of my life handled you can get on my calendar at mountaintop podcast.com While you're there also check out our sponsors as always, Jocko willings company origin and main, the key port and also hear us so when you get something from any of our fine sponsors, please use the coupon code mountain 10 To get an extra 10% off 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 52:17

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