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## SPEAKERS

Scot McKay, Edroy Odem, Josh Hatcher

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Edroy Odem 00:05

From the mist-enshrouded 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

Greetings, gentlemen, and welcome to yet another episode of the world-famous Mountain Top Podcast. My name is Scot McKay and I'm your host, you will find me at Scot McKay on X on YouTube just about everywhere except Instagram, where I'm at real Scot McKay, the website is mountaintop podcast.com. Hope you'll visit us there. And I definitely hope you'll join us in the Facebook group, which is The Mountain Top summit with me is a gentleman I'm just getting to know he's from Bradford, Pennsylvania, which you're going to need to look up on a map there in North Central Pennsylvania, which is actually beautiful country. And he is the founder of manly hood, which is a great name and a great website URL to own. And today we're going to talk about a subject that I think might feel uncomfortable at the beginning for a lot of guys, but it's something that I think is also very visceral to us and kind of archetypal. And that's how to fight like hell. How to push back against your own darkness. So without anything further, my new friend Josh Hatcher, how's it going, Josh?



Josh Hatcher 01:25

A Scot. I'm doing great. Thanks for having me on the show, man.



Scot McKay 01:27

Yeah, man. It's a pleasure. I'm enjoying getting to know you. And I definitely want to hear more first and foremost about what manlihood.com is all about. Tell us. Yeah.

 J

Josh Hatcher 01:38

So my goal at manlihood is helping men to be even better men. I kind of started saying we want to help men become better men. And I realized that the world out there as a whole is telling men that they're not good. And so I kind of rephrase that a little bit, because I do think that men are good. And I think we want to help them become even better. And I think just that subtle shift there was important for me, because men are leaders in their families in their homes and their communities, leaders of themselves. And the ones that are out there that are not good, right, the rapists and the molesters and the thieves and the thugs, those aren't men, those are boys with bad behaviors. And I think that virtue is a part of what it means to be a man. So yeah, I want to help men become even better men.



Scot McKay 02:27

You know, we've talked a lot around here about how men have been told by the media and by certain political narratives, et cetera, et cetera, that they're toxic that all masculinity is toxic. You know, there was an infamous Gillette commercial about three or four years ago, which really just confused the bejesus out of men. And kind of was the pivotal points in terms of the media generation of this particular falsehood, which is what it is, you're talking about manlihood, this is falsehood. And what happens is men are told to sit down, shut up, stay in their lanes at best act more like women. But really, we're not given anything to replace our toxic masculinity with. And another thing we talk about sometimes on this show, Josh, is the idea that if masculinity is a completely fluid concept that can be defined as you will, it really ceases to exist. Because if there's no definition to a certain concept, and it can indeed be whatever you fashion it as it is no longer a concept at all. It's a nothing burger. So I'm really glad that you're dedicated to these particular principles the way we are. And it warms my heart that you're drawing an audience of men who, you know, when they're told to do better, it's not like they needed to be told that we need to do better not because someone told us to, and we're afraid of being canceled or minimized or something, but simply because in our own character, we're trying to be better men. Right? Right.

 J

Josh Hatcher 03:53

Exactly. You know, I think that really that individuality, that's the place where it comes. It comes into play, because it doesn't, you don't do it, to get the girl, right, you don't do it to get the job, you don't do it for any reason other than it's the right thing to do. That's the nature of it being a virtue. And, and I think that's what we need to embody that personal responsibility, and make that the core of our, you know, of who we are, make it a part of our identity, because in the world right now, the I think the forces that kind of drive that narrative that men are bad, by the way. I mean, I think, you know, I know that. I don't want to get too deep in the weeds politically, but you can feel free. Yeah, there are some political forces at work, whether or not they are, you know, Democrat or Republican. I mean, I think it's Marxism and critical theory. And it's the Frankfurt School and it's all these philosophical and political mindsets that want to cause disruption. And I think that's the goal. I think that if you can make people question their identity, then they're easier to be compliant. Do you know if you can undermine the fabric of our society, Western civilization has been built on the nuclear family for generations. I mean, decades, not just generations, it's for centuries. And if you can erode that, then you can control

it and build something new. And I think that's what's happening. You can call me a crazy conspiracy theorist, if you want. I consider myself a conspiracy theory enthusiast. Which means that I, I look at what they say, right? And then I dig down into what the truth is that makes people want to believe the craziness. And so I think that yeah, I mean, I know that's kind of into the weeds of our discussion today. But, but I think that it's important to understand that toxic masculinity, the concept exists, right, you know, toxic behavior from men can exist. Men who bully each other, that's toxic, right, we shouldn't be bullying each other. You know, you shouldn't be bullying women or treating them without respect, that's toxic. That's not masculine behavior. To be a true man. And to be masculine is to have virtue and to have honor and to have dignity and to have respect. So toxic masculinity is actually a misnomer, but because they've shoved it in the faces of everybody in every newscast, and every program constantly. Nobody in the world hears the word masculinity anymore, without the word toxic in front of it. And that's a problem. Yeah, so



Scot McKay 06:20

I agree with you, 100%. And for the record, for the sake of the guys listening, you have not been a consumer of this particular podcast prior to us meeting today. Correct. I



Josh Hatcher 06:31


have listened to an episode or two, but I'm not a not an avid listener now. So okay.



Scot McKay 06:37

Not enough to realize that everything you just described is an absolute lockstep with what we talked about around here, in terms of masculinity being threatened by a socio political agenda, for the sake of weakening the nuclear family, for taking the man who provides and protects out of the center from that household. Therefore, it becomes aimless, unprotected, not provided for and in that vacuum left by the absence of a masculine presence in that family, who comes and takes over the government, someone else. So really, it is our freedom at stake, not just our masculinity for the sake of itself. When we diminish who we are as men, you know, we're diminishing the power that we have. And when we start to believe we don't matter, we don't matter to our families, we don't matter to our children and women can raise children without the help of any man. It takes a village to raise a child, et cetera, et cetera. What it does is it wears on our self esteem. And it's an insidious agenda because men do matter. Study after study, peer reviewed studies show time and again, and we just talked about this in a masterclass on what works and what doesn't, probably about a month and a half ago, where the studies show clearly, without any dispute whatsoever that men matter, children grew up, more successful, better adjusted, boys stay out of jail, when there's a man in the house, you see this in every community across all kinds of cultures, across races across even nations. You see this time and time again, that the nuclear family is the design that works if you want society to continue on an upward trajectory of growth and character building, because the future generation depends on us as dads. So you're right on target. You're absolutely right on target. And I'm so glad you mentioned everything you did. And no, it's not a conspiracy theory. As a matter of fact, I challenge you, Josh, when we have to kind of apologize for feeling that way and saying those words out loud. It just shows that, you know, we've been we've been

affected, and we're supposed to be the pundits. That's how deep this rabbit hole goes. Men are supposed to be men. Women still want a good man, don't they? And, you know, our kids, their livelihoods. Their future depends on us, doesn't it? Not on the next political candidate who wins or loses 100%

 Josh Hatcher 09:15

and not to play that victim role of oh, they're out to get men? Yeah, no, I mean, like you all you have to do is look at what's happening. I mean, for the past, you know, 30 years, you know, compare the television programs from the 50s. Right? And how men were portrayed, versus how they were portrayed from the late 70s. You know, from Archie Bunker on, you know, now the male archetype is the dope, the Homer Simpson, versus, you know, beavers dad, Ward Cleaver. We've come from that strong, hard working, loving father who was a disciplinarian, but also kind and gentle. Right? Those are good traits and a father and a man. And we went from that to seeing men who were just lazy and stupid. Good and unresectable, you know, and so we've just created this this mess culturally, because that's the goal. You know, I'm a person of faith. So I actually think that the while I say I, you know, identifying the, you know, the social political agenda, I think there may actually be even the spiritual agenda to make that happen. But regardless, I'd agree with that. Yeah, regardless of all of that, the responsibility to make a difference starts with me, I actually am the kind of guy that I look at it. And I say, if we want to make a change, we need to start now. But we're not going to see a change in our generation, it's going to be a generation or two later, when things really start to change. So we need to take the time to invest in our, our children and the young people in our communities, and model what it means to be a man so that that is there for them when they need it.

 Scot McKay 10:47

Do you think that we're going through the proverbial good times that create weak men? Or have the weak men already created bad times?

 Josh Hatcher 10:55

Oh, for sure that weak men have created bad times. And I think that cycle is kind of like, it's more like a fractal, right? Because it's constantly revolving and then spinning off of itself. You know, it's not quite as simple as just a, a one tiered cycle. I think it just keeps going. And it goes in multiple directions at multiple times. And, you know, different fragments of culture, get it right, while the other fragments of the culture get it wrong. And yeah, so but I do think overall, we're at we're starting, I think we're in those hard times, and I think it will get better. But I think we've got maybe another generation or two away from that happening.

 Scot McKay 11:33

Well, to use your own vernacular, then that's reason why we need to start fighting like hell, right? Be strong men, because there is something to fight for. And history has repeated itself over and over again, in the aforementioned cycle, right? Right of strength and weakness that we as men, if we choose to stand up and fight like hell, for masculinity, and all the trappings

that go with it, you know, the nuclear family, our children, our future, our nation, our God, then we have to kind of almost have blind faith in a way that we're going to bring about good times again. So is that kind of part of your foundational reason why you're so passionate about the message of us as men fighting like hell against the darkness?

 Josh Hatcher 12:20

So kind of okay. And I didn't mean to,

 Scot McKay 12:25

I didn't mean to presume anything upon you know what I meant it sort of as a segue, so definitely go ahead and unpack all of it for us, Josh.

 Josh Hatcher 12:33

Yeah, I do think obviously, culturally, we have to fight against the external darkness that's out there, right. But I think that, that we often get too fixated on those things, the broken things in the culture that you really like, you are not going to change Hollywood's mind. You're not going to change big tech, you're not going to change Washington, DC. And you can think that your vote, or your canceling of your Netflix subscription is going to make a difference. But it's not your your a drop in their bucket. That's all that it is. However, you know, years ago, this was about during the like the 2016 election when it was going on. And Trump was running against Hillary and the entire world was just at each other's throats. Right? You remember that time, it was just like, how could

 Scot McKay 13:19

I forget? Yeah, I would argue it's still going on. But it still is going


 Josh Hatcher 13:24

on. But it was really getting to me because I had friends who were liberal, and I had friends who were conservative. And then I had friends who were maybe they were conservative, but they didn't like Trump, or they didn't like, you know, the things that he was saying, or maybe they were liberal, but they didn't like Hillary Clinton. Either way, everybody was just at each other's throats. And it was miserable for me, because I'm kind of a peacemaker in terms of my personality. And I don't mean that in like, you know, the, the wounded way where I have to have everybody at peace. I just like to find common ground, right. Like, I like to be able to see people work together. And nobody was having any peace with each other. Sometimes

 Scot McKay 14:03

it takes masculine strength to be that Peacemaker. And we've talked about that on this very


show. So you're definitely on the right track continue. Right.

 Josh Hatcher 14:09

And you know, like, it does take masculine strength to stick them in to get a long shirt and make them sit down and work it out. You know, stick them in the get along shirt. Yeah. Have you ever seen the get a long shirt where your kids are fighting and then you get one big shirt that's bigger than both of them and you make them wear the same shirt, so they have to get along?

 Scot McKay 14:25

I'll be darned I have seen that. But it's been a while. I'm gonna steal that it's kind of fun.

 Josh Hatcher 14:31

If you don't behave yourself, I'm going to make you really get a long shirt. So

 Scot McKay 14:35

I've seen the underwear version of that for a completely different purpose.

 Josh Hatcher 14:39

Yeah, no, I don't know that. I've seen that. Maybe you should stay away from that part of the web. Well, I mean,

 Scot McKay 14:42

you know if you're consenting adults, right? Just one trip to Spencer's Gifts away for both of you. You know, I think they were called fundies Fu N D I E s man. I'm probably sounding as if I'm incriminating myself, but you know, I've probably been bought as many pairs of those as I have of the edible underwear that were made of fruit roll ups back in the day. And I didn't buy those because first of all, I didn't trust the food source. And second of all, they just sounded sticky. So you know, it's a big fat, nothing burger, you know, it's a zero for how many pairs of either I bought. But now that I've thoroughly hijacked your conversation, I invite you to continue on, you know how people were starting not to get along, maybe if they were friends back in the day, and how that's affecting us in general, because I think that's where you're going. And you were right onto something. So go ahead. Yeah,

 Josh Hatcher 15:29

well, it really bothered me, I got to the place where it was, it was causing me a little bit of ...

mental distress. You know, I mean, I was really struggling with it. And I just, I remember talking about it, and then my crazy hippie friend. from Nashville, we played in a band, I met him at this weird hippie festival thing that I happened to go to to cover for the newspaper.



Scot McKay 15:50

All of us have that guy in our life. And we all need that



Josh Hatcher 15:52

guy. Yeah. And he was just like, hey, man, just plant your garden, and take care of your kids, and help your neighbor and mow your own grass man, grow where you're planted, say, Mother Teresa. And he was just like pointing out the fact that like, Can you do anything about that? Can you change that? No. So focus on what you can change, focus on your sphere of influence, and make that better. And that really helped me. I think I remembered it all the way up until 2021, the world got even crazier. But the point, though, I guess is that all of that really is that personal place that we need to come to where we're focusing on ourselves, and the people around us, and the people in our sphere of influence. That is really where the difference is made. I mean, if every one of your listeners made it a point to go out and help their neighbor, think of how many people that would impact. That's a lot of households, that's a lot of neighborhoods that are changed. Even if it's in a small way, you know, each of us get married and have you know, three or four kids and we teach those kids the right way to go. If four kids and three of them make it, make it through and live the right direction. If you have one rebel, you have one rebel, but you do that, and then you now you've you know, because the other side that wants death and destruction, they also don't want kids. So we'll get that change and a couple generations. So well,



Scot McKay 17:21

the pressure on the masculinity and the nuclear family is also the pressure on the birth rate, for some reason does your hand in glove Yeah, we've talked about that at length continue. Yeah. But



Josh Hatcher 17:30

my point, though, when it comes to the fight like hell, because this is the thing, if you want to be the man that you need to be, it's your own darkness, it's going to hold you back your own failures, and your own flaws. And I don't care who you are, I don't care how tough you think you are. If you really sit down, that's the reason why we can't sit alone in the quiet anymore, why we have to have our phones and why we have to have, you know, the television going, why we have to listen to music. And because we don't really want to face the mess that we've made in our lives and the parts of us that are broken, the wounds that we carry from childhood and everything else. And those are the things that if we let them fester, they turn us into the thing we hate the most. And we start making decisions we don't want to make and we all all, every one of us. I don't care how great you think you are. Every one of us is capable of horrible things. And we got to get that tamed.



Scot McKay 18:28

You know, before we do this deep dive into darkness, how's that for alliteration? You brought up something, you were talking about how we've kind of abandoned individualism in general in this country, and taking responsibility for our own actions. And I'm coming to a bit of a conclusion based on how you brought this up and how you worded it and specifically the way you describe it. You know, we've kind of skirted around this issue of people not thinking for themselves becoming sheep. We've also talked about how since COVID, in particular, people have lacked self awareness. I mean, they just do more stupid things while driving. I mean, you know, people like back up into you not looking where they're going in a crowd, and it never used to be that way. And you know, since you put it in context with the media, and specifically, I would say social media. How about this, Josh? I think we've gotten so accustomed to having social media think for us and getting in our own echo chamber, and looking for and seeking the approval of other people who think like us in order to feel validated at all that and here it is. We've traded in our individual minds. For this hive mind. It's almost like we've become automated in a way. It's, I know another conspiracy is the theory-ish kind of thing to talk about. I mean, you know, you and I apparently wear the same brand of tinfoil hat. But I mean, if people who are independent, critical thinkers are coming up with these conclusions independently of each other, there might be something to it. So, step one, as we've said, here on the show is get off of your damn computer, get your nose out of your smartphone, go actually talk to some real human beings. First thing you're going to notice is, most of us aren't mad at each other. We just want to live our lives and be happy. And we said that on this show time and again, so I'm saying it, you know, to bring you in on that conversation. Because man, I totally get everything you're saying. So how does that intersect with this idea of men and their darkness? Because I'll tell you, Yes, we all have the ability to be toxic, but that's if our masculinity is misdirected or misused or misappropriated. All of us need to know how to provide protect. Some would say be a little bit dangerous if we have to be in most of us are milk toasts and wusses and mama's boys, and today's culture, and the women can't even recognize men anymore. But we've kind of always talked about around here, the idea of your dark side being not necessarily that which is evil about you. But that which is unpleasant. The things you have to do the thoughts you have to have the discomfort you have to experience as a man to do what you've got to do in this life that you just can't leave up to the women. But you're taking this a step further and saying, hey, you know what, you need to dive a little deeper there. But because there's something in you that will bite you poison you and indeed become potentially toxic. If you're weak enough to let it is that what you're getting at? And if so, describe.



Josh Hatcher 21:52

So I think there might be two kinds of darkness if you know, based off what Yeah, fair, you know, you've got you've got the darkness that you're describing. There almost sounds like strength and willingness to do something that somebody else might not be willing to do like to be, you know, a shepherd or a sheep dog that's willing to take out a threat, you know, yeah,



Scot McKay 22:12

I mean, season one episode one of Yellowstone, first five minutes of the show, he has to shoot the horse in the head and kill it because of the car accident. Right?




the horse in the head and kill it because of the car accident. Right?

 Josh Hatcher 22:20

And that seems dark. On the surface, right. But I don't know that that's dark. I think that's noble. Right. You know, I, I was at the grocery store a couple years ago, and I leave the grocery store. And there's a guy who's kind of coming out behind me with two or three kids and probably a girlfriend rather than a wife, based off the way he was behaving. You know, he wasn't making the kind of commitment. And if he was, he wasn't handling it very well. And he was just being a jerk and screaming at his kids and screaming at his wife and cussing public in public, like in the Walmart parking lot. And like, it's a lot, she was afraid. She was afraid those kids were afraid. And everybody was like, you could see it. And he just kept going. Like, it's one thing, okay, I've got to snap, get everybody's attention and tell them it's time to behave, right? Knock it off kids, right? You get firm, that's one thing. Or even sometimes your wife is out of line. And you have to say, Look, we're not gonna have this conversation right now. And you're a little bit gruff. You know what I mean? You're respectful, but maybe a little gruff, maybe even too far. This was like, I was concerned that he was about to raise his hand, right? What's the

 Scot McKay 23:31


difference between those two guys? This guy who's doing everything wrong, who you're describing anecdotally, and the guy who is firm, and the guy can be a little gruff, or even unpleasant, not even nice in quotes, right? Air quotes. What's the difference between those two guys? What is one lack that the other one has? Why is one not alright? And one is Alright, go ahead and tell me

 Josh Hatcher 23:51

first of all, it's probably self control. And it's also probably a lack of a father figure in his life teaching you how to behave.

 Scot McKay 23:57

Well. Yeah, pragmatically speaking. But what is the functional difference between those guys, the functional family situation,

 Josh Hatcher 24:02

the functional difference is that, you know, there's, there's a definite line, it's really abuse when you go too far. And he was he was being verbally abusive. And he was, you know, it had gone beyond that, hey, I'm upset, and I'm expressing emotions, and that might be a little bit on the edge of control. He was out of control. So I just walked nearby, and I stood where he could see that I was walking towards him, and I just stood there, cross my arms and stared at him. And I'm a big guy, you know, I mean, I'm, I'm six, three, and I'm a lot of pounds. And I'm

intimidating. And I have that fire in my eyes that I learned from my father. And I just stared him down. And he like in the middle of a sentence, just stop talking. Because he's a coward. Right? I had no intention of, of punching the guy in the face, but I'm willing to punch the guy in the face if he would have raised his hand to her. Let



Scot McKay 24:58

me go ahead and stop you there and give My two cents because you're bringing up such great points, and great examples. Scared men don't even know how to create safety for themselves. And if there's any drum we've beaten on this show time and time again, if there's any soap box that stands higher than the rest of them around here is the absolute necessity for men to be the providers of safety and security. For those they love. It makes women horny, it keeps them attracted. It is the secret to masculinity, your purpose as a man, as a male human being as a masculine person, is to create an environment of safety and security where everybody feels safe and provided for. Those are the guys who get women. Now, somehow this poor lady was duped to believe he was at least partially that guy, when they got together, and then his true colors came out. But I think the puzzle piece has been added to this picture here is that he's scared. Therefore he has to flex against his own wife and kids. And then when a guy who knows what he's doing, he knows his way around this concept, stares him down. He runs away.



Josh Hatcher 26:14

Well, actually, I'm afraid. I'm glad that he was afraid. I'm



Scot McKay 26:18

glad that it stopped him. Well, in this case, specifically, yes.



Josh Hatcher 26:22

I mean, he probably went home and still did more of the same because character is characterized coming out. So if he would have hurt her, physically, I would have stepped over and done what needed to be done to protect her. And those kids make sense? Because he's not doing it. Right. I would protect her from him. You know, even though I don't know her, that's the kind of person that I want to be and the kind of person I think I am is, I protect the people around me. You know, even the ones that I don't know, even strangers at Walmart. And honestly, even what have you been protected him from himself? Because, you know, if he would have raised his hand, and I would have put him down before he hurt her. Okay, that's great. But my point is like, so that that's not darkness. That's nobility to stand up to? Evil. Right? Yeah, I



Scot McKay 27:05

agree with you. I think that's all fair. The other side of this, from the perspective I was bringing, and kind of adding to what you said, is that, okay, on one hand, you have this guy who's scared, and feels like he's got to kind of bully his own wife and kids, and make them feel

scared, and feels like he's got to kind of bully his own wife and kids, and make them feel unsafe, because of fundamental lack of understanding of how this works. But remember, we were also talking about this guy, who can keep control of his family, tell everybody to pipe down, raise his voice when he has to even mete out punishment when he has to. But the crazy thing about that is when it's done in the best interest of those you love, and done by a man who clearly understands the concept of masculinity and provision and protection. And he's doing it for the right reasons. That too, is exactly the sort of thing that makes a woman feel attracted and feel horny. Because he, he's capable, he's capable of having a plan, he's capable of restoring order when it's not there, he brings order out of chaos in general. So because he doesn't let the family get out of hand, he's even more of a provider and a protector. There's not this selfish, fear based motive for his childish, anti masculine anger and bullying. Instead, when he raises his voice, it's because there's a purpose. And that's to keep order and to show his family that he loves them and cares about them. And a lot of guys, they really have a hard time seeing that line between those two persona, don't they?

 Josh Hatcher 28:36

Yeah, and I think, I think that's just because most of the time, nobody's ever showed it to them. I think that agree, while I do tend to look back romantically at the good old days, right. I also know that in the good old days, men also were not able to really talk about how they felt, or what was going on on the inside. You know, Ward Cleaver, was probably a world war two vet who probably saw some crap. You know. I can imagine that when nobody was looking Ward had a hard time and had a struggle. And maybe he had to have a shot of whiskey at the end of the night to settle himself down. Right. And so I guess my point, though, is that no matter who you are, and where you're at, and no matter what's going on, there's going to be stuff that we've got to sort out if we want to be who we need to be. And so the guy who is doing his best to keep his family in line and to restore order, if he is not right on the inside, if his wounds haven't been healed. If he hasn't worked through the nonsense, if he hasn't worked through the toxic thoughts in his own mind. Then he gets out of control. He reacts in fear, right? He reacts in anger he reacts in, he's reactive just in general, rather than proactive and rather than being protective of his fate, Really, rather than loving his family, he's being disrespectful to his family. And he doesn't realize that it's coming from that place of brokenness. And that's the thing, man, I, I think everybody, to some degree is broken. And I think that the hardest thing for us to admit is that we are often powerless to fix it ourselves. And that we need some, some help or that professional help, whether that's a buddy to talk it through, or whether that's even just some quiet time to work through it. You know?

 Scot McKay 30:29

So Josh, how do we fight through this fear, take a stand, reach into ourselves, you know, gain visibility into ourselves as men, and figure out what is dark about ourselves, confront it, and make the change? What's your process for that

 Josh Hatcher 30:46

Scot? In my own life, I'm still working on it. And I think most of us are, or we were trying to, if we're willing to admit it, you know, I had this conversation with my wife recently, where she was telling me she wanted to be more intimate with me. And, you know, when I hear the word

intimacy, I'm thinking getting it on. And I think that's like part of it. But you know, she was basically telling me, she wanted to see my heart, right? Well, when I finally opened up and told her what I was feeling, she didn't want anything to do with me that day, she was scared. And I think that's a very common occurrence, where it's almost a paradox in a relationship where, if you want to be close with her, she does need to see and know how you feel. But if how you feel is a mess, what you really need to do is you need to recognize that she can probably help you with some of that. But she can't help you with all of that. It's back to that idea of personal responsibility. You know, I find myself all the time, not being honest and lying to myself, you talked about that? How do we confront it? It starts with being honest with yourself and telling yourself the truth. You know, if you're sitting there watching Pornhub, at night, and you're telling yourself that there's nothing wrong with it, no, there there really is, you know, you're contributing to human trafficking, you're contributing to hurting women who may or may not want to oftentimes don't want to be a part of what's happening there. And you are contributing to the harm in society by doing that. You need to be real with yourself. And you need to say, this is wrong, and I shouldn't be doing it. If you're treating, you know, my problem, man is food. Like I find myself feeling feelings that I don't want to feel. And then I'll go shove a candy bar in it to make it feel better. And it feels better for an hour or two. But then everything else hurts when the inflammation from all the sugar kicks in, right? Like, I've got to get down to the root and the core of it. Scot one and five boys are sexually abused by the time they're 18 years old. But those boys, yes, those are the ones that talk about it. enough that it can be counted. So that means one out of every five of your listeners has has that in their past, along



Scot McKay 33:06

with their host,



Josh Hatcher 33:08

and which I've documented on this show. Hey, me, too, man. And



Scot McKay 33:12

where's the meat to movement for us as guys? We were told to sit down and shut up when we joined in remember? Yeah, this was for women. Yeah. Yeah. Kind of harks back to the whole problem with masculinity being toxic, and not to go down a different rabbit hole. But you mentioned pedophilia. It's amazing how little attention the whole Epstein case. And now the release of the list has gotten. Because on one hand, they want us to stop being masculine. But on the other hand, that's allowed, you know, so when indeed, you start buying into this hive mind out there, as you lose yourself, your own ability to think critically, you find yourself buying into things that you never would have bought into back when you were thinking for yourself. Yeah,



Josh Hatcher 33:59

yeah, for sure. For sure, man. And I guess that confronting your own darkness comes down to this, it comes down to saying, you know, I just interviewed two guys who are personal friends of mine. Usually, I'll interview guests that are, you know, best selling authors. And these are just

time. Usually, I'll interview guests that are, you know, best selling authors. And these are just two dudes I know from church. And I'm like, I want to talk to you guys about your story. We talked about their recovery. These guys were hardcore addicts, hardcore addicts have, you know, they were using heroin and and, you know, one of them had been Narcan several times. And now they're on the other side of that, you know, and they're talking about drug addiction recovery and alcohol recovery. And I'm like, the stuff you're talking about, man that could apply to anybody with anything? Yep. You know, those 12 Steps holy cow. They make sense. You know, in the one guy said, you know, there is a recovery program for just about any struggle, you know, so, but I guess that's my point, though, is so we talked about, you know, one in five boys are sexually abused. The number of kids that have abuse have homes or absentee parents, or all these things, guys, if we were honest with yourself, the things that you have experienced throughout your life, and we haven't even talked about things like PTSD, you know, the PTSD specifically from the military that a lot of guys go through, every one of us has got some kind of broken, traumatic experience in our life that affects and informs the decisions we make, the worldview that we have, and the way that we see things, and the way that we react to the situations that we're in, because those things start to trigger those defense mechanisms that we've built around those things. And we have to get that stuff sorted out, I say, all the time, you have to deal with your crap, or else it'll deal with you. And you can try to shove it down. And you can try to pretend like it's not there, or like, it doesn't bother you. But if it's bothering you, you need to be real. That's the first step you have to be real about it. And if you need to see a therapist, so what if you have to take some medicine for a little while to treat the symptoms, so you can get better? So what? You know, I mean, we could all talk about whether SSRIs work or not, I don't think they do. But you know, if there's something that helps you get the help, right? But you can't just change the behavior. You have to change the root of the behavior, why are you acting the way you're acting? Why are you reacting the way you're reacting, and it comes from somewhere. And we have to be willing to sit down and turn off the noise and get introspective, and look at it, and then deal with it. And then we have to fight like hell to get better.



Scot McKay 36:38

Well, we have to get back into our own minds instead of buying into that hive mind again. Yeah, that's harder than it may seem on the surface, especially nowadays, with the way we've all been trained. And the way we've all been conditioned. Yeah, the



Josh Hatcher 36:52

conditioning, and it's, the conditioning will even sometimes echo some of these things that I'm telling you, right? They'll put it out in front of you all the time and make you just kind of pacified. Like, it's okay that you're broken. Everybody's broken. Note like, everybody's broken and you have to fight like hell to get better. You have to have Yeah, you have to fight to get better. You have to want to get better. You know, like, I know, I know, a lot of your listeners are single guys, right? Who are like, I want to meet I want to find the girl I you know, I need to recover from this divorce. You know, my life is broken now. And I gotta get better. Stop filling your hole with crap. Yeah, because if you just shove crap in there, it's just gonna get infected. You've got to gotta get crappier you gotta heal, you've got to heal. You know, and I remember a young man that I knew, and he was struggling after breakup, after breakup after breakup. And he's like, I just, you know, I'm tired of everybody telling me, you know, that I just need to work on myself, because people would tell him, you know, Hey, man, don't worry about finding

a girl. Where are you on becoming the man that you want to be? And it'll come? Right? It'll come together, you'll find one, and you'll be ready for and who gets so mad when people would tell him that? Well, he packed up and he moved to Florida, and then he became the man he needed to be a great girl. And now they have five children. You know, I would call that deserving what you want around here? Yeah, yeah, yeah, you're not going to, you're not going to find it unless you level yourself up, you know, and start working on it.



Scot McKay 38:21

You know, a while back in this episode, you alluded to kind of tuning out those things we really don't have control over and focusing on those things within or within what would be often termed our circle of influence. And you know, Jocko willings company as a sponsor of this show, of course, and in his book, Extreme Ownership, one of the central themes is that there are things you can't control. And there are things you can control when you focus on what you can control. And that will give you the power to feel like you're not a victim anymore, because you know, you will see real change if you focus on what the government is doing to me what literally the entire female gender is doing to me. What you know, corporate America did to me, even what people in the past did to me who are, you know, now phantoms and ghosts or even dead and gone, what they did to me to harm me. You're allowing yourself to be a victim. Because the past, you can't change the future you have control over to some degree, unless, like you said, it's something like who's gonna be the next president? How's the economy going, etcetera, those things you have no real direct control over? Yet I think part of the hive mind, well, Jedi mind trick is to dupe us into spending more time on that thinking we can somehow figure it out. I mean, I see guys on Twitter duking it out with each other trying to get the upper hand just spewing hate. And after about 30 seconds, I realized based on the numbers, you know, the metrics of these posts, I'm the only guy paying a debt Tension, right? So I'll be darned when I have a platform like this podcast, if I'm gonna get drawn into that kind of mayhem, you know, and join the fray of two guys trying to be the king of the hill between them and each other. When no one else is even caring or paying attention. I think it's a misdirection tactic to keep us off from focusing on what's important, like for example, our wives, our kids, our futures, our relationships. And so man, I, I resonate with everything you've said, today, Josh, and I'm so glad you're the man out there giving that message to men. And man, you and I are in lockstep on all this stuff. And indeed, gentlemen, you guys listening, the women are waiting for you to become this guy, just like Josh's buddy in Florida had to become that guy. And then the woman he always wanted was there waiting. And you know, if you start looking at it from the perspective of how long did that woman have to wait for that guy to get his head out of his ass? Well, then you start really getting some real perspective on this whole issue. Josh can be found by going to [manlihood.com](http://manlihood.com) or by going to [mountaintoppodcast.com](http://mountaintoppodcast.com) front slash Hatcher, ha Te ch er. And Josh, when they get to that website, what are they gonna find, man? Yeah,



Josh Hatcher 41:17

you're gonna find a link to our private Facebook group for men where, you know, a lot of guys have have monetized their communities. And maybe I'd like to do that someday. But it's more about helping. Right now, I want to I want to help guys. And so you know, we build each other

up there. You're also going to find our podcast episodes, which you can listen to on any podcast platform or on YouTube. And we try to put out two episodes a week and yeah, just trying to make a difference, man, that's what we're trying to do.



Scot McKay 41:44

Fantastic. Once again, that's there for you. At Mountain Top podcast.com front slash Hatcher, h a t c h e r, which is Josh Hatcher surname of course. Josh, thank you for joining us today. I hope you'll come back and join us real soon because I feel like we've really only scratched the surface of a much larger conversation that needs to be had.



Josh Hatcher 42:05

Yeah, Scott, I'd be happy to be with you anytime you want me to. So I'm going to help you hopefully have you on my podcast as well. It'd be a great conversation. So look, yeah, man,



Scot McKay 42:13

I'd be honored. Let's do that thing. Yeah, for sure. And I'll tell these guys when that happens as well. Awesome. So gentlemen, if you have not been to mountaintop podcast.com Get in on the latest masterclasses. See, here's what I do. Every month I do a deep dive into a very specific area of being a better man and being better with women and do a whole masterclass on it. And it's a live event. You guys can interact. You guys can ask the questions. If there's anything you feel like I have left out, you bring it up and it gets covered. We hash out everything like a group of men should no fluff to straight to the point every month we do a different one. You can check out mountain top podcast dot conference slash masterclass and get you some get all caught up. And also if you go to mountaintop podcast.com Be sure to visit our sponsors like the aforementioned origin and main also heroes soap company, and the key port and when you get anything from any of our three find sponsors, please use the coupon code mountain 10 to score yourself an extra 10% off at checkout and guys, as always, I'm here for you also if you want to talk about how to be a better man how to get a better woman in your life, get on my calendar at mountaintop podcast.com as well. 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 43:45

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