

mtp401

Wed, Mar 27, 2024 3:11PM 29:37

SUMMARY KEYWORDS

people, talk, relationship, person, find, life, sex, day, couples, emily, good, values, dating, arguing, love, match, scot, marriage, dating advice, weaponizing

SPEAKERS

Scot McKay, Emily McKay, Edroy Odem



Edroy Odem 00:05

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



Scot McKay 00:18

Hello, this is Scot McKay.



Emily McKay 00:19

And this is Emily McKay.



Scot McKay 00:21

And we want to welcome you to another episode of The Big Show. I think Emily, people have probably heard other dating coaches and relationship experts go on and on about how you know when you found the one. In this show, we're going to talk about creative ways to know, you found the one you're ready for this,



Emily McKay 00:41

oh, I'm so excited about this topic, because it's not as simple as saying, you'll know when you know. So we're going to talk deeply about knowing why you know, this is the right person, ah, that





Scot McKay 00:52

T. And really, I don't know, kind of confrontational question why, why is this person the right one for you? Well, one of the things I've been talking about lately, is how victimhood is characterized by weaponizing. Statistics. All boy to victims love to weaponize statistics, statistics are the favored weapon of victims, indeed, because a lot of people are out there saying, why bother? Why even get married, because 60% of all marriages end in divorce, most relationships break up, most people are crazy or selfish, or they're not gonna give me what I want. And so a lot of people who get married, probably should never have even entered into any kind of relationship to begin with even dating, let alone be together. I mean, we've talked on this show before about how we know couples who don't even like each other. So even the mainstream reasons why people should ostensibly know they found the one tend to go by the wayside, too, right? We should probably get that out of the way right here at the outset. That's



Emily McKay 02:00

right. And I like to focus on the 40% that does have it right, what are they doing different, that makes things successful? We have to look at what's going right, so that we can emulate the same thing and have that same success for ourselves. We don't want to go into a relationship with the idea that this is going to crumble and fall apart. Eventually, we want to make sure we have the right tools and everything at our disposal to be able to make the right decision, pick the right person and have that happy ending.



Scot McKay 02:28

Not to be confused with a disposable relationship. That's right. Right, exactly. So you know, let's enumerate what people usually say when you look this up on Google, you'll find some relationship expert who pretty much is a freelance writer, and they'll say, oh, make sure that you have common values, make sure that they're your best friend, make sure you're actually attracted to each other. And then they'll say things like, well, chemistry doesn't matter, and all kinds of other things that are equally strange on the opposite end of the spectrum. But really all that seems very vague, doesn't it?



Emily McKay 03:07

Oh, very vague, very generic. Some people may say that none of that matters. You just simply need to have the sexual chemistry. And it will work out. Oh, my



Scot McKay 03:17


goodness, relationships that are built only on sex fall apart. And I'll tell you why. It's not because sexual attraction doesn't matter. It's just that if sexual attraction is all that matters, show me two people for whom that's the case. And I'll show you two people who were desperate to get laid until they finally found each other. And that's a disaster in the making. Well,

 Emily McKay 03:39

that's because it's not sustainable. I mean, after a while, you know, what else is there left? 10 years, 20 years, 30 years down the road, you can't have a relationship lasts that long, purely on sex. Not

 Scot McKay 03:51

that you and I don't enjoy pounding each other like rabbits. But it's not what our relationship is founded upon?

 Emily McKay 03:58

Well, the honeymoon stage is practically every day or multiple times a day. Whereas you finally get into double digits, and it starts to slow down a

 Scot McKay 04:07

little bit. You're talking about the sex? Yes. Okay. Of course. Well, yeah, I mean, my take on this is when it's built only upon sex, you're likely to drive each other nuts. Because you're going to start not getting along, you're going to realize you're not quote, unquote soulmates, or whatever the buzzword is, you don't even like each other. So the sex is going to be less gratifying because you just are really, really getting sick of each other's crap.

 Emily McKay 04:33

And it starts to get old. It's the same person over and over again, without the love, right.

 Scot McKay 04:38

And you know, another thing that people say all the time, is that you have to have a common destiny, you have to have a common direction in life. And if the two of you start being divergent, well, then you're not going to want to stay together. And God forbid someone finds a partner who they find more sexually attractive after the marriage takes place, then you're in double trouble.

 Emily McKay 04:59

Well, that's why Relationships ended up in cheating situations. Yeah, exactly.

 Scot McKay 05:03

Because if you're building on just sex, then at least theoretically, I'm not saying this is going to

be the case for everybody. But if you find a better sex, then all of a sudden your marriage will indeed be disposable, like we were joking about earlier, but this is no joke this time. Well, here's a

E

Emily McKay 05:21

great question. Okay. What if everything is fantastic, you got fireworks you got, you know, you match up as far as how you feel and think and whatnot. But the sex is, is not there?



Scot McKay 05:33

Oh, I think sex is necessary. I think you have to be sexually compatible. And here's probably the first place we could go with this particular discussion on ways to uniquely and creatively know you found the one if the sexual compatibility is kind of off the charts, compared to any other sex you've had. I think that is one arrow in your quiver. Okay, theoretically, if you will, part of the analogy where I'm still weaponizing things, okay. But if you have that arrow in your quiver, then that is special sex. And usually Emily that special sex is more than just physical, it points to more of a genuine connection between the two of you that's different than what you've had with someone else. Otherwise, that sex wouldn't have been so magical. Unless

E

Emily McKay 06:22

it's just all bliss is purely less that will be magical. Well, I



Scot McKay 06:27

mean, shouldn't we know the difference between pure lust and I feel a different kind of connection that seems above and beyond the mere physical? I

E

Emily McKay 06:37

think some people confuse those, they can feel very much the same. The emotions are high.



Scot McKay 06:43

Well, granted, but we're talking about creative ways to know you found the one. If it's pure lust, I think most mature adults would know, this doesn't necessarily mean I found the one because I'm lusting after them so hard, right? Well,

E

Emily McKay 06:56

I think you will know the difference. Because if you're lusting for each other, and nothing else is matching up, then you know, that's last. Otherwise, if you're matching up in every way

possible, well, it's because you match up so well, that the connection is so strong,



Scot McKay 07:11

you know, what you're reminding me of is how when people connect, and they really want this relationship to work, then every little coincidence about anything in life is a godsend. Oh, my goodness, you liked the same dessert? I do you like the same band? I do. You and I have the same favorite movie that stars Brad Pitt.



Emily McKay 07:30

We were both born in the same month. Yeah, I mean, really,



Scot McKay 07:33

we have the same hobby. And all the people who believe in astrology may cringe at that. That's true. But whatever, you're going to find unbelievable serendipity and just about everything that just points to God Himself, drawing the two of you together. Meanwhile, you can have all those things in common with someone you're not even attracted to in the least. And just call it coincidence, write it off and ever think about it twice. But when it's someone you really want the relationship to work with. All of those little coincidences start mattering.



Emily McKay 08:03

And they're cute and fun. We love having those connections. Yeah,



Scot McKay 08:07

you know what, indeed, I'm sitting here thinking to myself, what's wrong with that? Nothing. We like



Emily McKay 08:11


to find things that we have in common, anything that drives connection, right? Yeah. Now, here's




Scot McKay 08:16


another example of something creative. I was talking about this with a gentleman on a coaching call the other day, and I thought it was a really fascinating conversation with some depth to it. We don't think about the ramifications of spending the rest of our life with this person, above and beyond. Okay, are they going to hurt me? Are they going to cheat on me? How safe do I feel with this person, we really don't think about day to day life, in the context of


actually truly getting along. And let me elaborate on that by saying we have five senses. Only one of them is visual. If she looks good to us as a guy, we may think, oh my goodness, I want to wife her because she's just so hot. I can't keep my eyes off of her. And you know how I like to talk about God's dirty little trick for those of you guys and gals who are younger listening to this, I really think that somehow baked into our DNA is this recognition. And yes, that's the word I'm gonna use that as we age, people who are in our milieu, as it were, still are attracted to us. Yeah, I mean, you're the hottest woman in the world to me. And you're not exactly 22 anymore. No, definitely not. When I was 22 I wonder if I would have thought you attractive and the blunt answer is probably not. Because you're not one of me. I would have said hey, that's a pretty good looking woman for some guy her age. But I was too busy thinking 22 year old women were hot that I wasn't I wasn't getting around to noticing you yet. But now that I'm older, I find that hey, yeah, you're aging well, but you're also someone who's still beautiful to me. So when I see this person not only is physically beautiful, but her whole aura everything about her from multi sensory perspective is amazingly sexy and attractive to me. That gives me for lack of a better way to put it. A more holistic view of your beauty and just how centrally pleasing it is to have you around. Mean, Emily when things stink, we throw them out.

 Emily McKay 10:20
Right?

 Scot McKay 10:21
You need to smell good to me. You need to smell good to me after you haven't taken a shower for a couple days. Your pheromones and your mask. Everything gets sticky like that. Oh, no, I actually like how you smell when you're naturally yourself. You know, boy, not dirty, stinky. But just you know, your natural scent to me is very sexy. I'm on record as saying I love listening to you talk. I love your giggles. I love your voice. You have the cutest, most mellifluous voice I've ever heard I could listen to you read the phone book.

 Emily McKay 10:53
What about those massages? Oh, yeah, right. You feel good.

 Scot McKay 10:57
And you know how to touch me in a good way. So all these other sensory experiences are tied into your overall user experience, whether well the rest of your life. Am I onto something?

 Emily McKay 11:11
I think you are. No, you were mentioning earlier about imagining or envisioning being with someone day to day for years and years on end. And sometimes people have trouble envisioning that. And what's that going to be like? Will it be mundane and boring? If it is how

we're going to deal with that? Well, remember when we were first dating, and we went on that long trip where there's windshield time, and sometimes there was nothing to be sad, but just being quiet in the car was it was relaxing and pleasant. Find



Scot McKay 11:41

someone you don't have to talk with in order to continue to enjoy their company. And it doesn't feel awkward. No. Because you get each other. Right? You



Emily McKay 11:51

totally understand that this is okay to be quiet. And we're comfortable because we're not feeling anxious as to I'm not wondering, what are you thinking? What's on your mind?



Scot McKay 12:01

Yeah, but if I like you, and I'm trying to figure out how you tick, I might ask you questions like that. And you might ask me questions like that. It's kind of cute when you're dating. Yes, but it's not 24/7, not 24/7. And it's also not 24 years later. And he's still don't know what I'm thinking. If you don't know what's going on inside your significant other's head, you're not connecting, you don't think alike. And that's a hard pill for lots of people to swallow when they're dating, isn't it? It is.



Emily McKay 12:31

And the maturity is important, because you need to be able to find someone who's willing and able to mature together and change together and go in the same direction. Because what we learned in life is you and I are not the same people that we were when we were 25. And then at age 35, we were not the same people as we are today. We are constantly growing and changing. And it's important to find someone, you need to find someone who's capable of growing in a way that both of you grow together, not apart.



Scot McKay 12:57

Now, on the surface, I'm thinking that's something a lot of other dating experts would indeed talk about when they're discussing how to know you found the one. But in real life, it's occurring to me, I almost never read that. You know, we see people get married at a young age, and they get divorced because they've grown apart. Right? Well, that's because their frontal lobes weren't fully mature, and they weren't done figuring out how they think, and what their values are yet underrated. In that last sentence was the whole idea of knowing what your values are having an identity and knowing who the hell you are. So you know who the hell you're looking for. Now, I shout that from the rooftops all the time. But I think it's something that's underrepresented in mainstream dating advice in terms of how to know when you found the one but you have to have someone whose values match up to yours. And that has to have come from soul searching and the maturity to know how to construct your identity based on


what it is you truly believe and what you're going to value from there. And if you have the same values, then as you grow and as you evolve, you're likely to well evolve along the same trajectory as each other indeed, right. Well,

 Emily McKay 14:12

that would be the equivalent of trying to put a puzzle together in the dark. The puzzle pieces so how can you match a puzzle piece to each other

 Scot McKay 14:20


god, I, you say that in so many marriages, just seem like that's just an amazing analogy. It's just a couple people trying to put together a jigsaw puzzle in the dark, how miserable nothing

 Emily McKay 14:33

fits there. You got to be able to know who you are. You've got to know your values. Like you said, that's the only way you know if the person you've found matches up with you. You got to be a puzzle piece together.

 Scot McKay 14:45

It's occurring to me we never talked about how the other person tastes. Maybe we shouldn't go there. Let's just say it has to be pleasurable. There's that other sense we didn't talk about. Anyway, I didn't want to be Take your concentration, you probably sound like Samuel L. Jackson and Pulp Fiction. Alright, so yes, you have this person who you have tested and approved the windshield time with, you can go for miles and miles just enjoying each other's company without it being awkward. You have the wherewithal and well the courage to talk to each other about what it is you believe what you hold dear, as you had the courage to go on that long trip with the windshield time to begin with. There's a lot of courage here in admitting the two of you do or don't actually have long term potential, isn't there? Absolutely.

 Emily McKay 15:39

Here's another question. So everything is going along. Great. You get along. Everything's perfect. But every once in awhile, we argue, should I be concerned about that? Well,

 Scot McKay 15:50

I'm on record as saying that people who don't ever argue, are probably not being honest with each other.

 Emily McKay 15:50



Emily McKay 15:59

Or they're not carrying conversations together. Well, haven't you?



Scot McKay 16:03

Aren't you the one who's always brought up the simple fact that a couple isn't arguing, it probably means someone has the other person under their thumb. And they're a controller in that relationship? Yes,



Emily McKay 16:12

that's true. Either have that or you have somebody or both people just too afraid to talk to each other, for fear that things aren't lining up, and they may end up not working out fear



Scot McKay 16:22

of loss. Yes, right. Low self esteem. But I do want to camp on that idea of one person being a control freak. And basically, we don't have free speech in this relationship, because it's either my way or the highway. And this other person fears their significant other so much that they dare not say anything. And by the way, that's not gender specific.



Emily McKay 16:42

Well, that's fear of losing the love that they may not love me if I feel or think differently.



Scot McKay 16:47

And of course, the opposite of love is indeed fear. So if the two of you fear each other, it's



Emily McKay 16:51

not love. Exactly. It's not a match. Right? Now, if you are arguing, indeed, it's not necessarily a bad thing. It's bickering? Well, it depends. This the type of arguing is it name calling? Is it disrespectful? Or is it a gentle you know, we have strong feelings, but we're able to talk about it and work them out.



Scot McKay 17:11

It isn't an ad hominem attack against this person. I allegedly value, right? It's simply, you did this, you said you were gonna do this, you forgot to do this? Where is this? Why wasn't this done? Didn't you hear me? Why won't you listen? And they go back and forth on that. Because

either they're hangry, or they've had enough or this little issue has been festering until it just basically was bottled up to the point of explosion. I think that's all normal humanity. In fact, I would label that honesty with each other. Yes,

E

Emily McKay 17:42

because you're going to need that, because we've been married, what, 17 years, and every marriage is going to encounter bumps and obstacles, and you're gotta be able to discuss it, even have disagreements, or small arguments about it. Yeah, knowing how to deal with that difference, or dealing with the argument, how you solve them together, that's when you know, you have someone you can work with, right?



Scot McKay 18:06

And you just brought up something amazing. Let's that a lot of times, people will say, All right, well, here's the true acid test on whether you found the one or not, can you live with this person for the rest of your life? Which is kind of what we've been talking about. But someone else might say, or no, it's actually deeper than that. It's, is this the person you can't live without? And everybody will go? Oh, wow, that's really, really profound. I would say that the under appreciated yardstick would be is this a person who I'm better off going through life's trials and tribulations with rather than going it alone? Someone

E

Emily McKay 18:49

I can, we can stick together with and fight off all the evils that will come our way, right?



Scot McKay 18:54

Life happens, whether you're in a happy relationship, a good solid, well founded relationship or not. But how are you going to go through those tough times together? That's the question. And the team, right? If you found someone who is one of you, and they are, they are a team with you, just like you said, then that is a wonderful gauge that you're going to be able to withstand and be resilient against whatever life throws at you, because you're stronger together than you are flying solo.

E

Emily McKay 19:24

Well, it's those fires that disintegrate those 60% of relationships out



Scot McKay 19:29

there. Yes, exactly. That's exactly true. Couples will go through a very tragic loss, a very tough setback, and they'll break up because they can't stand the heat together. They'd rather be alone. They're driving each other nuts because of the setback,



Emily McKay 19:45

or they don't have the skill sets to know how to deal with that. Right. And



Scot McKay 19:49

you and I we're not going to go into details, but we've had some pretty rough things happen just like most like most human beings do over the course of nearly two decades. You know, and even though some couples may not admit to it, because they're trying to enhance their Facebook highlight reel, and we live in the unrefined, however you culture over the course of 18 years, some seriously rough things can happen. And they do. And you and I have stood in the fire together and become a stronger team because of it. Resilient, resilient. And that's because I'd rather have no body by my side when something bad happens, then you. That's such a wonderful thought, yeah, I love that. I saw a little tick tock short the other day. And it was from an animal rights person or someone who is really, really about making sure we adopt dogs and cats from shelters. And it was a little short of a dog and an owner meeting each other for the first time at a shelter. And the brief of voiceover was, find someone who looks at you the way this dog looks at its new owner. And the dog was like, Oh, my goodness, I just love you. Thank you so much for being a part of my life. There's something in that look, we give each other there's a knowing look, that couples give each other that even interlopers, bystanders can see those two just look at each other, like they adore each other. And indeed, when there's cheating going on, or there's an intent to cheat, one of the biggest tells is my alleged significant other is looking at someone else the way they should be looking at me. It's something you just feel and sense, isn't it?



Emily McKay 21:40

It is exactly. And everybody else can sense it to people think you can hide those things, but you can't. And it's great to find somebody who does look at you like that, who does admire and appreciates, and loves you. And the two of you should want to take care of each other look up to each other. With those admiring eyes.



Scot McKay 21:58

Yes, exactly. That's mutual respect, and adoration and admiration. So



Emily McKay 22:03


it's not just a matter what you could do for me, and how are you going to make my life wonderful? How can I make your life wonder? And this is



Scot McKay 22:09

something that people who see relationships from a purely transactional perspective tend to


something that people who see relationships from a purely transactional perspective tend to miss. Yeah, it's a shame. Now, obviously, according to every bit of mainstream advice out there, if they embarrass you in public, or they flirt openly, or talk about having an affair or compare you to someone else's spouse, all of those behavioral patterns seem obviously to be no no bad signs that your relationships in good shape. But that idea of how you look at each other. That's subjective enough that I think it gets lost on people?

 Emily McKay 22:45

Well, it's because there's not a lot of people who do that. That's not a lot of people, we can see that as an example from. Right,

 Scot McKay 22:51


exactly. And, of course, you know, it has to be said, what gets lost in most dating advice out there is you have to be the kind of person that the person of your dreams is looking for deserve what you want. Most people are like, well, I'm going to get what I want. And I'm going to find it, and I'm not going to settle for less. But what are you bringing to the table, and indeed, both men and women complain that they keep meeting a bunch of selfish people who only want what they want. Meanwhile, their biggest gripe with them is that other person isn't giving me what I want. So it's a vicious cycle, isn't it? It is.

 Emily McKay 23:25

And those are the things that keep relationships from either happening, or they keep them from being successful.

 Scot McKay 23:31

Yes, because it's pure selfishness. And what that blinds you from is the beauty of being in partnership, and not being lonely. Having someone with you, building a legacy together, and having it be based, really, honestly, truthfully, on the simple notion that it's better, more blessing, if you will to give than to receive. It's heartwarming, it's, it is truly something that makes life more worth living certainly brings more fulfillment to a good decent person's life, and especially to their heart and mind. And it's what makes your relationship more than the sum of just one plus one equals two. That's right.

 Emily McKay 24:13

So you need to look for someone who are make sure that you're with someone who has that same ideology of wanting to take care of you that you want to take care of them. And together, you're going to make one great team. Yes,

 Scot McKay 24:27

too optimistic, generous people. Make a great team. The problem with optimistic generous people is they're also the ones as we've recorded 100 times they're the ones who are most susceptible to people who are narcissistic and selfish.

 Emily McKay 24:42

Use them too. There's no more nothing left. Yeah, there's

 Scot McKay 24:45

no settling. There's no I have a ticking time bomb or I mean, biological clock inside of me. You know, you can't marry someone you can't decide to be with someone for the rest of your life. If out of desperation, and some people are so short sighted, they just want a big wedding and throw the party.

 Emily McKay 25:05

They forget the most important part, which is being together after that, exactly. That's a long time to live together, just for the one day event. Well,

 Scot McKay 25:14


that's just raw in maturity. If you asked me, I mean, if it's your second time around after a divorce, and he still had that mindset, all I can say is heaven help you? You'll probably never ever get it. No. And that leads us to the final topic I want to address before we close. You know, Emily, you and I talk about the importance of getting each other all the time. Right. And it's a bit of an esoteric concept, though, isn't it? For some, yes. You can't just pat someone on the back and say, Hey, find someone where the two of you just get each other? Right?


 Emily McKay 25:48


Because that easy, everybody would do it? Well, yeah,

 Scot McKay 25:50


I do think there are some people who don't understand the importance of it. She has a nice ass and you know, they have good sex, then that's enough. As they get me that way. Right? We get each other for sure. We just don't get each other. This to me, Emily can be summed up by knowing how the other person thinks. There's no need to call your me and say, hey, my significant other said this last night, what did they mean by that? You already know what's going on inside that pretty little head of hers. And although this may seem hard to grasp, for those who have never experienced it before, you should know it when you find it. You sit with someone on a first date, and after 10 minutes, it feels like you've known them for 10 years.


 Emily McKay 26:34
That's a wonderful feeling.


 Scot McKay 26:36
Yes, you're one of me. You think the way I do? Your values are like mine. We're already completing each other's sentences. We're already saying yes. And to each other. We're playing improv with each other. And we've known each other for a day and a half. Everything is yes and yes. Right. Yes. And, and there's honesty, you don't feel like this person's holding back from you. You don't feel like they're changing the subject or things are getting awkward. No matter what it is you bring up within reason, their game to talk about it. And the conversation happens. And there's some depth to it. That's the person who gets you. Anything to add to that. No, I

 Emily McKay 27:17
think we wrapped it up pretty well. Okay. That's

 Scot McKay 27:20
because we get each other. And you agree with me? I

 Emily McKay 27:25
do. I do I do again. Yeah, I do, too. And

 Scot McKay 27:29
I would say I do again. Yes. See, she's looking at me like that right now, folks?

 Emily McKay 27:35
I think. Yeah. Oh, yeah. Ah,

 Scot McKay 27:39
I love that giggle. All right, ladies and gentlemen, if you want more, please, if you are of the female persuasion, go to Scot and emily.com front slash podcast. And remember, I spell my name weird. It's only with one T. So at Scot and emily.com front slash podcast, gentlemen, please go to The Mountain Top podcast.com on either one of those pages. If you're on a


desktop, you can click on the red button in the upper right hand corner to talk to us for free for 25 or 30 minutes, no pressure. We want to know where you're coming from what's going on in your life and what is keeping you from getting the right relationship in your life. If this if this particular episode has inspired you, give us a call and we'll talk to you

 Emily McKay 28:20


we'd love to hear from you. Absolutely.

 Scot McKay 28:22

See what we did there. And also you can get shownotes free downloads at both sites Scott and Emily dot conference slash podcast or mountaintop podcast.com And we look forward to talking to you. We do and until we talk to you again real soon. This is Scot McKay and

 Emily McKay 28:42

this is Emily McKay. Be good out there and have fun

 Edroy Odem 28:52

The Mountain Top podcast is produced by X & Y Communications all rights reserved worldwide. Be sure to visit [www dot The Mountain Top podcast.com](http://www.TheMountainToppodcast.com) For show notes. And while you're there, sign up for the free x&y communications newsletter for men. This is Ed Royal. Speaking for The Mountain Top