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## SPEAKERS

Scot McKay, Edroy Odem, Brian Ahearn

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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

Gentlemen, welcome to another episode of the world-famous Mountain Top Podcast. I'm your host, Scot McKay. And let me tell you what, gentlemen, if you want the Facebook group that is designed specifically for men like you and I, who want to get better with women, and actually have a decent time doing it, instead of just complaining at each other about their wives and girlfriends, and how badly they're being treated by their bosses, et cetera, et cetera, then The Mountain Top summit on Facebook is the place for you. We really, really would love to have you join us there. And also, if you haven't been about to top podcast.com lately, we got lots of new things there for you too, including downloads, free downloads, and you can always get show notes, see what our guests look like and all of that, right there at mountaintop podcast.com Tick Tock Instagram, YouTube, Twitter, Facebook, it's all there. I'm usually at Scot McKay. Although on Instagram these days, I'm at real Scot McKay. All right with me today is a returning guest. He's a good guy, a very smart man. Very wise, and his name is Brian, he heard last time he was on a couple years ago, we talked about how to be a man of influence without being a manipulative jerk. And it was a great show. Today, we're going to shift gears completely. I don't know there might be a few common threads in there. If you know anything about the content of this book. And after you hear Brian's story about it, you might know what I'm getting at. But today we're going to talk about relationships with fathers and relationships with sons. And yes, we're going to tie that all together with getting better with women. So without anything further, Brian Hey, Hearn, welcome back, man.



Brian Ahearn 01:58

Hey, it's awesome to be back. Scott. I listened to that first episode. It was great. I'm sure this

one's going to be even better.



Scot McKay 02:04

Yeah, well, no pressure there. We're gonna have to top a really great episode. Right?



Brian Ahearn 02:09

I'm up for the challenge. Right on



Scot McKay 02:11

while you got the ball rolling by writing this amazing book about your father, his time in the Marine Corps and your relationship with him. And I know we got a lot of military guys out there. We're sponsored by Jocko willings. Company origin domain. So there's a lot of so the military motif in general is very strong around the show. And the name of the book is his story, my story, our story. Now, this is indeed a book about you, and about your father, and I'm gonna throw the hot potato question on the table right here up front, Brian, because I know you can handle it. Everyone thinks their bio is interesting. Everyone who has anything going on in their life has overcome any adversity, shown any resilience accomplished anything kind of cool. We'll have someone who cares about them and is in their corner, say to them, Hey, you know, you should write a book about this, you should write your biography. Yet. You know, we also know that every time we go to Barnes and Noble, the clearance table is full of legit celebrities, bios that nobody bought, you know, they were self important enough to think, hey, everybody would like to hear my story. Meanwhile, they didn't sell that well. So indeed, I hear all the time from people who wrote their bio, and they think they're so darn interesting. But this one really is a page turner. It really does grab your eyeballs. What makes his story, your story and your story together. If I can kind of paraphrase the title to such a good read. Why was it such a moral imperative for you to write this book,



Brian Ahearn 03:50

but I think it's a good read for a number of reasons. First, the dynamic that my father and I had, I think almost any father son would be able to relate to that. His time in Vietnam, where he wrote extensively. So this isn't just me recounting the history of our family. There's an extensive section that my father wrote about why he went in the Marine Corps, his time in basic training in Vietnam, what he experienced there when he came home, so there's firsthand account. The other thing that's really interesting Scot is I don't have to think about, for example, the day that my parents had their final blow up and the screaming and yelling and the breaking of dishes as I'm upstairs in my bedroom. I wrote down exactly what I remembered the next day because I had to keep a journal for school. So there's quite a few literal journal entries from me as a 15 year old. The week later when my father moved out, and I'm trying to figure out how is this going to impact me? Now a lot of adults don't think teenagers think about that. But I was thinking about a deeply how's it going to impact my dedication, my ability to get good grades, working out the football team, all of these things were ruminating through the mind of a 15 year old trying to figure this stuff out. So that's why I also say it's our story

because it was impacting me directly. But I think, too, that people are going to find the backdrop of my father's life being raised Irish Catholic in New York, in the 1950s, alcoholic father, there are all these dynamics that people can relate to. So it's not like a celebrity from on high. It's like, here's a guy who's just like me. And here's some of the things that he went through. And, and here's how he was overcoming it and trying to, quite frankly, better my family, by avoiding the mistakes that were made as I was growing up. So



Scot McKay 05:38

really, if I'm kind of on track with what you're talking about here, which I think I am, it's not even so much one biography as two biographies. You know, it's your story together. It's his story, your story and our story, literally. But it also has a very redeeming self help, self Betterment hooked to it. And I think that's really important, because as you're talking, I'm ruminating on this whole idea of celebrities and their failed bios, and also considering the ones that are wildly successful, which are few and far between. And the first two that came to mind, were ball four by Jim Bowden, who was, you know, a well known pitcher in the 60s and 70s, but certainly not in the Hall of Fame. And yet his book about his memoirs, being a baseball player is a classic and a great read you guys, if you've never read it, not so much because of his story, but how he tells it, and how he talks about what it's like to be in the professional baseball world at large. And it's wildly entertaining. The other one that came to mind, of course, is, and I say, of course, because a lot of other guys probably thought of it immediately as well, is the relatively recent biography, by Matthew McConaughey called green lights, which, when you read it, or you know, I would absolutely recommend to in the audio book because he narrates it does Matthew McConaughey it's not so much about his life, but it's how to be better how to seize opportunity, how to grow as a person and be your best self. Through the storyline of funny and interesting things that happen in his life. So isn't, hey, look at me, look at all this cool stuff I've done in all my accomplishments, you feel like you're a better person, and on the road to being motivated, to do more, reach more, be more because Matthew McConaughey himself and again, this is why the audio book is so worth it, is telling you, you can do this, you can look for these special moments in life that will open doors for you and just go through them like greenlights, right. And that's why that book was wildly popular, because it was about us, not so much about him. So your mission, right in this book is to show other people who may have had a rough time of it with their father, that, hey, you know what, you're not alone. And second of all, as a father yourself, you can make your own choices about the kind of father you're going to be and you can indeed, make your own choices about the kind of relationship you're going to have, and what kind of woman you're going to have those relationships with. Right? Am I onto something?



Brian Ahearn 08:21

Yeah, absolutely. That's a big component of the book. And that's why I dedicated it to our daughter, Abigail, because as I was writing the book, and I began to see how history was repeating itself, and I use that phrase a lot in the book, but making conscious choices to say, no, it's going to stop here, I'm not going to lay those burdens on her, there'll be enough challenges in life without me adding to them. So my wife and I were very conscious about making different choices. And I really feel like our daughter got the best of both of us and, and

minimize the crummy part so that she is a better human being. And if I if I leave this world tomorrow, Scot, I will feel comfortable in the fact that I made it better because our daughter is a better human being than either my wife or I are.



Scot McKay 09:06

Well, that's always something to aspire to. I don't want them to be that much better. Because you know, the larger the gap there, the crappier a person, I'm implied to be so at least when I keep it kind of close, right? Well,



Brian Ahearn 09:18

I, you know, I, I talked about this in the book, too, that it's hard, I think, for fathers to pass the mantle to their sons, but it could be as much for women with their daughters. But I want my daughter to be so much more wildly successful in life as a human being than I was, I will feel good about that. Because I know I had a hand in that. And if she takes that tact with her children, wow, the world is going to be just getting much better all the time. If we all had that. That same thought process with those little people that we bring into the world and that are going to go out into the world on their own. It would just get better and better instead of as fractured as it happens to be right now. What's



Scot McKay 09:56

going on there? Why do we have so many broken fan With so many broken children, and so many laissez faire parents, you know, not in the potentially positive way of having free range children and letting their kids explore, as opposed to being helicopter parents or whatever. I mean, I think you know what I mean? Why do we have so many parents who just aren't about the parenting?



Brian Ahearn 10:18

I think Dr. Phil might be the better person to ask that question. But I will tell you from, from my experience with our daughter that we, we were always extending responsibility to her. And I knew that we were doing it right when she was about to get her license. And she was talking to my mom, her grandmother, and something came up about curfew. And my daughter said to my mom, she goes, Well, Grandma, I don't have a curfew. And she goes, You better believe you do? And she goes, No, really, I don't. And my mom insisted you better believe you do. And then Abigail said, Really, Grandma, I don't have any rules. But I wouldn't do anything to break my parents trust. And that's where I was like, wow, you know, the fact that she was conscious of we were giving her long leash, and she didn't want to ruin that opportunity. And so she made good choices. But that was intentional parenting all the way through.



Scot McKay 11:09

How did you instill that? In her? I

 B**Brian Ahearn 11:13**

will say from my perspective, it was conversation. From the time she was little we were involved in father daughter groups. And then as she got a little older, we did taekwondo together for many years and camping and different things. But it was so natural for us, Scot to get in the car and be going somewhere for an hour, maybe up to four hours and to talk and I treated her like a little human being I, I would distill things down that maybe a four year old or a six year old or an eight year old could understand. But we always talked about everything. And and I would add to that by saying, as she got older, and we would talk about boys or sex or anything I said, you know, Abigail, you can always come to us and share anything, I would much rather have you come to us, because we've lived life, and we've experienced it than going to your friends who are still trying to figure it out and getting advice from them. And so she just trusted that. And we didn't break the trust back the other way. And so we had this good, symbiotic relationship where we could always be honest with each other. Yeah, the

**Scot McKay 12:14**

key word there is trust. I think a lot of times, we as men start off feeling like we have an adversarial relationship with women, you know, we got to keep their hands off our stack, we got to get what we want out of this. We're trying to reel in the biscuit and get them into bed and things like that. And if we're coming from a mindset where we feel like the very women we're going to be co parenting with someday are on the other side, then what happens when we have kids? What ends up happening, of course, I'd say of course, it probably isn't obvious to everybody. But it seems perfectly logical to me that if we have an adversarial relationship with women, when we start burying children, it's going to be us versus them all over again, we got to keep our kids in line, we got to keep them from misbehaving. We got to get them to become the kind of adults we want them to become instead of fostering some sort of independence. I mean, I could go on and on. But I want to hear what you have to add to that conversation. Well,

 B**Brian Ahearn 13:14**

the first thing I would say is whatever you want from others, you should be the first to extend it. So if I want trust for my daughter, I should be extending trust first. And then when she sees that I trust her, then she feels comfortable and safe and will trust me. And it was interesting. Another quick story in terms of knowing that I had done something right. Or I'll say we my wife and I, when my daughter was still in high school, there was a kid who was in college who was paying attention to her and I wasn't comfortable with that. And so I told her, we were out for a walk one day and I said, you know, Africa, I'm not comfortable with this. I said, when I went off to college, I realized like, wow, there are women here not girls, like in high school, there are women. And I said the other thing is I think my friends would have teased me like why are you dating a high school girl? And so I shared a little bit of this. And she goes, Dad, I know you don't trust boys, but you have to trust me. And how could I say no to that I had raised her to be trustworthy. So I had to trust her. And sometimes you hold your breath a little bit. You're hoping that they're going to make what you believe is the right decision. But I knew I had to continue to extend that trust, it would have been terrible. If I would have said, I don't care. You're not going to see this individual that would have broken all the trust and set us back. Yes.



Scot McKay 14:27

And I think we as parents, we want success. We want prosperity for our children so badly that we almost become these as dads especially we become this bull in a china shop, forcing the issue. Kind of ham fisting the whole thing you're gonna make a good decision here. If it's the last thing I ever do, and I think comes from a good place but it seems really manipulative and overbearing to our children. It seems almost oppressive And yet you did drop that all important T word trust, when you were talking about this dynamic and the right way to get your kids on the right track, I mean, psychologically, certainly, if not, behaviorally, by simply leading with trust, I'm going to trust you, I'm going to be a trustworthy parent, how about that, I'm going to do what I say I'm going to do, I'm going to make good decisions on your behalf. And I'm not going to be the kind of parent you dread becoming like someday, so that you're more likely to rebel. And I'm certainly Here's another important factor, I believe, and I'd love for you to talk about this some more, I'm certainly not going to shame you, or make you feel bad about yourself, or intentionally harm your self esteem, just to make myself look good. Or to make sure I quote unquote, win this argument. I'm going to believe in you, as my daughter as my son, I'm going to foster what it is you want to do that's healthy, I'm going to discourage you from the things that are healthy. And with that the holy grail of parenting is indeed what your daughter said, which is, I wouldn't want to do anything to break my parents heart. You know, the male version of that would be a son saying, I don't want to do anything to disappoint my parents, because that would suck. I want my parents to be proud of me, because they are proud of me. And I'm proud of them. So shouldn't we all have this positive mindset towards each other in perpetuity? It's a lot to ask of a preteen. I mean, you know, all of us who have had sons, between, say, nine and 12, are very, very familiar with their knucklehead stage where they just make unbelievably unthinkably bad decisions. Even you know, when washing dishes in the kitchen. And you know, our daughters tend to go through this independent stage where they want to be sassy with everybody sometime between 12 and 14 years old. And I think we have to live with that to some degree. But I mean, it is hard not to shame them. It's hard not to respond in anger to them when they're going through those stages. But a modicum of temperance goes a long way on the part of a parent,



Brian Ahearn 17:14

right? Yeah. And I will say, too, I was still firm with Abigail when she was in that like, 12 to 14 stage that you described. And you know what I'm talking about? She, I came home, and I said we were involved with taekwondo. And I asked her something, and she gave me some kind of snotty reply. And then I said, Well, we're going to taekwondo. And she made another snotty reply. And I said, Well, just for that now, we absolutely are. And I told her, You know what, I'm not going to put up with that. But to when you're not feeling good, when you're kind of down, one of the best things you can do is get up and move. And so we're going to go we're going to work out, when we get to the Taekwondo studio, and we're lined up we're getting ready to stretch. The master of the school is walking by and, and he looks at her and he goes, who peed in your cornflakes today. And she just pointed at me because she was so angry that I made her go. But Scot when we drove home, and she's laughing, and we're having a really fun time, I said, Now Abigail, be honest with me. Wasn't I right? She was Yeah, you were she hated to admit it. But, but that lesson of get up and move can change your state she needed to hear and I wasn't going to put up with a teenager who just SAS back at me there was going to be some

kind of reprimand. And for me, it's never hitting or grounding, things like that. It was Nope, we're gonna go over to taekwondo. Which nice thing about that, too, was we could legally hit each other.



Scot McKay 18:37

Now not to be missed here. I have to underscore the simple fact you are raising a gritty daughter in this scenario, not some shrinking violet.



Brian Ahearn 18:47

Absolutely. She is one of the sweetest, kindest people that you would ever meet. So you'd be taken back by her grittiness. I'll share another story here too. This goes back to I think parenting and giving your children confidence. When she was, I think 12 years old, she had to go to some camp with her school, she went to a small Christian school. And my wife told me the story firsthand, she went as a chaperone. So they go to this camp. And one of the rules they had around meals was if you get seconds and don't finish your food, the whole table has to stand up and sing. Her table didn't finish all the foods. So the counselors made them stand up and sing. And a counselor noticed that she wasn't singing Abigail wasn't. So she let everybody sit down and said you need to stand up and sing. She was trying to shamer and my daughter said, Well, I don't like to sing and she goes, I'm gonna get you to sing. And so this battle of wills started taking place and it got uncomfortable. Her friends all stood up and said we'll sing with you. And she said, No, I'm not going to and she didn't back down. My wife said she was a little bit embarrassed because here's your daughter kind of defying authority. But when she got home, we were going somewhere and I said Abigail mom told me what happened to camp. And she said yeah, and I think she thought she was going to get in trouble. And I said, I'm really proud of you. And she said, why? And I said, because you need to learn to say no. Otherwise people will take advantage of you in life. And so I'm proud that you stood up for what you believed you didn't want to sing and you didn't sing. I said, but here's the challenge. There will be times when people have the right to ask you to do something. And if you say, No, you will pay the consequence. So choose wisely. And I think it was things like that, that gave her the confidence that I can stand up for myself.



Scot McKay 20:28

Yeah, there are a lot of life lessons in there. And I can just picture having this kind of chocolate war standoff if you were forced to read that book back in like fifth grade, where the kid in the book just refuses to participate in the fundraiser where they're selling chocolates. And the teacher calls the inventory every morning, how many chocolates? Have you sold? And the kid just says no, every morning? Because the answer is still no, I'm not going to sell chocolates. It's actually a pretty good book, it's a little more complex, and I'm making it out to be I'm, of course, this goes back to my junior high years when I read it, but it's the first thing I thought about because it's an ostensibly obstinate teenager, and how authority tries to wrestle them into line to do what they want them to do to do their bidding, and the kid just won't do it. And there are consequences. And you do have to choose wisely. I think there's a great life lesson there. Yeah,

 B**Brian Ahearn 21:22**

well, I think to that, when you say like wrestling the kid to do what you want, I've always said it's easier to swim with the wave than against it. And when you begin to understand what the natural tendencies of your children are, and you play to those tendencies, you try to minimize the things that are negative, but you give them a sense of confidence, that it's okay, the choices that they're making, our daughter made a lot of choices, we wish you would have done differently. And sometimes truthfully, it was just for us as parents, as an example. She didn't enjoy high school. So when she graduated, we were talking about graduation and planning a party. She said, I'm not going through graduation. We're like what you have to you got to walk across the stage cap and gown. And she said, I never wanted to be there. I'm not going to spend three more hours. And my wife and I talked about it. We said, You know what? We raised her to make decisions. We cannot force her to do this for us. So we relented, we said, Okay, we still had a party, we had a great time. It was it was wonderful. And she again felt confident that she made a decision. And she had the backing of her parents. Now she's an adult. And so she has the confidence, not that I'm going to be backing her up if she makes a decision about her job. She's got to make that. But she has the confidence because she had all these years of doing it, and seeing that she could do it.

**Scot McKay 22:39**

Yeah, you know, you do have to pick your battles wisely. Don't feel? Absolutely.

 B**Brian Ahearn 22:43**

Again, you say no to the wrong person. Just because you're self confident or maybe arrogant, you you end up paying a price. And even if you make the right choice, you may still pay a price. But you can at least feel good about the fact that hey, I stood up for what I believed in.

**Scot McKay 22:59**

Yeah, for sure. One of the things that comes to mind listening to you talk at length about how parenting works in your family, is that there's a bigger overarching issue here that may rule over the parenting and being a kid and a family. And that's what's the whole overall vibe of how this family operates. What are the values that we all subscribe to in this family? And that comes back again, to how are the parents leading, but certainly in our family, my wife and I actually do like each other. We're not in an adversarial position. We're best friends. We don't insult each other. Because first of all, we don't want to. And so that gets passed down to our kids. We don't insult our children. We actually do like our children. And I'm going to acknowledge some children aren't likable, even by their own parents, and I am so glad we're not saddled with that. But I do know of children who are extremely hard to like, and he can't blame it only on parenting and the parents are kind of at wit's end over that. They still love their kids. Their kids just aren't easy to like. We have likable children. Our kids are very different. We have four of them. All four of them are very different. Two of them are all grown up, as they say in Texas and out of the house. The other two are siblings within four years of each other and it's amazing how they'll bicker, but they don't ever say I wish you were never born I can't stand you. They don't drop insults on each other. We actually say I like you and this family along with



I love you. We appreciate what others do. We say please and thank you. everybody pitches in Nobody's allowed to be a slacker and not take out the trash or do the dishes. I mean, if you don't do the dishes and you're a kid in this house, basically you're not going to eat the dinner we cooked for you. There's given there's a take because that's a life lesson you gotta learn and it works. So pretty well, I mean, we have moments, sometimes people have had enough, sometimes it's one person's turn to vent or get angry or be unreasonable and the rest of us wait it out. And then there's usually an apology. And it's not a utopia, where everything's perfect, and nothing bad ever happens to us. But I'll tell you, when there are challenges we face as a family, we are facing them together, and not to be missed. I am still dad, and the buck still stops on my desk, and I better make a decision. But it has to be in the best interest of everybody else. And because it typically is, I've earned the wait for it, trust of the family. Now, this isn't all to pat myself on the back, to be honest with you, Brian, being completely immersed in social skills, and being better as a man and masculinity and what that means, and of course, the quality of relationships between men and women. I don't Skippy better hold down the fort around here. Because I'm immersed in it all day, you know, I gotta be an example. Or what good am I I'm a big ol hypocrite. But I do think everything we're talking about here is greatly influenced by masculine leadership at the head of the household, hence the importance of the nuclear family. So talk about that some?

B

**Brian Ahearn 26:17**

Well, I will say that in growing up in my house, and it was very dysfunctional, obviously, my parents ended up getting divorced, there was physical abuse, there was verbal abuse, so it was not good. Although I will say the person who edited the book, as she was reading through it, she said, you know, your dad was a shit husband. But he seemed like he was trying to be a good father. And I took away a lot of things that, upon reflection, as I think about who I am, and how I operate, I have to give a ton of credit to my dad for discipline and things that he taught me that came from his marine background that if immensely helped me, in my business in life, there were a lot of negative things to my dad was certainly a manly man, there was no doubt about that. I won't say that I was over the top. But I certainly was the head of our household. But the thing is that in terms of sharing faith and values, my wife was happy to do that, because I had her She trusted me to make those decisions, we still talk about them. And it's not like I'm just saying, we're moving, or we're painting the house or whatever. We talk about those things together. But she does turn to me and has confidence in me, because of my faith and my values, that any decision I'm going to make is not just for me, it's for us, it's for our family. And our daughter had the opportunity to see that growing up. And so that's how she is expecting things will operate in her marriage, because our kids, our kids see here and notice things far more than we than we realize. And people who throw their hands up and think like, oh, kids these days, you know, they're just going to do what they're going to do. That's not true. But you have to start early. And the earlier you start that just becomes how you live life. And if I go back to what I said about our daughter, and in our communication, when her friends would say you actually talk to your parents about that stuff. She was like, why would I? Because that was just natural for her. Yeah, well,



**Scot McKay 28:13**

the reason why she wouldn't, would theoretically be because she feels shamed in doing so. If there's no shame, if there's no embarrassment, if there's not going to be any carrot and stick tactic involved with me, being invited by my parents to share with me, but when I actually do

share something, I get clobbered for it. You know, there's not going to be any shame, there's not going to be any guilt. I think it's also sometimes good for parents to be a little vulnerable. You know, it wasn't like I was this absolute perfect, virginal, mistake free human my entire life as far as you're concerned, because I wouldn't dare show any weakness to you. And you know, not like dads are ever like that, right? No apologies. I'm not ever going to tell you I love you because that would be weak. I'm not gonna apologize for anything because I did do nothing. And you know, that just puts kids in a terrible position. It paints them in a corner of my goodness, I'm a horrible person, and my parents can do no wrong. I know in my house, my parents never cursed at all. And I knew I knew, even as a first grader, come on. I know my dad's in the business world. There's no way that he doesn't ever drop an F bomb or say anything, you know, untoward ever I just said they're fronton our whole childhood. They're acting like they'll never say a curse word. never talked about sex, anything like that. I know they do when it's not around us. And my parents are wonderful people. They raised us. All right, my two sons and I, you know, we alternate pretty well, very well actually. And they're great grandparents. You know, my dad writes silly poetry for children and is just a delight. And my mom of course, is as well. But weirdly, in this family, we are a little gritty with our language, and that could raise a few eyebrows. But we're in Texas. And it all started when my daughter was a five year old, nationally ranked BMX racer and a girl. And we'd get up there on the gate when the parents weren't around. And these little kids, you know, whose parents give them Mohawks to go off to first grade with, right? You know, these kind of parents would just start dropping F bombs on my kid, you know, your effing slow, I'm gonna beat that ass bomb out of you. These are five year old little boys. And my daughter said, What does that mean? And one of the kids shamed her back, you know, the manipulative little bastard, you know, he said, Oh, I'm gonna tell your dad, you said that, right. And then she comes to me in tears, right? Because I'm her coach, and this poor basically, and said, Here's what these boys did. And I took her by the shoulders got down on one knee, and I looked her in the eye, and I said, From now on, whatever those little boys say to you, you can say right back to them, okay? And she goes, but they said, I get in trouble, you're not going to get in trouble with me. You get up there. And don't let them shame you. Don't let them talk at you like that you stand up for yourself. And that little boy up there who had like a 341 on his plate, or whatever. I said, the next time he tells you how slow you are, and drops all these bombs on you, and you know, you're gonna get in trouble and all this crazy stuff. Just say, what's that number on your number plate? And then when he doesn't answer you look down at the number one because she was state champion, looked at the number one on your plate and go, Oh, okay. Looks like I'm the champion here who's slow now. And she she was five or six. And she got this big. Her face just exploded and delight. And it wasn't evil delight. It was vindication. six year old, right, five, six year old little girl, she had to have been six Come to think of it. And it was never a problem again. Now, the collateral damage was sometimes they would drop a bomb, because you know, her brother wanted it on this party too. But you know, we just, we don't talk it appropriately in this house about anything. But you know, the kids can say gritty things at a young age because it was Do or die. It was survival. It was cutthroat sports they had to. And again, it raises eyebrows, but my kids are turning out pretty well. You know, they know how to be appropriate. Everybody always comments on how polite and well behaved, they are in public. But you know, they're not shrinking violets, either they can stand up for themselves. Well, we, you know,

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Brian Ahearn 32:28

when it comes to the language, I can have a foul mouth, you know, if I'm working on something, and I come in the house, my wife, Miko must have gone pretty good. I heard you talking to God a lot. And, and so we it wasn't this, you know, hard and fast rule. But I will give

an example where my wife and I and our daughter, we were having dinner one night, and we were talking about an issue and my wife and I saw it differently. And she was much more invested in it than I was. She just all of a sudden blew up and she goes eff you. And she just stormed out of the dining room. And my daughter's eyes were wide. And we sat there for a moment I said Abigail come into the kitchen, I'm going to you need to learn how to apologize and try to make things better. And so we kind of hashed things out. And then Abigail and I got the car and we went to taekwondo. And so I asked her, I said, What do you think about what happened there? And she had an opinion. And so she started to share what she thought about that, you know, we can't have these things happen and think that our kids aren't noticing or that they don't have an opinion they do. And so why not talk about it and and get their opinion? Was I in the right? Or was Jane in the right in this? Or what did they think but she got to see it modeled that, yes, people get angry and they can blow up. But the sooner you try to make it better, the better it is. And by the time we get back from Taekwondo, my wife said, you know, I'm really sorry. And everything was cool the rest of the night. And she got to see wow, this is how you resolve things.



Scot McKay 33:57

And you know, that trust factor allows you to have room to bicker and to get upset with each other and blow off a little steam because you know, that isn't going to have any lasting damaging results. Because you know, you love each other, you know, you even actually like each other. Someone's just having a moment. It's all good. And when that meltdown moment is still devoid of insults or saying anything we'd actually really regret because that habits been instilled Well, you know, people tend to get over it. It's all about trust once again. And



Brian Ahearn 34:30

I think we I don't think most of us really understand why we do the vast majority of the things that we do. And I'll give an example. And this is in the book where when I was 17, junior in high school, and I was in the library and the librarian, I was talking to somebody and she told me to be quiet and of course 17 years old, I had to kind of defend myself and she came right back with yesterday. That's all you did was talk and I defended myself more I said, Well, I was talking to Mr. Bash a teacher and She goes, if you don't like it leave, so I stood up and I go fine, I don't give a damn, I'm going to get the hell out of here loud enough for everybody to hear. I stormed out, well, she went out another door, she got a hold of me and drag me to an office and to her credit gave me every opportunity to apologize. But I was so angry, I wasn't going to Scot if you or anybody had told me, Hey, I think this has to do with what's going on at home and your parents, I would have said the hell it does. She's just a bitch. And, and I would have just went off. Now older, I know it had everything to do with that. But I couldn't connect those dots at that age. And there's a lot of people who never learned to connect the dots. For me, I took that as an opportunity to teach my daughter, I told her from the time she was a young age, I would tell her about that story, just so that she would have some grace for kids who might be doing things and not know why they're doing those things. Even as adults still, sometimes I don't know why I get so upset about something. Or sometimes if I talk about my father, I get really emotional, there doesn't seem to be rhyme or reason. So it's worthwhile to have some introspection to try to understand ourselves, because a lot of those behaviors are negative, and they can really be harmful. Even if you don't mean anything, they can be really harmful to the people around you.



Scot McKay 36:16

Yeah, you know, as you're talking, I realize we're setting a pretty high bar on this conversation and painting ourselves out to be pretty darn good fathers who don't make a whole lot of mistakes. And I want to be the first to admit, you will probably not ever see the complete guide to parenting from Scot and Emily McCain, because we're not, we're not really the world class experts on it for sure. I have composed a little audio program for guys on how to talk to their sons about women and sex at an early age, which is indispensable for a lot of guys, especially if their fathers never really taught them that stuff. And they suffered through their whole Junior High in high school years not knowing what to do. That's a little different, because I'm a dating and relationship coach. But man, I am so not a perfect father. And there are all these situations where there's a whole lot of gray area, and you're not going to get it right all the time. And I think forgiveness. And indeed a father saying, Hey, I apologize when he needs to is not weakness, but it is strength. And we as men need to understand we can't impose perfection on ourselves. And we can't pretend everything was perfect when it's not. Or when we've hurt someone or shame someone in our household. Because we wish we hadn't. We got to make it right.



Brian Ahearn 37:34

Well, I think too, we even not being perfect. If you've built that base, though, that is good. And it's loving, and there's trust. So when I go back and talk to my daughter, who again is 28. And like Abigail, if we had to do over what should we have done differently, and she says, Nothing. She goes, I had a great life and, and I loved growing up with you guys. She'll point out things that I might have said or done that made her cry as she was growing up where maybe I hurt her feelings because I got really angry like she spilled the milk or some things like that. So by no means was it perfect. But she is now an adult. And so she can look back on things and realize you know what the good so far outweighed the bad, and especially if she looks at how other people grew up or what went on in their homes. It's not about being perfect, but it's about being as good as you can be. And when you do make those mistakes, you apologize. And it's amazing how all of a sudden those things don't matter so much because you're continuing to move forward in a positive way. Yeah,



Scot McKay 38:34

I mean, it's almost like if kids see parents who are never human, and never are allowed to make a mistake or make an error, then they just feel a whole lot of pressure as kids to perform. That's not reasonable. Last question before we close, and I think this is the clincher. You've written this book, his story, my story, our story. What is it you want the reader to take away having read that book, I hope that



Brian Ahearn 39:02

they can relate to what we went through. But what the big takeaway, I think, for me would be faith, Grace, reconciliation. Because of my faith, I was able to extend grace and forgiveness to my father. And at the time of his passing in September of 2020. We had a really good

relationship, the only things that would have been unsaid. I would have liked to have talked to him more about his time in Vietnam and a few other things. But when he passed, I wasn't feeling i Oh my gosh, I wish I would have said this. I wish I would have done that. In fact, two weeks before his passing, he sent me a text and said, Hey, by the way, I found that letter you sent me on my 70th birthday. It brought tears to my eyes and he talked about I've lived a long life and I'm happy and he had no idea he wasn't sick or anything. So his passing was unexpected. I had to go back and find that letter. I didn't even remember writing it but it meant the world to him and to know that he read that in his last weeks of life and was thinking about You know, the good things in his life meant the world to me. So that would be it. It would be faith, Grace, forgiveness, and I think that can lead to reconciliation.



**Scot McKay 40:08**

And that's wonderful. His name is Brian De Hearn. When you go to [mountaintop-podcast.com](http://mountaintop-podcast.com) front slash Amazon. You're gonna find his book, his story, my story, our story, right at the top of the queue on the Amazon storefront amongst the other books written by our illustrious guests over the years, but his is right at the top right now when you go there, [mountaintop-podcast.com](http://mountaintop-podcast.com) front slash Amazon. Also when you go to [mountaintop-podcast.com](http://mountaintop-podcast.com) front slash story, believe it or not, that URL hadn't been taken yet you get it Brian [mountaintop-podcast.com](http://mountaintop-podcast.com) dot conference slash story you will be magically teleported to Brian A Hearn's site. What will they find when they go there? Brian,



**Brian Ahearn 40:56**

they're going to see a number of testimonials from various Marines, including a four star general who wrote the foreword for the book. They'll learn a little bit about me and some of the things that I do and a little bit more about the book. There are also links there to Amazon, Barnes and Noble books, a million etc. So people can preorder from from the website as well.



**Scot McKay 41:16**

Man. Sounds fantastic. I have a copy of it. It is a page turner. Like I said, Brian, what a great show. This took a whole lot of unexpected twists and turns which I know I say sometimes but only when appropriate. What a fantastic show. Thank you so much for returning and hope you will again sooner than couple years from



**Brian Ahearn 41:36**

now. Anytime I enjoy talking with you, Scott.



**Scot McKay 41:39**

Yeah, man, good conversations. And gentlemen, be sure you head on over to [mountaintop-podcast.com](http://mountaintop-podcast.com) Check in with the masterclasses. We do one every month on a topic that is near and dear to the hearts of men who want to get better with women. You can see the whole

catalog of those when you go to The Mountain Top podcast.com front slash masterclass or you can click on the link at mountaintop podcast.com and check them out that way. Also, I'm here for you guys. If you want to talk about where you are right now in your life with women want to get better with women. Whether we put together a plan of action that involves a coaching program for you with me or not. No worries. I always love talking to you guys and keeping my finger on the pulse of what's important to you guys. You can get on my calendar for 25 minutes free when you click on the big red button in the upper right hand corner of the site at mountaintop podcast.com Also check out our sponsors Jocko willings company origin and Main. The key port also heroes soap, great manly stuff for men. Everything you get from any of our sponsors is going to enhance your life in a way that every man should have the opportunity to have it enhanced. Please when you order from any of our three find sponsors use the coupon code mountain 10 with your purchase to get an extra 10% off all of that and more is there for you at mountaintop podcast.com And until I talk to you again real soon. This is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there

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