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SPEAKERS

Cyndi Olin, Edroy Odem, Scot McKay



Scot McKay 00:01

All right, gentlemen, fire up because this month's masterclass is all about how to get women to say yes. Listen, there's no more beautiful word in the English language than the word yes spoken by a beautiful woman you're attracted to. And listen guys, I'm raising my hand. I know how hard it is to hear no time and again, from women. Well, something's got to give, something's got to change. And this coming Wednesday, the 24th of April 2024 is when it all changes that masterclass will start at 8pm, Eastern Daylight Time for you. And that means if you're listening to this particular podcast within just a few days of its initial release, you can go grab your ticket at [mountaintop-podcast.com front slash masterclass](https://mountaintop-podcast.com/masterclass) how to get women to say yes, coming up this coming Wednesday. It's the latest masterclass from X & Y Communications, join me and a bunch of like minded men for this all important event that's going to revolutionize how women respond to you and you'll start seeing powerful responses from women that are affirmative responses, of course, from that day forward. It's all there for you in this month's masterclass make women say yes. coming to you this coming Wednesday. Grab your ticket now at [Mountain Top podcast.com front slash masterclass](https://mountaintop-podcast.com/masterclass)?



Edroy Odem 01:35


From the mist-enshrouded mountain top fortress that is x&y Communications Headquarters. You're listening to the world-famous Mountain Top Podcast, and now your host Scot McKay.



Scot McKay 01:48

Okay, gentlemen, welcome to yet another episode of the world-famous Mountain Top Podcast. My name is Scot McKay, I will be your host as always. And listen up gentlemen, today, we have a topic in store for you, which is definitely going to be a whole lot of fun. And I am suspecting that from what I know about our guest co host today it's going to take some unexpected twists and turns because Cindy Olin and I always have a whole lot of fun together. Before we jump into that, I want to remind you guys to check all the social media sites out. I'm at Scot McKay on both Twitter and YouTube. Well, let's make it a trifecta. Also on tick tock at real Scot McKay

on Instagram, and the website is always mad to top podcast.com. And listen, gentlemen, the Facebook group is a whole lot of fun. If you want something different than the typical men's group on Facebook, definitely check out The Mountain Top Summit. Anyway, enough about me, Cindy, welcome back to the show for about the 47th time. We love you.

 Cyndi Olin 02:57

Ah, I love you too. It's so much fun. Yeah. Yeah. And I'm excited about our topic today.

 Scot McKay 03:03

Yeah, definitely. I'm still kind of bemoaning the demise of clubhouse because we used to have so much fun hosting a room together.

 Cyndi Olin 03:10

We really did. Yeah. But one of the things

 Scot McKay 03:14

we never talked about there, which we decided to at the end of the episode we recorded last time, which I don't know probably was about 810 months ago, I'm guessing was the bad sex Survival Guide. And, you know, Woody Allen is somewhat infamous for his quote that there's no such thing as bad sex. And I think a lot of guys, for better or worse would appreciate that, quote, if after all, you've gotten her naked and you've had sex, hey, you know, how bad could it possibly have been? I can think of a lot of ways it could really be bad. Some of them are actually obvious to me. But then again, we're talking about Woody Allen here who's got probably not a lot going for him in the sexiness department. And a little bit of a sordid history of his own. So what say you it?

 Cyndi Olin 04:06

Isn't that true?

 Scot McKay 04:08

Yeah, kind of.

 Cyndi Olin 04:10

I probably wouldn't be taking wood aeons advice around bad sex.



Scot McKay 04:16

You probably wouldn't be taking Woody Allen either.



Cyndi Olin 04:19

No, no. All I can make it both of us. Were those glasses that he he wears those infamous glasses, those horn rimmed glasses. But anyway,



Scot McKay 04:33

Pharaoh thinking you know, yeah,



Cyndi Olin 04:36

no, thank you Woody. But yeah, I mean, bad sacks. And even, you know, I feel like I feel like too, you know, a lot of times, especially women, because I work with a lot of women as you know, they are they they get a little stretch Dziedzic about when to have sex. And they make it this build up. And if it doesn't go the right way, it's like something was taken from them. Oh,



Scot McKay 05:11

that's really interesting. Describe a little bit more as it's like, there's this sort of fairy tale fantasy? And if it doesn't go exactly like she hopes it will, then the whole house of cards falls apart, or what are you getting out there?



Cyndi Olin 05:24

Well, I mean, that could be part of it. And, or if, you know, they're worried about making him happy, so that he'll want to come back for more. And if for some reason, you know, they have sacks, it's like, you know, there's this big buildup, you know, it's like, being on a roller coaster at the very top and waiting for it to for the, you know, going down and going through all the loop de loops. So, if, you know, for some, they make a lot of meaning out of it. So if he doesn't call back within a certain time, or he doesn't call back at all. After the sex, they'll feel bad about themselves, like, oh, all he wanted was Saxony got that from me, which couldn't be further from the



Scot McKay 06:19

truth ever, or just sometimes. Sometimes.



Cyndi Olin 06:23

That's not true, ever. Right?



Scot McKay 06:27

Right. So what happens there? If the guy doesn't call back relatively soon after the first time they have sex? What's the woman thinking? And what's really going on there? In your opinion? Well,



Cyndi Olin 06:38

it could be a variety of different things. But the woman can be thinking, depending if she's in an empowered state, she might be thinking, Well, we had sex. I had fun. Great. I'm whole. Next, I'm going to continue to move on. And enjoy my life.



Scot McKay 06:58

Yeah, speaking of hole, it's like Courtney Love, they get what they want. And they never want it again. Right.



Cyndi Olin 07:03

Right. Go on. Take



Scot McKay 07:05

everything take every Right, exactly. That kind of sentiment. Yeah,




Cyndi Olin 07:10


right. Yeah. And when you flip it, and you go, Okay, first of all, people want sex, also for connection. And it's fun, it's pleasurable, and it gets to be that suppose to be? Yeah. And if the woman is actually focused on it, bringing her pleasure, like putting the oxygen mask on her face first, then she's going to be in the moment with it, and have a really fun time and not not be so concerned about whether or not he calls back or reaches out.





Scot McKay 07:48


Okay, so let's level set here. Let's get a few of the easy buttons out of the way here. Yeah, obviously, if you take somebody's clothes off, you get naked with them, and you're absolutely repulsed immediately by their nakedness. That would be bad sex.


 Cyndi Olin 08:04
Right now, that sex right?


 Scot McKay 08:06
If the man has such a premature ejaculation problem that he last two seconds from her flashing her boobies. That wouldn't be the best experience ever. Although the woman could pretty much Pat herself on the back and thinks she's hot stuff if that happens, theoretically, but still not probably going to live up to the build up, as you call it that women would hope for their STDs, pregnancies. Those were probably not the best sex, although that would be in the aftermath. Right? But exactly. Those were the checkboxes. I wanted to get out of the way early before we talked about how we're satisfying each other or not, but go ahead.


 Cyndi Olin 08:49
Well, and then there's he can't seem to get it up. You can't get hard. I

 Scot McKay 08:57
got stage fright. Stage fright or legitimate. A legitimate issue. Hey, yeah, when they blame themselves for that, yes. rhetorical question. I know. Everybody feels bad about that. Right?


 Cyndi Olin 09:12
Everybody does. He feels embarrassed, right?

 Scot McKay 09:16
He feels impotent. He feels like less than a man. She feels like she wasn't hot enough. She wasn't sexy enough. Right. Exactly.

 Cyndi Olin 09:24
Yeah. What did I do wrong? Yeah,

 Scot McKay 09:28
I know. Anytime there's guilt or shame around what you're trying to do or attempting to do sexually. It is not going to be great sex, period. So sometimes people have lots of, I don't know, hang ups or guilt around it. And that's really an interesting concept, which I want to get to because sometimes the forbidden sex or the oh, we shouldn't be doing this sex is the hottest and best sex. Although if you're hot oh, Yeah, but if we're cheating on someone, maybe that's

mixed with guilt and shame and rightly so. So there's this weird cocktail of this is really terrible and really hot at the same time. You know what I mean? Yeah, that's, that's good. I think the bad is going to outweigh the good. They're ultimately, especially after the good is happens. There's

 C Cyndi Olin 10:19

also the religious guilt. Oh, yeah. I mean, that's a big one for people.

 Scot McKay 10:26


And it's also very hot when you know, we shouldn't be doing this. But right.

 C Cyndi Olin 10:33

What's that movie? I can't think of it pretty

 Scot McKay 10:36

much all of them Sunday. Yeah. I

 C Cyndi Olin 10:38

know. Yeah. Just pick one. footless. Yeah, that's a good one.

 Scot McKay 10:45

Yeah, she's this little Christian girl. And he's just way too hot for school.

 C Cyndi Olin 10:51

Pride and Prejudice. Oh, yeah,

 Scot McKay 10:53

there you go. Exactly. I want to get back to what you were saying. Because man, we are flying lightspeed. Through all the possibilities here. We're talking about women, really wanting to pleasure a man and make sure that he is sexually satisfied. For men who have even a modicum of sexual experience, Cindy, the same holds true for us. Let's see what I did there. I put myself in the first person plural there. Good grief, I hope I have some experience if I've been. I know it's subtle, isn't it? These situations where men are having sex with a woman for the first time,

if he knows what he's doing, he is going to focus on her pleasure. And as I have polled men over the years, who kind of know what they're doing in bed, almost all of us agree, hey, look, if she is really enjoying this, if she's cooing and screaming and moaning, and saying how much she loves it, and she wants more, and she's giggling and squirting, it really is extremely satisfying for us as men to know that she really wanted this and enjoyed it, and will likely come back for more. And if we ever get to that holy grail position where she becomes our little doe eyed sex princess and has completely submitted and will do anything for us. We do pat ourselves on the back and say to ourselves, hey, we must be pretty good, especially if she was feisty, and even perhaps a little bit feminist before, then. You know what I mean? I don't know, I'm talking about something primal here. But we as men love that it makes us hornier and feel more sexual towards her. And then what typically happens is when we are capable and succeeded satisfying a woman, it's amazing how often the woman really is all about satisfying us too. But I don't know, I think men feel as if they need to take the lead before that's even going to be the woman's attitude if you can use such a sanitary term for sexual activity towards going for it. Because we kind of feel in the back of our minds that women give it up. Women put it out, and men, you know, score, and men get lucky. So there's this general attitude, especially from the late 20th century on that women just don't really like sex, they're not even really looking forward to it. It's kind of a duty or something they give up. And it could be from angry women saying all sexes rape and the me to movement and the fallout from that. But I would be hard pressed to believe a whole lot of guys listening to this are thinking every time a woman is anticipating sex, the first thing she's anticipating is pleasuring us. So how do we help those guys? Who may feel like that suspend their disbelief? Well,

 Cyndi Olin 13:49

I mean, I feel like with sex, it's, it's also a process, the more you do it, the more you're familiar with one another. Right? And so you're able to be more open and communicative about what you want and need. But truthfully, instead of having the attitude of, you know, as you were sharing before of taking something, you know, because that's, that's what's programmed into us. Instead, she's receiving pleasure from you,

 Scot McKay 14:28

right? But you were saying that women had this build up towards first sex and their thoughts are towards pleasing the man. They

 Cyndi Olin 14:34

were right. And they do want to please the man. And if the man actually communicates, it says, Hey, this is about you. I want to please you, then she, and hopefully she could just show up and relax into it, and enjoy without putting all that pressure on herself. because when we do that, then the sex ends up being really awkward. Yes,

 Scot McKay 15:04

pressure to perform is awkward. Yes.

 Cyndi Olin 15:07

So that's usually the problem. And early sucks. There's, there's this unspoken expectation around it. And especially if you're having sex, like, you know, you go out on a first date and you happen to go there with someone really early on, there can be all these unsaid expectations around things or not, because then it can just be really hot and forbidden and really fun. Yeah, I

 Scot McKay 15:42

mean, it could go all sorts of different ways. If you think about it. As a matter of fact, as a matter of fact, the direction you're taking this conversation is opening up a whole lot of new windows, in terms of things we could discuss. I mean, for sure. So it's bad sex, if it's selfish sex, we can agree on that. Right? If I'm just trying to get off and get laid, and she's my masturbation tool. That would be very bad sex for the woman. And I don't think I've really ever encountered a woman who views sex that way unless she's really jaded. And I don't know, it would seem almost soulless for a woman to approach sex like that.

 Cyndi Olin 16:22

I agree. Yeah. Although, I had a gentleman that I work with a client of my, that was propositioned online. And from a woman like us, you're really sexy. Would you want to hook up? Tonight? Well, I

 Scot McKay 16:40

am going to admit it happens. does happen, but I'm not sure what the woman's actual mindset is, when she enters into a trust with a man say, hey, look, I'm a woman I have needs, I need to get off. You're the guy I happen to believe personally, that a man has to at least show some skill at connecting with her relating to her appreciating her at some level, other than her being a life support system for a vagina before she's going to have that sex. She's even looking forward to that much. I do think there are horny women out there who want to get off. And I mean, I'm gonna raise my hand and say, I'll admit to a couple of times where I asked myself afterwards, have I just been used for sex by a woman? And you know, the conclusion is,

 Cyndi Olin 17:31

there's no way you walk away with your finger on your lip going. Am I okay, here? Did I just get used? Oh, no, I was fine.

 Scot McKay 17:44

I wasn't psychologically damaged by it or anything. But I suspect it has happened. And I think a lot of guys would agree. Yeah, it does happen. But I don't think women are going around trying to get laid. And see now Cindy, this is where like when the men go in their own way, say, Oh,

well, women can have sexual, whoever they want, they can rack up their body count. And, you know, meanwhile, only 5% of the Chad's are banging all the checks. This is just a function of men not understanding how women view sex in general. I mean, it's just a completely different mindset. So I mean, so you have most women thinking, okay, the sex is going to be as a direct result of us having connected. So if we have that sex, and there's no connection, or it's disappointing, or it doesn't go the way she was fantasizing about it, she's going to be disappointed, and that will be chalked up his bad sex. Now that guy's thinking, okay, I get this woman naked. And, you know, she lays there like a cold fish or et cetera, et cetera. She doesn't like to do oral, she thinks blowjobs are disgusting. Well, the sex is going to be worse than it could have been. But I do think most guys, if they get her naked, and she looks good to them, there's no such thing as bad sex from there, even if she does just lay there. But I have talked to men who didn't know what to do. Once they got a woman naked in their bedroom, or wherever. And physically, she disappointed him. They didn't know how to back down from the sex they were going to have without really hurting her feelings, or something like that. And I mean, this happens. So I mean, you could argue that wasn't sex at all bad or otherwise, but it was certainly a bad feeling associated with a potentially sexual experience. Right? So those are things that can happen in context. angry,




Cyndi Olin 19:35


angry, and I just said turn off the lights instead.





Scot McKay 19:39


Oh, my goodness. How gratuitous though. If you don't think she's sexy, why would you have sex with her? You know, I mean, turn off the lights. Go for it. Oh, man. That's one thing I am really proud of, by the way. I don't know about you and your marriage or whether you even want to talk about it. But my wife and I have been married for 18 years. We're both in our 50s and we still have sex. With the lights on. Yeah, you gotta be doing pretty well for yourself. Yeah. All right, so let's go back to this idea of a couple who's dating, they're relating, they're looking to get a little relationship II, so one or both of them. And this isn't necessarily gender specific, although I'd say it's typically a female priority versus a male priority, that we're gonna hold off on the sex for a while, so that it's really special when it happens. And then anytime you build this hype, there's a lot of margin for error when it comes to living up to that hype. Now, you also compare that to a one night stand experience. So if there's a one night stay at experience, you know, the guy in the gal could theoretically connect and really enjoy each other's company and like each other, above and beyond being horny, but I just don't think there's going to be that much of a sec spectator motion as it were, right? In terms of we're going to do this right, the first time it's going to be cataclysmic, it's going to go perfectly, because I don't think there's a lot emotionally invested there. And, indeed, if the sex is cataclysmic and great the first time, well, that's plus, that's probably going to be a lifetime memory there. But indeed, the longer the hype gets built up, the larger the margin of error for disappointment, and you see couples who were very deeply faith based, who wait until marriage to have sex. And then the wedding night is this huge pressure packed production. And they say literally to themselves, My God, what have we done after the first night of their marriage and the consummation of that marriage doesn't go the way either of them imagined it in their wildest, fantastic fantasies that they had planned? Back? Yeah. Where's the balance there?


 Cyndi Olin 22:00
You bring up a really good point.


 Scot McKay 22:02
I think so. Um,


 Cyndi Olin 22:04
I feel like, you got to take the pressure off yourselves. How

 Scot McKay 22:08
do you do that? Cindy?


 Cyndi Olin 22:10
Talking about it. Taking the big question mark out of Pandora's box, and even talking about all the angles of what if we hate this? What if we love it? What if we just have fun with it, and we don't put that pressure on ourselves? Because we know we're committed to each other. And we love one another anyway.

 Scot McKay 22:35
Well, that would be idealistic. It might be

 Cyndi Olin 22:39
a little. But if you communicate about, let's just say the couple that is waiting until their wedding night for sex, then it would benefit them to have conversations about it, normalize it, because anything you talk about or do for a little bit, you know, like riding a bike for a while. It feels like it feels familiar. It feels like second nature. Also you have some fun practicing and maybe you don't go all the way that you have some fun creating pressure or not pressure. That tension, yes, creating the tension together. And you trust yourself you feel fully safe, not only in the connection, then I feel like no matter where what happens, it's going to be great because it can only get better from there.

 Scot McKay 23:47
Well, let's be honest here. Speaking with the voice of experience, you basically just described to a tee the Christian School experience for both boys and girls and young men and women


to a tee, the Christian school experience for both boys and girls, and young men and women. It's a technical virginity. It's we're going to play around but not go all the way. And no one wants to admit to it out loud, which makes all of those experiences that happen behind closed doors, all that much more tempting and sexually titillating to both the boy and the girl. Right? Absolutely. freshmen in college, the sophomore in college, however you want to talk about it age wise. Yeah, whichever milieu you want to consider here, but what I know is I am almost certain no matter how strong in their faith a couple is. I very much doubt they make a conscious decision and stick to it that we're going to go into our wedding night never having even seen each other naked and checked out the merchandise before. I just think that would be ill advised. No matter how I make you have.

 Cyndi Olin 24:52

I agree. Yeah. You know if you if you do that then but there is you know No, those shows were you know, Married at First Sight.

 Scot McKay 25:07

Crazy.

 Cyndi Olin 25:10

I mean, there's arranged marriages where they literally meet at the time they get married in certain countries. Well,

 Scot McKay 25:21

I'm sure that does happen. But I've had the privilege of talking to people who were in arranged marriages. And I'm not sure it's always that draconian that you're not even allowed to see this person until you're walking down the aisle together. Oftentimes, especially in the modern world, even if the parents are arranging this marriage, and that's how the culture flows. And that's how they roll. They still kind of make sure that the two know each other have had a chance to interact. I don't know if that's chaperoned, or whatever. I don't know whether they're able to see each other naked. But I know it's not always necessarily such a black white issue that I go from never having even seen you before to were married. You know? Yeah,

 Cyndi Olin 26:04

I would agree with you. I was I was going a little extreme on that. However, you also brought up a good point, a lot of times with arranged marriages, when they're going out on dates, they tend to be chaperoned. So. Right. So they're not necessarily checking out the merchandise, so to speak. Yeah,

 Scot McKay 26:28

I mean, even in very conservative cultures, that's the case whether the couple gets to choose each other or nah, you know, that's still the case. Let's shift gears a little bit. Yeah. Because it's boring to talk about arranged marriages. Yeah. Bad relationship talk. No, not just bad sex, and nobody cares. Anyway, now these guys are probably listening to this show, because they're about to be in an arranged marriage. Although I know there are lots of guys listening who have been in arranged marriage. Yeah, are trying to make one work. Yeah, I'm going to, you know, tip the hat to those guys who are listening, I do see you and I acknowledge you. But now for something completely different, as Monty Python would have said, I really hope it's obvious to everyone listening and to the entire human race in general, that sex should be fun and exciting. And that perhaps brings up a question that I think is at least tangentially related, which is, what if we as men who are listening to the show feel like we better be quote, unquote, making love to a woman tenderly, every time we have sex with her, or else we're somehow violating her or not being a nice guy? I mean, from my experience, in my travels, Cindy, sometimes women just want to be taken and ravished television. Yeah,

C

Cyndi Olin 27:48

absolutely. And that I feel like that stems around communication. And also feeling into her, too. Yeah. And she gets to speak up and say, Just take me just, you know, give it to me.



Scot McKay 28:06

I don't talk about what happens in the bedroom with Emily and I often, but I think, in general terms, most people would be shocked at how little tender lovemaking has happened over the last 18 years. And I mean, you know, I think that's a function of trust, and honesty, and well, attraction and passion.

C

Cyndi Olin 28:26

I agree. I, you know, when you said that, I was like, Yeah, I mean, I was thinking about, you know, just like, the whole women will sometimes call it you know, will he Jack hammered be? Yeah,



Scot McKay 28:41

you know, bad timing and kind of getting after it. With too much enthusiasm too quickly. I think women are going to see a guy like that is first of all, not understanding female anatomy. I mean, you can't just climb on top of a woman straight up and just start pounding away, it will potentially injure her. She hasn't been warmed up, you know, vaginally if nothing else, I mean, for physiological reasons. You know what I mean?

C

Cyndi Olin 29:07

I do I do. Foreplay is important. And, you know, sometimes that can be underestimated. in the throes of passion,



Scot McKay 29:24

too. Yeah. And I mean, communication even within the context of having sex and kissing while you have sex. Yeah, those are two things you don't see a whole lot of in porn by the way. You do. But the idea of conversation and even laughing and kissing while you're having sex, you know, mixing it up. I mean, a lot of guys are thinking well, you just said there's no tender lovemaking. That sounds pretty tender there. McKay Well, you know, it's not like you spend the next however long you last doing the same thing without switching around not only the mood but the position and whatnot. actually going on. That's what makes it exciting and more of an adventure than you know if you have to cold fishes in bed just kind of copulating. Right. Totally,



Cyndi Olin 30:10

totally. And that's part of what you know, turns everybody on and makes it fun. Yeah.



Scot McKay 30:18

Anything else that you think would contribute to bad sex that we haven't covered yet? Well,



Cyndi Olin 30:25

you know, being in your head and feeling like you need to perform a certain way is, is the thing, or just, there's this movie I watched. I know, I keep going back to the movies. But the I feel like the opening scene was this man having sex with his girlfriend. And she remembered something and went to her phone really quick and wrote it down. Oh, I need this XYZ thing. And he goes, what? You're thinking about bread, and we're having sex right now. So that would be a deal breaker. That would be a hell no. Don't do that early



Scot McKay 31:08

on, at least. Yeah. I mean, if you've been married for a few years, I mean, this happens, you know? Yeah.



Cyndi Olin 31:13


It's just like, Oh, honey, I gotta write this.





Scot McKay 31:19


Alright, on that on a similar note, I don't know how this is similar, but for some reason, it just rings as such, what if someone burps or farts during sex? What do you do? Oh, man. I mean, the woman will be absolutely mortified if she xx


 Cyndi Olin 31:32
totally, but there's flatulence that can happen. And


 Scot McKay 31:37
men I think we as guys, we should just be very casual and non judgmental towards that if we want the sex to continue or ever happen again, in that context. We have to be very gracious. We have to work on it. Yes,


 Cyndi Olin 31:51
we want to give her grace if that does happen. And if you've been together a while there's laughter involved in that.

 Scot McKay 32:05
Well for sure, but I'm talking about like if the couple is trying to have sex and get better at it like you said, and by the way, as far as one nightstands go, these guys know I'm on record with this. I don't understand why you would want to test drive this ride and not you know, parked in your driveway for a while I don't even understand one night stands. If I had liked her enough to have sex with her. I should like her enough to want to get better at it after a while.

 Cyndi Olin 32:29
Yeah, I think so too. Yeah, definitely. Alright,

 Scot McKay 32:34
so we call this episode the bad sex Survival Guide. I think we just talked about in no uncertain terms how to survive if she farts in bed. What about all these other elements? Are they survivable? I mean, how do you move on from what I'm going to term the inevitable and hopefully occasional negative experience? Or not? So good experience? How do you survive it?

 Cyndi Olin 32:58
Well,

 Scot McKay 32:59
should you survive? It



Cyndi Olin 33:00

kind of depends on the relationship. Right? It depends upon how well you know one another, if you're compatible and other areas, how important sexes to you, too. So there's that



Scot McKay 33:17

and how little you take yourself so seriously, in your head.



Cyndi Olin 33:21

Exactly. There's that too. It's like, well, wait a second, why don't we try this again? Why don't we talk about it? Why don't we take the mystery out of the bag? And then you know, you don't necessarily need to call it Oh, that was really bad. Unless you both agree. You can, you could say, Well, hey, next time, I feel like this would be good. Are you game to try that?



Scot McKay 33:47

Yeah, I think that's fair. And indeed, as you just alluded to, both of you arrive at a similar conclusion that maybe we shouldn't do this again, it didn't work so well. Then at least you arrived at the same conclusion together.



Cyndi Olin 34:00

Right? It's almost like, you know, if you have a really good friend of yours, that's maybe somebody of the opposite sex, and you've always had an attraction to them. And you one time you guys just go for it, and it's bad. Then you can come back and say, Okay, that didn't work.



Scot McKay 34:21

Like it felt like having sex with my sister or something. Because we know each other too well, and we've been okay, yeah, to that one myself. But, sure. I can relate to situations where we did not have sex for so long. And then one day it exploded, and we're kind of left like a dog chasing a car that suddenly has caught the car. Yeah.



Cyndi Olin 34:46

Yeah. Now what and then, and then there's disappointment at the end, because you've had all of this build up?





Scot McKay 34:52

Well, I mean, the sex could even be good, but you're still saying at the end of it, what do we do from here? We've had this relationship. Yeah, that's been the way we've known our relationship to be for months or perhaps even years. And now we exploded in passion in a weak moment together. And obviously things have to change or things did change. Or maybe they don't have to change, but at least you have to talk about it.



Cyndi Olin 35:14

Exactly. And maybe, maybe you keep doing it. Maybe. And keep growing that part of your relationship. Yeah, fair enough. I feel like people overthink. overthink this too.



Scot McKay 35:30

Well, boom. There's your mic drop right there. The root cause of all bad sex if you want my opinion is overthinking it.



Cyndi Olin 35:37

I agree. Yeah. Weirdly. Mic drop. There



Scot McKay 35:41

we go. Her name is Cindy Elaine. She is typically a dating coach for ladies, but also the occasional dating coach for men. She's obviously very good at what she does. And when you go to mountaintop podcast.com front slash Cindy See YNDI You will be magically teleported to her website. And last time you had a really neat gift for the guys. Cindy, is it still there for them? Yeah. And for the guys who maybe don't immediately recall our last conversation together on this show? What's waiting for them there? So do you exactly. Yes,



Cyndi Olin 36:15

it's a it's a guide to communicating with women and really getting her to open up.



Scot McKay 36:24

And a lead to bad sex could lead to



Cyndi Olin 36:29

accidentally to anything. So



Scot McKay 36:33

well. I had to I had to go ahead and flex the ironic humor there, of course, but always a pleasure to have you on the show. And I love our conversations and I know that guys do too. So thank you once again for the umpteenth time, Cindy, for being on the show. We can't wait to have you back. Yes,



Cyndi Olin 36:48

thank you so much. It was so much fun. I always love being here with



Scot McKay 36:52

the time flew on this one. That's how I usually gauge whether a show is going to be one of the best lately or not as if I feel like wow, this has only been 10 minutes by look down. It's been like 40 or 45. And that's



Cyndi Olin 37:06

fine with you, Scott, I could I could talk to you about so many different topics and I'm always curious what you have to say. You always have a different kink, so to speak.



Scot McKay 37:18

Oh boy. Again, this conversation it couldn't have been boring. So I mean, there's that this one was a gimme. Hey guys, check out mountaintoppodcast.com If you ever talk to me on the phone for 25 to 30 minutes for free. We can talk about whatever's on your mind whatever it's going to take to get you in front of the kind of woman Hey, you won't have bad sex with how about that? That alone is worth getting on my calendar to discuss why you're there please visit our wonderful sponsors origin in main the key port and heroes soap when you partake of any of the products from those find sponsors, please use the coupon code mountain 10 To get an additional 10% off also their free downloads for you my book sticking point solved is there for you. You can also check out the women in AI program or the yes and program all that and more including show notes for every episode is there for you at mountain top podcast.com And until I talk to you again real soon that's a Scot McKay from X & Y Communications in San Antonio Texas. Be good out there



Edroy Odem 38:30

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