

Why You Gotta Be So Rude? - MTP438

Scot McKay: Gentlemen, this month's masterclass for men is once again coming a week early. After all, we don't want to have a masterclass on Christmas, do we? Well, we're going to have it on the 18th of this month. That's a Wednesday, of course, at 8:00pm Eastern Standard Time, which is GMT minus 5. So what's the topic? Well, 2025, of course. How to master your reality in 2025. Listen, gentlemen, we all know New Year's resolutions pretty much suck. They're meaningless. We don't ever really get them accomplished. And why not? Well, because motivation isn't tied to the calendar, is it? But you know what? There's something about this coming year that's different. We've been through a lot in the past four or five years with COVID and people being kind of surly with each other and this whole political cycle just ransacking people's emotions and their social interactions with each other. Well, things are looking up, aren't they? The vibe is decidedly different out there and there's a lot of optimism for this coming year. I want you to be able to maximize your success in the workplace, in your social circle, and especially with women by taking every advantage of what's coming, what's right for the taking for you this coming year in 2025. Join us for this month's masterclass for men. Master your reality in 2020, this coming Wednesday. If you're listening to this podcast within a few days of its release, be sure to grab your ticket@mountaintoppodcast.com masterclass before they're all gone. Live from the mist and shrouded mountaintop fortress that is X and Y communications headquarters. You're listening to the world famous mountaintop podcast. And now, here's your host, Scot McKay. All right, gentlemen, welcome to yet another big episode of the world famous Mountain Top podcast. As always, I am your host, Scot McKay. You can find me on X, on Truth Social, on TikTK and on YouTube at Scot McKay at Real Scot McKay on both threads and on Instagram. The website, as always, is mountaintoppodcast.com and if you haven't joined the Facebook group at Mountainop Summit just yet, do that.

Lots of guys waiting to get, to know you and talk about what it takes to be a better man and get better with women in the process. With me today is a new friend of mine. He comes from the great state of Maine, which is where Joac Awwww Willink and his company origin are located, of course. His name is John O'BRIEN He's a therapist, an executive coach, and a professional speaker. And on top of all else, is part of the faculty at University of Maine at Augusta. And he's here today to talk about the subject of his book, which this is another one of those books, guys, that just caught my eye. And I said, I got to get this guy on my show. Check out the name of this book. Check out this title. Rudeness Rehab. Reclaiming civility in your workplace and in your home space. And, oh, my goodness, every one of us on earth could probably use a little rudeness rehab just about now. So without anything further, welcome, John O'Brien, to the Mountaintop podcast.

John O'Brien: Scot, thanks so much for having me. I'm looking forward to our conversation.

Scot McKay: Yeah, me too. after all, I'm raising my right hand. Man, people are just so uncivil. It's crazy out there. How did people go from being, oh, I don't know, this friendly Mayberry country, in the 50s or the 60s to where we are today, which is people just have become non player characters, as if they live in their own world and everybody else can just shove it. What happened here, man?

John O'Brien: Well, I don't think we can say it's one factor per se, but I think there's a lot of things,

Scot McKay: You mean it isn't all Donald Trump's fault?

John O'Brien: It is not all Donald Trump's fault. Yes. Thank you for pointing that out. Right. you know, I think it's social isolation. This is even before COVID I mean, obviously that really got ramped up during COVID But before that.

Scot McKay: Well, you can go back to the 60s.

John O'Brien: Exactly.

Scot McKay: Go as far back as you like. We got.

John O'Brien: Right. Yeah. And I think, you know, there was, I can remember it was a book, that documentary, something that talked about kind of the death of bowling leagues across the country and how bowling leagues were one place that people kind of of all stripes would come together on a regular basis. And that those, that's a sign as those diminished. That was a sign of kind of increasing isolation in our country, a lack of sense of community. And then you add in social media and media and politics and religion and all of that, and it'll think it's just escalated this idea of people being rude to each other.

Scot McKay: That's really interesting. You're kind of drawing a parallel between

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Scot McKay: bowling league culture and what has often been talked about, which is the lack of, say, a pub culture like they have in the UK Here in the United States, you know, everybody meets at the pub on the corner, drops A few pints and they know all their neighbors.

John O'Brien: Exactly. Yeah.

Scot McKay: Here. I mean, it's amazing. I have to go out of my way to meet my neighbors on my own street in my own neighborhood nowadays.

John O'Brien: Yes, right. Absolutely right. It's not that that community sense as much. I mean, it depends upon where you live. Some are better than others.

Scot McKay: Yeah, agreed. So, I mean, maybe perhaps during the 60s in Vietnam made people a little rough under the collar. We have to speak up or forever hold our peace. And, you know, there was a lot more demonstration. Maybe the civil rights era caused a lot of people to think, hey, you know, no more Mr. Nice Guy. We got something to fight for here. And then you came upon the 80s where it was the me first generation and conspicuous consumption. Then we move into the 2000s and 2010s and to the current day, where people stopped talking to each other in real life and started talking to each other online. And behind that cloak of Internet anonymity, people get. Well, they get kind of prickly with each other and start chirping at each other a little too much because, hey, you know, we're not talking to these people in real life. For all intents and purposes. They may just be a bot. Anyway, here's another pebble I'm going to throw on this mountain just for fun, okay. When the iPhone came out and Siri came out, I think people started being less civil because Siri isn't human. And you start telling Siri what to do, and you start bossing Siri around, and the next thing you know, you're doing that with humanoids. Yeah. So just several things I kind of tossed out there that you may want to riff on or, you know, call me out on that, I think might have contributed to us being a lot less civil with each other as well. Another thing, by the way, you know, I'm sorry to jump in with another one real quick, but I forgot perhaps what might be the most important one, which is the conflation of politics and social issues with religion

and partisanship becoming dogmatic to the extent where if you don't agree with me, you're probably Satan. And that can cause people to be a little more free with the insults and the, denigration of one another, you know?

John O'Brien: Yes. Yeah. So there's a whole lot there to respond to there, Scot. I was hoping, I think, that certainly social media, as you described it in the anonymity of the Internet and chat rooms or Twitter or whatever, does allow people that distance and safety and not being known to Be able to say whatever they want at the same time. Also, though, in, for example, in a Zoom meeting in businesses, people also will feel more comfortable, posting nasty things about, like, someone who's speaking or about other people in the chat in Zoom, where they wouldn't necessarily say it to someone's face. So there's something about technology, whether anonymous or not, that gives us this sense of greater distance and that we feel freer to be nasty.

Scot McKay: Yeah, I would agree with you. Absolutely. And that can either work to our disadvantage or to our advantage socially. I mean, look at the rise of online dating. A whole multitude of men who wouldn't have had the balls to go walk up to a woman at the grocery store and ask her out suddenly are empowered because all they have to do is drop this anonymous message to a series of alleged chicks and see who writes back.

John O'Brien: Correct? Yes. Yeah. Yep.

Scot McKay: You know, obviously there had to be something good about all of this or else it wouldn't have become so popular.

John O'Brien: Precisely. Yes.

Scot McKay: Like junk food or comfort food, then real nourishment. It still became popular for a reason.

John O'Brien: Yeah, yes, absolutely. And as you said, has many advantages, but, but also that distance is, is part of what is speing the thing that we're talking about.

Scot McKay: Yeah. So in your book, Rudeness Rehab, just rattle off some of the main points that you want to drive home with the readers.

John O'Brien: well, I think that as much as our culture is heading in the direction of rudeness, and it would be nice if people would want to change just for the sake of being nice. But my point is that's maybe not enough of a motivation. But if people understand that these, these acts, whether it's things that they do, things that are done to them, or things even the people witness, that, their impact of incivility over time can actually create undue stress in people, which ultimately can lead to, health consequences both for the short term or also leading to like, anger and hostility, which can have longer term consequences. And even this may sound dramatic, but even like, you know, early death because people are living in anger. So that's one thing I would say is important to

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John O'Brien: understand. It's like, you know, and even though incivility and being rude or posting nasty things can be kind of fun, u, to see that there's a dark side to it. The other thing, it's easy to see the rudeness that other people are exhibiting and it's much easier to want them to change. And the reality is the only one that we can change is ourselves. And so people need to be responsible for figuring out the. What are they doing either. And how they're responding to rudeness from other people or maybe how

they're being rude unwittingly.

Scot McKay: Yeah. There's some truth to the old adage that we train people how to treat us.

John O'Brien: H. Absolutely. Yes. Right. Yeah.

Scot McKay: And if you're dealing with a bunch of people who are apparently rude to you all day long, you might want to look in the mirror.

John O'Brien: Correct, Right. Right. But that isn't easy sometimes for people to do. And you know, but it's. The reality is all of us can be rude and all of us are rude. Like, news flash, that happens. But it's the question about can you be aware of it and then try to be more, mindful of changing it.

Scot McKay: Yeah. And you see people on TikTok and Instagram being hypocrites about this all the time. M. Yes, because you didn't vote for my nonviolent candidate who wants peace in the Middle East. You better hide because I'm gonna get a Glock and shoot you if I see you on the streets. Because you're the worst, you know? Right.

John O'Brien: Yes.

Scot McKay: You see a lot of that. This particular election cycle has just concluded at the time that we're recording this.

John O'Brien: Yes.

Scot McKay: And I don't think we will have moved on completely from it because the time that this podcast is being released is in that interim lame duck period between presidents. I personally was fascinated by the contrast between how ugly and just absolutely gratuitously so this campaign got, especially in the waning days of it versus how conciliatory everybody at the top, you know, everybody in charge, the candidates themselves, people in government to some degree, even the news media became, after it was all over, in the dust, clear. And meanwhile, you get on Tik Tok and Twitter and there's still people who, for lack of a better way to put it, have been indoctrinated into this spooled up hate and fear, and they won't come down from it, even though the example has clearly been set by the people at the top. Hey, this was kind of all just politics. It was all kayfabe. It was pro wrestling. We were just hoping to win an election. And now that it's over, you know, we're all human here. This is still the United States. You know, no need to move to Canada or, you know, somewhere else. You know, we were only kidding, Right. Two hours before we recorded this particular show, Joe Biden and Donald Trump themselves were sitting in the Oval Office shaking Hands and promising to work together, which is an unthinkable scenario within the framework of this psychology of fear and dread that dominated our country and held it in its grip up until the election happened.

Scot McKay: It's insane. So we do allow ourselves to get drawn into this, don't we?

John O'Brien: Well, I think it's when people's emotions get activated and they start to believe what they feel and, and that just kind of grows and then sort of rhetoric that comes from both sides, both left and the right for sure, camps that then activates people. And so even though for politicians, they're like, okay, that was just politics. And now the election's done, it's like people are, still wound up, you know, and obviously the people on the side, you know, on the Democratic side who lost are, the ones that are

now caught up still in their fear that was already being generated during the campaign and having a hard time maybe shifting away from that.

Scot McKay: Yeah, because they've almost gotten comfortable with feeling that way.

John O'Brien: Yeah, right. And. And believing what they're feeling.

Scot McKay: Yeah, yeah. Right. And yet when a major catastrophe happens, it seems like all that goes out the window and we pitch in and we help each other because we're all human.

John O'Brien: Indeed. Yeah. And that's, you know, I think that there was, during COVID there was a bit of a divide that didn't happen. That sort of usually happens. Like after 9, 11.

Scot McKay: Agree.

John O'Brien: People came together, you know that. but I think. Absolutely. And certainly we see that in Maine. I mean, you know, other parts of the country have their other weather challenges. You know, in Maine we have snowstorms. We love them. but, you know, know, when we get power outages or other things, you know, neighbors, watch out for neighbors, and people come together regardless of their political affiliation.

Scot McKay: Well, you know, during COVID which you cited, it was a little different because it wasn't people coming together, it was people being restricted from even being around anyone else. Yes, it was quite the opposite, at least from a social perspective. So people left isolated, literally sheltering in place, are looking for an outlet

socially. And the only way to gain that outlet is through social media. So there was free reign for anyone who was a pundit or

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Scot McKay: wanted to purvey their opinion, to set up their own echo chamber and say whatever they want to whomever they want. And a lot of people were believing the headlines and taking sides. And meanwhile, that was also, in my opinion, the window of history in our country where we became more divided racially by gender, by ethnicity than ever before. George Floyd happened, the riots happened and people are still restricted from seeing each other. You know, a Donald Trump rally is a Covid spreader event, but you know, people are gathering on the streets of Minneapolis and throwing Molotov cocktails. But oh, that's different. That's a mostly peaceful protest. And without the opportunity, or dare I say, the luxury of being able to go outside and talk to real, actual people in the real world, we're left with this ur, sa'perception of reality that what the government or what the media is trying to propagandize us into believing is the reality for the rank and file out there. And it just turned out not to be true. And so the fallout when the lockdowns got lifted and people could actually venture out to be social again was. Well, first of all, a lot of people didn't because they'd grown accustomed to being isolated. You know, some of the introverted types even liked it, Right?

John O'Brien: Yes, absolutely.

Scot McKay: But everybody else started talking to each other over the ensuing months and into years and said, you know, I'm talking to these people and it isn't mirroring the fantastic images I'm seeing in the media. People really just want to get along and people want to live their lives. And it's not like we all hate each other out there after all.

So it was all kind of a lie and we bought into it. And the net net of it is a lot of people were being a lot less civil to each other, especially online. And that bleeds over into real life once she traips out there again. And people realize, well, wait a minute, you know, I've got egg on my face here because not everybody else is as angry and bitter and scared as I am.

John O'Brien: Yeah, I think that certainly my experience of, you know, kind of being in the lockdowns and then getting back out into the world and you know, and my background is, you know, I'm a psychologist, so one would think that I would know how to relate to people, but I just found it still. It was just felt very, after the period of time being away from people, it sort of felt very weird and awkward to be back, like interacting with people and back in crowds. And I think many people are still struggling with how to do that. And that's part of what I think is continuing to feed the divisions that we see now.

Scot McKay: You know what they say, hurt people, hurt people.

Scot McKay: And there was a lot of pain that happened during that time. And you know, indeed a lot of people have gone through trauma in their life and when they're in a situation where they're alone with themselves and their thoughts and their prayers, right, they just get angrier and are somehow reminded of why they were so angry and bitter. I mean, it's natural entropy of emotion, isn't it? So when we get out, we're thinking, okay, the media has taught me all these people are against me, so I'm going to treat them like the enemy. And meanwhile, it's like, I didn't do nothing to nobody. Why are you, you know, hauling off like that on me?

John O'Brien: Right?

Scot McKay: And there was a lot of lack of self awareness. There was a lot of lack of basic self awareness. Like, I remember there were people who in the grocery store would just start walking backwards and had to kind of like get out of their way. And drivers on the street being weirder and crazier and more erratic than they used to be. Four years ago, after Covid, self awareness just, I mean, we hit the nadir of self awareness. I mean, we hit the. We hit the absolute rock bottom in terms of, you know, the percentage of people who were self aware in this culture. Have we recovered from that? What do we do to be part of the problem instead of the solution? I mean, on one hand, I hear you saying, after Covid, you know, we get out there and everybody else was surly. And it's like, well, what have I walked into? I mean, I don't know if that's always all on us. Certainly there was a collectivism to our surliness. But, you know, I would only imagine that you would be a huge advocate of us being leaders and being part of the solution instead of the problem. How would we do that?

John O'Brien: Well, absolutely. First of all, to just realize that the only person you can be responsible for is yourself. And that as you head out into the world, it's not, is someone going to be rude to you? It's when and sort of expecting, expecting the people are always going to be nice to you. And whether these are people at work that you're interacting with or people who are servers who may be, you know, waiting on you somewhere. Sometimes they've had a difficult interaction just prior to you, and so then they're kind of taking it out on you. It's recognizing that rudeness can be contagious. But we need to be responsible for managing our own emotions and not just giving in to the frustrations that we may feel when we are treated poorly to then want to respond. So it's figuring out how to keep yourself calm despite whatever's going on. Around you.

Scot McKay: That's not easy

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Scot McKay: for people.

John O'Brien: No, it isn't. Absolutely not.

Scot McKay: Some people just seem like they want to get at you.

John O'Brien: Well, and I think some people do. Some people, I think just are out looking for a fight, whetherically, you know, or emotionally, that they're just like, they're looking to engage because they've got this pent up frustration and you just happen to be the person who's crossing their path now. And they just want to be able to kind of get rid of that energy. So they're going to pick a fight.

Scot McKay: And all those people hang out on X. I mean, it's just a, it's just a cesspool of borderline personality. People just love strife, fighting and picking a battle with someone for no apparent reason. And every once while I'll happen across one of these conversations between two people who are just dropping the hammer on each other. And I mean, perhaps ironically, I say to myself, nobody's watching you to, nobody's even listening. You're wasting your time. But then again, there I am. Right, but, right, but you know, still, you look at the number of views this conversation has had and it's in the single or low double digits. People are just out there looking for a fight because they get emotional energy from it and they somehow like it. It's twisted and sad. And by the way, it doesn't actually reflect what the general population is doing, feeling or acting on. Those people, all tend to find themselves in that echo chamber. But it could really start to look like real life. And you know, John, that was part of the illusion of what happened during COVID People went, oh my God. Everybody who believes the way I do is this

horrible person or I should believe this way if I want to become a good person. And meanwhile, it really wasn't that accurate a measure of reality.

John O'Brien: Yeah, I mean, I think the one place that I would take issue with what you're saying is I think that surveys by the American Psychological association do say that stress levels of Americans in general are among the highest ever recorded. So there is a lot of stress out there generally in a broad spectrum of people.

Scot McKay: But I'm not sure I'm disagreeing with you on that.

John O'Brien: Yeah, but I mean, how many people are out there looking for a fight or angry versus the number of people who actually just want good things for this country, for their families, you know, for themselves? That's a. But that's the silent majority, I think.

Scot McKay: Yeah, I agree with you. We're all on the same page. I'm just saying those are the people who generally avoid being on Twitter.

John O'Brien: Yes, correct.

Scot McKay: And it's most people. I mean, look at the number of Twitter users worldwide versus number of, well, people worldwide. And it's ye, you know, a small sliver of the population. Yeah. You and I are on the same page. Let me float an idea by you.

John O'Brien: Okay.

Scot McKay: I've heard over the course of my life, several times, this notion that who we are around the people we're most comfortable with is who we really are. And everybody, every son who gets into a shouting match with his dad constantly, every family who bickers and the kids are taking an entitlement mentality with the parents, and the parents are yelling at their kids to get the house cleaned up. They're all going, oh, no, no, no, not me. That's not who I really am. These people just drive me nuts. But, you know, I think if we're honest with ourselves, it's kind of true. And it seems like the better we know someone, the more comfortable we are with someone, the more confidence we have that they're not going to leave or they're not going to stick it to us. The worse we are, the more awful we get, the less civil we are with them.

John O'Brien: Well, we feel in that way, we feel safer. Yes, exactly as you're saying. Because that's not like you can say to a brother or sister, you're not going to be my brother or sister anymore. I mean, you can not see them, and you can pretend they don't exist, but they're always going to be family. So when you have people like that in your life that you are, your lives are intertwined that, like, you're kind of stuck with each other. So people feel like they can behave however they want. It's like when parents say, you know, their kids go to another parent's house, and when they come back, the other parents say, oh, your kids were angels. Like, what? Who are you talking about? Right's because, but that's the good news.

Scot McKay: You must have had some doppelgangers for my children at your house or something.

John O'Brien: You know, it's like that they do know how to behave well, but it's just that they know they can get, quote, get away with being, you know, less civil or rude with their parents.

Scot McKay: Yeah, but part of the tagline of your book is about reclaiming civility in your home space.

John O'Brien: Absolutely right.

Scot McKay: So that's probably, dare I say, and perhaps ironically so, the biggest hurdle, it's not strangers and my boss and the Next woman I'm out on a date with, it's the people I've known for 30 years who are keeping me from being civil.

John O'Brien: Exactly. Because again, we people that we hang around with the most, well, they also know how to push our buttons. And whether they're consciously trying to do it or not, they do. So, yes, it's. Those are the most. The relationship. The closer the relationship is, often the more challenging it is to deal with.

Scot McKay: Yeah, that's fascinating.

John O'Brien: Y.

Scot McKay: It's fascinating, but not impossible.

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John O'Brien: Scot. I'm not saying it's impossible. It just means it's more challenging and it takes, it takes more energy and it takes more practice.

Scot McKay: What advice would you give to a guy if he's going out and meeting women and he's finding them to be rude and less than civil with him?

John O'Brien: Well, a couple things. First of all, to figure out, there's something, as you were saying before, like, is there something. If you have all these rude people around you, you got to say, wait a minute, is there something I'm doing that's contributing to this dynamic or giving me this kind of response from women about being so rude? So that'd be the first thing that I would suggest that you think about. And I think the other thing is if that's happening on a date, to figure out how long do you want to hang in there, or do you, in fact just want to try to call the person, out, like, what's going on here? Did I say something? Especially if it's like a first date or a first couple dates to. I mean, you have less to lose, than a long term relationship. And to figure out just, just like, why is this person acting way.

Scot McKay: I would add to this conversation, along with the very solid good points you just made, that in this day and age, a lot of women have been socialized to fear any one male who approaches them. And I would not exactly argue with someone who came forth with the idea that, that portends they'll be a lousy girlfriend anyway. Okay, fine. But this very famous Internet meme nowadays about, you know, would women rather meet a bear or a man in the woods? Everybody knows how ridiculous that is.

John O'Brien: Yes.

Scot McKay: Although having met a bear in the woods and nothing happened, I don't know if I'm the one who should talk. But then again, I've never been gorilla raped by some dude I passed on the trail either, so so much for that analogy. But there were a lot of women out there who have had negative experiences with guys, and the wound is still very Raw.

John O'Brien: Yes.

Scot McKay: And I think a lot of times guys try to smooth that over by being Mr. Nice Guy and being apologetic. And all that does is kind of plant a seed within this woman's psyche that, yeah, you know what? You should apologize. Whereas if you stand up for yourself and say, wait a minute, I'm not that guy, or, I've done nothing to you. Why are you being this way? And, hey, I'll allow for the simple fact that even that approach would sound a lot like being a simp to a lot of guys. Like, you know, you're being mean to me, and I'm gonna try to be conciliatory. Well, screw that bitch. I'm gonna move on. You know? But I think sometimes, especially given the nature of the masculine feminine dance, when a guy is willing to stand up and openly disarm that aggression towards him, M. Huh? Sometimes we can shock ourselves with how women kind of, like, wake themselves up on the spot and go, yeah, you know what? You're right. You're not that guy. And the next thing you know, you have a very friendly woman in front of you. But that's a tall ask. For a lot of guys, that sounds like an advanced skill to them. You know what I mean?

John O'Brien: Yeah. But I think what really matters is how you do it. And it doesn't have to be very complicated, but it's just, if you're getting a lot of, rudeness from a woman you're on a date with just to say, okay, hang on, what's going on here? And then if she says, what do you mean? It's just simply saying, okay, it seems like, I'm catching a lot of flak here, or you've said couple negative things about me, and I'm just like, why is that? Verses going on the attack or using the, you know, negative words that are just simply going to make things go south. Let me also say there are also are times when it's just. It's just best to. If it's bad enough to just end the date right. And not get into any further discussion. Some things, some relationships aren't meant to be.

Scot McKay: I agree with you. And that said, on the hopeful side of the equation here, my life was changed in large part due to a wonderful mentor of mine named Dr. Mark

Goldston, who, has been on this show several times. Unfortunately, he passed about a year ago, which, I'm still in mourning over, but just a great guy who really had wonderful insight into humans and why we are in conflict with each other. And a guy who walked his talk wonderfully. And what I learned from him is as soon as you realize how afraid people are, you have compassion for people, even if they're treating you miserably.

John O'Brien: Yep.

Scot McKay: And that may sound Pollyanna is, But I think Dr. Mark Goldston would have left it simply to, well, you know, give it a chance. Give peace a chance. Right.

John O'Brien: Yeah.

Scot McKay: If there's still, you know, this psychopathic maniac, well, then, you know, they forfeited the right to be part of the adult conversation, as I'd like to say. Right.

John O'Brien: Yes.

Scot McKay: Just move on. Brush the dust off your feet. But a lot of women are very afraid of men. A lot of women are very fearful in general. A lot of men put up a good front, but deep down, we're pussies. And anytime you deal with someone who's just trying to be, a bully or a woman who's trying to knock you off your game, what

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Scot McKay: Mark Goldston would do would be to acknowledge what he's seeing and call out the emotion and just sit it on the table for them to respond to. Wow, you seem

very angry with me.

John O'Brien: Yeah.

Scot McKay: this is really frustrating to you, isn't it? And just let them vent and magically, and I mean, put this to the test. It's remarkable. This person who was looking to pick a fight all of a sudden feels like you're suddenly their ally instead of their adversary because they had their claws out waiting to defend themselves. And when you gave them that chance to really let it go and let the fur fly and they see this person on the other side of the conversation is like, yeah, great, you know, let it out, do it. All of a sudden you've made a friend instead of an adversary. And it's so human and it's so deeply viscerally logical to the extent emotion can be. Right. To think that if I give this person a chance to vent their frustration or what they've got bottled up, all of a sudden, I'm less likely to be part of the problem anymore because the problem has been subsided a little.

John O'Brien: Yeah. I mean, I think I agree with you. And I think it's about just being curious. Showing that you're curious as opposed to defensive.

Scot McKay: Yes. Because a lot of us are going to have an fight mentality when someone comes at us like that.

John O'Brien: Well, that's the first response, I think, for men and women is to automatically kind of want to defend ourselves.

Scot McKay: That's the primal response.

John O'Brien: Yeah, yeah. And it's also fear based, like you were saying.

Scot McKay: Fear, fear, fear. Yes. Yes.

John O'Brien: So Verseus saying, I'm not afraid. Go ahead and tell me what's going on. Like, why are you reacting this way and being curious?

Scot McKay: Yeah. And men in general are very, very fearful of getting rejected by women. And we're very outcome dependent when we're meeting women or on first dates with them. And so we don't want to risk that loss. So we dare not call out something like that because she may throw her fork in her plate and go, fine and leave. And we're alone and we feel like we've lost again. We feel like we've been rejected again. Whereas, I mean, I've talked to woman after a woman who, if a guy will just listen and let me vent, all of a sudden I'm so horny for him after I'm done. I can't believe it.

John O'Brien: Really.

Scot McKay: All the guy did was just exist.

John O'Brien: Yeah.

Scot McKay: And, that's hard for a lot of guys to wrap their heads around. But I don't know, I'm not a big pop psychology guy, so I avoid a lot of the buzzwords. But that term holding space is really meaningful for me because I think it implies exactly what it says it is. I think literally you are kind of on a holding pattern. You're like an airliner waiting to land, but the Runway isn't ready for you yet. And you're giving space for those other airplanes to take off and land until it's your turn. And it may never be your turn, but the

value is you're a human. You're listening. You're not trying to plead your own case or fight for your own cause. You're literally holding space as like a container for this person to do what they need to do in your presence. And I think it's often like magic, especially when we're trying to be more civil. If more people would do what even by God, Stephen Covey said way back in the 80s, which is seek first to understand before trying to be understood. I think a lot of the incivility can be diffused by true humanity and compassion.

John O'Brien: Absolutely. And being curious and listening and not feeling like you have to fix whatever it is.

Scot McKay: Yeah, yeah, I agree.

John O'Brien: Listening to what's been said, what are.

Scot McKay: Some other really good takeaways from your book that you'd like to share with these guys before we close? John?

John O'Brien: Well, one other thing that's more relevant to the dating process, which just is a little anecdote that you probably have talked about at other points. But when it comes to incivility, it's not when you're on a date. It's not just how you treat your date, but it's how you treat other people on your date.

Scot McKay: Great.

John O'Brien: How are you treating the server? How are you treating other people that you run into? Like you're, you're always on. And in that way, even if you're being this,

the most benevolent date on the evening to the woman, if you are treating other people like dirt, that's going to be a turn off.

Scot McKay: So that's a brilliant point. And I would add to that, people even nowadays really have a B's detector when it comes to fake. People like, oh, I'm so nice, I'm so sweet, I'm so civil. But when the camera's off I turn into a raging bitch. People can see through that. And by the way, for what it's worth, they don't vote for it.

John O'Brien: Right? Right.

Scot McKay: I think that's a big part of the reason why Kamala lost. And to show I'm not being partisan, I think it's a big reason why Carry Lake lost.

Scot McKay: Because I think people can see through the facade and they kind of suspect this person isn't so nice when the cameras are awful. And that consistency you're talking about, hey, you're really hot, I'd love to have sex with you, therefore I'm being civil with you. But you know, the waitress, the personating,

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Scot McKay: the floors, the bus driver, whoever, maybe not, but I'm still going to be civil with them just the same. I think that makes a, that leaves a lasting impression with people.

John O'Brien: Oh, it does, right? It goes to the point you were meant to speaking about. Who are you consistently like, are you being one person in this context, but so different in other contexts?

Scot McKay: I love it. His name is John O'Brien. He's a therapist, executive coach, professional speaker, and he's on the faculty at University of Maine, Augusta. His book is called Rudeness Rehab. Reclaiming civility in your workplace and in your home space. And when you go to my Amazon influencer storefront@mountainoppodcast.com Amazon and you're listening to this show, within a week or so of it being released, you're going to find John O'Brien's book right there at the top. And I recommend you grab a copy. Also, when you go to mountaintoppodcast.com rude. I mean, why not, right?

John O'Brien: Yes.

Scot McKay: You'll be redirected to rudenessrehab.com, which is John O'Brien site. What are the guys going to find there? John?

John O'Brien: Ah, so there's information about the book, information about me, there's some videos about civ, there's, some articles that I've done. So there's a bunch of resources there about how to be more civil.

Scot McKay: That's just fantastic, man. Yeah, guys, definitely go over to mountaintoppodcast.comn rude and get you some. John O'Brien, thank you for being on the show. I've enjoyed this conversation, immensely and hope you'll come back.

John O'Brien: I'd be very pleased to come back, Scot, and thank you so much for having me.

Scot McKay: Well, you're quite welcome. Gentlemen. Master Classasses for men happen every month, including this coming Wednesday, the 18th of December at 8:00

Eastern Standard time, which will be on mastering your reality in 2025, which is going to be powerful. If you haven't checked out the whole catalog of, them, it's there for you@mountainoppodcast.com Masterclass. Also, some of you guys are going through a rough time right now in your relationship. One of the reasons you may have found this show is because you've just experienced a breakup or about to go through one, or maybe even on the brink of divorce. I have just started doing divorce coaching for you guys. If you go to mountaintop podcast.com divorcecoing you can read up about that. Also, if you haven't gotten on my mailing list, fluff free material every day to show you how to be better with women and be a better man. Doesn't cost you a dime. And when you get on my mailing list, you get a free copy of my book Sticking Points Solved, which covers just about every potential situation you could probably think of and then some when it comes to women in dating. Also, while you're at the website, please visit our sponsors. As always, Joaco Willings Co. Origin in Main, also the key port, also Hero Soap. And when you use the coupon code Mountain10 with any of our sponsors, you'll get an additional 10% off at checkout. All of that and more is there for you@mountainoppodcast.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. The, Mountain Top Podcast is produced by X and Y Communications. All rights reserved worldwide. Be sure to visit www.mountaintoppodcast.com for show notes. And while youre re there, sign up for the free X and Y Communications newsletter for men. This is Ed Roy Odom speaking for, the Mountain Top Podcast.

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