

"I Got Jaded" - SFTS51

Scot McKay: You're listening to Snippets from the Summit with your host, Scot McKay. How's it going, gentlemen? This is your main man, Scot McKay, coming at you again with another snippet from the Summit as part of the Mountainop podcast from X and Y Communications. Today we're going to throw a term on the table that gets bandied about a lot in the world of men's dating advice. indeed a lot in the world of self help in general. And that's the term jaded. you often hear about people who feel as if they've gotten jaded or someone's been jaded. And what is meant by that particular term? Well, it means someone has been worn down by life or by experiences enough where they've basically built an expectation that, you know, if I try to do this again, it's just going to end up in the same crappy result. In other words, because of a series of bad experiences, even bad decisions, or simply bad breaks, or call it even bad luck. What's happened is you have built a habit of losing the expectation is now that effort really isn't even worth it because the result will be the same negative result. It's the Schleprock effect all over again, guys. But if you say that you've gotten jaded, it's a way to build up a wall that protects you from, taking responsibility for what's happened. Simply put, the phrase I've been jaded by this, I've gotten jaded implies lack of personal agency, doesn't it? It implies victimhood. Something did this to me. Well, you know, I could sit here with a Polly Anish refrain of hey, you know, stop thinking something did something to you or something happened to you and start thinking this happened for you instead. Pat yourself on the back, little buckleoo, and get back out there. Well, that would be really nice and those words would sound good, but I think the love has to be a little tougher in this situation. Gentlemen, if you feel like you've fallen into the trap of having been jaded, you have the power to get out. It's a choice, it's a decision you will make to stop seeing yourself as having been influenced negatively by this series of decisions or happenings or events, and then you're going to make a decision to dust yourself off, get

back up and try again with a clean slate. Now, is there self work that needs to be done? Are there patterns of your behavior or your decision making that need to be fixed? If so, address it. But realize just like if you know that you've gotten a little fat, you've put on some lbs, you're not eating right, you're drinking too much, that if you do make those changes, the next time you do blood work, when you go see the doc, the numbers have to be better because that's how the human body responds to making those changes that will affect your physical health. Right? If you go to the gym and you start working out, you're not going to get weaker, you're going to get stronger, because that's what working out does. If you go out and build your endurance, you run, you get on the bike, you do some swimming, your endurance and your strength are going to grow, because they have to. Gentlemen, if you decide you're going to work on your social life, if you decide you're going to talk to women, if you decide you're going to erase some of these negative mindsets where you blame women or indeed blame anybody, and take personal responsibility and ownership instead, you absolutely have to see results. Now, here's the kicker, and here's where I'm going to throw a wrench in the works. In this particular podcast episode. So far, at least, I don't think I'm telling any of you guys anything you don't know already. This feels a lot like a pep talk. I'm sure it's a ra rah speech. And yeah, maybe sometimes some of us need to hear that, especially when we've allowed ourselves to get into a ph ###k, right? But indeed, I think there's a twist to this that may feel like it's coming out of nowhere for some of you guys, may hit you between the eyes and may be the takeaway. A lot of times when guys feel jaded or when they feel like they've had something done unto them, they recognize fully. They know. Even if it's subliminal or unconscious, they know they don't like feeling like a victim. Okay, so what will happen sometimes is men in particular will say, all right, you know what? I'm going to read some books, I'm going to look at some YouTube videos, I'm going to be a keyboard jockey, get some information. But then they don't go out and put it into action. And then when someone asks them how they're doing with this thing

they've been working on, whatever it is, whether it's diet, quitting smoking, quitting drinking, getting better with women, losing weight, whatever it is, the guy will say, well, you know what? I tried. You know, I did this thing, and it didn't work. So I guess that's just the way it has to be. And then they

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Scot McKay: blame whatever it is they tried, whatever YouTube video they watched for not working. So again, instead of it being a woman's fault or, the temptation of desert's fault or the weather's fault or whatever it is that's keeping us from getting what we want done to improve ourselves, which we know sounds ridiculous and sounds like an excuse. We kind of get this meta level mentality where it's like, all right, you know what, I'll try something. But it's kind of predetermined in our brain not to work because if it worked, it would be dangerous. We would start getting results. We would have to go out there and be healthier. We would have to go out there and get to know women better. And yet what's really going on is in our heads. Even though we feel like we're combating victimhood at some level, we really just don't have a whole lot of confidence that we're going to get over this hump and make the change. Therefore, the excuse that comes from having tried and not really done anything and failed anyway becomes the actual result. Pretty heavy, right? So let's break this down. Let's say I don't. I don't really find myself succeeding with women. I'm scared to ask them out. I'm not getting anywhere. I'm not going out on dates. really, I'm not even getting past square one with women. So what do I do? I read a book, I listen to a podcast like this, I watch a YouTube video, and I go, all right, cool, I've done something. I'm not behaving anymore as if I'm helpless. I'm going out there and, you know, I'm giving it some effort. And then what happens is after you listen to this podcast, after you watch a YouTube video, after you read a book, that is it. You don't do anything with it. You don't do what was suggested.

And then you come back and say, well, see, I'm still not getting anywhere with women. All these books, all these videos, all these podcasts, they were all wrong. So I guess I'm just doomed. Kind of reminds me of when a guy comes to me and says, I can't get any women to go out with me. And I ask them in return, well, how many women have you asked out? And their answer is sheepishly, well, none. Gentlemen, simply being a keyboard jockey, simply saying you're trying or consuming some information is not the same as getting out there, taking action to get yourself out of the well, just be jaded zone and start building your confidence and then start seeing results. And the good news is, once you're proactive and the keyword they're being active instead of, well, kind of either reactive or even flat out passive in terms of what you think you're doing to get the results. When you're actually active, you go out there and try. It's just like working on your diet or working on your strength. You have to get results if you're actually going out there putting into practice what you're learning instead of just being that keyboard jockey. Want to talk about this or anything else?

Scott@mountaintoppodcast.com. be good out there. As always, visit mountaintoppodcast.com for more.

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