

## It's Contagious - SFTS56

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. Today we're going to talk about something very simple but often overlooked. As a matter of fact, I don't think I've ever heard anybody bring this up in the entire world of men's or women's dating advice, frankly. But it is a very common human response, especially when socializing with each other. And it's these actions that we see or that we're privy to can be contagious. And it's really as simple as that. This isn't anything that needs to be overcomplicated or complex in any way, shape or form. In fact, the most immediate example that comes to mind is whenever somebody yawns, it's amazing how everybody around them suddenly starts yawning. Also, as a matter of fact, I'm thinking about yawning, just thinking about yawning. That's the concept we're talking about here. Whenever you observe somebody doing something or you're interacting with someone, or even with a television show or a movie, it kind of moves you towards mimicking what you're seeing or even feeling what they're feeling. I mean, obviously all of us have watched a movie, seen a TV show, and it brings out the feels for us in some way or another, either anger or intensity or sadness based on what happens on the screen. But in terms of the yawning example, that's particularly interesting because it's an action that you observe someone else do, and then you want to do it yourself. And indeed, that may sound like an unconscious response, and it probably is. But the phenomenon we're talking about here can be completely conscious as well. So how can this particular phenomenon, as we understand it, enlighten our ability to attract and relate to women? Well, consider this. Whenever you're Netflixing and chilling with a woman, what if the movie or the TV show you're watching, if thought through ahead of time and planned for, might have a direct impact on how your evening goes with that woman? Think of it this way. If you watch a

movie or a documentary or something crazy like that that's really violent or disturbing in some way, you'll emerge from that viewing experience disturbed. But if you watch a TV show or a movie where there's some romance involved and a little bit of seduction, and finally the two main characters start making out in a really sensual way, it's kind of going to put you and her in the mood to do something similar. Aha. so you see the value here. Once you recognize this simple psychological principle of how we want to mimic what we see other people doing, you can kind of socially engineer all sorts of interactions with women. The limit is really just your imagination. And that can go for not only the movies and shows you tend to watch when you're netflixing and chilling, but how you plan dates. What are the surroundings going to be? Are you going to be in a busy, chaotic place or an essential romantic place? It's all up to you, and planning is everything. M Just don't start yawning in front of her, because that would probably be a buzzk kill. Want to talk about this or anything else? [Scott@mountaintoppodcast.com](mailto:Scott@mountaintoppodcast.com). be good out there. As always, visit [mountaintoppodcast.com](http://mountaintoppodcast.com) for more.

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