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woman, witty banter, lifesavers, laughing, banter, talking, scot, conversation, professional comedian, funny, people, jokes, fun, george clooney, kristen, wonderful, playful, brain, playfulness, kid

## SPEAKERS

Edroy Odem, Kristen Carney, Scot McKay



**Edroy Odem** 00:04

From the mist and shrouded mountain top fortress that is XY Communications Headquarters, you're listening to the world famous mountain top podcast. And now your host Scot McKay



**Scot McKay** 00:18

How's it going, gentlemen all over this big beautiful world of ours. You're tuned in once again to another big episode of the world famous mountain top podcast. My name is Scot McKay at Scot McKay on Twitter Scot McKay on YouTube real Scot McKay on Instagram, [www.mountain-top-podcast.com](http://www.mountain-top-podcast.com), of course, is the website. And I sure hope you'll join [us@www.facebook.com groups front slash mountain top summit](https://www.facebook.com/groups/mountain-top-summit) For ye olde Facebook group which is now becoming one of the hot spots for guys who want to be real men of character to talk about what's going on in their lives and to share information and drop knowledge with each other. In this episode, we're going to have a new guest who I've met recently Her name is Kristin Carney. She's a professional comedian and actually also the co host of the ask women podcast but former guest you know, she's done here a couple times actually Marnie Kendra's, your favorite wing girl and Kristin is a world class expert in my estimation and the topic du jour for which is witty banter. So without anything further, Kristen, welcome to the Big Show.



Kristen Carney 01:28

Hey, I feel a lot of pressure to say something really funny right now.



Scot McKay 01:31

Please don't you know why. First of all, because you're not on the comedic stage right now. We're being real with each other and we're talking about ways these guys can get better with women and probably more importantly Christian. Even though the topic is witty banter and I think a lot of guys immediately think Oh, God, I gotta be funny. witty banter isn't necessarily comedy, is it?



Kristen Carney 01:51

No, it's just conversation. That's pleasant. Really.



Scot McKay 01:56

pleasantries?



Kristen Carney 01:57

Yeah, it's just, it's just not boring conversation. And so you don't have to be you know, the next George Carlin in order to have witty banter. It's just being a human being and being open and being honest and having opinions and being vulnerable and keeping someone entertained.



Scot McKay 02:14

I would hope you wouldn't be the next George Carlin. I'm not sure how much efficacy that would have at helping women have fun



Kristen Carney 02:20

Yeah, yeah, that's true. That's true. Unless they're angry woman or something like that.



Scot McKay 02:24

Yeah, I don't know if I've ever led with seven things you can't say on TV.



Kristen Carney 02:29

Seven things you can't say on a podcast. Oh probably say just about anything on



Scot McKay 02:33

this podcast yet most people don't. And that's probably a good thing. But anyway, what you're talking about I think makes a lot of sense. When it means you have a brain and you're using it witty to me means you're quick on your feet banter. Simply put means really nothing more than going back and forth. So if you're quick on your feet, and you're talking back and forth with someone who is your willing accomplice in this conversation, then boom, you're already pretty much achieving with banter, aren't you?



Kristen Carney 03:01

Yeah, and you can see it happen in such everyday settings. Like if you go to you know, CVS, and you check out the counter, and you buy something that maybe strikes the the cashier funny and they say something, you don't just say Oh, yeah, and grab your bag and leave. You can say something back to it. That's a simple that's that's a quick little banter. It's as simple as that.



Scot McKay 03:22

Like these lifesavers may not saved my life, but they're certainly going to save my ability to kiss this girl on the first date. Right?



Kristen Carney 03:28

Yes. Don't jump in the ocean with those. They're not gonna do you any favors.



Scot McKay 03:34

Unless you're a very, very tiny person.



Kristen Carney 03:36

Yes, yes. Like you don't even exist. Basically, you're so tiny.



Scot McKay 03:39

Here's a trivia question for you do lifesavers actually float?



Kristen Carney 03:42

That's a good question. And I would guess, yes. But I would also guess that whoever actually looks into it needs to get a job or a life.



Scot McKay 03:50

Well, I would agree with that. But I do have a very interesting factoid about lifesavers, particularly the winter green ones. You know what the day?



Kristen Carney 03:59

Yes, my mom always had the winter green. You know



Scot McKay 04:01

what they do in the dark? glow? Yes, a little green spark emanates from them. If you chew, a wintergreen lifesaver with your mouth open in the dark in a mirror. First of all, you're pretty dorky. But second of all, you will see a little green spark emit when you do that. Fast. Yeah,



Kristen Carney 04:19

yeah, it's a for some reason. I knew that. That must be just as a kid. I think in the car. My mom always had the lifesavers and we would be in the car at night in the dark. And I think it just became a common knowledge thing for me that like yeah, lifesavers, glow in the dark though. wintergreen.



Scot McKay 04:34

It's a stupid human trick you learn when you're a kid. You know, most of those things we learned when we're a kid, because when we're adults, we're all too serious to even think about that stuff anymore. Right?



Kristen Carney 04:43

Yeah, we're not paying attention. It's like, you know, I got bigger fish to fry than these lifesavers.



Scot McKay 04:48

Now, I've never bitten a fish in the darkness.



Kristen Carney 04:52

I would assume no, but I think sparks might fly from your brain because it will be so horrific tasting.



Scot McKay 04:58

And we won't come from your afterwards.



Kristen Carney 05:00

Wait, why did I just think that you meant like a live fish not cooked? You see



Scot McKay 05:05

what we're doing here? I'm not going to go any further into this issue. What we're doing here is a prime example of exactly what we're talking about. Because I'm sneaky like that. This is a witty banter display.



Kristen Carney 05:18

That's a good display. It should be in a museum. Like



Scot McKay 05:23

I put it behind one way glass just like it's spot on you.



Kristen Carney 05:27

I'd like back so I can look into it like a mirror. And I'm obsessed with looking in the mirror

so we totally be good.



Scot McKay 05:32

Then I can laugh at how you look like a dork instead of me biting the lifesavers.



Kristen Carney 05:36

Right? Well, isn't that the thing when someone walks by something that they think is a mirror. And then they have no idea that people on the other side can see them? It's a really it's a very humanizing experience. If you realize that people can see you, you know, you could be the coolest kid in school. But if they catch you looking in the mirror like that, you're no longer the coolest kid. It's hard to pull off.



Scot McKay 05:55

Speaking of cool kids, my name is Scot, by the way. Nice to meet you. Scot. That's where you say?



Kristen Carney 06:00

And I say, and my name is Kristin.



Scot McKay 06:03

Have you ever seen the movie up in the air with George Clooney?



Kristen Carney 06:06

No, you know, I don't like George Clooney,



Scot McKay 06:08

I'm not a huge fan of George Clooney either. But there's a wonderful iconic scene in that particular movie. That is a quintessentially wonderful description of witty banter or depiction of witty banter, actually, okay, when George Clooney and his soon to be love interest in that movie, who I detest, but that's beside the point. The premise of the movie is they're both big time Road Warrior, frequent flyer travelers. And you can look up this clip

on YouTube under its long tail keyword, but like our starting point is cheap is how you can find it. If you look up George Clooney, or up in the air, and it's about a two or three minute clip of George asking her something when they're both in an airport lounge together, you like the first class lounge, and she answers him with some snarky remark and he answers her back. The next thing you know, they're kind of playing semi one upmanship with their various travel cards and hotel points, etc, etc. And then he stops and with a wry smile says hi and introduces himself and she says her name and then the next scene is them throwing cards on the table and trading different kinds of strategies and everything and you know, shortly after that they're in bed. But I think that's a brilliant example of how witty banter isn't always funny comedy or whatever, it's actually very tense. You kind of don't know what it's going to happen. It's almost adversarial front. Yeah, being kind of dominant. She's kind of resisting it. You know, it's almost like two cats about to mate or something. It's really a strange but wonderful theatrical representation of it.

K

Kristen Carney 07:43

Yeah, I actually talked about in this banter guide that I wrote that is available up but just not through me. I talked about how, without playfulness, it does actually just become an argument. So you can be tense, and you can be serious in it. But you want to have ebbs and flows of the seriousness versus the playfulness, if it is all just tense and all this kind of standoff stare down contest. It, I mean, it could just heighten the, you know, the explosion at the end, and it would be a great, you know, turn on. But at the same time, if you are talking to someone you don't know that well. And unfortunately, I think the majority of people out there aren't going to be down to be super tense. Unless they just from the get go have a great personality, then I think you want to add in the playfulness, almost as a way to, like bring the other person up to your level of banter.



Scot McKay 08:38

Well, I would completely agree that most garden variety normal humanoids aren't really up to the challenge of extreme tension leading up to a sexual explosion like that. I mean, it's a wonderful art form. And if you find someone who's your Huckleberry for it, absolutely, you're going to happen across something wonderful. But more importantly, about what you just said is this idea of playfulness, which I talk about constantly. I have a formula and it's pretty much as easy a formula as it gets. playfulness, plus comfort equals horniness. Women, if you can make a woman feel comfortable in your presence, and bring out the playful in, what you're doing is you're instigating that feminine side of her personality. So she's going to be having fun when women have fun, they laugh, they're enjoying themselves, you're making her feel safe and comfortable. You know, contrast that with a guy who's just trying to get in her pants or trying to get her to go out with them or has

some kind of self serving agenda there. When you make a woman feel comfortable, and then you help her feel playful, then all kinds of wonderful things happen. And when that conversation starts going back and forth again, it doesn't have to be funny. It's just fun.

K

Kristen Carney 09:51

But That must be why I'm horny around my dad. Really? I my dad, he makes me comfortable. And what was the other comfortable? In what? place and playful? Yeah, my dad's playful and uncomfortable around him. Yeah, we're a perfect match.



Scot McKay 10:06

And you're holding around your dad? No, I'm not. Okay, what's this dumb joke? I didn't know whether I needed to cut that from the show to save you from yourself or not Christian?

K

Kristen Carney 10:13

No, no, even if even if it were true, I would just own it. I'm at that point in my life.



Scot McKay 10:18

Yeah. So a lot of times guys kind of wonder why should I care about this witty banter stuff anyway? I mean, can I just go simply introduce myself to her and, you know, make small talk, whatever that means? And the answer, of course, is yes. But there's something magical about that fun, playful going back and forth that not only makes her feel like she's already known you for a while, you know, you get the situation where you're talking for a while, and you're kind of connecting and connection is rare commodity nowadays with, you know, the app apocalypse upon us and people being very superficial. So I mean, that part alone is wonderful. But when you bring out that feminine energy, so that she's playful, you've done what I call bring up the playful with their like I said, then you know, you're getting somewhere with her at a sexual level without really having to push things too hard, and certainly not be pushy at all. I think when guys are wondering, you know, why should I even care about this witty banter stuff. That's why we're here. We're here. Because when you talk to a woman with that comfort, and with that fun, and get that conversation moving back and forth, kind of like you're playing verbal badminton, or sexual badminton, which sounds even more interesting. You know, it works. It's a thing. It's something that matters to women, wouldn't you say?





Kristen Carney 11:38

Yeah, it does. And I wish I, you know, had some sort of degree to make me sound smart right now. But it has to be something to do with psychology and what fun does to our brain. Because if there's a guy who walks up to her and, and just says, Hey, I'm John, how's it going? He could be, you know, very pleasant, it could be a fine conversation. But if it's fun and interesting, or it like almost registers into like, her primal brain or somewhere like somewhere deeper, because it's not typical. It's an ordinary and it feels good. It's like a pleasure sensation. And so she's going to want to go back to that pleasure sensation, regardless if she's, you know, like a really high up SEO kind of woman or, you know, sporting down to earth everyday girl, they all no matter who you are, you want to have fun. And so it's like, that's the I think the nucleus of it.



Scot McKay 12:32

Well, you know, that kind of takes me back to the George Clooney up in the air example, the woman in that clip is this super bitch power broker business woman who's a road warrior and big time business chick. So she's got this serious, almost masculine energy about her. And George Clooney with a smooth suave wit, and bantering with her back and forth, absolutely breaks that down and the woman comes out in awe. So even in a particularly challenging situation, at least on the surface VCV where this woman, you know, you're not sure whether she's even gonna like men to begin with. Right? You break down that barrier, and all of a sudden, that little girl can come out and play. And it's magical. It's amazing. I mean, I've taken guys out and field, Kristen, and we see women with RBF, you know, resting bitch face. Yeah. And I say to the guy I'm with let's go talk to her. And the guys like, no way, dude, she's gonna terrorize a new one. And then you go talk to her. And I don't do things like tell her to smile, or something that the feminists would tear me anyone for real for? Yeah, lame. I think, you know, the better way is just to start a conversation and see if she really is that mean, or whether she didn't even realize she was sitting there with the RBF working, and nine times out of 10. It's the ladder.



Kristen Carney 13:47

Yeah, it's funny, you bring up the RBF. Because I have a chronic case of RBS. And I don't think I'm aware of it. So I forget. And guys don't really approach me that often. But when they do, can see they're a little hesitant. And then I come back with something witty or funny, or that they weren't expecting. And I can see the like energy in their eyeballs just kind of changed because they were expecting something so much worse than what I gave them and, and all of a sudden, they're like, Oh, she's not an evil, which she's actually really funny. And so I think it's good to give people the benefit of the doubt. When you're

approaching someone to engage and banter you know,



Scot McKay 14:29

or to do if you're a guys fearing rejection, or worse, you feel like you're bothering women in the me to age by simply talking to them. So when women are not sending that vibe out that they're approachable, they're not going to get approached. But of course, the guy powers do that, like the guys would talk to you, Kristen, when you're not necessarily aware of how you're giving off a certain RMB f5. Right. Those guys are treated to a wonderful result that they didn't expect. And they feel like somehow they've hit the



Kristen Carney 14:56

jackpot. bigger risk, bigger reward. I don't know if I'm a big believer, but in theory, yes.



Scot McKay 15:02

Yes. Well, but in all seriousness, comedic Lee, you're a professional comedian. So you're literally paid to be funny, which means you're damn good at it. And you're obviously quick on your feet, and you're good at this stuff. Do you find that your talent in the witty banter department or God forbid, in the comedic department is overwhelming and just too intimidating to the vast number of guys? Or can they generally handle it?



Kristen Carney 15:29

Yes, I do think it's intimidating. And I think it's actually becoming a little detrimental to my dating life. And so I've been going through a little bit of a soul searching kind of thing to figure out if I should tone myself down. Or if I should wait and wait and wait. Maybe I'll have wrinkles by the time I find that dude who can handle it. But I've questioned, Should I turn this volume down? Because it's too much for men? Because I think men do like to be the funny ones. And I think what I'm the funny one almost confuses the guy into wondering, where's the masculine here? Am I the masculine? Is she the masculine, I think it throws them off, and they don't really know how to deal. And so like, I have kind of accepted that I might only be able to date comedians that appreciate it. Really,



Scot McKay 16:18

just like the lady who was the first USF Thunderbird pilot ended up marrying the guy who was the head trainer for the United States Air Force for fighter pilots.



Kristen Carney 16:27

It makes sense, because every dude is going to be so intimidated by this woman and her like, bigger quote unquote, Dick energy. You know, and, and I'm not in what's frustrating for me is I'm not the split crazy feminist type who's like, power to women. And like, you know, me too, and all that kind of stuff. But in this circumstance, I'm like, What the fuck, dude? Like, I can just let me be funny, because I don't know who else to be. And I want to be able to be myself and still have love and, you know, share my life of the person, but I almost feel I'm being punished. And I'm making myself out to be like, really funny right now. And it's like, I'm so funny, guys. But I'm not. So I'm making myself sound funnier than I am. But it is very difficult in dating as a woman. It's like being a dude. And like, have it in trying to date girls, but yet you're really, really into shoes, or cats. Yeah, it just the girl will be like, Huh, it's not expected. It's not what they're used to. And so it takes the brave soul to continue forward.



Scot McKay 17:29

Well, I think there's something to what you're saying is there was a study years ago, where they interviewed men and women about sense of humor relative to their dating lives. And men defined a woman who has sense of humor as she laughs at my jokes, and women to find a man with a sense of humor as he's funny and makes me laugh. Yep. Yeah, so there absolutely is a masculine and feminine role to comedy or flow to it, if you want to call it that. But I'll tell you, I think the more comfortable a man is, with his sense of humor, the more common he's going to be with you joining in in the joke making, it's a blast. Now, as you know, because we talked about it on your podcast that you host with Marnie Kendra's, which is called ask women, by the way, great show same category as ours sexuality in it. And we talked about this whole idea of how humor is a superpower. But in order to cultivate it and make it work, it takes practice, it's like learning a language or learning how to paint or learning a musical instrument, you're going to have to put time into it. And finally, one day, the light bulb goes off. And you understand irony in your brain is looking for the little twists and turns. Now that I have become rather accomplished at being quick on my feet, and thinking of that sort of irony. I love anybody who can participate in that. I mean, they're my friend, they're my buddy for life immediately if they're a guy, and if they're a woman, I just think they're the coolest chick I've met in months. My wife has gotten infinitely funnier in the past few years, cuz she decided she was sick of me making all the jokes and wanted to participate. And I just think it's a total blast. I mean, my own kids, I mean, whose kids laugh out loud belly laughing at their parents, but my son and my daughter are just laughing their asses off in the back of the

car when we're traveling because of the banter mom and dad are having in the front of the car. And the way we're just piling jokes, one on top of each other, and they're not cheesy, bad puns. They're legitimately funny, like, Well, here's something on the radio. And I'll say something about it. And then Emily, I'll go Yeah, and probably this too. And suddenly, my son just starts breaking up laughing and my little girl who's seven will laugh at whatever her brother laughs at.

K

Kristen Carney 19:44

Yeah, so I love that you're showing them comedy from a young age. Because I think kids obviously they're like sponges, and they soak it in. And it's it's like they're absorbing the rhythm of jokes, and the rhythm of banter and the rhythm of laughing. And so I am tribute, my sense of humor and my ability to be witty to my father, because, I mean, you want to balance and everything, but my dad has zero balance. He's all comedy or nothing. He's either not talking or he's just making jokes. And so of course, it would be nice to have a dad that was also giving me deep, you know, I don't know, deep. I can't even think of what it would be called because



Scot McKay 20:22

he was not in your vocabulary.

K

Kristen Carney 20:24

No, it's literally not like, Yes, thank you. Yeah, he is not philosophical at all. And so, you know, I would have liked to have that side of it. But because growing up, all I did was here, my dad, make jokes, make jokes with his cousins, make jokes with my mom make jokes with my brother. All of a sudden, I think my brain was just like, this is how things work. And I noticed that there was a formula to what my dad did in his jokes. And it was always correlating one thing with another. And as cheesy as that can get, it can also be your friend and being with and being good at banter. Because he would take, I'm not going to give an example of a terrible example of what my dad would do wordplay wise, but I started to notice that it was all relating one thing to another. And when people are talking, if you can listen, really listen to what they're saying. So if someone says, they work out at the or they read at the gym, my brain goes, doo doo, doo doo doo doo doo and calculates that. And I associate reading with the library, and I'd say, but do you work out at the library like and it's correlating and maybe throwing in an opposite. And



Scot McKay 21:39

so you're telling me to shut up? You're making too much noise with all those jumping jacks?



Kristen Carney 21:43

Right, exactly. So it's just correlating two things together a lot of the time to say something witty, or unexpected.



Scot McKay 21:49

You know, the thoughts that come to mind, first of all, are that indeed, laughter is not only fun, it's contagious. You know, you're a professional comedian. I've done some stand up comedy myself. Once you get the audience to start laughing, they will keep laughing. That's why the hardest job in show business is being the opening act, the guy nobody's ever heard of, for, you know, the secondary guy than the headliner. Because by the time you've done your job, the second guy has it easier. And then by the time Gabriel Iglesias or Ron White, come on stage, my God, everybody's already having a blast and is laughing their ass off. It's easy. Yeah. And you know, when you do open mic night, and the first three guys are awful. They're the kind of guys who the audience is withholding laughter from on purpose. It is incredibly difficult to get them to come back and laugh. And there's nothing more depressing. Yeah. And I found the only way to do it is this little secret weapon of including them. I just one time when everything else failed. I just started working the room, you know, Borscht Belt style. Like I was playing in the Catskills. You sir, where are you from? And he said, I'm originally from Philadelphia, so filthy Delphia and then everybody starts laughing and it just fell out of my mouth. And so they were included. So if they're withholding laughter from me, they're also withholding laughter from each other and themselves. And I sort of accidentally happened upon this. But that's exactly how good witty banter with women works. It's not you pontificating about your Yale degree and your boat and how great you are and oh, I'm going to try to impress you. That's off the table because now you're going back and forth. It's not about impressing each other. It's about simply having fun. Damn it. And once she starts having fun, she laughs then she keeps laughing which makes you get ready for this. Okay, makes you more confident about being funny and makes you feel a little more vulnerable about trying to be funny. Then the stupidest joke you ever made gets uproarious laughter next thing you know you're on a roll. She's on a roll and you two are rolling in the head together. That's the beauty of banter is it doesn't have to start off. Full throttle. I'm making her life like a professional freakin comedian. You get empowered by the fun you're giving her by the fun you're allowing her to have as a female human being. She shows you the laughter You laugh, the

laughter is contagious. The next thing you know, you're empowered, she's empowered and you to really, really like each other. This is freakin Great. I'll give an example in our family environment. We like to watch a show on one of the news channels on Saturday night and the guy who does the news feed in the middle of the show at the 15 minute mark is named John Scot his first name John last name SEO TT. My full name is John Scot McKay. And my son is a junior. And so one night he came on and he said Hi, this is John Scot. I said no, I'm John Scot. And my son just looks at me looks at he thinks I'm John Scot. Oh, that's so funny. And then my daughter whose name is you know, Sarah, Victoria goes now I'm John Scott. And everybody busted up laughing because she's just joining in to be part of what's going on. But she is absolutely not John Scot. And she's anything but. And the metal level of it is she's not even the boy. And then she was the first one to laugh. And it just it was a perfect little comedy. But that's the kind of joke creation that happens in our family, right. And so of course, it becomes a running joke. Because next week, we watch the same show. And the same guy gives the news report in the middle. And he's the most serious thing that happens on the show. By the way, he's like a serious news guy. And then it becomes a race after a few weeks to be the first one who does know Antoine Scot right when he says it. So we have a running joke going on in the family and it helps build rapport. It helps build connection, it helps make us feel more together. And that's exactly what goes on. When you start bantering back and forth with a woman there is that connection. And the connection by definition brings two people together and it feels good and it makes you like each other. And when you're a heterosexual guy and she's a heterosexual girl, it creates horniness, and then something catalyzed by that and the alchemy of that just become sex. and gentlemen, that's why witty banter is important. And we've also kind of just described to you I'm gonna let you riff on it a little more, of course, Kristen. But we just, you know, kind of set the framework for describing why you don't have to be so uptight about getting it right and perfect and professionally comedic up front, you just start with a little bit of fun and kind of teasing out that playfulness from her.

K

Kristen Carney 26:30

You know, absolutely, I tend to do a thing where it could be very annoying to the general public. But and I don't do this to practice, I just do it because it's who I am. I'm just naturally annoying. But I'll do it too. You know, people at the movie theater, like if they're getting the popcorn, and there's a funny comment to make, I let them fly all the time. So I never hold back. So I think a good way to practice is, you know, of course you can practice on women guys are going to be nervous or not going to want to look dumb, they're going to dumb regardless. But if you want to start slow, just start with people that don't intimidate you that you're not trying to impress that you'll never see again, and just start throwing out observations or opinions. And that's actually one thing that I wanted to touch upon. I want to point out how important opinions are when it comes to having witty

banter. Because I think we live in a time where everyone's afraid to offend someone because of political correctness, we're afraid to be honest. And most of the guys that I work with, when I'm helping them with banter stuff, tend to be really, really, really reserved on their opinions. And it's impossible to really banter if you have no perspective or opinion on anything. So one of the things that I do with guys, when we work on it is I go through a list of things and I just say give me your guttural first reaction opinion to whatever it is, I'm about to say. So I'll throw something out there like vegetarians. And a lot of the time people think they have to be play and they'll say, Oh, you know, I, I respect them. It's great that they're, you know, they don't want to eat me, because I'll say No, really, really tell me inside. If you're not being judged at all. And you don't feel guilty for saying bad things. What do you think about vegetarians? Or what do you think about vegans, and I get them to really get comfortable with having ugly opinions that people might not be naturally willing to spill out. Because that's the framework for having a thing like George Clooney and the other woman. Because they're both very strong and a pen. I've never seen it, but I'm assuming you know, they both are very educated, they have strong opinions, and they're not going to back down. If someone says, Oh, well, I really liked vegans. And it's only you would like vegans, I am not judging necessarily vegans or vegetarians in this conversation. But for the sake of the matter. A lot of guys would meet a girl and she'd say, I'm vegan. And they'd go, oh, cool, because they don't want to offend her because they're trying to lower her in, but it's much more attractive if you rip on her for not eating the burger in front of you, you know, so you don't want to hold back on opinions, I think it's so important to note that



Scot McKay 29:07

I would agree with you. And for what it's worth when these guys, go check out that clip from the George Clooney movie, which I'll obviously include in the show notes name of the movies up in the air. And the long tail keyword phrase, of course, is cheap is our starting point. The reason why I'm going ahead and bring that up again, is because it's becoming more and more poignant example, because in that clip, they argue they disagree with each other playfully, over which car rental company is better than the others and which hotel welcomes their guests the best. It's absolutely a fantastic clip, illustrating exactly what you talked about. And you know, you're 100% on point also, Kristen, because a lot of guys really do think the way to attracting women. And catalyzing this sex that we talked about is by agreeing with her and doing whatever she wants and being Mr. freakin nice guy. And it's the same thing that happens when you go somewhere and you want to buy something, you can tell how desperate the salesperson is, because they're agreeing with you and calling you sir. And oh my gosh, don't leave, I need you to stay versus saying yeah, you know, I know you looked at the BMW but I think my car is better. And I'll tell you why are they just kind of help you buy and banter is helping a woman feel good about herself,

and feeling good about you so that she'll have a friendly or disposition towards buying what you're selling, which is time spent with you and connection with you. So I love what you're saying. I mean, the way you have guys get into session with you sounds a lot like psychoanalytical word association. But you know, whatever works. I mean, if you're saying, hey, vegans, I'm thinking, you know, this isn't why you have these teeth in the back of your mouth, honey. But I mean, again, you have to know how to read the room again, like a professional comedian, would you have to know a little bit about the person you're talking to, and you will know very little other than what you're able to glean visually. And you know, like the woman with RBS that I talked about that we talked to when we were at on the templates live and other guy and I, she turned out to be very sweet and kind and then realized that she was giving off that five, you have to take a little bit of risk up front to start a conversation with someone. But you know, your brain will process very quickly, faster than you think. Who the hell this is you're dealing with? Is it someone shy? Is it someone who needs to be drawn out of their shell a little bit? Is it someone who's a smart ass and can handle it? I don't think you want to overstep your boundaries too much thinking a woman's going to be a smart ass and can handle everything, because then that's when you get, you know, people offended, and then they call security audio. But generally speaking, people are a lot less fragile than you think they are just as long as they know that you mean well and that you're trying to brighten their day. I mean, a lot of guys, I was talking about this earlier today, actually with a guy. When you go approach a woman and you give her her space, and you're being friendly, she's not going to take her Martini and throw it in your face and tell you you're some kind of weirdo I mean, what normal person would do that. I mean, you haven't done anything wrong. But guys are always seeming to fear this really extreme reaction from women at the start of a conversation. And I think part of that is also attributable to the fact that guys think they need to have the perfect pickup line or this incredible Disney prints move that they lead with when in reality. If there's no other takeaway from this entire show, Kristen, it's that start off slow. See who you're talking to. And let it build, get it rolling, make her comfortable, help her have fun, then bring out the playful then see if she starts laughing and then you're empowered to add some funny witty comedy. And then there you go. Stop pressuring yourself, gentlemen, witty means you're quick on your feet, that'll come with time. And it may not ever come with a person who's not going to let you be quick on your feet, because they're just wrong. Or they're kind of cold, or they're really, you know, as bitchy as the RBF was making them to be Whatever the case, some people just aren't going to be game for this. But you got to stop taking that personally. When it comes with practice, it comes with experience of watching how this back and forth which is what the banter is roles. And you know, after you empower yourself with a little bit less pressure to start next thing you know, you'll be doing it more often than you used to. And what happens next is you're better at it than ever, and you're suddenly better at it than most other guys and women start loving you. Well.





Kristen Carney 33:31

Exactly. said very well.



Scot McKay 33:33

Yeah. So um, would you give these guys a couple pointers? Throw candy at the parade here, Kristen, because you're the you're the professional comedian here? Totally. Of course, all of us need a professional for sure. Yeah. Because I think a lot of guys may be left otherwise, from this conversation saying, Okay, great. But I'm still left wondering where I start,



Kristen Carney 33:52

right? So the first thing, the most important thing is observing your surroundings and observing who you're talking to, too, or wanting to approach. Because it's the same with online dating, you look at a profile that a woman has no words on, and they'll say, Well, she's giving me nothing to work with. But it's your job to be hyper observant. You look at her clothes, you look at the you know, the way she cropped her pictures, you look at, you know, does she have a lot of bags in her hands, you know, in person in real life at Starbucks, and you just you take in everything. And that's your starting point for creating conversation. Because unless you've observed something, you have to go in with a pre rehearsed line of like, whatever terrible thing it is that you thought was cool.



Scot McKay 34:40

I would add something to that totally, absolutely tied into what she said. A lot of guys have sort of kind of been poisoned by pickup artist advice over the years. So they're thinking nagging. How do I knock this woman off the pedestal a little bit? Guys don't think about either giving her this highfalutin comment Oh, my God, you're so beautiful, especially better looks, and all. So though definitely don't think about knocking her down a couple notches. Keep it light and fun. Because when you said she's carrying a whole bunch of bags, my first thought was at least you don't have any bags under your eyes. Do you know and that would be wrong. That would not be very charming at all. So keep it light. And keep it fun. I call it warm levity. But please continue. Because what you said so far as wondering Yeah,



Kristen Carney 35:23

definitely. Well, with the bad comment, you know, you what you have to know in advance

going into this is you're going to have a lot of junk come out of your mouth first. So it's a great idea to maybe sit down with a pen and paper and let all those unfunny comments come out right on to your paper rather than on to the women are talking to. So you know, with the bag thing, the first thing you think is, I want to make a joke about good things, she doesn't have bags under eyes. But sit down with your pen and paper and write out almost like a map of where else you could go with the idea of a woman holding bags. And I know it sounds really dry and really boring. But it's an exercise to get your brain thinking the way it should, which is in connections. Well, so for example, if she's carrying a lot of bags, that means she spent a lot of money. So where do I Where do I relate those things together. So she's got heavy bags, but now she's got a light bank account. It's just making the correlation between two things. And it's not always going to lead lead you down a negative path. So that's why we barely



Scot McKay 36:25

know each other. And you've already bought me all those presents, I can't wait



Kristen Carney 36:27

right? So you just you keep going in your brain, don't let it stop you because you thought one thing that wasn't very nice, you won't keep thinking all those things just have to get that out first. So that's why I recommend sitting down observing and doing this as a little exercise on your own. So that you can see that your first thought isn't always your only thought



Scot McKay 36:47

wonderful. What else can guys do when they're first starting out a conversation to get it rolling.



Kristen Carney 36:53

Another thing that they can do is imagine a tree, I like to use this. And I feel like it's a little bit childish, or just IL but I call it a conversation tree. So the trunk of the tree is the topic at hand. So if you're standing in line, and it's really, really, really hot, and the Starbucks, that's the trunk of your tree. Now, on the leaves and the branches, everything else is everything that has to do with being hot. So it's going to be some not not nice stuff, sweat Bo,



Scot McKay 37:24

I got the fever, right fever, the cure is more cowbell,



Kristen Carney 37:28

right hot coffee, you just basically all the branches and all the leaves are the ways you could go with this conversation, all the potential areas that you can explore. So before, you know this is for the people who are just getting into this and who aren't doing this regularly where it's so natural. So in your mind, imagine you're sitting down, you've got a woman in front of you. And it's really, really hot in there, on your pad and paper, you write down hot on the trunk of your tree and then go around the tree and fill in everything where this could take you. And you'll see that there's a lot more to talk about than you ever imagined. And so I feel like it is a little bit childish, but it really starts your brain rolling in the right direction of Oh, this relates to this. And then this relates to this. So if I go up and just talk about how it's hot, it's not going to be a dead ended conversation, it's going to be a really long conversation because this has to do with a billion other things that we could chat about the one time that my car broke down, and I was on the side of the road and it was 99 degrees out and I fainted because of heat. You can go so many different places with it. And it's just transitional. You just have to do it smoothly. You can't just go Oh, once I was by the side of the road, it was 99 degrees. And I passed out, you know you get there through the demarcations on the branches. I don't know if that made sense. I just kind of made that up branching



Scot McKay 38:50

out. Yeah, you know, one thing that comes to mind, even as you're giving all these examples, and you were doing so earlier describing your method, it seems to me that the harder you try, the more you're going to fail, it's all about intention. If my intent is to impress a woman and have her like me and to get approval, then, you know, I'm probably not thinking the right way, my heart isn't in the right place. And my mind is in the right place. And to me the right place is what about lightening her up? What about helping her feel happier? What about brightening her day? How can I help her enjoy this conversation more? And for my part? What game do I get from helping people do that? What if my pure intent was to help other people have fun? How much easier? Would it be? How much more effective? Would it be? For me to have an entertaining conversation with someone when that's all I really intended? And how much would that take the pressure off? You know, she can take it or she can leave it. But if my goal isn't so self serving, and it's more like how can I make her laugh, then I think it's going to be a lot more successful, whatever it is that you're doing in the name of witty banter conversation. And, you know, notwithstanding

that, I think you can look at it from a completely different angle, if you so choose. I'm just in it to entertain myself, I don't have any outcome dependency whatsoever. And I think that can also come once you have a few more women in your life than you do now. And you actually have someone to go out with on Friday night and then again on Saturday night. But if you don't have anything really invested as to whether this is a successful interaction or not, I think you're going to be braver and a lot more wide open with what you say. And you're not going to have anything really at stake there. Just to give an example, I remember one time when I was online, I started getting plenty of women to date, but I was sort of halfway addicted to the online dating process. I just love to search for women and see who came up and then write to them. And I got to the point where I really couldn't give a rat's ass whether she wrote back to me or not. So one time, you know, this rather cute woman showed up online. And she said the three things that I want most demand are honesty, integrity, and truthfulness. So if you're already laughing at your own joke, and you can't stop yourself, probably go ahead and blurt it out. Because it's probably going to be genuinely funny if you genuinely laugh at yourself. And immediately the thought sprang forth to my mind that I had to write her back. So I quoted what she wrote. And below what I said, We must be perfect for each other because the three things I desire most in a woman are repetition, redundancy and reiteration. That's amazing. And I sent it to her. And guess what? She unmatched you? Oh, yeah, she never Yeah, she had no sense of humor. Yeah, yeah. There was another woman who said, I want a man to fulfill my fantasies. FULLFE. And that was back when we had subject lines. And my subject line was unrelated to what I wrote her, but the subject line was feeling the fall, which I thought was immensely entertaining to my self. But once again, guess what? She didn't write me. But I didn't care. I was in it to entertain myself. I mean, in my mind, there was no way I could pass up the chance to write that woman about the honesty and integrity and truthfulness. It was too funny not to I had to do it. It was an impulse that I couldn't restrain, you know, bottom line is life has to be more fun. Women tend to recognize that and see the gravitas of that much more than any men ever do. We're always too serious running around. Hello. Ironically, most of the comedians are males. That's really strange, isn't it? But anyway, this has been a wonderful conversation. I think guys have lots of ways they can approach this subject from now on. And at the very least, Chris and I think we've made them think about it in ways they never thought about it before.



Kristen Carney 42:46


Definitely, definitely.





Scot McKay 42:47


Yeah, what I want to do is I want to point these guys to your Instagram account, which is


front slash Chris carne KRISCARN. And as always, I've gone ahead and set up the URL to make it easy. And that's www dot mountaintops podcast, com, front slash Carney. And that's CARNEYUNE carnies and your family.


 Kristen Carney 43:07  
like actual Carnival workers.

 Scot McKay 43:09  
Yeah, I mean, yeah, Cooper is a barrel maker, you know?

 Kristen Carney 43:12  
Yeah, not none of us FT. We Oh,

 Scot McKay 43:14  
yeah. So that's wonderful. That means you actually have a surname that takes into account your rich family history.

 Kristen Carney 43:20  
Yes, you know, we deny it. We are Carney deniers for sure. We're not proud of it. Actually, I

 Scot McKay 43:25  
know a guy who named his kid Fletcher like first name is Fletcher you like some white people give extraneous names that are kid hell. all white people give extraneous names that are kids that mean nothing nowadays, you know, Harper and Cooper and whatever. So indeed, this guy named his kid Fletcher and I'm just sitting there talking to him on the sidelines of this BMX race. And I'm like, so do you guys have any arrow makers in your family back in history? And he looked at me like I have three heads is like, What are you talking about?

 Kristen Carney 43:52  
Yeah, I think I think we don't know what Fletcher means. Like, I'm not smart enough to

know that Fletcher has anything to do with arrows. Apparently he wasn't. Yeah, so he must be a carny.



Scot McKay 44:01

What makes him worse than you Is he actually named his kid right



Kristen Carney 44:03

right. We had no joy



Scot McKay 44:04

has a friend named her daughter Reagan and she's a Democrat. Wow. Wow. And when I brought that to our attention she almost cried she's like I never thought I thought was cute name.



Kristen Carney 44:15

That's a rough mistake.



Scot McKay 44:17

like a scene from raising Arizona sometimes in this town. And it's not even Arizona. So anyway, guys go to WWW dot mountaintop podcast. com front slash Carney car NEY and see what Christians got going on and Instagram and Christian thank you so much for coming on the show and having what I think was really an outstanding and pretty deep conversation on witty banter that I don't think I've really heard anywhere else before. I think this one's a little different. I think guys are gonna appreciate it. So thanks.



Kristen Carney 44:47

I'm so glad Well, thank you so much for having me. I had a lot of fun.



Scot McKay 44:49

Yeah, this was one of the more interesting and fun shows we've recorded recently and that's because you're professional comedian now.



Kristen Carney 44:57

Use the term professional loosely.



Scot McKay 45:00

Well, you know also I took my own advice I eat my own dog food and kind of got the ball rolling here Next thing you know buddy banter ensued. Wonderful. It did. It was a good example for sure. Yeah, guys. And if you're enjoying the show, please leave a review on iTunes and leave us a star rating We always appreciate that can't get enough of them. And if you haven't been to mountaintop podcast calm what you want to do is go there and check out the Amazon influencer page where you can grab a copy of the books that are authored by our mini and sundry guests. And you can also get it on the newsletter where I'll send you actionable ways you can get better with women on a daily basis and as always, you can talk to me free for 25 minutes about what's going on. And if there is a coaching program that's right for you will find it put it in action and turn you into a machine and that's all for you there at [www.mountaintoppodcast.com](http://www.mountaintoppodcast.com) and until I talk to you again real soon. This is Scot McKay from XMY communications in San Antonio Texas. Be good out there.



Edroy Odem 46:06

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