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## SPEAKERS

Edroy Odem, Scot McKay, Cyndi Olin



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

Hello once again to all of you out there across the fruited plain. This is Scot McKay which is at Scot McKay on Twitter. Real Scot McKay on Instagram, Scot McKay on YouTube, the website is [www dot mountaintop podcast calm](http://www.mountaintoppodcast.com) and you can find us on Facebook, join the Facebook group at mountain top summit. With me today is a friend of mine, we go way back. And you know what, most of the time when I talked to my guests and do and it's talking to women, she runs really amazing, well populated summits for women. And she always seems to like to get my view on how men think about women. And we always have a lot of fun when we talk. So finally, it dawned on me, you know, thick headed as I am sometimes that I should have Cindy on my show. But see Cindy doesn't usually talk to men. But just like I don't usually talk to women. I mean, Emily and I do on occasion we coach lots of women actually. But not on this show. And not what I'm most well known for certainly is coaching women, it's coaching men. But just like Cindy likes to have me on her show to talk about men to women. I was like, Hey, you know what, I should have Cindy on this show and talk to you guys about what women are like. So we wrestled back and forth. Figuratively, not literally because I'd win. But we figured literally wrestled back and forth

on the phone about what topic to run today for you guys. And someone finally uttered why she's holding back. And it was the obvious choice. So without any further ado, my good friend from California IA Cindy ON to talk about why she's holding back. Welcome, Cindy.



Cyndi Olin 02:02

Thank you so much for having me. Scot. I'm super excited to be here with you.



Scot McKay 02:06

Yeah, a little bit of a change of pace. Hmm.



Cyndi Olin 02:08

It really is. I'm talking to men about women, which is super fun.



Scot McKay 02:14

Well, it's one of our favorite subjects. And we love them. We have women on board because you all generally have lots of energy and you're a lot of fun to talk to. More sweaty guy.



Cyndi Olin 02:23

True, right? Who wants to talk to a sweaty guy all the time, women smell so much better and we don't sweat we go.



Scot McKay 02:29

I wonder if guys can relate to what I'm about to say sometimes a woman will pass by and I just know she's gonna smell good. And I time my inhale so I can get some of that are when she comes by. And every time I do that think man Am I being creepy? now cuz Ain't nobody knows least till now. Everybody knows now. But be you know, she smells good for a reason. I'm supposed to enjoy that. You know,



Cyndi Olin 02:54

right? Yeah, we don't we we don't do that for ourselves. We do it for other people.



Scot McKay 03:01

You know if you can smell yourself, you're in trouble,



Cyndi Olin 03:04

either. That's true. It's so true. Yes. Whether it's Yeah.



Scot McKay 03:09

You're too polite lady like to smell your own stank. You're in trouble?



Cyndi Olin 03:14

Yes, yes. I was trying to figure out a really nice way of saying it. There is one. I'm not neutral. neutral. Nice girl. At least I try to be.



Scot McKay 03:25

Yeah, similarly, if you can smell how wonderful your perfume smells, you probably danced on too much of it. Totally. Totally. That's this goes without saying so saying.



Cyndi Olin 03:36

So California thing? Yes.



Scot McKay 03:38

Why she may be holding back. First one to throw on the pile is because you know, snow, right? Could be although she probably wouldn't have given out much to begin with, let alone holding it back now.



Cyndi Olin 03:48

Right. Let's assume you're dating. And you don't know what she's thinking? She's You know, there's there's long silences sometimes you, you you've you know, she holds back

you you get mixed signals from her?



Scot McKay 04:03

What's the difference between mixed signals and holding back?



04:06

Same thing? Really? Same thing?



Scot McKay 04:09

Really? Same thing?



Cyndi Olin 04:10

Why does she do it? I mean, I'll tell you the number one reason she's not sure she's into you.



Scot McKay 04:16

Okay, so let's unpack this. First of all, you're already dating. She's not sure she's into you. So this can't be going well, from the start.



Cyndi Olin 04:23

Right? It could be early dating. So she hasn't? She hasn't quite figured out. You know, is this the right guy for me? Which, you know, he should be doing the same thing. Fair enough. So she might be holding back for that reason. And a lot of times, women will do that, because they're they're trying to assess how he's going to show up. Right? Is he is he going to call when he says he's going to call? Is he going to, you know, show up on time for the day that's important to women, or at least communication with it that place? So it's a it's a way of testing as well. So that's a really big thing. And, you know, there's a little bit of, you know, she's holding back. She's probably been hurt in the past, but who hasn't? And she wants to see, is this guy going to show up as the kind of man that I'm seeking know, a man of character, a man that does what he says he's going to do? Or is he going to show up? Like the jerk that I dated? Who was hot and cold? Okay, so a couple



Scot McKay 05:39

of minutes ago, you said something about mixed signals and holding back being the same thing. So if a woman is holding back, because she's wondering how he's going to show up, how is a man supposed to know how to show up? But she's sending mixed signals? Does this woman want me to pick her up? Does she want to not see me at all? Because she said, Oh, you know what? I can't make it Friday night, after all, it's going to have to be next Wednesday, instead, that's putting undue pressure on a guy to try to figure out what these signals actually mean. Isn't it? Totally? Or should he just assume maybe she's not interested in me yet? I'm gonna have to work harder and get this to happen. And that leads to the inevitable question, should he work harder to try to get her to like him more? Is that just what I call pushing it up? Hill?



Cyndi Olin 06:23

You know what? It's a good question. Yes, if she seems to be worth it. So, you know, it's kind of the same for women to how do you feel when you're around her for the most part, you know, like the 6040 rule, or 8020 rule? You know, do you feel pretty good when you're around her? But yet, at the end of the day, you know, you go in for the kiss, and maybe she gives you the cheek? Or she's, you know, you're just not quite sure what she's thinking. So, you know, yeah, I feel like, if she's somebody that seems to be the kind of woman that you would like to get to know, then go to that next step. And even ask her ask her the question. What do you think?



Scot McKay 07:12

Yeah, where would you like this to go? What are you thinking?



Cyndi Olin 07:14

Yeah. Oh, gosh, a woman who really wants a relationship? who's interested in that? I mean, that's music to her ears? Because she wants to know, gosh, you mean, he's actually asking me the question. What do you think? Where would you like this to go? Here's the other problem. If she's really insecure, she might be afraid to answer that question, honestly, then you're pushing something uphill? Well, there's



Scot McKay 07:41

also the lack of leadership there. If you start asking women what they want to do on dates

and about the relationship, she's gonna think, well, this guy, he doesn't know what he wants. He's just trying to somehow impress me or make sure he does what I want. And that's somehow kind of needy or weak, right? Not very masculine at all. So there's gotta be some balance there. To me, this all sounds sort of symptomatic of what's wrong with dating and relating in general these days, which is people are meeting on apps, they're meeting without really knowing each other. And they're being very superficial. And they're almost afraid to connect nowadays, but what we all crave deep down is that connection, right, Cindy?



Cyndi Olin 08:18

Absolutely. So it's exactly what you said. It's like that in authenticity. Because, you know, a lot of times women when we go on dates, especially a first date or second date, you know, we're trying to impress you guys, but we're taught to hold everything in, literally, you know, where the Spanx, you know, look perfect. And hold back, you know, and there's so much dating and relationship advice. And if she follows the rules, or something like that, which is horrible. You know, she's taught to really hold back and be super mysterious, and actually not as receptive. So it's confusing. And then men, the, you know, there's the me to movement, there's all kinds of things. Men are afraid to do too much too soon. With a woman. Right, exactly.



Scot McKay 09:09

Yeah. Now to clarify, by the rules, you're talking about the rules and capital letters, the book of that name, which basically, infamously taught women how to be aloof and not give men much to go on, so that they would get the power position by being more intriguing and making men beg for more information or to get to know them more. Exactly. Yeah, kind of an outdated way of looking at it if it ever worked at all, because nowadays, it is. So pandemic, Cindy, that people don't connect at all that anything that's standing in the way of that connection is standing in the way of your real, true relationship that's waiting for you out there. Yeah. And when men go out with a woman who is holding back in terms of even giving him any signals at all, less she not be ladylike, or she's trying to follow the rules, you know, and be this aloof, intriguing woman, or even that she's been taught by her mom that only sluts throw themselves at men. So you want to do the exact opposite. You know, I guess that falls under lady like, but you get my drift. Men don't know what to do with that we're human, we need something to go on. We don't know how to relate to you, if you don't give us anything to relate to. And it all starts with the apps, of course, because there's a picture and at best of vaping line they downloaded from the internet about who they are. And so even when people who have won the genetic lottery, because they're gorgeous, and photogenic or whatever meet, then they still don't like

each other because they had nothing to go on to begin with. And they're not connecting. So she may be holding back. And she doesn't sense that connection. And a lot of women are waiting for the guy to initiate that connection, which means somewhere along the way, someone's going to have to go ahead, roll the dice and be a little bit more vulnerable and say, hey, look, this is who the hell I am. Do we match up or not? They got to risk the loss. And unfortunately, Cindy, men and women are together in the same boat where we generally fear loss, especially we have high expectations for the relationship that appears to be national, before our very eyes.



Cyndi Olin 11:01

True. And I mean, you know, let's just say you met an app, you're doing a first meeting, I hope to God, you're not having any expectations that this could turn into something on the first meeting,



Scot McKay 11:15

you know, well, the first expectation there is God cares about your first meeting.



Cyndi Olin 11:19

guy does care about your first meeting. Got Nick Carter. Yeah. You know, just having, you know, really going into it, like, gosh, I'm going to meet a new person, this could be fun. And you know, if things move forward, awesome, if we have a good connection, as you shared, and something that does create holding back in women, is a lot of times when a woman goes on a first date, a guy will talk a lot, if he's nervous, and then she will hold back, she'll start to think that he's bragging, because a lot of times men might talk about their accomplishments, because they want to processor, right. So that's the thing that might create disconnection and a woman. You know, we talked about this, you know, curiosity creates connection, really, between the between both sexes? Who does? You know, everybody likes to talk about themselves?



Scot McKay 12:24

And you know what? It seems like the more accomplishments a man perceives himself to have the worst problem he has with this. And then he's wondering why, hey, you know, I got this Yale degree, and I have a boat and I've flipped for businesses, and I'm worth 100 million dollars. And this, I'm that got all these things going for me. And they wonder why the women just aren't interested anymore. That's because by the time they're done, the

first date, they've dated, gotten married, had children, retired, grown old and died together before they even basically met each other. There's nothing left to talk about. She's just like, Well, okay, this is like the first 10 minutes of the movie up, you know what I mean? It's our life happens before he's finally old, and you know, widowed, and that's the rest of the movie. From there. It's exhausting. It's mentally exhausting for anybody to be on a date where the other person just unloads everything. And not only is it killing, the intrigue, it also makes them seem like they're all about themselves. It's not about the person on the other side of the table at all. I mean, do you even care about me? Why did I show up? Why didn't you just do a monologue and record yourself and listen to it? You know what I mean?



Cyndi Olin 13:32

Exactly. I was just thinking, it's, you know, it's like a monologue. And I coached the hundreds and thousands of women that will say, get so frustrated about this. Now, there's something I do tell them. If a man starts doing that, to affirm Oh, gosh, I heard you. That's great. What an amazing accomplishment. What about this, and see if he can be redirected. But you don't want to be that guy. You know, you want to be the guy that shows up? And yes, you're going to share about yourself, and you're going to ask her questions, because you want to create a connection. And women also will hold back because of their history. You know, I was a really shy child. And part of it was because I was to be seen and not heard. Okay, you know, I grew out of that. But, you know, if you grew up in a house where there wasn't a lot of affection, you know, there was just, there wasn't a lot of I love us, a woman can have this holding back quality, I actually call it the ice queen quality, which she's not really an ice queen. She's more like, you know, an m&m with a hard coat show. And you know, she's soft on the inside.



Scot McKay 14:56

Hopefully, she's a green m&m. Why are they the best?



15:03

I'll let you Google that way.



Cyndi Olin 15:05

I didn't know about that. Of course. But anyway, I mean, those are some reasons why she might be holding back. And so if a man starts to become curious about her curious about



her background, then she usually starts to open up and feel safe. And it's a safety thing for a woman like that, that has some insecurities, in the sense of, you know, really allowing herself to open up because she just wasn't taught to do that.



Scot McKay 15:43

Well, you know, what's interesting is guys go by looks, surprise, surprise a lot. And they're looking at this woman across the table, who they're sexually attracted to already, by the way, and the m&m commercials the girl m&m is always the green one. The old wives tale, I'll be at a fun old wives tale that especially gets propagated in junior high in high school is that green m&ms or aphrodisiacs? That's where the green m&m reference comes from. And I



Cyndi Olin 16:12

always I always thought that was the oysters But anyway, can take Well,



Scot McKay 16:15

you know, oysters are little slimy, and not necessarily as generally appealing as m&ms are so probably more utility with the green m&ms. Good point. I personally love oysters, then again, I'm from the east coast. So anyway, we get on the stage



Cyndi Olin 16:34

as well. I'm from the west coast. Anyway, we'll talk about other things go.



Scot McKay 16:37

We're connecting. So



Cyndi Olin 16:39

we are. All right,



Scot McKay 16:40

so So speaking of connecting a man sitting across the table from this woman who is

already perceiving to be sexually attractive, and the halo effect kicks in, right? She's got to be absolutely socially astute in every way, because after all, every bit of men's dating advice from about 2005 to 2012 said so women are incredibly talented socially. We as men are total schlubs with anything social. She's already mentally running circles around us socially in her mind, and silently judging us. So you know, we're screwed in the figurative sense, not the literal sense from the beginning, in our minds. So here you have this woman on the other side of the table, she's gorgeous. We want to like her, we want her to like us. There can't possibly be anything under there that's broken in our minds. She can have had this tough childhood, she can't have any insecurities. She can't have any mechanism in her mind that's causing her to hold back from us for fear or insecurity or anything like that. Obviously, Cindy men are thinking this is got to be our fault. So what happens is the dominoes start falling, everything starts becoming a chain reaction, she's holding back, we hold back. Next thing, you know, your women are coming to you going? How come I never connect with anybody on a date? Sandy, can you coach me? Right, exactly.



Cyndi Olin 17:58

It's so true. And, you know, once a woman, you know, actually does open up. And you know, lets go of, you know, I'm a lot of times certain cultures can breed in insecurity and women to which socks are also



Scot McKay 18:19

this tacit behavior on dates, some Southeast Asian cultures in particular, the woman should show no emotion with a man because that would just be inappropriate. Yeah, what you're saying? Yeah,



Cyndi Olin 18:30

yeah, it's I had a man that I coached that was involved with a woman from Asia. And he had such a hard time because he couldn't figure out if she really wanted the relationship or not. Because she had that that exact behavior, and she would not, she wasn't that receptive, when it came to their connection. And they were long distance. So imagine that really hard to keep. It's really hard to keep a connection. And, you know, I was thinking about this, I did an article around why supermodels stay single, because I had watched a talk show a number of years ago, and it was the host was interviewing a supermodel and and you know, he was asking about I don't know what it was. But he said, He's like, gosh, she must have, you know, really great boyfriend or several. And she goes, No, I really don't

get asked out very often. And the talk show host almost fell off of his chair. He's like, what, you're gorgeous. You're what every man would want. And she said, Yeah, I just I don't get asked out very much. And then he joke back, he goes, Well, you're about to leave this studio, you're going to get asked out all the time. But the bottom line is, is that she, she again, I'm a little shy. And you know, I feel a little awkward. And so she doesn't even know necessarily look at guys or hold a gaze at them. And the other reason, because I interviewed a few women that were former supermodels is that they didn't want attention from men they didn't think they would be interested in. So they were afraid to open up at all?



Scot McKay 20:20

Well, the other things I would suspect are first of all, men are just too intimidated. They're thinking, Well, you know, a supermodel, that's for some other guy, not me. I mean, you'd have to have an amazingly ironclad self esteem, to think you had a chance with a supermodel. Now, of course, you'll never know unless you talk to her and see if he can act, right. So every guy should have that self esteem, in my opinion. But you know, I'm being realistic here. Most guys, the vast, vast majority of guys would not. Second of all, a woman like that, who's in the physical looks business? Okay. Yeah, it doesn't surprise me at all that those women would be shy and not necessarily be outgoing, because they placed themselves into a position where their livelihood is based on their parents, their stress that isn't necessarily tied to how they carry themselves or how they are socially or whether they can dig a ditch or lay bricks or you know, manufacture things. That's the business they're in. Meanwhile, it's extremely unsettling to women, I happen to know when a man really pre approves her on her looks, and really values her solely because of that. So, okay, on one hand, she's put herself in the position of being valued for her looks. But when it comes to a romantic relationship, she wants that guy who's going to take the leap and go deeper and say, Hey, can I connect with this woman? Is she my personality type? Do we agree on finances and faith and how to raise children and what to have for dinner and where to go on vacation? A man's gonna have to come break down that barrier of looks and be willing to go deeper and see if she can reciprocate. And that's going to come as almost shock to a supermodel woman system because it's so damn rare. I mean, to a normal red blooded guy, hey, this woman's living off her looks. Let's appreciate her for her looks. That's what she wants, isn't it. But that's not how relationships get stoked. And that's not how relationships thrive.



Cyndi Olin 22:15

True. It's very true. And I liked the point that you made about the supermodel and our looks, because that's exactly what a man might think. And I work with women all the time

that are fearful that men only want her for her looks or for sex. That's a big one to show hold back because she's not ready to have sex supermodel or not super. Yeah, exactly. Yeah. So you could be sitting across the table from her, you're super attracted. She feels that and her instant thought in her mind is he wants to have sex with me. And he doesn't even know me. I want to grow something that's more in depth, obviously.



Scot McKay 23:03

Right? It's like if a guy has lots of money, and the woman's sitting across from him, and all she's talking about is his money. And all she's focused on is how much money he makes. And women will say like, how much do you have in the bank? How much are you worth? What's your net worth? What did you W to last year? All these crazy financial based questions?



Cyndi Olin 23:19

Why the hell did they say that? Especially on the first day?



Scot McKay 23:23

Well, why the hell would a guy telegraph that always interested in sex on the first date? But you know, as well as I do, we do this as humans, focus on what we want. And we forget that there's a red blooded human being over there who has deeper needs and is looking for a deeper connection.



Cyndi Olin 23:38

Right? Exactly. Exactly. And, you know, to that point, when you know, when women feel that, or even if that's not his intention, and he might be giving her a lot of attention, or a lot of compliments, and she starts to feel pressure, or like, he's coming across as too much too soon, which could be construed as needy as well,



Scot McKay 24:07

yeah, that'll make her pull back. He's not going to push forward, which is the opposite of pulling back. Frank about it. Push forward is the diametric opposite of pulling back.



Cyndi Olin 24:17

Right. But do men really want women to push forward?



Scot McKay 24:21

Well, I mean, they don't want them to pull back either. So that presents a pretty nice quandary, doesn't it? What do we really want from women, we don't want them to throw themselves at us. But we don't want them to pull back either. I guess what we're all looking for men and women alike, even regardless of your sexual orientation, frankly, someone who I don't feel like I have to pull or push, or who isn't pulling or pushing me. We're just getting along. We're understanding each other. We're dancing this dance together. Because if you think about it, a dance isn't a pole or a push. It's something you do together and synchronicity, right. That's the kind of the way to think about it. If you ask me.



Cyndi Olin 24:56

It, I agree. You know, it's, it's that ebb and flow low as well given take receptivity, both of you putting the effort forward. So the other one, you know, feels good about the relationship as well. You know, if one person is holding back, then it creates a lot of confusion, or stories get created in that person's mind. Well, she maybe she's just not that interested, I'll stop calling her when, in fact, she was really interested. And then she was taught by an article she read that she shouldn't call the guy back. Right? Right. You know, so it's a tough dance at times when, you know, a woman is fearful, especially in the beginning, because maybe she has been pursued a lot by her looks. Maybe she's not a supermodel. Or when she's gone too fast. She's, you know, wound up sleeping with a guy too soon. And then he pulls back and leaves, which doesn't feel good either. So, you know, a lot of this too, we can get into attachment styles, things like that, you know, a woman could be kind of anxious, and really wanting to show up perfectly, which means that she's not really being authentic to herself. So the key is, I think, for a guy, the more comfortable he is with himself. And the more comfortable he shows up on the day, it creates space for her to drop in to her own security, as well, because she's looking for a man to lead. Especially on that I'm, I'm thinking first meeting



Scot McKay 26:43

for state. Well, you know, you talked about people asking questions. And by that I'm assuming you didn't mean an interrogation? No. We're just getting to know each other here. The questions instead of being so clinical and cold and binary, they have to be a

little bit more warm and fun. Like, you know, where would you like to go on vacation? What was the greatest day you've had recently, something that's fun, something that's interesting to talk about. And I think a lot of this ultimately goes back to what we touched upon briefly before, which is being authentic, and then leading, have to own their truth, they have to throw that truth on the table and see if they get along with this woman or not, not in a rude way, not in a brusque way, not in a way that for stakes, this sacred dance we're talking about. But you know, if you're wondering about something, say, so be the one who's willing to broach the subject. If a woman appears to you like, she should be sweet and wonderful, and you're curious to get to know her, but she's holding back and she's being shy, but she's still smiling with you. And she's on the second or third date, or gives you some other obvious signal that clearly she likes you where she wouldn't be here, you know, the second or third date, especially, why not just throwing the table a question like, you know, I'm wondering if you're the kind of person who's shy at first, and takes a while to get to know, because if you are, that's okay. I would love if you told me that that was the case, because then I would have a much greater understanding of how we're relating right now. And I would know to be patient and help you out as much as I can. And the woman would have to love hearing a question word with that kind of explanation behind it. And who knows, that may actually end up expediting the process, because she can take a deep breath and feel more comfortable, you know?



Cyndi Olin 28:34

Absolutely. Absolutely. And I love what you shared about, you know, asking questions, but it not being in an interrogation. And I think a lot of people get in their heads about, you know, what kind of questions to ask, or you know, how to open that person up. And, yeah, that's, that's perfect. If for whatever reason, I was on a date, and I was holding back. And a guy said that, to me, it would be like the seas departed, beautiful music to my ears.



Scot McKay 29:09

And even if you're dead wrong in your assessment, maybe she'll help you with the right assessment. Oh, it's not like that at all. I hope I'm not putting off that vibe, my goodness. And then she'll maybe give you a little more clarity.



29:19

Right, Cookie?



Scot McKay 29:21

Yeah. So you know, I think we'd be remiss if we didn't talk about some of the ways women start holding back in the context of an established relationship, because that goes on to as a matter of fact, I happen to know that in women's dating advice, one of the most powerful themes is why he's holding back. Here's a guy who wanted Yeah, here's a guy I wanted to fall in love with. And now he's pulling away pulling away calm. Every other bit of women's dating advice you see is on that subject, but women will pull back from us also.



Cyndi Olin 29:56

Yes, you know, I did a whole series on why men pull away. But let's go back to why. Why women and wisely.



Scot McKay 30:03

So you did.



Cyndi Olin 30:06

why women do it is, you know, a lot of times we do it because of we start building up resentments, or grievances. And this is something that's classic with women. And I tried to coach him out of it all the time, but it's almost in our DNA to if we see something, you know, he does something and comes over to the house. And I don't know, he just he leaves the socks on the floor. And he just always doing that. And she'd asked him nicely. And then it just things start piling up and piling up. She doesn't say anything. She doesn't say anything. So all of a sudden she starts to pull away and withhold sex, or she starts to question whether the relationships the right relationship, because she's creating stories in her head. And these things have started happening. And she doesn't want to appear needy or like a nag. But there's all of these things that are building up. So she'll hold back because that's a big one. because of that reason, entirely



Scot McKay 31:19

yo cumulative effect of all the things he's ever done to piss her off.



31:23

Totally. Yeah.



Scot McKay 31:25

And of course, men won't know what's going on, because she won't say anything. So here's that lack of communication, that lack of connection rearing its ugly head, again, like we've talked about on this show, several times, people will call me up and say, Okay, my girlfriend or my wife said this last night, what does she mean Scot? And what would you tell them? Same thing I Why don't you?



Cyndi Olin 31:44

Why don't you ask her?



Scot McKay 31:47

You know, better than me? And then they'll be like, Oh, I can't do that. Well, that's because there's no connection. Right? That's what's going on their people are starved for connection nowadays, when they're not getting it, they're going to pull back because what else can you do when there's no connection? But pull back? You don't want to look foolish by pushing forward?



Cyndi Olin 32:06

Right? And there's that fear of rejection? So if she starts to ask questions, or say, gosh, that really hurt my feelings when you did that, or what did you mean by that? rather than letting things add up? Right?



Scot McKay 32:22

Yes, absolutely. Another thing I want to hear your opinion on, is women pulling back because either the guy got too needy, is appearing too desperate, or in some other way has let his masculine presence lapse. And now she's not feeling safe and secure. She's not feeling protected. She's not feeling like this guy can give her feminine energy, the freedom it needs to thrive. You know what I mean?



32:48

I do, that's a big one.





Cyndi Olin 32:52

You know, the problem is, a lot of times women don't necessarily realize that's what's going on all the time. They just feel like I just don't feel safe. I just don't I don't know if I can trust him. And it's not necessarily that she thinks you're going to cheat on her or anything like that. It's that exactly what you said. He's showing up in the feminine energy and deferring responsibility on to you. What do you think? What do you think I should do about this? Now? I mean, obviously, in conversations around, you know, serious topics, asking those kinds of questions are great. But if he's doing that a lot, she's not going to feel safe, because she's not going to feel like he's showing up as a leader in the relationship. And so this will have women step into that masculine energy. And that creates resentment, sometimes unknowingly, sometimes knowingly. So I mean, that's a huge one. And, you know, I'll coach women that are in relationships that are feeling that way. I break it down with them. And I support them on how to communicate with their partner, so that they can have a more successful connection. He's just trying to make her happy, too. Right?



Scot McKay 34:17

Yeah. And you know what, as you were talking, I'm reminded of something that's very true in this life. If you show me a man who's getting nagged to death by an otherwise good hearted woman, I'll show you a guy who's not Manning up in that household. And what's going on is the woman's feeling like she has to take on that masculine responsibility, which was his part in the relationship to free her up to be feminine. So she feels like now she's having to grasp at straws for the opportunity to even be feminine, even for that very man himself, because she has taken the masculine role, because he simply won't do it, he's shirking it. And what's worse, and what's more tragic, kind of linchpin to everything you just said, Sandy is it also makes her to lose attraction for him. And if she's lost attraction for him, but yet she's in a relationship with them, or God forbid, even married to him, that's going to cause her to feel guilty on top of all else, it's like, well, I don't know why I just don't feel it for my own husband anymore. I can't tell him that it would kill him, it would crush him. But I can't go on like this either. So there's this turmoil, there's this guilt. There's this whole cocktail, horrible feelings that happened. Because the guy shirked his masculine responsibility, and I bet I'm gonna get bad reviews, I'm gonna get emails and go, Oh, come on, you're being too simplistic. All I have to say, gentlemen, is if this is going on in your relationship, check yourself in the way I described and see if it resonates. And also, gentlemen, if you go into relationship, helping a woman feel safe and comfortable, owning that authenticity, throwing things on the table, when they need to be called out and not fearing loss, you're going to see a lot more men, men and women respond a lot more powerfully to you in the best way possible.



Cyndi Olin 36:04

Amen to that, I love that shirt. It's so true. And you know what came up for me too. And this is really serious. But this is a recipe for deeper disaster, because everybody's looking for connection. And couples don't always know how to navigate this. She's feeling, you know, resentful alone. Like, I don't feel attracted to him anymore. What's going on? It's, it's a recipe for and I've seen it sadly. But for somebody to stray from the marriage to start an affair, because that feels good and connected.



Scot McKay 36:46

Not a tasty recipe is it? It's horrible. It's disgusting.



Cyndi Olin 36:52

It is disgusting. At. And not to mention, if that happens, you're still you leave the relationship you get together with the other person, which I've also seen happen. You've actually haven't healed anything within your marriage, and you've created the same relationship with that person. And then you end up frustrated again,



Scot McKay 37:15

yeah, the habits haven't changed just the scenery, right? Same relationship, different person.



Cyndi Olin 37:19

Exactly. So, you know, people really wonder how gosh, you know, we lose connection. And granted, people change over time. And over the years, however, I believe that it's two people's responsibility to connect, and be really interested, and what the other person's up to, because, you know, maybe you change passions, maybe she changed careers. And you know, this is a big one for women, if she doesn't feel heard or valued for what she sharing, or he's shutting down, just watching the football game and doesn't care. I mean, that in and of itself, creates death and actually loses the intimacy. So the woman will get into busy energy and start doing everything, the masculine in order to avoid feeling that empty feeling of rejection at the end of the day.



Scot McKay 38:24

So well said and you know, it comes down to this, it seems where there's connection, you know, there's no real danger of people holding back where there's holding back, it's probably because there is no connection. All told, yeah. Wonderful. Cindy, your brand is create your own luck and love, which is a wonderful brand. If you ask me, I want you guys to head over to Cindy's website, for which I'm going to create a special URL, and that's [www dot mountain top podcast. com](http://www.mountaintoppodcast.com), front slash OLNOLIN. Four simple letters, but a lot of wealth. When you get to that website, what are they going to find when they get there, Cindy?



Cyndi Olin 39:06

Yeah, they'll find my my free gifts around love mastery. So this is a peek into women's minds what they're thinking, and what they really want to know about you. So that's a really great thing for you guys to check out. As well as I have an E book that I wrote, called, how to take time for your love life. So it's about really creating intimacy, within relationships. It's a great book. I also wrote another book, if you're really serious about love this works. A lot of women have tried this. And it works. It's how to meet your soulmate and 30 days or less happy to support you.



Scot McKay 39:47

Excellent. And that's all for you at Cindy's website, which you can go to by visiting [www mountain top podcast. com](http://www.mountaintoppodcast.com) front slash ONOLIN. Cindy, thank you so much for joining us today. This has been a fascinating conversation. And I'm sure men loved hearing from a woman exactly the reasons why women tend to pull away because this is something I think a lot of guys suffer with in silence, you know, and intimacy and connection and authenticity and vulnerability. Sometimes, we as guys struggle, not necessarily with the need to enact those things in our life, but with how to do it because it doesn't seem like it's necessarily in our blueprint as men sometimes, although it is absolutely in our DNA as human beings. And I think you've done a wonderful job of pointing that out. So thank you so much for joining



Cyndi Olin 40:36

us. Thank you so much for having me. It was so much fun. And I hope your listeners got a lot of value over our conversation. Oh, I



Scot McKay 40:45

trust they did. And guys, you should definitely go over to Cindy's website and check out her books, even the ones that are written for women, even the articles written for women, you know, you've already got an insight into how she thinks it's good stuff that often in times like what we do around here at XMY Communications is more human than gender specific so definitely good stuff. And guys, if you have not visited [www dot mountaintop podcast com](http://www.mountaintoppodcast.com) yet, go there and sign up for a free 25 minute call with me personally, where we can discuss what's going on in your love life in your career, or even get you on the track of enjoying your life as a whole better getting you on more adventures. It's all there for you at [www mountain top podcast. com](http://www.mountain top podcast. com) there's free reports. You can also get transcripts of this show and the YouTube version. It's becoming a veritable podcast Wonderland over there. So be sure to go ahead and check out [www mountain top podcast calm](http://www.mountain top podcast calm) get on my free daily newsletter where I'll give you actionable ways to get better with women and have a more fulfilling life in general as a man 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** 42:04

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