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From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now, your host, Scot McKay.

Scot McKay 0:17

Hey, hey, this is your man Scot McKay and I welcome you to yet another episode of the world famous mountaintop podcast. Today I've got a new friend of mine, his name is Dave Elliot and get this. He's from Baltimore, Maryland. So he is a fellow Baltimore on which I'm excited about. And he is the founder of legendary love for life. He's a relationship coach and he has lots of very interesting ideas about aspects of relating and dating and mating that not a lot of other people typically give much thought to. One of his ideas of many that caught my eye is a certain modality that he has surrounding predicting relationships. That will last. And he calls that the always method. So without anything further from Baltimore, Maryland, my new friend Dave Elliot, Dave, welcome to the show, man.

Dave Elliott 1:10

Hey, thanks, Scott. I'm really glad to be here. Always pleasure to spend some time with a fellow Baltimore on

Scot McKay 1:15

Yeah, man, and we won't bore everybody with the Ravens

Dave Elliott 1:18

know nothing to be bored about.

Scot McKay 1:20

No, that's right. We'll move on. This is not a football podcast, with apologies to you cowboys fans out there from Texas, my fellow Texans. Anyway, the important part here is you talk about relationships and a very down to earth visceral manner that I really appreciate its kind of fluffer it tells it like it is, which is what I'm always about. And always the acronym actually with two L's, right, a LL. W. A y s is the centerpiece of our discussion today. Why don't you give these guys a little bit of a primer on what always is all about Dave?

Dave Elliott 1:59

Yeah, I'd love to So always I basically came up with this, there's a kind of a little bit of a cool story that starts with it. Several years ago, I was approached by a local Fox Television affiliate, because there was a newsworthy story about relationships in the news. It was when Kim Kardashian got divorced after 72 days, and they thought that was pretty newsworthy, and they asked me to come on and talk about you know, as a relationship coach, what does this mean and what can we do about this and And my response was, I'm happy to come on and I'm happy to talk about it, but I don't know these people I haven't spoken to him so I really couldn't speak with any authority about their issues. So I said what I can do is I can make this a teachable moment and I created this thing that I call you know, the always formula and I add an additional I because I came up with this little acronym, but you know, what are some values that will help people consider prior to taking the plunge is like, is this a union that is likely to stand the test of time you know, my company's called legendary love for life. So when The difference between a relationship that could be pretty good, and one that might, you know be a lifetime where the end so I created this always acronym a LI, W, A y es. And basically, these are a couple of things that I said you should take a look at and consider before making the leap and deciding that you think you can spend a lifetime with this person. So I created this acronym to help people keep track of it, and consider,

Scot McKay 3:26

well, we're going to definitely dive into that acronym. But before we do, so, I'm tempted to ask so I am going to ask it. Why do you think people can date and decide that the right thing to do is to go out and get married? And then it says if marriage wrecks the relationship, I mean, I've known people who have dated for like four or five years, and then they get married and they're divorced within certainly like six months, some relatively short window of time. What's going on there? I mean, is it cohabitation that ruins it is it the commitment Perhaps the societal pressure on marriage that throws a wrench in the works? What's your take on that?

Dave Elliott 4:05

As a great question, I think there's a couple of different answers. One, I would say sometimes there are people that do have some commitment issues in the thought of marriage, making something permanent, that word permanent, might have some stuff attached to it, I, I think that could be a huge factor of being because that's the principle difference between someone who's been together five years and then you know, everything's going relatively well. And then within six months, they're pulling the plug on it, I would say if there's something there about the belief, or the idea behind what marriage is and what it isn't a lack of freedom or flexibility or whatever. And then I think the other thing is simply put, I think everyone comes into your life for a reason, a season or a lifetime. They're going to teach you

something about yourself, show you something about yourself. I think that relationships are probably one of the deepest dives in our own personal development. And the reason I say it is because I think people come into your lives to show you aspects and that you don't see those aspects. Unless, you know there's someone else they're like, I don't know there's a splinter on the edge of my desk unless I brush up against it or you know, I don't know that, you know really pisses me off when someone leaves the cap off the toothpaste unless someone leaves the cap off the toothpaste. So, like you literally people show you these things and you don't know they're an issue if you live by yourself. So, you know, I think other people in your general living space and you know, cohabitating and living day to day, that's where you start to learn these things that either bug you or you love and what's the difference between them?

Scot McKay 5:34

Yeah, without a doubt long term relationship shines a vicious spotlight on all the flaws that the two of you share or individually bring to the table.

Dave Elliott 5:42

Yeah, perceived or real. Exactly.

Scot McKay 5:45

Yeah, exactly. And I can't help but think however, about the stereotype that once women get a ring on their finger, and the marriage happens and they get an I do they just want everything slide. They gained 100 pounds, they stopped being nice and you know Certainly that's not gender specific men can let things slide, the real version of them can come out if they have the woman in a marriage relationship or you know, some guys in a manipulative way will knock a woman up pretty quickly into the relationship. So now she's pregnant, there's no way out and then he starts abusing her. That's all tied collectively to a phenomenon that really scares a lot of people away from long term commitment, especially the marriage relationship to begin with, but in some ways is very real. People walk down the aisle, and then it's let everything slide. They get a little lazy with the relationship, they get a little lazy with themselves with their ambition. They feel like okay, well, you know what the heavy lifting is done. I've crossed the finish line. Now I can just relax. And I think that's got to be up there with the major killers of long term relationships, right?

Dave Elliott 6:49

Yeah, I think you're right. I mean, that's why dating is so important. I mean, really, there. There can be a power dynamic involved in there, as you're saying about like, Who's got the power? Who's lost it who

says yes, who said know who's fully in who backs out. There's a lot of power in that. And so I think that when you date someone long term, you get a chance to see them. My belief is if you see them over a few seasons, you're going to see all that stuff. And you're going to pick up on that you're going to pick up on the ones who were, you know, just short term, trying to cross the finish line and get to the goal and who's you know, who's being authentic and who they are. And just real, I think you get a better chance of catching that. When you spend a few different seasons with someone and you see them over time, you really start to get a feel for who people are people. I think people can be duplicitous, and like, hide that stuff about who they are in smaller birth. But I think over time, you know, people mostly reveal themselves, you

Scot McKay 7:45

know, going along with what you're saying. I've talked about this on the show before but it's been quite a while. My favorite tip for making sure you're actually ready to take the next step have a long term committed relationship is to take a road trip together, like fly out to Phoenix Sky Harbor airport rent a car and drive around Arizona for like a long four day weekend. After all that windshield time, if you're not at each other's throats and can't stand each other, you're probably going to be able to get along if you can spend that much time dealing with all the hassles and being tired and being cranky and hungry in Arizona, too. Oh, yeah, exactly. Especially if it's hot. I'm reminded of the spike lee movie do the right thing where everybody's getting really angry and particularly edgy and violent with each other because it's the hottest day of the year in New York. Yeah, he definitely does something to you. But you know, Arizona be darned if you spend four days of windshield time with someone. The flaws in your personality, the flaws in your overall compatibility are going to come out they're going to rear their ugly head. So that's just a tip that I like. But anyway, I want to get on to your always method and break that down. So go ahead, man. Let's have it what's the a

Dave Elliott 8:57

great, so the a the first one is stands for your aspirations and dreams. So aspirations is basically you know, what do you want your life to look like? You know, what do you believe that life is about? What do you want to become? What do you want to do? Where do you want to live? In your mind's eye? What is the ideal for you? I mean, the thing is, if you, you know, if you marry someone like you love traveling, your other person is a homebody, then that all you know, at some point, there's going to be a huge disconnect, you know, and I talked about these things where it's like, you want to make sure that your idea of a great life and their idea of a great life or you know, are compatible, that you guys want similar things, they don't have to be identical. They just have to be complimentary. You got to be able to find a win win. Because both people you know, you're you're tethered into a relationship and your idea of success is like began for us the example of travel. If you love to travel and the other person wants to stay home and every time you leave, they see it as a problem in the relationship that's not really going to be sustained. At some point, something's going to come up and it's just gonna, it's going to be

problematic to say the very least at some point, it's going to be the thing that kills everything. Because they're just too far apart.

Scot McKay 10:10

Yeah, I dated a woman one time who was definitely afraid of flying. Obviously, that wasn't going to fly but intended. Yeah, but I'll tell you what, when people lack options in their dating life, when they finally find someone who will, quote unquote, put up with them, a lot of times those people are very afraid to dig into what's underneath the surface with each other therefore, talks about what do you want for the future? What are your aspirations? What are your goals, really take a backseat to Netflix and chilling again, innocuously for the 400th time without really getting to know each other. Because once you get to know each other, you may find things that are deal breakers. And one of them that tends to jump out pretty early in the process is, you know, you and I are in completely separate paths in life. And this isn't really going to work out. So I'm glad you brought that up. And I think it's amazing actually, that you put it first. What's the first thing Well,

Dave Elliott 11:00

so the very first sale, it's a little bit tricky because I put two of them in there always stay together always. But then there's all kinds of ways to stay together. I put the second the first down in there is links to family because I think that's really important. There's some people, you know, they're linked to their nuclear family is critical. They're really, really close to their family. And there's some people, their links and family are problematic, like, they might be totally a strange, they might not have good relationship with family at all. And they might not really want to be connected to your family. So if you're really close to your family, and it you can't even conceive of a holiday that doesn't have you know, a big guest table with 40 people around it and your new you know, partner in life is like, No, I just want it to be the two of us. Why do we have to have all that that's not gonna fly? Long term? I think it's really important to decide, you know, what do you want your holidays to look like and what do you how often are you going to see your family what's it going to look like? Are you close to them are you do are other people welcoming to your friends. Are they? Are they going to say I'm really close to my family you really close to your family were maybe they they're gonna fight over who spends time with his family, you know. So these kinds of links they really need. Again, they don't have to be identical. They have to be complementary, you need to be able to find a workable way. Where again, gets back to the key formula is Win Win how to both people get enough. So links to family incredibly important.

Scot McKay 12:24

Yeah, I think a lot of people in relationships and typically it's one of the partners, if not both, are trying to run away from the simple truth that when you marry someone who married their whole family,

absolutely, yeah, no doubt. I mean, if you can't stand her kids, if she's a single mom, you're going to have to deal with those kids. Not only until they're out of the nest, but visiting after that, basically for the rest of your life. Her parents or siblings, everybody's of noxious who's close to her, you're going to have to weigh whether you can handle the noxious nature of the relatives, as a trade off for having her in your life. And you know what, there's no going back on that decision making later you know who you've got, you know that you made the decision to get into a relationship with a woman despite who else is in her family, and there's no complaining about it later, you're going to have to sit down and deal with it. I mean, you have to find a way to relate to those people long term. And if those relationships can improve, or if they work on themselves and make improvements, that's great, that's a bonus. But really, you are going to be tied to her family and vice versa. And I would also extend that to Pat's. I mean, you can't say, all right, look, I'd love to marry you. But you got to get rid of these three cats, or you got to get rid of that dog that I'm allergic to. I mean, if she decides she wants to do that, and presents that as an option, great, but if you're presenting all these caveats that she's not really game for, then you're just breeding resentment into the relationship instead of puppies.

Dave Elliott 13:53

Yeah, exactly. Or you marry someone and they got their three big dogs on the bed. Do you really want to live the rest of your life without the Getting a decent night's sleep ever again, if you know that's a bit of a deal breaker for you, so, yeah, this is why this stuff is so incredibly important. You know, if they were going to make a choice between their pets and you again, that's another that's your family, you know, rather than your family family,

Scot McKay 14:16

right? I mean, and this is all about compatibility. And it's kind of like when someone has a feature of their life, whatever it is, that's very important to them. And it's not important at all, or carries very little weight with the other person. The latter person is going to try to dissuade the former person from having that part of their life be so important, and often they're very successful at it. I mean, I'm thinking of people who, for example, have spiritual reasons that they want to save sex until marriage and then they end up in a relationship with someone who has no problem with having lots of sex before marriage. And the person without the spiritual issue with premarital sex is constantly trying To help the other person out of feeling like they gotta save themselves for marriage. Kind of the same way if I don't want dogs and I don't want pets or I don't care about the cats at all, I'm going to think hey, you know, it shouldn't be a big deal for her to suddenly stop caring about the dogs and cats also, but you know, that's an unreasonable and dare I say manipulative expectation. You got to take people as they come and you're either going to be compatible with them or not, right?

Dave Elliott 15:25

Absolutely. Yeah. Really important.

Unknown Speaker 15:27

Yeah. What's the other I?

Dave Elliott 15:29

So the second nail is about lifestyle and health again, you know, people have basically you know, they have a mindset or a, like a fixed set of expectations is really about expectations in life. You know, you know, Kenna can a gym junkie who has to work out six days a week, seven days a week or someone who wants to run 10 miles a day, coexist with a junk food junkie who wants to like sit on the couch and be a couch potato. You know, those are very different lifestyles, and make expectations. And again, you've got to believe that those two people because of their lifestyle choices, they're going to have very different experiences, you know, in terms of, you know, what's acceptable weight wise, and what their bodies are going to look like, or what their long term health is going to look like, and who's going to be taken care of who, when they're older age or something like that. So it again, they don't have to be identical, but they have to be complimentary. They have to be, you know, in the same ballpark, do they have the similar expectations for what life is going to be like, you know, it's just another important area, you know, they're very, very different.

Scot McKay 16:31

Yeah, you know, this is a factor that has a ripple effect through various aspects of a relationship and people don't realize it till again. They're in the relationship actually living with each other like, yeah, okay, cool. She's a vegan, no problem, and I'm a meat Attarian. Well, your dinner choices every night are going to have to be a compromise. Right? You're not ready to go on a plant based diet right now and you really don't want to give that up. You're going to have to basically come to the conclusion That, Look, she's not going to start eating meat anytime soon. I can't force her to, which means if I'm eating meat, I'm doing it without her.

Dave Elliott 17:08

Or in your example to, you know, do you expect them to handle that the smell of meat in your house makes them noses? Do you expect them to prepare that for you? Or, you know, have you prepare it and then have that smell in the house that like if they really, you know, they have a real reason why they're

really, really against consuming meat of any kind, you know, and then again, it's it's probably not compatible long term, and it is a right or wrong. It's not about right or wrong. It's just about what works.

Scot McKay 17:36

Yeah. I mean, it could quite literally be a moral, ethical or even spiritual issue for that person. And I know that's coming up. So I don't want to get ahead of ourselves. What's the W?

Dave Elliott 17:45

Okay, the W is another really big one that I think breaks up a lot of couples too, and that's about the area of wealth and finance, you know, and again, they're sort of straw man arguments that I get. Basically, I paint the picture and say, You know what, what happens when the A spender and a saver get together. You know, if someone, someone who financial acuity or their interest in life, they're not necessarily, they're more of like I want to go out and have a great time today and they're going to prioritize experiences or things over saving for the future and every time you spend or go on a trip and the other person gets like this real nervous feeling about oh my god, we're spending a ton of money. What about our retirement? What about our future? You know, what's, what's that going to look like? Again, you're creating pain for that other person, you know, whether it's you're the person who you know, wants to go and spend and do it now or you're the person like know what about later. So again, this whole now or later thing, you know, you guys have to sort of find a way to be on a, you know, on a comfortable trajectory, saying you're right, maybe both are important. Maybe one's more important. Maybe two, scrapers can go and have fun eating there, you know, TV dinners together, knowing that they're saving a bunch of money for the future. They'll retire earlier than the other person. It's just about two people being on a similar page, you know, and wealth and finances are really important. One is one of the number one areas where, you know, couples fight about money, probably as much about that as any other topic. Well, I'm sure you've seen as many studies, as I have that put

Scot McKay 19:20

financial matters as the number two cause of divorce behind infidelity. And some of those reports even put it number one. So I mean, clearly, this is huge.

Dave Elliott 19:32

Yeah. And sometimes the wealth issue at discrepancy can lead to an infidelity to or vice versa, you know, if they're very powerful, and those are definitely wanting to no doubt,

Scot McKay 19:41

yeah, they can go hand in hand, like you said, one thing I want to address that's associated with this particular idea is how we as men can train our partner, or certainly vice versa, right? While we're in the dating phase, for example, let's say I've got a lot of money and I like to flaunt it with women. I do So I go out and I attempt to buy their affection. I take them for surf and turf on date one and I take them on a shopping date on day two, and then we wake up a couple months later. And somehow we're surprised that this woman really wants us to spend a lot of money on her and she's very materialistic and ties, how much we're spending on her to the quality of the relationship itself. And we marry her and we try to back off and go, Hey, you know what, that was something I was doing during the courting phase. Now we're not going to spend any money anymore and I'm going to be more of a tightwad. And then are we supposed to be upset when she feels like a wrench has been thrown in her machine? But we as guys will complain about that. And then we fail to look in the mirror and realize we're the ones who established that trend. We established that precedent going forward in the relationship.

Dave Elliott 20:52

Yeah, I think that life is a sort of all about your expectations and your results. So if your expectations and your results are in are in alignment, life is pretty good. If your expectations and your results are out of alignment, you have pain. And so in your example, it's a great example. Yeah, you've created the expectation, here's what life with me is going to be like. And then if you pull back and you you change radically like that you go from Mr. You know, good time, Charlie to, you know, always on a budget, Charlie, you've got a real problem, because you've created a totally false, you know, they're going to feel like, Hey, wait a minute, who you I've never even met you. And so they're going to definitely feel like there's a problem. You know, because you showed up in a false way. I think that's why authenticity and just knowing yourself is so important in dating, you know, if you don't know yourself, it's hard for you to give someone else a really good solid understanding of who you are, and what life is going to look like with you. Because, again, it's always about creating an expectation.

Scot McKay 21:50

Yeah. And that messes with her sense of safety and security, which of course, is the kiss of death to both attraction and ultimately to the relationship. Yeah, that's a sign point for sure. What is the A?

Dave Elliott 22:04

Okay, so here's again, this is a little bit tricky to have an acronym with multiple levels and multiple A's. But the second is the second day, right?

In a second. And the formula is always faithful. And you you talked about that a little bit earlier. Like if one person, you know, wants to be part of a couple or have like, you know, multiple partners or that kind of thing, you know, you have to be on the same page. Is it just the two of us forever? And always, or as someone who wants to be a little more experimental? Or is it someone who wants to have other people either separately or together? The people can have differences of opinion, but at least they have to be on the same page. You know, people have to decide, like, yeah, I'm good with that. I'm signing up for a relationship where it says you and me, you know, for the rest of time, and they're down with that and that's fine. But there are also couples that want to have, you know, they want to be swingers or something like that. And again, as long as, as both people say, Yep, that sounds good. Sign me up. Who's anyone else to judge as long as the couples happy these The terms that they've negotiated and this is what they want to live consistent with. These are just important things. You can't marry someone and say, Oh, wait, I didn't tell you I'm really into swinging. I think we should do that. Like that's, that's totally unfair. You gotta be on the same page going into it.

Scot McKay 23:14

Yeah, you know, I think this is one of the most widely ignored conversations that absolutely must take place prior to any commitment to a long term relationship is what does cheating mean to you? What does fidelity mean to you? And couples absolutely have to be honest with each other about that. I mean, if a woman has jealousy issues, that's where that has to come out. She may think it's absolutely reasonable for her to have a draconian concept of locking down her husband and never talked to another woman again, or a husband may say, now that you're pregnant, I don't want you to ever see any of your friends anymore. Don't ever leave the house. I know Emily has a friend who got married and her husband literally was nutso about this stuff enough that he boarded up the Windows can get really crazy. And it's best if you have some kind of idea if those red flags exist up front, but more importantly, it's just good to know if you're on the same page insofar as what constitutes cheating. And another point you made that I think deserves underscoring is those goalpost can't move after you're in the relationship. If you were talking about not being swingers and being monogamous before you got married two years into the relationship, you can't say, Hey, you know what, I've decided we should be swingers instead, and you should bring women around and we should have threesomes because you can't just expect your wife to go Oh, sure. Is that what you want, then I'm all in because it's not really going to happen that way. Once people have this mindset of what constitutes cheating, what kind of relationship they want what defines that relationship, it's an unreasonable expectation that that's going to move and change with the wind or especially moving change because you want it to.

Dave Elliott 25:02

Yeah. And you bring up a really great point too about the idea about in addition to like actual cheating what else is considered cheating like, you know, talking to friends or you know, having people talking about this whole concept of emotional friends you know that friend at work who you're a little bit too chummy with or, you know, if you go out to lunch with a with a male or a female, depending on which which gender is that violation of some sort, you know, again, these are that really important distinctions to you got to be on the same page. So yeah, sometimes jealousies show up or or like you said, situations change, like he's a great example also, like, you know, someone is having a baby, or is that change things or, you know, there's a lot of just these little nuances and these little things that change, some are predictable, some are not. But yeah, there's enough challenges. We're going to change you know, that's the one constant in life is change. You know, we're all going to get older we're all going to change and to your point to you might decide later on that maybe There's a conversation you can have, if you, you know, you realize maybe there's something else that may be here for us if you want to change you to maybe have that conversation, but also you don't, you don't necessarily engage, you don't engage unless your other partner is upward and they're changing at a similar pace and a similar interest and it's not done under duress. So that's possible do but, you know, that's the thing I we sign up for a journey and we're all going to change and adapt over time. So I mean, as long as it's not like we mentioned earlier, like you're kind of it's a premeditated change. I'm going to do just what I have to do to make the sale and as soon as I get it now they're gonna see the real me that's a problem. That's never going to work. Well. That's a lie. Yeah, absolutely.

Scot McKay 26:43

That in its own way is infidelity. That's a great point. Yeah. Probably the most common issue that comes up when I talk to guys is the whole idea of a woman seeing internet porn is cheating. Because guys are like, my gosh, if you put naked women in front of me on the internet, I'm going to watch And the woman says, Well, if you do that, you may as well have gone out and screwed some other check, because that's how I see it. And that causes huge rifts in couples all the time. And many times guys are blindsided by that they didn't see it coming. But that question was never talked about, and that issue was never addressed. And so Surprise, surprise, and of course, you know, you can tie that to jealousy issues, you can tie it to women, just not understanding men, but whatever excuse you want to make. Either pro or con. I mean, after all, some women watch porn with their husbands happily. It's something that had to have been discussed before you got into a committed relationship and found this out later. That's the bottom line. So what's the Why?

Dave Elliott 27:42

So the way the next one is youth and children This is another important areas like do you want kids? Do you not want kids? How many do you want? What's the idea of the one three Do you want to boy and

girl Do you know what what's the goal and what do you what are your expectations, you know, long term or do you A big believer in private school reading public school is just fine. Or do you need to move you need to change where you are? Do you need to? You know what, again, what are your beliefs about saving for college again, we start to bring in a little bit of the wealth and the finance aspect of it. So these things all sort of crossover and merge a little bit. But again, the one of the biggest distinctions in like, Are we going to get together for a lifetime or not? Yeah, do you want kids or not, is probably a really important part of it. You know, for some people, marriage is all about having kids. For others. It's like, oh, whoa, hold on. I didn't sign up for this. You know, I just want to have someone to come home to at night. Right. So that's an important distinction. What What does that look like? You know, is it fair to marry someone who always dreamed of having, you know, three kids and the white picket fence and you're like, No way I want to live in the city and not have not have a fence or property to ran is I want to go out, you know, every night, you know, I don't want kids because that gets in the way. So these are just non workable, you know, non-starters essentially in the system. important to have that discussion earlier rather than later.

Scot McKay 28:59

Yeah. Well, I just Trust, the importance of that particular issue speaks for itself with these guys. But I do want to bring up two ancillary points. First of all, if one of you already has children in your life, then someone you bring into your life as a significant other in that relationship. Not only will those children impact that person's life, but vice versa. I mean, your kids will also have a step dad a step mom. And we've all heard the stories nightmares about kids growing up, suddenly confronted with the evil stepdad who abuses them and beats up mom and their entire lives are disrupted because Mom, I'll dare say selfishly wanted the wrong relationship because she was lonely. So not only the discussion of the kids were going to potentially have or not have together needs to take place. But you know, if you've decided ahead of time that you do not want to date a single mom, and you do not want to marry a single mom, then you've got to be true to yourself when you meet a woman who knocks you out but she's got these bratty, you can't stand or else you have to face your own demons and say, Well, you know was a little trigger happy with the opinion there that I didn't care to have someone else's kids in my life. It's a matter of sitting down looking yourself in the mirror and being truthful about that. And based also on another comment you made. I want to throw on the table this idea of younger guys wanting to date much younger women, I talked to guys who are 5560 years old, and they want a woman who's like 2628 because she's cute and she's spunky and hot and as nice as and stuff. And they want to marry her and they want to have her make him a sandwich and bring him a beer and you know, go all night in bed. And I almost always say to such a guy. Well, you want to have more kids than right you're ready to be a dad again. He's like, Oh, hell no, man, my kids are both in their 20s I'm done with that. I'm like, Well, she's not gonna be. She's gonna be in her prime childbearing years and she's gonna want you to be a daddy. Well, that's not gonna happen. Well Are you thinking about her? Are you taking that possibility even into consideration when you start thinking yourself, hey, I'd love to have a 26 year old hot piece asked running around the house. And a surprising number of guys are myopic. In that sense. They don't even consider that. It's like, yeah, you know, why don't you find a nice woman who's 3638

years old, and she's got a couple kids who are in their teens. And you know, they'll be flying the nest here in a couple years, and then you could spend the rest of your life together or a woman who never had any kids. And she's already decided that but you know, you can't only think about yourself, you've got to be the kind of person that the woman of your dreams is also going to find to be the man of her dreams deserving what you want, right?

Dave Elliott 31:40

Absolutely. That's a great point. Yeah, what's the ass so the last one is about spirituality and faith and that's about what do you believe about the bigger issues of life? Do you have a relationship with your Creator it is something that you want to make time for if you want to worship every week or you know whether it's your temple, your church, or you know, something like that? Is it important Your partner join you for this or is it important that you all you know, have a spiritual life of prayer, whatever that looks like for you? Or maybe someone is totally agnostic and atheist, and they want no part of that. Again, can you both give one another, the space to practice as you see fit? Or is that a deal breaker for you? This is just an important distinction of like, you know, are we on the same page? Do we want similar things? Some people might say, I want you there in church every week next to me. And other people might say, you know, it's okay, this is my thing. And it's what I do, and I actually enjoy the time away on Sunday. And it's not important to me if you are there with me, if you guys can get to a place of disagreeing on what that looks like that can work again, doesn't have to be identical. It has to be complimentary.

Scot McKay 32:46

You know, Dave, I'm always surprised by how many people trivialize this. And in my estimation, it's one of the most important factors at all. I mean, your Cornerstone belief system, whatever. That is why A trickle down effect into your life that is beyond the ability to overestimate. I mean, every part of your life will be influenced by how you view the world, how you view yourself how you view God and creation and eternity and faith. And what I've noticed is when people are not particularly spiritual, they don't necessarily go to church. They don't have a defined belief system. They're the ones who are often quick to trivialize what's going on in a potential significant others mind and soul in that regard. In other words, that well, this person you know, needs to go to church every Sunday, or, you know, they grew up Muslim, I'm sure we can get them off of that. Because, you know, that's all a myth anyway, we can get them to stop believing just a little bit of, you know, re education, and they'll lose that faith and then we can go on our merry way. And I think that's a very dangerous This mindset to have because it's never that easy. I mean, certainly people who have dare I say stricter religious codes, you know, they can be influenced to slip, but then they experience guilt and they experience shame over that. And then you have a partner who's weighted down by that emotionally. And that of course, is yet another rock you can throw on the pile of things that kill relationships. So yeah, huge, huge factor. spirituality. You gotta have at least a similar if not almost, dare I say identical belief system that guides how you live and how

you make decisions or else there's going to be manipulation. There's gonna be influences that are seen as a negative, and perhaps even aggressive confrontation to one's whole lifestyle to their whole being because when someone's spiritual, that's a part of who they are to their very soul. So it's gotta match up, right?

Dave Elliott 34:57

Yeah, exactly. I think that's a great way of saying When you choose a person, you also choose their beliefs, you choose their values, you choose their expectations. And you know, that's either going to set you up to do really, really well or it's going to eventually be one of those things that becomes the, you know, the chink in the armor that's going to eventually just really create problems that are probably ultimately insurmountable. At some point. It's about values at the end of the day, what's most important to people?

Scot McKay 35:26

Yeah, you bet. You know, the old stereotype. I mean, it's the oldest running joke in the world is that men choose women based on how hot their body is. And then women are saying, but he loves me for my mind. Well, I mean, if we as guys have a hard time bringing a woman's mind into the conversation when we're selecting a mate, just imagine how often we completely forsake considering her soul. Absolutely. Mind, body and soul. It's like the three dimensions of getting to know someone and they're all pretty much equally important unless they're not to you in which case you need to find some who shares that very belief system. And I think that brings us full circle, always a LL. W. A y s. And I'll tell you just to kind of wrap up this conversation, Dave, I think it's incredibly important that people even give some thought to the kind of person they'll find to be compatible with them before they just go off half cocked, finding another pretty face who will quote unquote, put up with them. So I really appreciate the time, and the effort and the intelligence that you've put into this because I think you're right on the money and I think you've pretty much covered it. And with that, I want to go ahead and introduce these guys to your new book, which is called same shit different date. So tell guys a little bit about what they're going to encounter when they grab a copy of that off of Amazon.

Dave Elliott 36:44

Awesome. So basically, the the title is same shit different date. I make the point in the book that you might not be aware of this, but you're essentially those individual people that you dated that seem unique and different and totally different. They're probably If you pull the string, there's probably things that connect them all. If you find yourself having, you know, similar issues, problems, challenges that keep coming up in different people, there's probably something that connects. And what I do is I help you see where those recurring issues were that what they are, why they're happening, and basically how

you can stop that from happening. I think it's a really fascinating book, I've gotten some great response from people read it. And it's a full basically an assessment that you can take and you can totally see, oh my god, I never noticed what these people had in common. And so once you then realize, hey, here's the issue. Now, I also give you a mechanism to totally change it, so you don't have to continue to get that lesson anymore. So it's a great vehicle if you find that relationships have been a place of challenge for you and you keep having like this, you know, same old shit happening again and again. I'm gonna help you figure out what it is exactly. And then how you can fix it for good. So I know the guys will love back because we we hate having the same Well, garbage again and again, we went just want to fix stuff, you know. So guys, you just want to fix it, you want to make it better you want to solve the problem, check out this book.

Scot McKay 38:08

And conveniently enough, you also have a practical workbook that goes along with it that you've cleverly named the companion piece, which I Yeah,

Dave Elliott 38:16

right. It's a companion piece to the book, but it's actually a companion piece, piece as in p A, C. So it's about like the having peace with your companion. And then you can actually do this work. And again, the stuff that you'll get out of the book really changed the dynamic if you see yourself like creating the same old, you know, dare I say dysfunctional relationships or relationships that are ultimately aren't working and causing pain, it's going to give you the mechanism that you can actually heal that stuff so that you can create a relationship where there is peace and happiness between both parties

Scot McKay 38:48

outstanding. If you want to go ahead and grab a copy of both same shit different date and the companion piece. I've put both of them on my Amazon influencer page which you can get to by going to double ww mountain top podcast com front slash Amazon. And if you want to bypass all that and go straight to the book and grab a copy, go to www dot mountain top podcast.com front slash same sh m e where you will find Dave Elliott's book, grab a copy and never make the mistake of getting into the wrong relationship with the wrong person ever again. And on that note, Dave, I want to thank you so much for bringing such great powerful content to the show today. Thank you so much.

Dave Elliott 39:32

Oh, man, totally My pleasure. Thank you so much. I enjoyed the time to always great to spend time with a fellow marine.

Scot McKay 39:38

Yeah, man. It looks like you've really put some mind body and soul into your work and I think the guys really appreciate it. and gentlemen, if you have not yet visited [www dot mountaintop podcast. com](http://www.mountaintoppodcast.com). You're going to find all sorts of goodies when you get there. It is now 20 21st order of business. Get on the phone with me for 25 minutes where we talk about where you are right now. And where you want to be, how to get the right woman into your life. If you've seen these patterns over and over, where you're just not getting the kind of women you really want, you're not in the relationship you want to be in. If you're not in the place you want to be in in terms of your career in terms of the adventures you're having. All of that is intertwined. And that's why when we get on the phone for 25 minutes for free, we can sort all of that out and perhaps put a plan of action together that makes sense for you. And most of all, gets you the results that you know you deserve. That along with show notes, the YouTube version of the podcast, a full transcript and a way to get on my daily newsletter and more are all there for you at [www mountain top podcast.com](http://www.mountain_top_podcast.com) and until I talk to you guys again real soon This is Scott McKay from x&y communications in San Antonio, Texas. Be good out there.

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