



The Love (W)rite Unplugged Podcast
Speaker: Dr. Venessa Marie Perry

Welcome to *The Love (W)rite Unplugged Podcast*, and my name is Dr. Venessa Marie Perry your host. Hopefully, you've been listening to us for a few weeks now, and you've been enjoying the interviews that we've been having with top relationship experts around the world, giving you the top advice on dating and relationships, a couple authors in there, about all of what's good in love and relationships and how you too can be in a place to receive love and to better your relationship.

I wanted to take a couple of minutes to introduce myself, since I hadn't had the opportunity to come in and jump in here and say hey. I'm so happy to be with you here today, but I want to tell you a little bit about me and how I got to this place of love right and to this podcast.

I'd been noticing that with the work that I do as a consultant, that many times the people that I worked with were not necessarily performing optimally in their workplace because they were having challenges in their personal life, and a lot of those personal challenges that they were having were around relationships, and they were around personal relationships. They were either having problems in their relationships with their spouse, husband or wife or partner, boyfriend, girlfriend, etc, and they were so distraught from those relationships that they were unable to really perform in a work setting. With that work along with just talking to friends, coaching people, and counseling people, I realized that this was really a challenge, that people were really having a challenge around getting in relationships, sustaining those relationships, and growing those relationships, and so it had always been a passion of mine to make things better as it relates to love and relationships.

I'm a hopeless romantic, and I believe in all things love. It is warm and fuzzy. I believe that love makes the world go round. I believe that love is the basis for any relationship that you may have, and so that's how I got into this work.

From there we decided that we were going to start writing articles on love and relationships, and that blog started as *The Love Jones the Remix* based on my favorite movie, and it just blew up. Over about a year's time we had tens of thousands of readers. That opened up the door for us to write for *Huffington Post* a weekly column on love and relationships, where we gave dating advice, life coaching advice about all types of things, but primarily dating advice. We talked about online dating. We talked about why you're still single. We talked about how to keep a relationship going, what were the keys to a healthy relationship, communication, mutual respect, all of those things.



From there, it really just exploded, and the next thing you know, we had these millions of readers from *Huffington Post*, and we decided that we wanted to do something more. We wanted to give people more. We wanted to help them solve their problems around love and relationships, and that's how we came to *The Love (W)rite*.

Part of it came from my journey. You'll notice the double entendre. The way right is spelled. It is write because I found my own love journey through writing and completed my journey through writing and discovered myself through writing many years ago. I have found that writing has been a very helpful tool in self-discovery not only personally but also professionally in the work that I do giving people exercises, journal exercises, writing assignments, workbooks for them to really get their thoughts down and really take the time to reflect on their challenges as it relates to love and relationships on their past experiences, on their beliefs about love, on the things that they were taught about love that they learned as a child, that they saw in their homes or they did not see in their homes, and how those things manifested into their current situation.

Writing has always been the foundation for me, and it has also helped many people that I have worked with. That's how we came with *The Love (W)rite* brand, and the goal really is for you to love right. We want to teach you how to love right. We want to look at how you seek, see, and experience love, and we want to help you rewrite the script on love. That's who we are, where we've been, where we're coming from, and hopefully where we're going in terms of helping you love right.

I believe that the basis of any relationship that we have is self-love. You can't have a healthy relationship if you're not whole. If you don't love yourself, if you don't have high self-esteem, there is no way that you can go and have a healthy relationship because a healthy relationship is two people that are whole giving 100% in the situation. Often times what happens is when we are not whole, if we're feeling unlovable, if we're feeling unworthy, if we're feeling disrespected, if we've been in situations in which we have not been honored and loved and cherished and adored, we attract people who essentially will exploit those things in us. So we are already operating from a deficit.

It's like a cup and the cup is half full. Someone comes along and they recognize that your cup is only half full, and instead of them pouring into you to fill the cup up, they continue to empty the cup out, and the way they empty the cup out is they exploit all of the things that you feel unworthy of. They may disrespect you. They may abuse you. They may be manipulative, and they continue to take and take and take until eventually you're empty, and you're wondering how you got to this place because you're giving and you're giving and you're giving what you



have but it's not enough. That's why it's very important to be full, to love yourself more than you love anyone else before you get into a relationship because once you love yourself more, more love will come to you.

There's this whole thing around the law of attraction. You know we attract what we are. We attract what we want. We attract what we give. That's real. A lot of people don't realize that, but it is real. That is why it is imperative to love yourself, to spend time with yourself, to date yourself before you try to date anyone else, before you try to marry anyone else. It's important that you love you, that you're comfortable with you, so that when you meet the one, you meet that man or woman who you are just head over heels with, they will see the love in you and love you even more. That is what the key is. Self-love is the basis of every relationship. It is the foundation of every relationship, and if you don't have the self-love, then you will attract all of the negative things that will take away from you loving yourself.

And that's just a little bit about who I am today. I just wanted to jump on and introduce myself. We have so many exciting things that are coming up in the future in the next few weeks, more authors, more relationship coaches, more therapists, more dating tips, more dating advice, more relationship strategies, and more ways for you to transform because at the end of the day, it's fine for us to give you tips and advice, but I want to make sure that you're transformed, that you are able to use the information that you receive from all of these world renowned experts, and you can apply it to your own relationships, your own everyday life.

So we're looking forward to the next I don't even know how many weeks and months, years that we're going to be with you, and if there are things that you want to hear us talk about, please make sure you reach out to us. Our website is thelovewrite.com. There is a contact form on the website. Reach out to us. Let us know what you'd like us to talk about. If there are people that you want us to interview, that would be fantastic as well. We'll do our best to accommodate you, and as always, if you have questions for me, please feel free to reach out to me at hello@thelovewrite.com, and I look forward to hearing from you.

Until next time, bye-bye.