



The Love (W)rite Unplugged Podcast

Speaker: Dr. Venessa Marie Perry + Dr. Jeff Gardere

Venessa: Today on *The Love Write Unplugged*, we're talking to Dr Jeff Gardere. He's been seen on CNN and is known as America's psychologist, and he's also been seen on the Real Housewives series. Welcome, Dr Jeff.

Welcome Dr Jeff, how are you?

Dr. Jeff: I'm doing very well Venessa. Thank you for having me on, once again.

Venessa: No, thank you. It was fantastic the last time that you were on the show, and so I just wanted to do a follow-up and talk about, you know, what's going on with dating? Not only in the New York City area but what's happening just nationally? Why do we ... Why do I feel like dating is in the state of disrepair?

Dr. Jeff: Well, I think part of what's going on is that now with social media, dating is much different than it's ever been, and I think it's almost like that idea of, if you have too many choices then you don't make any choices. Too many options confuses us, and we're unable to focus on that one option. I think that's part of what is happening. That people aren't able to make up their minds and therefore, find themselves scattered and unfocused when it comes to dating, and that is a very interesting situation to be in.

Venessa: Right, now I think you're completely right. I mean, we have this proliferation of dating apps and dating sites and match-makers and relationship coaches, and everyone out here giving you all of this advice about what you should do and what you shouldn't do, and how you should go about meeting someone, and how you shouldn't go about meeting someone. But, you know, in the work that I do, I really want to be able to try to get back to the basics. I'm trying to figure out, how do we get back to a place where dating is like it used to be? And, you know, you are a little bit older than me. Where people actually-

Dr. Jeff: A lot older.

Venessa: Yes.



- Dr. Jeff: Old enough to be your father, actually.
- Venessa: Yes, you are. Well, I didn't want to say all of that.
- Dr. Jeff: That's okay, I don't mind. Listen, I'm embracing getting older and yes, it is certainly different in my generation than it was in your generation, and I think that we do need to get to get back to the basics, right? That's what it's all about. It's very interesting with social media, with a lot of the experts, with all of these choices. Another very interesting point is, before we talk about getting back to the basics, is that we are focused more on a menu, a shopping list. One from column A, one from column B, one from column C.
- Venessa: Right.
- Dr. Jeff: And therefore, we're looking at perfection. We figure, well, if we have so many, it's like those car commercials that are, you know, where you could shop for a car online. You know, just put in what it is that you want and then you can eliminate 300 cars, and then get it down to 200 cars. Then if you want this thing, so you are looking for the perfect car and are able to do it online. As we know, there's no such thing. It's the same thing with dating. We have this idea with all of these choices, we can get the perfect person. We start honing into that. All I wanted, since it's so damn scientific, now I want to do this. I want the science to be perfect. I want the science of the person that I want, to be perfect, and I think that's where we're really going wrong.
- Venessa: Right. I think you're absolutely right. I mean, how do you narrow it down? How do we get back to the basics? To a place where we're dating with intention; we are not looking for perfection. Where we have to have a better understanding that all that glitters is not always gold, and there are other criteria that you should be looking at in the mate.
- Dr. Jeff: Well, I think part of it, and again, you know, I think I may be outside of the bull's eye in answering this, but I know we're gonna get closer to the target, is this idea that when it comes to internet dating, it is simply about dating. In other words, it's simply about making a love connection, a sex connection because we figure, as far as friendships, we can do that with the people we attend class with, with the people we teach with, with the people that we hang



out with. All these different social circles. These are our friends but we've gotten this mistaken notion that the internet is about making the love connection, and this is why old-fashion dating goes back to the idea of, "Hey, this person seems interesting. Let's see how we can grow our relationship, take our time, be friends." Use that term that people in your generation use that, I'm gonna smack the next person who says it, including myself, you know, "Let's do this organically."

Venessa: Oh God.

Dr. Jeff: But it is true, let's take ... I just slapped myself. Let's take our time and grow a relationship. Become friends first. You could be attracted to that person. It could even be friends with benefits if you want to go there. But make sure it is about friendship, and then from there, see where it goes. I think we just have this idea of, "Okay, if it's not an instant love connection then it's a loss." I think that's a big mistake.

Venessa: Now, I think you are absolutely right about that. I think a lot of times we are so quick to get to the finish line. We think it's a sprint, and it's really a marathon.

Dr. Jeff: Exactly.

Venessa: That's what the challenge is. Trying to make people understand that. Okay, it's fine for you to have some criteria, but don't make it so hard that the average person cannot meet the basic criteria, you know, or even if-

Dr. Jeff: Right.

Venessa: Extraneous criteria.

Dr. Jeff: Right, absolutely, and it really is, more than anything else, focusing on the interaction between you and that other person instead of just looking at who that other person is physically, who they are emotionally, you know, what is the interaction? What is the dance that goes on that may lead to waltz, that may lead to a tango, that may lead to some slow dancing and then that real intimacy. I think that's what's most important. You know, Donald Trump says, "Let's make America great again." I say, "Let's make friendship fun again." Let's make the friendship sexy again. Let's



make friendship valuable so the potential of going on to a romantic relationship is much much better and the outcome can increase in a positive way.

Venessa: Right. That was so spot on. A lot of people just do not realize that the friendship really is the basis at the end of the day. I don't think it's being old-fashioned but I think it's just the basis of a relationship. I mean, how can you say that you truly know this person, that you love this person, that you want to spend the rest of your life with this person if you don't really know them? You know, the ins and outs.

Dr. Jeff: Also I think people really should start looking at what is the commodity that's in front of you instead of looking at just, you know, physically-

Venessa: Right.

Dr. Jeff: What they look like. You know, you really need to appreciate who they are. Where they came from. What it is that they're doing. What is their contribution. Now, I'm gonna blow you out of the water right now to your fans and share a conversation that I had with you. As you know, I am next to married at this point. I will share with everyone, you know, good doctor. When I met you, the very first thing that went through my mind was, if I wasn't close to being married I would pursue this woman. The three of us would go on a date. Me, you, and my walker, right? Because I am so darn old, and the reason that I felt that way about you, I think it's important that I say this because if you talk the talk, you got to walk the walk.

Venessa: Right.

Dr. Jeff: And the walker, right?

Venessa: Right.

Dr. Jeff: You know, when I met you I said, "Look at this incredible ..." First of all, I'm still a guy. There's, you know, physically beautiful woman.

Venessa: Thank you.

Dr. Jeff: She's in shape. She has a beautiful face. She's got an incredible figure, and then she has a PhD. She's an entrepreneur. She is a



leader, and she is an advocate for patients. I was like, "This woman is the complete package."

Venessa: Thank you.

Dr. Jeff: You know, if I hadn't had someone-

Venessa: Right.

Dr. Jeff: You know, I would have been on your trail so you know ... and the point that I'm making here, and I'm sorry that I've embarrassed you. The point that I'm making here, and I'm hoping my betrothed doesn't hear this interview. But the point that I'm making here is that these are the things that we need to look at.

Venessa: Right.

Dr. Jeff: And we don't do that. We're much more interested in, well, what does the person look like? What would the sex be with this ... instead of, "Wow! Who is this incredible person? How do I become this person's friend?"

Dr. Jeff: And "How do I add this person onto the team?" So that together we can find romance, we can find family and we can find emotional and financial success. Is the formula.

Venessa: Yeah, you're absolutely right, and I am embarrassed. If I was able to turn red, I would. Thank you very much.

Dr. Jeff: Well, you don't have to be that embarrassed because, you know, you saw me and you like couldn't give a rats behind. But I understand, I'm old but anyway, next question. Let's go on to the next question.

Venessa: You're really not that old, and just for our listeners, this man looks like he is all of, probably 45. Let me just be honest

Dr. Jeff: Thank you. You're very kind.

Dr. Jeff: But I work out every single day. I am in the gym every day, yes-

Venessa: That's what you should do



- Dr. Jeff: Because I want to embrace being a senior citizen and my AARP card.
- Venessa: Okay, let me go back to something that you said that's really key. You know, a lot of people do not look at the entire package; they just look at the external pieces, and they're like, "I'm attracted to her," and so, you know, I think particularly from men and you can relate to this, a lot of men that I work with; they're like, "Well, I have to be attracted to her." I'm like, "Okay I get it. You have to be attracted to her but can you talk to her?" What is she saying? You know, is she ambitious? How does she feel about family? What are her values? Is that really what's important to you? The fact that she is beautiful today because I was always told, "Fall in love with somebody who makes you laugh, and you can talk to because over time looks will fade."
- Dr. Jeff: That's right. That's right, and that is absolutely correct. Beauty does fade but beauty is in the eye of the beholder. If that person is your friend first, and it is a true love, even though the physical beauty may fade, but for you as the partner, looking at that person and being with that person, that beauty never fades. It's eternal beauty, you know, right? Up until you're 80, 90, 95 it doesn't matter. It is okay, by the way, to be physically attracted to someone.
- Venessa: Right.
- Dr. Jeff: When I was younger and alive, I was physically attracted to too many women.
- Venessa: Right.
- Dr. Jeff: But after a week of spending time or a month of spending time and seeing their do's and don'ts, looking at their personalities and assessing who they truly were. Is this a kind person? Is this a person, you know, who's empathetic? Is this a person who is generous?
- Venessa: Right.
- Dr. Jeff: Is this a person, with a borderline personality disorder which you don't want, right?



Dr. Jeff: You know, once you assess those things, then you make a decision as to whether this relationship will go forward. If the initial electromagnetic attraction gets you there, that's absolutely fine. But you need to make a quick assessment as to whether this is going to be someone that you really want to be in a legitimate and real relationship with.

Venessa: Absolutely, absolutely. So a few weeks ago, I had a woman on the show, and she talked about some of the questions that women ask a man to assess whether or not they are the right person. Getting to know them, so I want to know from your perspective is, I've got a lot of men that I work with, and they want to know what type of questions should they be asking a woman when they meet her to be able to assess. Is she wife material? Is she the right person?

Dr. Jeff: Wow, that's pretty difficult because I think you want to adjust your question depending on where you are in the relationship because you don't want it to be sort of like a situation where you're doing a clinical interview, like how many kids do you want? I think it's important to ask the questions where you learn about the individual and whether their goals align with yours or whether their goals enhance yours. Those are where, instead of giving you specific questions, I think those, that's what you need to be thinking about. Just getting to know the person better as to who they are. But I'll tell you what Vanessa, I think there is something that you can do which is just as important as asking the questions. I really believe in deeds and not just in words.

Dr. Jeff: I would say, ladies, if you want to assess whether a man is the kind of person that you want to spend time with, go to a restaurant and watch the way he treats the server. If he treats the server with kindness and gratitude and generosity, chances are you may have a winner there versus the person who's very cheap with the tip, who bosses the server around, who doesn't smile at the server, who doesn't thank the server when he or she brings over the meal or the water or what have you.

Venessa: Right.

Dr. Jeff: Who doesn't compliment the server, who even if the service is not great, handles it in a way which is professional and not demeaning.



Venessa: Right.

Dr. Jeff: How they handle their temper and so on, how they treat you, how they hold the chair out for you, how they open the door for you to step into the restaurant, that's one test.

Venessa: Absolutely right.

Dr. Jeff: The other test is, make sure that he's driving the car that you're in. Look at how he gets to a stop light. Does he slam on the brakes or does he slowly ease on into that red light and then stop, because that'll tell you what kind of lover he is.

Venessa: Wow.

Dr. Jeff: I'll let you use your imagination from there.

Venessa: Wow, okay.

Dr. Jeff: At the green light, does he ripoff at the green light or does he slowly take his time to leave from the green light and merge into traffic? Again, I'll let you use your sexual imagination as to what kind of lover that person is. Does he ... when a person is crossing the street, does he wait for that person across the street or does he try to beat that person crossing at the crosswalk? Does he wait for people to cross the street? Does he get into a road rage situation? Which you definitely don't want that kind of person.

Venessa: Right.

Dr. Jeff: It really is looking at the behavior outside of the dating situation that will tell you about that individual. How does he treat his mother?

Venessa: Yes.

Dr. Jeff: And father?

Venessa: Yes.

Dr. Jeff: How does he talk about other people?

Venessa: Yes.



Dr. Jeff: Does he gut them? Does he say mean things? Does he tell you how he tries to win and how everyone else can lose or does he look for a win-win situation and try to be as kind and generous to other people as possible?

Venessa: Absolutely, absolutely.

Dr. Jeff: Those are the things that will tell you whether you have a winner.

Venessa: Oh my goodness, all those things were key. I never even thought about the whole how he treats the server, how he drives but that is so key when you think about behavior. But you know me being the clinical person that I am; I'm always looking inside like why did you do that? Like-

Dr. Jeff: And there's ... and you know what? There's nothing wrong with that too but dear doctor, not everyone is a clinician so we have to look at other ways to be able to assess, and those are tried-and-true ways, also.

Venessa: Exactly, that's exactly true. I think that those a few tidbits that you gave. Those were huge. So for our listeners that are out there listening to that, listen to what Dr. Jeff just said. Look at how he treats people, how he talks to people, how he drives. I mean, what other things should people be looking for? Let's say it's a first date situation.

Dr. Jeff: Well, I would say the person who does not do the talking, okay? Especially if he's asked you out, does all of the talking, and just talks about himself the whole time. Then you might be looking at someone who may have some narcissistic tendencies.

Venessa: Exactly.

Dr. Jeff: Right?

Venessa: Right.

Dr. Jeff: We know that women are equal to men. They're superior to men. I've said this before; women are superior to men in every way.

Venessa: Right.



Dr. Jeff: It's a wonderful thing because we all have to serve somebody. I serve God, and I serve women. I think that's why I've been happy in my life, quite honestly, as a man. For same-sex partners, same thing, too. Women are still superior to men but worship your partner. But I would say, if you go on that first date, and if it's not an even interchange or if it's a thing of where he's trying to dominate the conversation, then back away. Women, as I said, women, you know, and I wanted to make this point; women want a man who can listen not a man who can solve problems.

Venessa: Absolutely.

Dr. Jeff: So men, shut up! Listen. Especially on the first date, just listen to her, be quiet and listen.

Venessa: Right. I say that all the time. So glad that you said that, and for the men listening out there, make sure you just heard what Dr. Jeff said. You've heard me say it before, listening is key. I tell this to my male patients all the time. There's something to be said for a man that actually listens and a man that actually remembers what you say. That's the other thing.

Dr. Jeff: I think that's absolutely huge. That's right. It means that he's paying attention, and it means that he's interested. It means he's focusing on you and your words.

Venessa: That's it. That's it-

Dr. Jeff: And possibly, your lips too.

Venessa: Probably.

Dr. Jeff: Yeah.

Venessa: That's probably the case. I mean, you have just given so many gems and nuggets that I think that the people can take into their next dating situation, their next relationship. Where can folks find you if they want to interview, if they want to talk to you? I mean, you're literally all over the place. I saw you on a clip on the Real Housewives of Potomac. I did not know that you were on there.

Dr. Jeff: I know. I go to bed at night and where I wake up, I have no idea of



what city I'm in. It's really very disorienting, trust me.

Venessa: I chuckled to myself. I was like. "Hey! There's Jeff!" So you're all over the place.

Dr. Jeff: I know. It really ... It's been a very strange life but, you know, God is great. What can I tell you? Folks can find me on my website, [www.drjeffgardere.com](http://www.drjeffgardere.com). No period after the Dr and they can just go onto Google, look me up, and find me. Or they can contact Dr. Perry, and say hello.

Venessa: All right, fantastic. Well, I thank you so much for talking to me today ,and it's always a pleasure to talk to you, Dr. Jeff. It really is.

Dr. Jeff: It is my pleasure Dr. Venessa. Thank you for doing the show. Thank you for educating folks. Thank you for helping them get their love lives together. Look, we are social animals.

Venessa: Absolutely.

Dr. Jeff: And we are not meant to be alone. We are meant to be pairing-

Venessa: Absolutely.

Dr. Jeff: That's how we find true happiness and true love. We all deserve to be happy, and we all deserve love.

Venessa: Wow. That's fantastic. Well, thanks again Dr. Jeff. I will definitely talk to you soon. For our listeners, you can always find us every week on *The Love Right Unplugged* on iHeartRadio or on iTunes, and if you want to check us out and see what we're talking about check us out on [www.thelovewrite.com](http://www.thelovewrite.com) Until next week.