



Announcer: You're listening to The LoveWrite Unplugged podcast with your host, Dr. Venessa Marie Perry, where we talk about all things love and relationships.

Dr. Perry: Welcome to The LoveWrite Unplugged podcast. I'm your host, Dr. Venessa Marie Perry. Today, I want to talk about loyalty. I was listening to this song by Kendrick Lamar and Rihanna and he says, "Tell me who you're loyal to. Do I start with your woman or your man? Do I start with your family and friends? Or your loyal to yourself in advance? I said, tell me who you're loyal to. Is anybody that you would lie for? Anybody you would slide for? Anybody you would die for? That's what God for."

The funny thing is, when I think about loyalty, I'm thinking about "ride or die", you've got my back when I'm not there if anybody's talking about me, your quick to speak up for me. Or you don't even associate with those people. As it relates to love and relationships, that means that you are committed, that you are faithful to whatever type of relationship that we are in until it no longer serves you, but you also serve me notice that the relationship is not serving you anymore. I think that's the problem with a lot of relationships and where a lot of people get it wrong. They do not let the person know that either the relationship is not serving them anymore or that they don't feel committed or that they need to be faithful. At the end of the day, loyalty means I'm down with you, whether you're right or wrong, and I'm going to let you know when you're wrong, and I'm going to help you to get it right.

I think it's important for us to be wary of people's character if opportunity controls their loyalty. What do I mean by that? If they have the opportunity to do something wrong or outside of the relationship, whether it's a business relationship, a family relationship, or a romantic relationship, you need to be very careful with dealing with those individuals, and you really have to determine whether or not those are people that should be in your life.

For me, I know that loyalty is one of my highest values. If you're not ride or die for me, if you don't have my back, then we're probably not going to work. It's one of those things that I look at people, and I know, based on my interaction with them, whether or not they are loyal, whether or not they are committed. I look at their lives, how they live their life. I look at how they treat other people in their life to determine whether or not this is actually going to be a match for me.

You know, one of the things that was very critical for me in my life, if I didn't know it before this, I knew who my people were when I went through my divorce. My friends, essentially, were like, you know what he hurt you, he hurt us, we don't rock with him anymore because you are our girl. Even to the point where one of my girls was just like, you know I am so down for you that I got my ninja gear, all black, and where do you need me to help you hide the body? That was our running joke. Never got to that point, thank God, but just the mere fact that she

had my back like that really let me know that, wow, I have some people who truly love me, who truly support me. They get me at the end of the day.

Be very careful about who you let into your life. Be careful about the type of relationship that you have with individuals, and if loyalty is one of your highest values, then make sure that you let individuals know that that's important to you, so they won't do things that offend you or go against your relationship at the end of the day.

That's all I've got. As always, check us out on iTunes or I Heart Radio. This is the LoveWrite Unplugged podcast. Or check us out at social media at The Love Right on [Instagram](#), [Twitter](#), [Facebook](#), or [Pinterest](#). And as always, you can go to our website [TheLoveWrite.com](#). And if you like what you hear on the podcast, please feel free to give us review on iTunes or I Heart Radio. We appreciate it so much. Until next time. Take care.

Announcer: Thanks for listening to The LoveRight Unplugged podcast with Dr. Vanessa Marie Perry. Check our past episodes at [TheLoveRight.com/podcast](#).