



COACH REG

R U Ready For A Real Relationship?

Last month we featured Relationship Coach Reginald Smith AKA Coach Reg as he posed the question, “*R U Ready for a Real Relationship?*” Part 1 of that article focused on Reginald’s journey to becoming a relationship coach. This month we are continuing that conversation with him talking about exclusiveness, narcissism & toxic relationships, and how everyone can benefit from relationship coaching. So, let’s jump back into that interview.

Question: *We have talked about this before and I love your take on it. Share with our audience the difference between Dating Exclusively and Exclusivity?*

Coach Reg: Sure thing. So, exclusively dating is a paradigm. It looks like there are two people who come together and you're dating and it's like, oh man, there is some cool stuff here, and then all of a sudden, the cream has risen to the top and you've decided that this is the person that I want to date. And so, we have a conversation and then we establish the ground rules.

You decide what that's going to look like, meaning, are we dating other people? Are we just dating each other right now in this exclusive dating space? If there are children, at what point do we introduce children. When does that happen? Do we even do that yet in this space? Do you meet the people that are closest to me and mean the most to me? Am I ready to do that? We talk about those kinds of things because you are defining the scope or the space of exclusively dating. Here's why this is also important before you tag and title somebody as, "that's my boo," "that's my person." It's because you don't know how they handle things and they may not handle things well.

You don't know. You may not know their values yet and you don't know how they respond to conflict, You don't know how they respond when they're angry, how they treat you, how they treat others. Have you had the opportunity to fully observe them in multiple situations? Now, in fairness, you can't cover it all because some experiences just haven't happened yet, so you



don't know how a person is going to respond, because you can only move from which you know. But the point there is, you're doing it with caution to ensure that I can make an informed decision, because at this point of exclusively dating, the space and exclusively dating, what I'm doing and what this person is doing is information gathering. And data gathering, information gathering, the reason you do that is to make an informed decision, to determine if you want to move from exclusively dating to exclusivity.

There's a trial period in jobs and that can be 90 days or 180 days, depending on the parameters. There's no difference in relationships because we are trying to gather data and information. After the period of dating exclusively, you can say, yeah, I'm not sure if this is a good fit because I'm clear on my values, I'm clear on what matters to me, and I know that long term, this is probably not a good fit. Because I've seen some things that give me pause and the things that give me pause, I've had discussions about them.

Both people have a choice, and you may choose

not to continue. But if you choose to continue, a formal offer is extended, you accept it, and now you have moved from exclusively dating to exclusivity, meaning, I'm tagging and titling you, you are tagging and titling me, and we have an agreement. We have a foundation from which we built from, we've hopefully incorporated some good habits in our relationship that will serve us and support us as we continue down the journey of exclusivity. My contention is that no one does this, they just get with somebody, they like them, they're cool, I'm cool, no real homework is done, they're just like, go with it. And they wonder why six months, a year later why they're struggling.

Question: *So true. Now tell us a little about the interplay between narcissism and toxicity in relationships?*

Coach Reg: Narcissistic tendencies can be present in both men and women, maybe not as prevalent in women as it is in men, but it's definitely there. Narcissists tend to be very charismatic, they seem to be very engaging, they seem like they care, until you're drawn in. And then once they know they got you, they're off... All the stuff, all the words, the flowers, the rose, the trips, or whatever things that you were doing, and you are like, oh my God, this guy is great, oh my God!

My advice - tread lightly. Let's see how this thing goes because he's about to trip on you. And you got to pay attention, and that's the toxicity because now, what you have, you got that perfectionist kicking in and she's trying to fix him, especially when he starts to drift and starts to mistreat you and not treat you as he



once did. You're asking, is it me? What can I do differently? What did I do? And as the perfectionist, she kicks in and she's trying to fix this. But here's the kicker - that good, good. Sex.

That thing, listen, it's hard to let go. There were people in my group, women in particular who said the sex is hard to let go of. They're like, you don't understand. Listen, I know, it just be calling you. I got it. But sincerely, it's difficult and I'm not suggesting any of this is easy.

It requires a choice. It's a step-by-step process. Listen, how do we eat an elephant? If you were to eat one right now. One big bite or one bite at a time? It's one bite at a time because you got to give yourself grace when you're trying to overcome something that you know wasn't good for you.

You recognize it's not good for you, but you also recognize you're not yet strong enough to move past it. It's a little thing called grace that you should extend to yourself, so that you can get there and it's baby steps. And if you need some help with that, that's why you hire a coach. I promise you, coaches help you move from where

you are, to where you say you want to be. **You got to want your outcome more than you want this pain.** It's one thing to say it, but it's another thing to live it.

Question: Many of us have definitely experienced that at one point or another. So last question. Why is relationship coaching so important?

Coach Reg: Coaching is an investment just like your career. It's an investment because it's the return. You can invest \$100,000 in student loan debt and it may take a long time to return or repay. But you did it because you believe that it would provide and afford the lifestyle, that quality of life that you desire for you and your family.

But just like with any other career, when you invest in your 401k or contribute to your 401k, it's because you believe at the end of the rainbow, there's going to be a bucket of money waiting for you. You don't spend everything right now, this is not an expenditure, it's an investment. You want a return on your investment.

The return on your investment in relationships is learning the skills, and in dating, and learning the skills and tools that you need to be successful so that you can recognize if you're wasting your time. Because it is the most valuable commodity we have. So, why would you not take time to say, let me figure some stuff out before I step out of here?

You didn't just start becoming a lawyer. You had some gates to go through, so, if you were willing to accept those gates, becoming an attorney, for example, why would you not put yourself through some gates to ensure you're successful in your relationships? And not just, I want to have a good relationship, but I don't want to do the work.

You can't just be an attorney because you want to be one - you got to do some work. And that's why relationship coaching is vital if you want to succeed in them – especially if they have been challenging for you in the past.

Reginald Smith AKA Coach Reg, a relationship coach and author, serves clients who struggle with interpersonal relationships, despite being successful in other areas of their lives. He works with clients to offer perspective and share insight that is relatable to them and their personal challenges and situations. Coach Reg believes that relationship coaching is transformative so he helps you to set and realize your goals so you can go be GREAT in life, in love, and in relationships. For additional about Coach Reg's services, visit: www.rucoached.com

