



REASONS YOUR
LOVE LIFE
SUCKS

Kelvin Troy Johnson

Men need this in a woman...

You can get whatever you want from a man if you...

Why men are captivated by feminine energy...

These are just a few of the topics that Kelvin Troy Johnson AKA Love Coach Atlanta, a dating & relationship who helps high-value singles find happy, healthy loving relationships, talks about as an expert. We had the pleasure of speaking with Kelvin, and in Part 1 of this 2-part interview, Kelvin shares “Reasons Your Love Life Sucks.” While blunt and to the point, once you know why you are failing in dating and relationships, you can then transform your behavior so you can become more successful in them. If any of these reasons apply to you, let’s make some slight changes to improve your personal relationships. Now welcome Kelvin Troy Johnson...

Question: Hi Kelvin, thanks for joining us today. Let’s start off with sharing what you do exactly and your journey to getting there as it relates to dating & relationships?

Kelvin: Sure. I'm a dating and relationship coach, helping single, successful, centered women to find successful men for dating, relationships, and love.

Ironically though, my background is actually in working with men. I worked with men for 17 years who were coming out of the system, getting back into life, in recovery houses, and men in the church. I started doing motivational speaking at churches and businesses. I was talking about my experiences and after I would finish talking, women kept coming up to me asking me about their men and relationships. They would say things like, “Tell me what's



wrong with this guy? Why is he doing this? Does he love me? Why did he ghost me? What did I do wrong?"

I found myself answering a lot of these questions about male behavior and why men do what they do. So, I started talking about it. I noticed that women were going through a lot of the same issues that the men that I was coaching, were going through - feelings of loneliness, feelings of anxiety about the future, feelings of what do I do with these kids who are watching this whole thing? I got with some other therapists and counselors here in Atlanta, and I created Love Coach Atlanta as a platform. Pretty soon people began to call me the "Love Coach of Atlanta." That's how I got that name and just continued to do the work.

Question: *Very interesting. Now, in your experience, what are the most common issues that you believe women have in not being able to emotionally connect with men for long term relationships?*

Kelvin: That's a good question. I did a video just

recently on the "Reasons Why Your Dating Life Sucks." These are just some of the reasons why many successful women have an issue in getting into healthy relationships.

1) **Living in a Dream World.** You have this idea of what the future is going to be and how things are going to be. However, you must understand that you're dealing with real people who have flaws. Everybody that you get in a relationship with has been in a relationship before. They've been somewhere and you've been somewhere and all of it has shaped you to be who you are.

You have to have realistic ideas about what's going to be good for your life and what's going to be good going forward. Listen to what the other person is saying. Don't just be so quick to shift the conversation to yourself. I especially have to have this conversation with our successful sisters, right? Because they're so proud of their accomplishments, where they've gone through, what they've done, and they just want to share. Pull back some and allow it to organically unfold. I'm not telling you to be secretive, but you don't have to pour it all out to show how great you are. He's going to discover how wonderful you are in due time.

2) **Moving Too Fast.** We live in a fast-paced time right now and things are just moving, moving, moving. And we think that relationships should move fast too. Times are moving fast, but relationships are still the same way they were 100 years ago. You know, a person meets another person, and you have to get to know them. We think that because you have access to a person's Instagram or



Facebook that you know them. But you don't and it takes time to develop a relationship. So, if you ever get with somebody and it seems like it's moving fast, then that's a red flag. It's like a rose. If you see a rose develop too fast, there's something wrong with that rose. That rose has been implanted with something that is not going to be helpful. The same thing with love – just take your time.

3) Everything is About You. The third reason your dating life sucks is that everything is about you. It's you, you, you all the time. Black girl magic. Now you should absolutely be proud of who you are, but you don't have to shine your light in somebody's face all the time. Opposed to being the showpiece, I always encourage the ladies to let the man talk. Now some guys will talk continuously, but they should really be collecting data. You both should be trying to figure each other out. The number one question to me when I'm listening to somebody to see if they're going to be a match is, "Do your futures match?" That's one of the things I'm listening for. Do your futures match not just today, but in the future?

4) Resistant to Change. Many people are just stuck in the thing that they did last time. However, you must be willing to do something different if you want a different result. You have to put yourself out there for something different instead of just saying that you just want to find love again. My advice is to let your light on the inside shine bright and somebody is going to be attracted to that light on the inside. But you have to have the outside pop too - you do. Look, your hair in the bonnet is not going to work out for you the way you want it to. That's the truth. If you want to be attractive to a quality man, get as fit as you can and look good. Men are attracted with their eyes, and they'll fall in love with your energy.

5) You Don't Love Yourself Enough. When you love yourself, you create a path for the next person to follow. Do you know why some people get treated badly in relationships? They get treated badly because the person coming into the relationship doesn't have a pattern to follow as to how they should treat you. So, you know what they do? They come up with their own path. And a lot of times their pattern is from the

last person, so they treat you like they treated the last person unless you cut a path for the new person to follow. Take yourself out to a high-end restaurant if you like high end restaurants. If you fly, fly yourself in first class sometime, right? What you are doing is teaching yourself how to love yourself. And then when you get with a man, he'll sense how to treat you and that tells him what the expectation is. You know, a confused mind just doesn't do anything and doesn't take any action. A man creates a checklist in his mind, saying okay, she likes these things, she's into this or that, and this is what makes her smile. Every man wants to make you smile. He wants to satisfy you in every way.

Question: Ok, got it. But what about the woman that loves, treats, and spoils herself already?

Kelvin: Now there are a lot of women who do have it all. Here's the thing - it goes with a culture. Some women need more of that than another woman. Some women live a culture where they just love their life. I'm already loving my life and I really love myself and I take the time to do that. Either way you're creating a path for another person to follow. If you have the loving yourself part down, that's still a path for somebody to look at and say, okay, this is the life. This is her love. This is what she loves about her life. And she goes forward with that. And I think that's important. So sometimes you're already living the self-love life. Some people are not. Some people will allow anybody into their life. But if you're loving your life and it ain't broke, don't try to fix it. Everybody doesn't need to heal. Some people are okay right after a relationship. They have cut the ties that they needed to cut and they're moving on with their life. If that's



you, that's wonderful - keep going with that. But some people need to be more focused on the self-love piece.

Be sure to check out next month's issue as we continue our conversation with Kelvin as he shares "**Why It's So Hard to Find Love**" for both men and women and what to do to find it.



Don't get cute...

Everybody is replaceable.

—Kelvin Troy Johnson

Love Coach
Atlanta

For more information about Kelvin Troy Johnson, visit www.lovecoachatlanta.com