

# LIKE LOVE

RAYMOND MITCHELL

Like Love

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LIKE AND LOVE.

LIKE AND LOVE.

Both matter in a relationship.

**Sex**

Yes I started off with the word sex. Sex is very important in a relationship. Safe sexual intercourse is healthy. When you build a lasting relationship, sex matters. If the man doesn't want to have sex with the woman, the relationship won't work. If the woman doesn't want to have sex with the man the relationship won't work. Why doesn't the man or the woman want to have sex? It comes down to the word Like. Now he or she may love each other but if you don't Like him or don't Like her, it won't work. In some relationships the woman may want to practice celibacy after she already had sex with the man numerous times, she is waiting now until she gets married. The man may marry her but if he doesn't or he is not on the same page of practicing celibacy, the relationship will go through a struggle. The woman may think this is a good idea, she feels she is not a slut, "I'm born again" she says to herself, "I'm a new woman; it's not right in God's eyes". Not to knock anyone's beliefs but we are in the world, and the flesh be calling, if you don't want to have a struggle, stressful relationship with your man or woman practice safe healthy sex, it's good for you and good for the relationship. It is very important for marriages to last, it's called making love. You most definitely

have to Like that person for the sex to happen and for the relationship and marriage to thrive.

# **SPIRITUAL CONNECTION**



My grandparents passed away many years ago. When my grandfather died my grandmother divorced him over twenty years prior to his death. My grandfather knew he was dying and he told my mother verbatim “I’m going to take your mother with me when I go”. My grandfather died in the month of February and my grandmother died in the month of May that same year. Like I said they were divorced for over twenty years, my grandmother re-married and moved on with her life. My grandfather didn’t re-marry but he also moved on with his life. My grandfather never stopped loving my grandmother, he may have not liked her but he still loved her. My grandmother for a fact didn’t like my grandfather anymore, but she still loved him. A lot of people, men and women don’t realize how connected you truly are. The universe can link people together for a lifetime literally. That spiritual connection is real and everyone might not have that in their relationship, if you do you will know, all the signs will be in front of you. My grandfather knew. He had that feeling. Don’t ignore that feeling once you feel you have that spiritual connection with someone.

**Know when your time is up.**

“My shattered dreams and broken heart  
Are mending on the shelf  
I saw you holding hands  
Standing close to someone else  
Now I sit all alone  
Wishing all my feelings was gone  
I gave my best to you  
Nothing for me to do  
But have one last cry  
One last cry  
Before I leave it all behind  
I gotta put you out of my mind this time  
Stop living a lie  
I guess I’m down to my last cry”  
Brian McKnight Ladies and Gentlemen!

Men do not become Brian McKnight’s lyrics. Women don’t want a too sympathetic man; they may think they do because they want prince charming. When you show that too sympathetic side, your energy becomes weak. Women want to feel that they

have a man in their life, not Mr. Softee. Men if you notice her energy has changed, she's not so attentive, she's not talkative; you can barely be in her presence because out of nowhere she has become the most busiest woman on the planet. Leave her alone! Realize men that women can stop liking you and you have to accept that and move on. This is a planet full of women. If you sense the spark is gone don't haggle her just bounce. Men you have to know when your time is up, don't play yourself.

**WHAT TIME IS IT?**

Women! Be about your business. Take care of yourself. The type of man you attract or the type of men you have dated and had sex with is a reflection of you. If you feel you are the flyest woman alive and can't understand why you are not married with children yet, and that is something you want. You have to either, change your lifestyle, get out of your comfort zone or relocate. Think about your past relationships, sometimes men say things not directly towards you it may be just conversation, so you think. Really the man wants to see some changes. For example if a man says I like home cooked meals, you say for real me too and you don't cook you always eat out. He may want you to cook. If he says I like high heels on women, and you say well heels hurt my feet, the man is taking mental notes. The man is becoming turned off, he may have sex with you, but you may not be the one he spends the rest of his life with. Women, pay attention to men when they speak if you really like them and you see a future with this man, ask questions when he speaks because every time he is opening his mouth it was a thought or something he was thinking about. Men! Women are looking for leaders in a relationship. A man that knows what he wants would attract women

that know what they want. Looks are fine when it comes to women, but they really want you to stimulate their mind, they want to learn from you, they may not voice this but subconsciously, a confident, intelligent, provider, leader and protector is what they want. Women can tell if you do not possess these qualities, they become turned off, especially if they are looking for something more than just sex. When a woman really likes you, respects you and appreciates you, she becomes you. The woman starts to communicate like you when you are not around, she conducts business like you and she will pick up certain mannerisms like you. Men, when you notice this you know you have her. When a woman feels she is the dominant one in the relationship and she feels she is the leader, you lost her. Men and women you have to know what time it is.

**THE GAME IS NEVER OVER**



To be used can be looked at as a negative. Sometimes to be used can be looked at as a positive. Men, certain women on this planet need to be upgraded, not necessarily in a materialistic way but a mind, body and soul way. Some women think their homegirls can help them or family members but it's really the man they like. Now men, realize this relationship may be temporary because it's all a game in the first place, you may be being used. Know it's not in a negative way; you just bettered a woman's life. If you are hip to the game she may have bettered your life also. Why waste time and energy with someone if you can't benefit from them. In a relationship you have to do progress reports annually if you want the relationship to work out. Upgrading one another is very key, never get too comfortable in a relationship, and remember someone can call it quits on any given Sunday. It is the same for marriages, constantly upgrade each other, you are a team and this marriage is a business, a lifetime business at that. The game changes as the world and technology changes, remember that. Twenty years ago, you called the house phone and passed letters in the classroom, now it's facetime and text messages. Upgrade each other and stay on top of the game.

**LITERALLY...LOOK IN THE MIRROR**

MAN – “Let’s hang out after work”.

WOMAN – “I can’t, I have my kids”.

MAN – “So when will you be available?”

WOMAN – “I don’t know”.

Women, don’t become a woman and regress to a little girl. When a man shows interest you have to respect that. You know your life he doesn’t, if you want to jump into the dating scene be prepared. Look in the mirror first. Ask yourself, “Am I ready?”, “Do I have time?”, “What do I want?” Women decide to decide. A confused woman makes a confused relationship.

**SHE DOESN'T WANT TO BE SAVED**

Bottom line there is two types of women. You have water women and you have ice women. The water women are the American Dream, she likes you, and she loves you. She is down for you no matter what. All the positives you can think of...that is the water women. The ice women are the same, that's the tricky part. The ice women are just like the water women because they have the same similarities and goals. One thing about the ice women, they don't stay cold forever, they melt and you try your best to save her and she doesn't want to be saved. She eventually evaporates. All the game you think you have, you forgot the important point. She doesn't want to be saved, don't save her!

**YOU PRETTY, YOU BEAUTIFUL, YOU SEXY**

Women be confident and secure, men can tell. Hobbies are very important. I talk about hobbies in my book "Get Out The Rut". You should have that book if you are reading this, if not please cop it, great read but I digress. Anyway women, if you went through a break up and you feel it's the end of the world a hobby will get you through. Remember all of your energy shouldn't be put on one person or in a person. Remember you come first. The same for men...be confident, be secure, women can tell. Being insecure shows you are weak men. Women do not let yourself go physically after a break up; too many men are paying close attention to you. You think a man hasn't noticed you because he didn't look you in your eyes, when the entire time he just spent thirty long seconds staring at you. That man could be the one. Always be on your game women, learn how to let go and move on. Having a hobby will help you get through it. If you feel fly...you will be. Look and act fly men and women.

**SAY WORD!**



You put her on a pedestal and the next dude is bending her over a pedestal. I know you are in love with her. You can't understand what's going on. My man! It isn't you it's her. Women are just like men in many ways, it's just women can camouflage their behavior sometime. We are both human but for a fact we think differently. Just because your woman is 35 doesn't mean she is a woman mentally, she may be going through her phase...that she should have went through in the 9<sup>th</sup> grade. Some women like that I don't really care attitude from men. Some women don't realize that type of attitude doesn't last forever it gets played out real quick. Some women have late in the game phases, respect it men and move on.

**IT JUST GOT REAL**

You love her name, you love her smell, you love how she taste, you love communicating and hanging out with her. When she is under the weather and not looking her best, that's when she is most sexy to you. Every time you are around her you have an erection, she didn't touch you and you didn't touch her, she just turns you on all the time. She is in your pleasure thoughts, you day dream about her. She makes you happy. This is when you know you are in love.

**SHE LIKES YOUR MONEY**

Men do not pay for her time. If you notice every time you have sex with her, every time you hang out with her, every time you speak to her...you are coming out of your pocket, she doesn't like you. The man she really likes she doesn't want to ask him for money, she doesn't want to seem needy, broke and dependent around him. Once you realize you only know the surface about her but she knows everything about you and doesn't even care, you need to take your money and yourself out her life. She won't miss you; she will only miss your money. Men don't convince yourself that just because she smiles and giggles she is down for you. She sees your weakness; she sees that you have to pay to play. You are her personal ATM, she doesn't respect you. She can have a pocket full of money and won't give you a copper penny, that's the truth. She will use every excuse in the book why she can't so you can feel sorry for her and you wind up giving her your last. Men, remember if she won't do the same for you as you do for her, she doesn't like you. Smartn' up men, tricks are for kids.

**ON THE SAME PAGE**

Your race, religion, nationality and culture matters in a relationship. In a relationship where the couple's culture is different and nationality, someone in the relationship has to adapt. If a black man is dating a black woman in America and the black man is Baptist and the black woman is Muslim, someone in the relationship will have to adapt. It doesn't matter if both feel strongly in their beliefs. If a black woman in America is dating a white man in America someone will have to adapt to one culture for the relationship to work. Some people may disagree but if you really pay close attention, someone in the relationship culture is dominating, or their religion. Some women pick up the ideology of their man. Hence why you have to be on the same page for the relationship to work.

# **BLACK MARRIED WOMEN**



Black women, please let the man lead it is his job. I know you were an independent single woman handling your business and doing your thing but now things have changed you are married. It's called teamwork now. Communicate with your husband, just don't go making decisions minor or major. Black married women there is nothing wrong with being submissive to your husband, he has your back, he is your protector and provider. Black married women, listen to your husband.

**KIDS**

Children will not save the relationship. If the relationship is over, it's over.

**LOVE HATE**

I love you so much I hate you. I wish I never met you. Men and women say this to each other. No matter how old you are if you speak like this as an adult you are very immature and you cannot control emotions. As soon as someone butters you up, you love them again, but you just hated them 30 seconds ago. It's all mental. Think before you speak, words have power. The world is how it is today based on words. If I Love you, I can't hate you, I just don't Like you.

**NO**

Just because I say no doesn't mean it's the end of the world. We live in a yes or no world. Everything won't be yes, I don't care how much I like or love you.

**BICKER**



I just don't have time to engage. Some women get turned on by arguing. The older I'm becoming I just can't do it, it's bigger fish to fry, nine times out of ten it's something very petty. Just make love, hold hands and kick cans. Men if you have time to talk in circles with your woman, going back and forth, you must enjoy it too.

**LIVE IN THE NOW**

The past is the past. Ex is the ex, stop reminiscing and comparing.  
You will get stagnant. Focus on today not yesterday.

# **MEN AND WOMEN**

Life is good and enjoy it with someone you LIKE and LOVE.

# **A CONVERSATION WITH TASHIMA JONES**

Raymond Mitchell: If we are friends but we don't go out in public, we don't see each other; we really don't know each other. I just know what's on the surface. I know where you work, I know where you live, I know your age but I don't even think I know your middle name.

Tashima Jones: You pretty much know my online profile.

Raymond Mitchell: Right.

Tashima Jones: There are a lot of people out here with relationships like that and they are having sex and don't even know each other. And they consider each other as friends.

Raymond Mitchell: True. Where do you think it will lead? A pregnancy...

Tashima Jones: It can go a lot of ways. It can lead to people getting married and it started out that way. Would I recommend that? No. It depends on their relationship. It can be a lot of heart

ache and pain. People use the term friends very loosely. A lot of emotions are involved. You don't know when you are going to reach that point when someone is going to have more choices than the other person, or someone gets pregnant or catches a disease. Or one person decides to find another person and break that quote end quote friendship. It can go so many different ways.

Raymond Mitchell: Right. How do you feel about long distance relationships? Do you think it is a beneficial relationship?

Tashima Jones: With that it depends. I feel a lot people don't wait to call someone boyfriend, fiancé or whatever. When you are apart from someone and all you have is communication, I think you get to know that person a little bit more because you talk about different stuff. For example, if after communicating with me for a certain amount of months and you just walk away or can't uphold that type of relationship how will you be able to deal with me if I'm married to you. People don't think about that



stuff. Communication in the relationship is the most important thing. If you are not enthused about my day and I can't talk to you on a good, bad or ugly day what foundation are we setting in our relationship. If we can communicate about sex, love, romance, spirituality and finances, I think you can have a higher chance on working out.

Raymond Mitchell: Do you think it's room for the relationship to fall apart if both parties can't afford to see each other? Do you think it will be some type of frustration?

Tashima Jones: I definitely think frustration will set in. I understand that part. At the end of the day if you like somebody and you like them enough to establish a long distance relationship then obviously you would like to see them and be around them. You have your ups and downs. If you are able to withstand those downs, I think it will work out. Yeah sex is good, yeah it feels good but it distorts a lot of things, it rushes things that need to be saved. Relationships are prolonged because of sex. That's not

what your relationship needs to be based on. When people do have sex prior to marriage it messes things up or you might have sex with this person and you love this person so much but the sex is wack and you like I don't want to be with this person. People do that and I don't think that's healthy at all. When it comes to sex I believe that God created somebody for everybody except for those that are called to being single. I'm like if I focus on God I know I can please my man in every area especially if that person was made for me, so I don't need to test drive anything. If you are the one for me I know that God will make it so we can have really good sex.

Raymond Mitchell: What's a healthy marriage?

Tashima Jones: Pretty much...friends with benefits. You are comfortable around each other, you are able to communicate and submitting your body to your mate.

Raymond Mitchell: What's a non-healthy marriage?

Tashima Jones: The direct opposite. You really don't know the person, you are walking on egg shells, and you don't know how to communicate with each other.

Raymond Mitchell: So a non-healthy marriage is friends that don't know each other, that don't go out in public together, they just have sex.

Tashima Jones: (Laughing) Exactly.

Raymond Mitchell: How do both parties end up on different pages? For example the woman says he's my friend when asked. The man says she's my fiancé when asked.

Tashima Jones: What do you think?

Raymond Mitchell: I think it was lack of communication. At the

same time I believe communication was there, both people are not slow. Obviously marriage was discussed, starting a future was discussed. Obviously both parties agreed to marriage. So how did it get to one is saying friend the other is saying fiancé?

Tashima Jones: It's so important to know who you are and love who you are and be okay with the choices in your life. The person who agreed and then changes the whole story in front of other people, they are caring about what others are going to say and they are seeking the approval of man. It's truly understanding what you want and not being afraid to stand up for that.

Raymond Mitchell: How do one way street relationships with male and female come about?

Tashima Jones: Because the two people involved allowed it. People put relationships in a bubble of it's own. The relationship is a reflection of the two people involved. At one point one person

decided not to give back. It only gets bigger and bigger because it is prolonged. A relationship is not made up of years and time and action. It's made with two people involved.

Raymond Mitchell: What else?

Tashima Jones: Selfishness. People are self seeking. The giver usually ends up more hurt rather than the other person that is not giving. We can save ourselves from hurt if we get in the word of God. I love myself to know that if I do give something to somebody that I do not expect anything back but certain people put their hearts in the hands of others that they allow themselves to be hurt by them. Selfish giving...a game male and female play, give to get.

Raymond Mitchell: What do you think about a tough love relationship, a verbal and physical abuse relationship, but both parties love it.

Tashima Jones: What do you think?

Raymond Mitchell: I feel it's not all good, someone can wind up dead, that's the ultimate final result. It can hurt a person moving on; say it doesn't work out between them. It can hinder their relationship with someone new. They pick up negative behavior patterns, they feel that's how a relationship suppose to be, because it's what they are use to. I believe it's not tough love, I believe they don't respect each other.

Tashima Jones: Okay.

Raymond Mitchell: What's your opinion on women that get to know several men at one time?

Tashima Jones: They are hunting for men. Women get caught up in trying to find a mate, rather than to let their mate find them.

When you focus on yourself and getting yourself together that person is going to come along. The whole idea of dating and mating outside of marriage is just out of order; it's not supposed to happen. Some relationships and marriages don't work out because people in the relationship aren't fully complete as a person themselves. I'm not going to say having options hasn't worked. The best way to find out what you want is to spend time with yourself.

Raymond Mitchell: What about men settling?

Tashima Jones: I think people are unhappy with themselves and that's why they settle. People are looking to be completed by a mate that's why they force a relationship. Forcing a relationship doesn't feel good. It's important to be happy by yourself. Then you wake up one day married for ten years and five kids asking yourself how did I get here, what happened.

Raymond Mitchell: Will children make the relationship better, if the relationship is on the rocks?

Tashima Jones: What do you think?

Raymond Mitchell: I don't think so. What if people don't want children, what if the woman got pregnant by accident. Some people don't think about children. They know it's a chance by having sex of course, but it's not on their mind. Then some think well I still want this person in my life, so I'll have this child and everything will be all good, now the child is six years old and the relationship is still on the rocks.

Tashima Jones: I don't think children will make it better, I think there is a potential because there are so many possibilities. If it does work it is probably not based on love for one another it's based on the child. On the flip side if it really doesn't work the child suffers from that. It can go either way, but I don't recom-



mend it.

Tashima Jones: How does someone personal relationships affect their romantic relationship?

Raymond Mitchell: I think it's a part of your upbringing. If you don't know how to love, then it will be hard for you to love. If you have a topsy turvy relationship with your family it may spill over to your romantic relationship and it may cause unnecessary drama. A person's background does play a factor.

Tashima Jones: How does a relationship with yourself and a relationship with God affect your romantic life?

Raymond Mitchell: I believe it's very necessary to have a relationship with yourself and God because God is love. If you don't appreciate yourself and you don't appreciate God, then in your rela-

tionship your mate is looking at you like how can I trust you.

Tashima Jones: Do you think a relationship with God brings some stability to a relationship?

Raymond Mitchell: Yes, and trust. I believe if you have a relationship with God that person can be trustworthy and loyal. You will go into the relationship saying I'm going to treat this person as I would like to be treated.

Tashima Jones: How do you know if a guy has low self-esteem?

Raymond Mitchell: I think you can tell by if a guy uses material items to boost their self-esteem. They may lie about everything voluntarily. Being someone you are not. They have security issues. Some women can't tell because some women are too impressionable they can't see three levels deep of this low self-

esteem man, they just see material items, money and trinkets.

Tashima Jones: How can social settings and intimate settings make or break a relationship?

Raymond Mitchell: It can make or break the relationship. You get to see if this person has home training and manners. In public does the man protect you, do you feel safe. In public if a woman purchased items from a store and notices that she is missing certain items in her shopping bag once she leaves and doesn't return to the store to retrieve the items she paid for. The man may look at the woman and think she is very passive I can walk all over her. If the woman notices a man can't control his alcohol intake and she has to be his mother for the night, that might be a turn-off and it can eventually break the relationship. A public setting when people are getting to know each other is very key. I think people should start off publicly before intimately.

Tashima Jones: How important is spirituality when it comes to dating?

Raymond Mitchell: Some people may not care about spirituality; some people may not care about your religion. Some people may just care about happiness, if this person makes me happy then I'm happy.

Tashima Jones: You see somebody that looks good and they have potential but when you get to know that person it's not a good situation to be in. What is your perspective on that?

Raymond Mitchell: My analogy to that is you like a shirt in the store, you try it on but you don't buy it. It's equivalent to telling a person I dig you so far to communicate but now that we are communicating, I don't feel you. Then you like a shirt in the store, you try it on, you not really feeling it but you buy it anyway and take it home, then you bring it back to the store and ask for a refund.

You knew when you met this person it wasn't going to fly, so why go through all of this, to later say it's not going to work out. We live in a world today where people are comfortable with the fake and not the real. A lot people are in denial.

Tashima Jones: Different motives in relationships.

Raymond Mitchell: Some women want to travel the world, some women know they are pretty and some women can spot a sucker and make him pay his way and that may be their motive to get in a relationship. Some people want to start a family. Some people look at the financial gain, the man wants x,y and z and the woman wants x,y and z and them together they can get anything they want because their motive is teamwork for the relationship. Some people are motivated by liking and wanting to be around a particular person, which leads to a relationship.

Tashima Jones: Is there a combination of motives that each per-

son should have in order to make the relationship work?

Raymond Mitchell: I guess being on the same page for the relationship to work.

Tashima Jones: It is an important question to be asked in a relationship. Asking a person what are your motives puts you on the same page. That way you find out if you have what you want. A lot of things just happen without being clear and that causes a lot of confusion.

Tashima Jones: What does trust and integrity mean to you?

Raymond Mitchell: You want to trust a person. Having integrity is a must. Without both you have so many lies for no reason. Trust and integrity are important in any relationship such as personal, business and romantic. All you have is your word.

Tashima Jones: Do you think people establish trust in a relationship?

Raymond Mitchell: Maybe they do, maybe they don't. I'm not sure. What I hear the cause for break-ups is some form of cheating or just not trusting the person.

Tashima Jones: I think people get in a relationship without laying down a foundation. Like a house without foundation...it will come tumbling down.

Raymond Mitchell: I think people should have goals in their relationship. Say one goal is putting money together, traveling, marriage and children. It's really up to the individuals.

Tashima Jones: What do you feel about people having their own goals while being in a relationship, not shared goals?

Raymond Mitchell: It can work. Two people having separate goals, it can still work.

Tashima Jones: Say one person wants to be a pastor and the other person doesn't go to Church that often, how does that work?

Raymond Mitchell: I think the relationship can still work, I believe the two people involved will have a understanding. It's equivalent to a smoker and non-smoker, they are not breaking up they are just dealing with it. That person can say my partner is a pastor, I don't go to Church, I respect that's what they want to do.

Tashima Jones: Will it work in the long run?

Raymond Mitchell: It depends, that may be something very minute in the relationship. People are human beings, whatever makes them happy makes them happy, it's not a deal breaker.



Just encourage and empower your partner. Or it can be a deal breaker.

Tashima Jones: What are your thoughts about overlooking bad habits? I feel in the beginning if you overlook something that bothers you it can lead to a disaster.

Raymond Mitchell: It can. Say a guy says he will never deal with a woman who smokes. He says when I kiss her it will taste like smoke and when she is sleeping he can smell smoke coming out of her nostrils, then he meets a woman perfect to the tee and he finds out she is a smoker. He can leave her alone right then and there or he can stay and it will be a disaster because that is something he really hates. Or that same guy could say maybe I can deal with a smoker if I really dig her I don't mind.

Tashima Jones: Can you like a person that does things that you don't agree with? Does that count as really liking somebody? Do I

truly totally like you or I like some things about you, but I don't truly like you as a whole.

Raymond Mitchell: They may not say it but people are not going to like each other one hundred percent, because people change, people evolve. It's things about a person they like and that's what keeps drawing them to the person. For example someone might say I like the way she smells, I like the way she walks. He may not like anything else but that's enough to keep him there.

Tashima Jones: Growth in a relationship can make you overcome a lot of stuff. Faith is so important because nothing is guaranteed.

Raymond Mitchell: Some people have a pessimistic mentality. Some people have a optimistic mentality. Faith is excellent, but at the same time when you go into a relationship negatively, thinking it's not going to work, then of course it won't work, because you think about it so much. If you are thinking positive and hav-

ing faith, the outcome will be positive. Don't compare your life to some other couples life. Everyone's situation is different focus on yours.

Tashima Jones: What comes to mind when you hear gender roles?

Raymond Mitchell: Let me be the man and provide and protect. Let me figure it out. For the woman's role be a nurturer, be a friend and be a motivator.

Tashima Jones: Is a platonic relationship the same between male and female as a romantic relationship when it comes to who pays on a date?

Raymond Mitchell: It can be done vice versa, or pay your way, I'll pay my way. There is no ultimate goal, it's just platonic friends. I respect you, you respect me.

Tashima Jones: What are your thoughts on submission in a relationship?

Raymond Mitchell: Just respect me, follow my lead but I still want to learn from you and you learn from me.

Tashima Jones: Do you think there is a level of submission on both sides in a relationship?

Raymond Mitchell: It's all about respect at the end of the day.

Tashima Jones: Do you feel a woman should approach a man?

Raymond Mitchell: If a woman is not shy and she sees a man she thinks is attractive and she compliments him and he proceeds to rap back and they exchange numbers that's fine. If that was done more often it might be more marriages in the world today. But

certain men don't want to be picked by the woman; some men want to do the picking. They say I picked her she didn't pick me.

Tashima Jones: What is a relationship?

Raymond Mitchell: People are not even in relationships. People are in situations. Sometimes it's one on one time, you don't meet friends or family. To make a relationship cut and dry it's like you have to have a checklist in front of you to determine what you are. There are so many relationships; it has to be ironed out. Or male and female are friends but you have sex everyday with each other, what kind of relationship is that...a sex friend. So many types of relationships. It's very important to know what kind of relationship you are in, so you can alleviate unnecessary drama.

Tashima Jones: Even though certain things are said, it's still based on that person to actually accept that and accept the boundaries of another person, so confusion won't rise up.

Tashima Jones: What is chemistry?

Raymond Mitchell: It's just mutual attraction. Not necessarily having something in common, it's just an attraction. That's how it starts. Attraction comes first, without attraction there is no chemistry.

Tashima Jones: How do you sacrifice in a relationship? What do you sacrifice in a relationship? Do you expect your partner to sacrifice in a relationship?

Raymond Mitchell: Time. I'm down with me time but can you sacrifice some of your me time and spend some us time. It's a lot of sacrifices in a relationship, like if you like to blast your music at 6 a.m. every morning when you were single; you can't do it now because your partner is sleep. How you sacrifice is by listening to the wants and needs and dislikes and likes and go from there.

Tashima Jones: A lot of people say that but when they find themselves in that situation, it's not that simple.

Raymond Mitchell: People in a relationship don't think. Your thinking patterns are not the same when you were by yourself. Just think about when you are walking down the street alone, you are so attentive, you know what's going on all around you. When you are walking down the street with your significant other you are not that attentive, you are really not paying that much attention to your surroundings. It's like when people break-up and someone in the relationship comes back around and says I'm a changed person let's make it happen again. They are really not a changed person; they just had some time to think since they have been apart. In a relationship your vision gets cloudy sometimes.

Tashima Jones: I think people want to live a single life in a relationship. For example I broke up with a person three times and when we weren't in a committed relationship we were cool with

each other. People go back and forth instead of just letting go and moving on.

Raymond Mitchell: I don't think it's a bad thing to break-up and get back together. You just have to recognize and realize who you are and what individual you are. Some people don't even know why they broke up. If a couple can't tell you why they broke up, that means it's room to get back together, if they are a good person it's not necessarily going backwards. It started with a person not liking the other person anymore and that drama of not being liked caused the break-up, a different character comes out. Now other cases are more severe when you know why y'all broke up and there will never be a getting back together.

Tashima Jones: I think another issue of break-ups is being together all the time, just smothering each other. What do you think about that?



Raymond Mitchell: I think you do need your space. You need some time to miss the person. You don't need to call all the time and you don't need to be available all the time. Sometimes you just have to play that game. The older you get you can appreciate giving a person some space but when you are younger giving a person space feels like a break-up from the ages of 15-21. Sweating each other is just too much.

Tashima Jones: When you call too much you feel like you are obligated to call but when you stop doing it you get questions like what's going on, do you still want to be with me.

Raymond Mitchell: Yeah. Then it's another break-up because you are asking too many questions.

Tashima Jones: People try to set a routine and they don't appreciate surprises anymore. What keeps relationships going is continuing individuality but sharing one life together. It's like look what I

learned today and you grow in a relationship. If you are constantly feeding off of each other you are going to stunt your growth. Your relationship will get stuck where it is. People be bored in relationships.

Raymond Mitchell: People sense the boredom. This is how affairs get started.

Tashima Jones: How do you feel about married people with friends of the opposite sex?

Raymond Mitchell: I'm a firm believer that men and women that are attracted to each other can't be friends. Unless you have good discipline to turn it on and turn it off.

Tashima Jones: How much information do you think you should know about a person? Do you think a friendship can affect a rela-

tionship in a bad way? Like friends to lovers to marriage.

Raymond Mitchell: You may know too much. For example my ex-girlfriend from back in the day, we broke up and became friends then she wanted to get back together because she started to like me again, but I knew too much about her now and I became less interested. I knew all of her game now. Couples survive because you don't really know your partners game, you may think you do but sometimes you don't know. When you become friends with no emotions involved you let your guard down and the smart friend is taking mental notes. Sometimes knowing too much can be beneficial and the relationship can work.

Tashima Jones: That's why it's so important to be real at all times because quote end quote friends are not always truthful.

Raymond Mitchell: That's why it's different levels of friendships between men and women, some people are not going to tell you

everything because they know deep down they want to be with you.

Tashima Jones: Some people only want their ex when their ex moves on. They say I don't necessarily want to be with you, but it just makes me want to have you again because I don't want anyone else to have you.

Raymond Mitchell: You want to be doing your own thing and you want that person to be by themselves. That's selfishness.

Tashima Jones: I think people establish relationships based on selfishness. They want what they want and they are willing to sacrifice, change and fulfill the needs of the other person. When you get into a relationship it's not only about what you want. It's supposed to be what can I bring into this person's life, how can I serve this person, what is it that this person is looking for and how can I fit into that role. People don't look into relationships in

that perspective and that's why things go downhill. You came in with your own agenda and you shocked when this person wants you to rub their back or that same person needs you to help them in certain areas. You think to yourself wait a minute I didn't sign up for this. You didn't even think about it. I don't feel comfortable in a relationship where I feel I cannot help somebody. A lot of people are brought down just by being with people they are in a relationship with. You were fine all by yourself and now you a hot mess with him and you have two kids.

Raymond Mitchell: It's all mental. Mentally you let selfishness take over. It was all in your mind in the first place.

Tashima Jones: Do you personally know people male or female that actually think about what they can do for the other person. Is that a topic of discussion ever?

Raymond Mitchell: Sometimes.

Tashima Jones: Do you think about that stuff?

Raymond Mitchell: Certain women I said to myself I can upgrade her. She can learn from me, I want to make her a better woman. Some people don't think about it. Subconsciously you just do what you do and if the person is paying attention and learning from you then they learning from you.

Tashima Jones: Do you think relationships would benefit from having that perspective.

Raymond Mitchell: Yes.

Tashima Jones: It's so important for you to have different skills and abilities so that you can be stronger. On an individual level just to increase yourself so that you can compliment that person. People look for others to complete them rather than growing

from something bigger than themselves. Two people that are in a bad situation make a worst situation. Two people that are productive with their lives increase each other by coming together. Spiritually I realized I'm here to make somebody better not bring them down so that they can bring me up. We are supposed to get together be fruitful and multiply. Become bigger and better and increase in every area of life. That's what I believe a relationship really is, you supposed to increase everybody you come across, your friends, your children. Bring them up and make them better people. I'm really passionate about that. You can do bad by yourself, why do you need somebody to bring you down. One plus one equals two not one.

Raymond Mitchell: Consistency is very important for a relationship to survive. Don't be a flake, be consistent.





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