

CHAPTER ONE

**COACHES STRATEGY
MEETING**

“Hard work doesn’t come without sacrifice.”

I’m savvy, successful, straight, black and single? Now according to every standard and statistic this dilemma should in no way be occurring, but my reality and the reality of several other men displays another truth. Believe it or not, there are several men who value and desire to be in healthy, loving and committed relationships with women. The dichotomy of this dilemma is the disconnection that’s occurring with the process it takes for men to better understand how to secure the relationship they so desperately seek.

Trust me I get it, there are some things that were never explained to me in this journey throughout manhood either. Sure my father sat me down and told me the truth about the birds and the bees, but unfortunately, his synopsis was stale, unrehearsed and

lacked everything in between that led up to the sex. Truthfully, I'm not even certain we would have had the conversation if my mother wasn't pregnant with my kid sister at the time. I was eight years old and really didn't remember much of anything other than, "You have a penis and the girl has a vagina." "Having sex makes babies...Make sure you don't bring any babies up in this house; you hear me boy?" Despite the fact I was only eight years old and probably couldn't produce any parts of sperm yet, that was pretty much the extent of my man to man talk about women. So naturally, the rest of my vast knowledge came from none other than multiple insecure inexperienced adolescents that most folks refer to as their friends. (sigh)

Fast-forward to present day and unfortunately you'll probably find several men who have yet to unveil the truth about what it takes to search for, start, stabilize and sustain a healthy lasting relationship. Don't worry, it's not your fault. The gap of garnering this revelation has more than likely been a mystery to you for awhile now. In fact, I've compiled a list of questions that you've probably asked yourself on more than one occasion.

1. What makes me do the things I do when it comes to relationships?
2. Why does it seem like I keep dating the same woman over and over?
3. Why can't I settle down and be with just one woman?

4. Why can't I find the perfect woman who satisfies all of my wants and needs?
5. I really do want a wife someday, but how do I choose the right woman?!

Personally, I've asked myself these questions a million times over and hope to shed some light on our not so easy to discuss shared dilemma throughout this book. I could easily give you countless selections of psychological case studies and babble, but simply put, the underlining answer to all of the questions asked above is "You." You make the choices to do what you do during the relationships you've experienced. You keep choosing the same woman to date, you make the choices to cheat and you decide when you're ready for the perfect woman to come into your life and satisfy all of your requirements, wants and needs. After discovering her, hopefully "you" will find the courage to ask her to be your wife. Still with me I hope?

This is Going to Take Some Work

A good friend and I were heavily engaged in a conversation about what it would truly take for his woman to satisfy and please him. He simply couldn't understand why and how the process of one woman making him happy was so hard. He was convinced that he had covered all of the bases in the course of their relationship and was at a loss as to what else he could do to remain faithful. According to him, he was unhappy

with her inability to satisfy all of his desires. Of course everyone who knows me knows that I'm extremely passionate about invoking thought and challenging the way people process information whenever given the opportunity. Thus, in answer to his dismal disposition and perplexing problem I quoted one of my favorite riddles. "It's more powerful than God, more evil than the devil. Rich people need it and poor people have it. If you eat it, you will surely die." "What am I?" I tend to challenge people with this riddle because I find it amazing at how most of us often make simple solutions into complex concerns.

There's no easy way around it, relationships are hard work. The energy and efforts required in fostering the growth and development of a lasting relationship is even harder. When you factor in the element of dealing with the unpredictable emotional rollercoaster rides women traditionally put us on, you've just multiplied your efforts times twenty-eight! (depending on when her cycle falls) Everyone encounters complications within their relationships. The truth is none of us have had any degree of formalized training on how to truly make them work. We've had formalized training in every other facet of our lives. Science, mathematics, sports, diversity, sex and so on, but not relationships. Furthermore, as men we've been conditioned to constantly search for the woman who we think encompasses all of the elements necessary

for making us happy. I'm not going to bore you with a bunch of self analysis case studies and psychiatric babbling. Simply put, being happy requires you doing the work! Abraham Lincoln said, "Most folks are as happy as they make up their minds to be." Most people have the misconception that their happiness comes from other people. It's not her job to make you happy; that accountability belongs to you. In my time of working with couples I've observed that most of the time the person who is the unhappiest in the relationship is often the same one who needs to spend the most time self-examining. Now that's not to say it occurs that way always, but quite often people's exaggerated expectations and perceptions overshadow the truths and realities of their individual situations and circumstances.

Fellas, what can the next woman really give you that your current one can't? Do you think the next one isn't going to bring a totally different set of new issues to the table? Does the thrill of new explorations, expectations and experiences outweigh someone who loves and accepts you for you? The truth is, until you have honestly assessed and dealt with all of the problems of your past, dilemmas you never discussed and the monsters you hide under the multiple masks you wear daily, you will forever be a fugitive forging falsified illusions of faithfulness. Be true to yourself and do the necessary work it takes to make your self

whole and happy. If you continue to run from one relationship to the next without pausing to acknowledge and assess what is or has possibly caused the demise of the last one, you're doing nothing but perpetuating the existence of a systemic cycle of selfish, self-indulgent, self-destructive behavior.

Overall, remember that you control your level of happiness. Stop running from yourself and confront your countless complexities. Stop fooling yourself acting as if you're invincible, nothing bothers you and no one has ever hurt you. Until you have acknowledged, discovered and tapped into the true man God has anointed and purposed you to be, you will never be truly satisfied or happy. And in case you were wondering, the answer of what a "woman" needs to do in order to truly satisfy and make you happy is ironically the same answer to the above riddle. (nothing) It's not up to her, it's up to you. You have to man-up, stop running from yourself and do the work!

Strategy Synopsis

To better understand what it takes for you to do the work necessary to getting to a place of understanding yourself and the decisions you make as it pertains to women and relationships, I'm going to break it down to the universal great equalizing language of men. (Sports) Throughout this book I'm going to show how a man defines himself through the women that represent

the core components of his character by metaphorically contrasting the similarities to creating and coaching a championship basketball team. As men, until you have explored, experienced and expounded upon all of the components that comprise your character as a man, you will never be ready to fully commit yourself to a relationship. And unless you have all of the components that make up the essence of a championship team, you'll never be ready to take on the competition you'd face on your road to the championship game. With that said, let's just jump right into it.