



How **R**  
to **E**  
LOVE **S**  
a **P**  
Black **E**  
**C**  
**T**  
**HIM**  
Man

**DR. INTIMACY**  
*The Surgeon for Your Soul*

From the series:

## ***Healing Black Love***

***How to Love a Black Man: RESPECT HIM – Volume 1***

***How to Love a Black Woman: BUILD HER UP – Volume 2***

***How to Love Your Black Self – Volume 3***

***How to Love Your Black Child – Volume 4***

# How to Love a Black Man

## R.E.S.P.E.C.T. H.I.M.

By Laneen A. Haniah  
*Dr. Intimacy*  
~ *The Surgeon for Your Soul*~



## **How to Love a Black Man: R.E.S.P.E.C.T. H.I.M.**

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# *Dedication*

This book is dedicated to the many who have lost in *Love, Life & Intimacy*. Through this book, I pray that many hearts will be healed, many relationships saved, and that the generations coming behind us will have a library of healthy relationships around them to reference, when they enter the wonderful world of Love.

*Empowered by LOVE*  
*~Dr. Intimacy~*

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# Foreword

Just when I thought I was wrapping my mind around and digesting Laneen “Dr. Intimacy” Haniah’s two previous works, “The Spirits of Sexual Perversion Reference Book”, and “STDs: Sexually Transmitted Demons”, she has done it again. Since meeting Dr. Intimacy some years ago, I have always been impressed with her never dying drive to better all of Humanity. She is a stalwart individual whose work is nothing less than stellar. Mother, Anointed Vessel, Author, Radio/Media Guru, and FORCE OF NATURE are words I use when I describe my experiences and encounters with Laneen Haniah. It is such an honor to be asked to write this foreword. I feel inadequate, to say the least, but I am up for the challenge.

*Our DNA is so uniquely designed that it dictates everything from our diets to our desires. Our seemingly innate proclivities and propensities, coupled with our differences, make us a species known as BLACK MEN. We are different from our other ethnic counterparts, especially when it comes to LOVE because our needs are succinctly specific. Yes, that was just \$20,000 worth of words – a verbally expensive way to say in layman terms; **it requires a certain code to unlock the vault of a Black man’s Heart** and the code can only be cracked by the combination holder. No disrespect to our brother Gary Chapman who wrote, “The Five Love Languages”, but there are actually six – *the original five and then the one FOR BLACK MEN ONLY!**

In this book, “How to Love a Black Man: R.E.S.P.E.C.T. H.I.M.”, you are given cues to assist you in charting the landscape of *this world-wonder called the Black Man*. This Book is not just a change agent, it is an answered prayer. In it, Dr. Intimacy has brought to the forefront,

in no uncertain terms, the root of the matters we must face head-on to restore Black Love to its place of spiritual prominence. Surprisingly, here on the pages of this Heaven-sent document is the answer many of us have been waiting for. Dr. Intimacy, with careful precision, takes the scalpel of the written word and does something almost oxymoronic, by performing an autopsy on a living thing. So it seems BLACK LOVE IS NOT DEAD after all!

In this work Laneen has become as naked and transparent as any human could bare to be; all while stitching the reader, as she heals her own wounds. With each page expect to be drawn in by the web of sobering realities that not only confront the demons of our past, but simultaneously force us to deal with the nonsensical abuse of our present; the enemy inflicted and self-inflicted. After reading this first volume of *Healing Black Love*, I believe it is the birth of a block-buster, bestselling series – a series that will usher us into the recovery room of a successful operation, which will restore the heart, head, hands, health and the lifeline of our race.

As a Black race we were hemorrhaging blood by the nanosecond. The biggest nail in the coffin was **DISRESPECT** of the Black male – his voice in our families, homes and communities having become despised. The prognosis looked bleak. Yet, GOD sends a true Rhema Word for the whole of humanity. Religious or not, this book removes the guesswork and fluff and gives us the hard facts; showing where the ball was not only dropped but removed from the game altogether. If it is a dream don't wake me because this book is a **MUST READ** in the life of any person who believes there is an antidote for the plague of poison that has been sold to Black people; a poison that attempted to make them think that their reality had to be a settling of what the enemy set out to do.

## *Foreword*

Quite the opposite is evident when you read this periscope. I must admit, I not only have scope, but also hope on the issues of Black Love after reading this book. This is the Amistad of freedom – not just a page turner, but the roots of this epic endeavor that is now reachable and realizable. Black Love has survived slavery, genocide, reconstruction, Jim Crow, civil rights, and affirmative action. It now faces the racial annihilation of this oncoming generation who is being bamboozled and hoodwinked into a cultural quip designed to finish us off. But, IF RESPECTED, it is possible to learn, LOVE, be led by, and restore Black Men.

*In conclusion, I'd like to say thank you, Dr. intimacy, for the blueprint and roadmap back to our SOULS. We Love you too Life. As your writings and work live, BLACK LOVE AND BLACK MEN WILL NEVER DIE!*

*Dr. Charles E. Bond*

**Dr. Charles E. Bond,**

*Change Douala*

*Crucial Conversationalist*

*Confidence Coach*

# *Preface*

The title of this book came to me in 2015. It was a tumultuous year for me that started off with me becoming unexpectedly homeless through no fault of my own. I was faced with months of displacement, a broken engagement, and a total sense of loss concerning who I was. There were a lot of dynamic shifts in my life that year with relationships. People's true hearts were revealed. People were removed, others sent to replace them. What amazes me is that in *losing myself*, I *found myself*. It was during all that chaos that I discovered my core purpose. I started my radio broadcast, *Inspired Intimacy Talk Radio*, and began to thrive.

However, in all that, the thing on my mind the most was my relationships with Black men. There were several men who wanted to marry me, but the one I was in love with was not committed, which is what led to the broken engagement. I began to ponder what effect I was having on these men. What did they see in me that made them pursue me so hard, even after telling them I was in love with someone else? And why was it that the man that could have me didn't really want me?

In Chapter One, I will share another part of the backdrop of this story, the heart-breaking conversation with a cousin of mine that brought it all to a head. What's important to understand right now though is that this book was developed through three years of soul-searching questions, research, and interviews. A large collective of information has led to this very thorough and powerful book. Furthermore, it

## Preface

became clear to me in the last three years as I prepared to write this book that this issue is far bigger than me and my personal love life.

I discovered major discrepancies in relationships between Blacks, and those of other cultures. I observed systematic issues with how Blacks treat each other in relationships. It is apparent that these issues often begin in childhood, where many Black children are exposed to relationship dysfunction, which then becomes their only point of reference for “how love works”. YES, this issue is BIG – too big to handle in one book. This is how I concluded to make it into a series: ***“Healing Black Love”***. This series will allow me to address the global issues and root causes of the dysfunction in Black Love. My hope is that it will not just be a series of books, but a series of revolutions in Black Love, Black relationships, the Black family, and the Black community.

I choose to write this title first, because ***it is essential that respect and honor for our Black men be restored***, and that they once again be lifted up as the heads and Kings of our families and communities. If we don’t heal the head, then the heart cannot survive, and the body will surely die. I implore you to follow this series. Treat it as a matter of life and death; because it truly is even if you have a great relationship with your significant other, you are raising children and grandchildren in a world full of dysfunction.

***For the sake of our future, please support and join this movement on Healing Black Love.*** You can help by purchasing bulk orders of this book and giving them away as gifts. Host books clubs and reading groups. Follow all our social media pages, and like and share everything we post. Let’s make this go viral, so we can all show the world that Black Love is still beautiful and that it can work!



Part 1 – Introduction:  
*Diagnosing the Problem*

In this first section of the book, I want to lay a foundation for why the information it contains is so relevant. Nobody seeks a cure for a disease they don't know they have. That is why I must take the time to examine and make painfully clear that BLACK LOVE is indeed sick. Although, my target audience for this book is the women who are, have been, or will be in romantic relationships with Black men; it is my hope that others will read this book as well, because the benefits of reading this book reach far beyond happy romance.

If you are in a relationship with a Black male, *in any capacity*, reading this book and applying its principles will help you more successfully cultivate that relationship. If you are raising Black sons, this is especially important. If you have Black male relatives, you can become part of the cure. If you are mentoring or pastoring Black males, this will give you insights on what they need to develop into strong Black men. If you are in business with Black men or employ Black men, you will be able to relate better in these situations. If you are a White person, who feels the burden of the transgressions of

## *Part 1: Diagnosing the Problem*

your ancestors, this can help you understand how to help heal our Black men and make restitution.

**Most importantly, IF YOU ARE A BLACK MAN**, I would strongly recommend that you read this book! Too many of you have been abused and don't even realize it. You are suffering in silence, afraid to speak. You don't want to look weak; you don't want to admit need – due to fear that no one will listen or care. As much as society talks about men being dogs, we often don't give due attention to the circumstances that turned them into dogs. We also don't reach out enough to the underappreciated, good men that are being mistreated.

Some of you *Black Kings in the making* do not even know how you need to be loved and what you deserve in a relationship. May this book serve as a point of reference to give you an understanding of what you need, and *how you should be treated*. Let it be the standard for what you look for in a woman going forward, so that you can emerge as the best version of yourself, maturing into the Black King that you were created to be.

***I LOVE YOU. I AM ON YOUR SIDE. I AM IN YOUR CORNER,  
AND... I AM NOT THE ONLY ONE.***

## Chapter One

# *Dear Black Man...*

I will never forget the day that it became so **painfully obvious** to me that I **needed** to write a book on this subject matter. I was on the phone with one of my favorite cousins, one of those cousins who is more like a sister. I admire this woman so much. She is a powerful and strong Black woman. Her perfect dark chocolate skin tone, wide bone structure, and beautiful big-lipped smile all model her resilience and strength. She is a few years younger than me and my heart has always gone out to her. She has had such a tough life, and yet continues to pursue greatness. I've watched her grow and blossom like a rose bush in the middle of a desert mine field.

She and I don't talk often but when we do, we have these hours-long, epic talks about *Love, Life & Intimacy*. It was during one of these talks that she made a statement that left an indelible mark on my heart. We were discussing her recent broken engagement. I was asking her what happened, and she began to give me the details of how it went down. Five years into their relationship he broke off the engagement just months before the wedding.

I was looking forward to her wedding, almost as much as my own. During her relationship with him, it was the most stable I had ever seen her. I was so happy for her, so it just devastated me to know that the wedding had been called off. "*The Soul Surgeon*" in me immediately showed up with scalpel in hand – ready to operate on

## *Part 2: The Prescription and the Cure*

this broken relationship and save this marriage! However, as she gave me the details, I knew the prognosis was not good.

Her fiancé had left her, stating that **SHE DIDN'T RESPECT HIM**. She began to give me examples of situations that had occurred; I cringed as I listened. A lot of damage had been done to his ego; the type of damage that many men don't recover from. Yet, I still wanted to try, and so I began to point out some issues with her treatment of him. She was so broken and humble as I spoke to her and gave her insights on things she needed to correct. And it was at this time, with tears in her voice, that she said these haunting and heart-wrenching words,

*“Laneen, I want to love him and respect him so bad,  
I just don't know how...”*

After our phone conversation ended, I cried for a good while. I thought about her horrific life, and all the terrible things she had survived. I thought about how she was raised (*or “barely raised” shall I say because no one was consistently there for her, in my opinion*). I thought about the abuse she had endured and the lack of positive relationship role models around her. This woman had never seen a functional, healthy relationship in her life. She had ZERO POINT OF REFERENCE for how to properly treat a man. Her attempt to be a good woman to her fiancé was a desperate stab in the dark, a messy and bloody process of trial and error. She was in hopeless pursuit of something that would inevitably move further away from her the closer she seemed to come to it.

What was so sad about her plight was that she was failing, simply due to a lack of knowledge. She was willing but did not know how. And

## *Part 2: The Prescription and the Cure*

what compounded my sadness even more is that I knew her situation was NOT uncommon. As a matter of fact, it was, and is, the stereotypical norm for Black women with her type of background. Her story was the story of many single/unmarried Black women who had lost the heart of the men they so desperately wanted to love and be loved by. But most saddening of all – this wasn't just “their story”, it was “my story” too.

I too had lost the heart of my Black man because I didn't know how to love him properly. I was divorced, and my lack of understanding of how my husband needed to be treated was part of the reason. It was also part of the reason that the relationship I was in at the time had not blossomed into what I had hoped and had led to a broken engagement. (*Notice, I said “part”. It takes two to make a relationship and two to break it. However, for the sake of this book, I need to be personally accountable for MY part.*) Nonetheless, I knew two things in the days following that soul-crushing conversation with my cousin:

- 1) I knew that I NEEDED TO WRITE THIS book.***
- 2) I knew that I WASN'T READY.***

You see, I did not yet have the answers to my own failed relationships, yet alone anyone else's. However, I set my heart and mind to find those answers. I was then, and am now, the one known as world-renowned, Intimatologist, ***“Dr. Intimacy ~ The Surgeon for Your Soul”***. I felt that it was my personal responsibility to use this passion and gift that GOD has given me to help heal Black Love in this world. I felt that way three years ago, when this journey began, and still feel the same today. That is the mission I am on in this book. So please, let me begin

## *Part 2: The Prescription and the Cure*

by extending, on behalf of my cousin, myself, and every woman who has failed to treat our Black Kings uprightly, my heart-felt apology!

Below is a letter I posted on Facebook in June of 2017, as I was still in the process of gaining the needed insights to write this book. My heart was aching that day for our Black Kings, and I just wanted to apply some healing balm to the many wounds that had been inflicted. That post is, to date, the most shared post on my page. It touched so many hearts; I pray it will touch yours as well. I also pray that it will open the door of your heart, to join this movement with me and go on this journey toward *Healing Black Love in America...*

### ***Dear Black Man,***

*On behalf of every Black woman who failed to support you, build you, and appreciate you when in our times of short-sightedness, we have doubted and disrespected you; for using our bodies as weapons and our mouths as missiles of destruction; for walking away when you needed us most; for letting other men violate your children in our desperate search for the Love we could have had with you, had we only known how to honor you... I apologize.*

*I want to let you know, as a Black Queen, how deeply sorry we are for hurting you. As your mothers, sisters, aunts, cousins, lovers, wives, teachers, bosses, daughters, baby mamas... So many of us knew no better. No one taught us*

## *Part 2: The Prescription and the Cure*

*how to love a man or how to recognize and respect a King. Nine out of ten of us had our first sexual experience at the hands of an abuser, who taught us to fear you. We were taught to fight back with manipulation, where we were out-matched in physical strength.*

*We wanted to respect and honor and submit, but we had no point of reference for what that even looks like. Even more than that, we were afraid to trust you. We were called hoes and b#tches from our youth, and therefore, that is what many of us became. Yet, in the midst of all of that, we've always loved you as best as we knew how. We still want nothing more than to reign by your side as your Queen forever.*

*So please Black King, FORGIVE US. We in turn FORGIVE YOU. We're asking for another chance. We will listen this time. We will rise this time. This time we will build your empire **with** you. If you will patiently LEAD us, and selflessly LOVE us, we will FOLLOW.*

*Can we please start over?*

*Signed,*

*Unclaimed Black Queen*

*Unclaimed Black Queen*

## *Part 2: The Prescription and the Cure*

### Part 2 – Introduction:

# *The Prescription and the Cure*

## *100 Key Insights on How to Love a Black Man*

We have finally made it to the core of this book! The diagnosis has been made and the surgery has begun. Now we need to stitch up the wounds and work on recovery, pain management, rehab, and strength training. It is time to start the healing regimen. I know that sounds **EPIC**, but I wish I could amp up the drama 10 more notches to make my point even stronger, (LOL). **THIS WILL NOT BE EASY!**

These next 11 chapters are going to challenge almost everything modern society teaches us about what it means to be a “*real woman*”. It is going to be so challenging, and some of it so foreign, that you ladies reading this may really dislike me at some point, during this book (lol). I hope not, but all I can say is – *just remember that what you’ve already been doing, has not given you the results that you hoped for*. Remember that this book is ***for those who are determined to understand why they keep losing in Love, Life & Intimacy... and finally WIN!***



## *Part 2: The Prescription and the Cure*

For those of you that will be using this book as **a guide** for how to personally love *your Black men (whether they are lovers, family, or friends)*, I suggest you highlight, take notes and implement daily what you learn. This will help you retain the information and renew your mind. This is especially true for the ladies in a romantic relationship with a Black man. Let this guide become a part of your core nature; transforming you into a beautiful Queen in his life, and on this earth.

**TO MY BLACK MEN READING THIS: *Take it all in and enjoy being honored.*** I will say what maybe you could not say; express what you didn't know how to; and teach you how to see yourself through the eyes of a loving Queen. You deserve our support, honor, and aide in evolving into a Black King. I'm going to give you just that on the following pages. **ALL I ASK IN RETURN, IS THAT YOU LIVE IN SUCH A WAY THAT MAKES YOU WORTHY OF THE HONOR THAT WE ARE BESTOWING. BE THE MAN THAT DESERVES TO BE TREATED LIKE THIS!**

The upcoming chapters will be laid out very simply. There are **10 key categories** that we need to focus on when it comes to loving Black men. I will give you **10 key insights**, for each of those **10 key categories**. *Ladies, I will be as gentle as possible, but there is no "anesthesia" I can administer. So, bite down on something, and squeeze a nearby hand or pillow, because this is going to hurt a little; maybe even a lot... As we say on my radio show, #NoSocks!*

Chapter Five

## *Respect Him Regardless*

***“Love = Respect & Respect = Love.”***

This statement is hands down the simplest, yet most profound insight into understanding how to love a Black man. Men are pragmatic and logical. They do not “feel” love the way that we do. While they may enjoy the emotional aspect of love, it is not a *necessary* element of the relationship’s core health for most men. What is absolutely *necessary* is for him to know, beyond any shadow of a doubt, that you **RESPECT HIM**.

As humans, we tend to love people the way that we want to be loved. For this reason, a mistake that we make as women is doing the things for men that we want done for ourselves. We buy them gifts, romance them, show loads of affection, and we think it’s enough. There is nothing wrong with doing those things for a man. Those gestures have their value for him, and surely it makes us feel good to do them. But, let me tell you, with not an ounce of uncertainty – HE WON’T APPRECIATE A SINGLE GESTURE YOU MAKE IF HE DOES NOT KNOW THAT HE IS RESPECTED!!!

Emotional and affectionate gestures are *ornate* for men. They are beautiful additions that *decorate* the relationship, but they are non-essentials, (*to his conscious understanding*). To render romance, without first establishing your respect for him, is like buying furniture and decorations for a house that you don’t yet have. Can you imagine

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living in your car and having a friend that keeps buying you these beautiful and lavish housewarming gifts: curtains, mirrors, plants, china, area rugs, etcetera. You would be thinking your friend was out of her mind, or that she was just plain cruel! What would you do with these items? Not only would they not benefit you; having possession of them, without a home to place them in, would only burden you further. You'd have to find a place to store them, possibly pay for that storage, and/or carry the guilt of having to get rid of the items; only to have to explain later why you did not use them.

You see, a man does not know “where to put” your affection, if you don't first build him a house of respect. He does not know how to handle your romantic gestures or how to process your feelings for him. No matter how genuine and sweet, if they are not founded on respect for him – YOU ARE WASTING YOUR TIME! And please, let us not forget that when it comes to loving a Black man, he comes to the table with a *respect deficit*. Your Black man's account is more than likely already in the negative when you meet him.

Respect is the core element of successfully loving a Black man, so it is the first of the ten key categories that we will cover. Part of this process is understanding how a man interprets respect. He does not interpret respect the same way that we do. Following are ***10 Key Insights on how to respect him regardless***, and what you need to do to ensure that your Black man interprets your behavior in such a way that he knows you respect him!

## Key Insight #1: Recognize Him



**RECOGNIZE HIM.** One of my favorite quotes is “*RECOGNITION: babies cry for it, and grown men die for it!*” Your man needs you to recognize who he is –who he is to himself, who he is to you, who he is to the family, and who he is to the world. This means, first and foremost, that you know him well enough to distinguish his identity. Secondly, it means that you acknowledge him as valid and valuable. Thirdly, recognition is a bestowing of honor – like in the manner that we rise when the judge of the courtroom enters from chambers. You should *show* him recognition. In other words, your respect should not be hard to detect. He should be able to see it in your words, deeds, and behavior. Most of our Black men are suffering from an identity crisis; your man is likely to be in this number. You must put work into recognizing who he is and nurturing his identity.

**QUEEN CODE:** DO NOT deny, forget, misunderstand, neglect, overlook, or refuse who your Black man is. Don’t make the mistake of giving undo attention to his negative qualities. I am not saying to *ignore* his faults, but those faults should never alter how you treat him. Remember, you have the ability to help him meet the King within! Don’t acknowledge the fool. Don’t acknowledge the slave. Recognize him as KING always. If you truly want to love a Black man, you must establish his POSITIVE IDENTITY, in your heart and mind, and never forget who he is – *even at times when it seems that he himself has forgotten*. One moment of indiscretion could cause you to lose his heart forever and cost you a lifetime of REGRET.

## Key Insight #2: Esteem Him



**ESTEEM HIM.** A man needs to be highly esteemed. Esteem is about *the attitude of your heart*. *Recognizing him* is more on an intellectual level, but **esteem** is when you attach positive emotion to that recognition. Esteem means that you admire, value, and favor him. It is something that you must “feel” on a genuine level. It cannot be manufactured. Your man needs you to regard him favorably, assigning high value and honor to him, in your heart and soul. Your man is imperfect – you know that, and he knows that. However, those imperfections do not define who he is, nor should they diminish his value. It is up to you to overlook his faults and assign value based on the things about him that deserve to be celebrated.

**QUEEN CODE:** DO NOT make the mistake of believing that it is OK to *think* crazy about your man in your head. Remember, ESTEEM is produced from pure, positive feelings that cannot be faked. ***Think right thoughts about him.*** Thoughts lead to actions. You cannot disrespect, mock, dishonor, insult, scorn, and disregard him in your mind, but then expect honor to come out of your mouth. Eventually, what you think is what you will say and do. That is why you **MUST admire** your man and **hold him of the highest value** in your heart and mind on a genuine level. Never forget that the world has devalued your Black man. You must add value back, never decrease it further.

### *Key Insight #3: Search Your Heart*



**SEARCH YOUR HEART.** I cannot stress enough how important the condition of your heart is when it comes to loving your man. Respect is a matter of the heart; issues of the heart will prevent you from being able to truly render the respect that he needs. Therefore, you need to carefully examine your heart without any blinders on. Search yourself.

Go deep. Ask yourself some tough questions. *Do you believe that he deserves to be respected? Do you really respect him unconditionally? If not, why? What has he done that you are still holding onto? Who hurt you in the past that you are punishing him for? What Daddy issues are you dealing with? What are your beliefs about relationship dynamics and how do those beliefs line up with what you are learning in this book?* Ask the hard questions; search yourself to reveal the hidden pitfalls.

**QUEEN CODE:** DO NOT turn a blind eye to your issues. What we often do to avoid facing on our own issues is focus on the faults of others. We then project our issues onto them. I have found personally, the things which I dislike most about others, are often things that I am avoiding seeing in myself. It is easier to recognize a fault that you are familiar with than one you have little knowledge of. In other words, what sticks out to you about *his issues* are only so easily recognized because you probably have the same issues, and to an even worse degree. You can only *pretend* to respect him for so long. If it does not become genuine at some point, one day your heart will be exposed!

## Key Insight #4: Pardon His Mistakes



**PARDON HIS MISTAKES.** ‘Pardon’ means to “release a person from the penalty for an offense”. Many of our Black men have been *found guilty*, without trial for crimes they never even committed. I mean this both literally and figuratively. Your Black man needs to be pardoned for his mistakes; not only because he seeks to find mercy somewhere in this unforgiving and unjust world, but also as part of the esteem you show him. If you think about it, people in society that are held of high value are often pardoned for offenses that others must pay the full penalty for. Part of respecting your man is letting wrongs go. Remember, you are to recognize him as a King. He is too valuable to the relationship to rot away in your “emotional jail”. *If the King is dethroned, who will protect the kingdom?* Forgive him. Wipe his record clean and allow your Black man to move forward freely to continue his pursuit of perfecting his kingship!

**QUEEN CODE:** DO NOT punish him! As women, we sometimes want to *punish*, instead of *pardon*. Some men may tolerate this for a season. But let me tell you, the more aware he becomes of the King he is the less tolerance he has for anything that stands in the way of him walking in his dominion. A King knows that only someone in authority over him can exact punishment on him. *And guess what?* That is NOT you! You have no business trying to exercise authority over your man, period! And yet we want to punish them with arguments, with tantrums, withholding benefits and GOD knows what else. However, when his inner slave is conquered and the King in him rises and roars, he will walk out the door forever, and it will be too late to win him back! ESTEEM HIM, LOVE HIM, FORGIVE HIM.

## Key Insight #5: Enforce Respect for Him

A large, stylized letter 'E' in a metallic, orange-gold color with a reflective surface. It is positioned at the start of the first paragraph.

**ENFORCE RESPECT FOR HIM.** ‘Enforce’ is a very strong word, and my use of it very intentional. It is a word associated with laws, and penalties for breaking those laws. Respecting a man is NOT easy. To be totally honest, your man does not always deserve your respect, and yet he always **NEEDS IT!** You need to understand that a man, especially a Black man, has a very low tolerance level for disrespect – even when he’s earned disrespect. Therefore, you are going to have to compel yourself to ***respect him regardless.*** Respect must be the law of the land that rules your heart, and **YOU** must enforce obedience to this law! You will need to show him respect “on credit” sometimes; paying him respect in advance of the behavior that deserves it. OUCH! I know that hurts, but the first four ***key insights*** that I’ve given you on respect, should help you enforce respect for your man: ***Recognize him as King; highly esteem him; search your heart; and pardon his mistakes.***

**QUEEN CODE:** DO NOT deliberately rebel against your man. If you do not *enforce* respect, circumstances will! I can remember some situations where I was so angry that I deliberately did things I knew my man did not like. It always turned out to be to my own detriment and caused his heart to move further away from me. It may not always seem like it, but most of what your King advises or suggests is for your best interest in the long run. Just like you have that special ability to identify and nurture the King within him, he has a special ability to keep you safe and on the right path for the future of your relationship. A King always has the future in mind.



## Key Insight #6: Consent to Him



**CONSENT TO HIM.** Your man is seeking your permission to lead you. Only a tyrant or slave master enjoys ruling the unwilling. Your King wants to “lead you” not “rule over you”. Although, a man is going to do what a man is going to do, with or without your approval; he really wants your approval. We often think men want our advice when they come to us with their plans. This could not be further from the truth. I promise you, his mind was made up when he presented the idea. *All he wants is your agreement.* The same is true when he offers you advice or wisdom. He is hoping for compliance. I know this is not always possible but try to consent at least 90% of the time. Part of SHOWING respect and ENSURING that your man KNOWS that he is respected is you yielding to his plans – especially when you have made it clear that your opinion on the subject differs. This is when it really matters to him the most.

**QUEEN CODE:** DO NOT frustrate your man with non-compliance. I will tell you the hard truth – *he is not always going to be right!* Sometimes you are going to disagree with his idea or plan and you are going to be 100% correct, *but you will never be right in his eyes going against him.* Unless it is absolutely CRITICAL, just go along with him. Respectfully submit your viewpoint. If he still chooses another course, follow along the best way you can. When it doesn’t work out, don’t gloat about it. He already knows he screwed up, and he will remember it the next time you have advice. It’s a process; yield to it gracefully. When you humble yourself, the odds will turn out in your favor in the end.

## Key Insight #7: Think Like a Man



**THINK LIKE A MAN.** Respect is rational for your man. He either knows you respect him, or he doubts it – plain and simple. As a woman, you need to FEEL respect; but as a man, he must SEE IT IN ACTION. This means, that when it comes to respecting him, you must process it on a conscious level. Those warm and fuzzy feelings of admiration you have for him, need to be translated into *acts of respect*. You must reason through your feelings and rationalize how to materialize them. Recall experiences where you *missed the mark* – when your attempt to respect him did not go over well. Recall the times you *executed perfectly* – when he beamed with pride over your treatment of him. Keep a mental record of both and be intentional about having your respect for him remain front, center and always on display.

**QUEEN CODE:** DO NOT fail to understand that negative feelings toward your King can completely derail the effectiveness of this particular *key insight*. That is why I am saying, “think like a man.” When it comes to respecting your Black man, keep your negative emotions out of it. If you are truly in love, those feelings will eventually pass, but the damage done when you act those feelings out may not pass so easily. Men do not have the “emotional elasticity” of a woman. Men do not recover, “snap back into shape” the way a woman does – *all puns intended*. Men shrivel up and go dead – physically, mentally, and emotionally. So, when it comes to **showing** him respect, don’t show *disrespect* instead. Please, THINK LIKE A MAN!

## Key Insight #8: Hear Him



**HEAR HIM**. Many Black men feel as though they are not being heard. I love the terms used to define the word 'hear' as listed on Dictionary.com: "perceive, learn, be informed, listen to, pay attention". Considering these words, I challenge you with a question: *Are you really hearing him?* If you hear him clearly it should lead to a greater understanding; give you insight into his perception of things; and teach you what you did not know. Listening insightfully means that you are truly paying attention to ALL OF HIM; not just his words, but also his body language and his heart. Men can be few in words. A man that doesn't speak often; when he does speak, needs to know that he has truly been heard, or he may not speak again for quite a while. *When you hear him correctly, you will respond appropriately.* That is what your man is looking for *the appropriate response*.

**QUEEN CODE:** DO NOT misinterpret what your man says. Avoid "reading into it". As women, we have a terrible tendency to hear what is not said, and completely miss the message of what is actually being said. This happens when we project past experiences onto a current situation and begin to "fill in the blank spaces" in his speech. Most men are pretty one-dimensional. Whatever he said, you should take at face value. There is not likely anything else behind it – *not in his mind anyway*. That doesn't mean there isn't more to the story or more that can be said. It simply means that you cannot impose your own words onto him. LISTEN TO WHAT HE IS SAYING, not what your subconscious is adding to the conversation (*lol*).

## Key Insight #9: Include Him



**INCLUDE HIM.** Another way that your man will interpret respect is whether you include him in the important decisions about your life. A true King is looking for a partner to share his empire with. Therefore, take his thoughts and responses into account when making decisions. He needs to know that his opinion matters to you. Observe him, pay attention to him. He may feel uncomfortable about something you are doing or pursuing, but not say anything about it to show support. You need to discern that discomfort and bring him into the process. Ask for his input, implement his advice, and report back to him with any positive results you get from adhering to his suggestions.

**QUEEN CODE:** DO NOT be afraid to include him. Implementing this *key insight* into your relationship is going to require some courage and maturity. The danger at hand is discovering that you and he are on two different paths that cannot cohesively come together. It is just a risk you are going to have to take because it is better to find that out before getting married than after. And if you are already married, it needs to be exposed and rectified somehow. The bottom line is, if you are always off *doing your own thing* without considering him, he will not feel comfortable with you at his side. If you do not include your Black King in your present plans, he won't include you in his future ones!

## Key Insight #10: Master This



**MASTER THIS.** Respect is the most vital component of loving a man. Master respecting your man! Once you master applying the *key insights* on respect, you are half way to mastering how to love your Black man! As a matter of fact, everything else that you will read in this book is founded on respecting him. Nothing else you read will work apart from respect as the foundation.

Love is birthed out of respect, and respect is birthed out of love. They cannot operate independently of one another. Love without respect is dysfunctional, and respect without love is incomplete. **MASTER RESPECTING YOUR MAN.** Become extremely efficient at executing acts of respect that keep him assured he is both LOVED and RESPECTED.

**QUEEN CODE:** DO NOT get lazy about *mastering respect*. Unless you grew up training in these principles on respect, most of this will be foreign to you. Respect is like a muscle that you are not used to using. It will be very hard at first; you will be sore after working it out (*lol*). Your mind and emotions may get so sore that you won't feel like going to the "respect gym" again the next day, BUT YOU MUST! *Do you want to capture your man's heart and never lose it? Do you want to love your Black King fully and be loved by him?* If you answered 'yes' **mastering respect is NOT optional.** It is a priority; you must ENFORCE it. Don't forget the sad story of my cousin from Chapter One, whose fiancé walked away, partly because she did not know how to respect him. *What you disrespect, will eventually move away from you.*

## #NoSocks Conclusion!

*"#NoSocks"* is the infamous tagline from my award-winning radio broadcast, *Inspired Intimacy Talk Radio*. It basically means stripping a conversation down to the naked truth; raw and uncovered; straight with no chaser wisdom! I will end each of these upcoming chapters with a *"#NoSocks Conclusion"*. So, here is the conclusion of the matter on *Respecting Him Regardless...*

Remember that your Black man is probably battling his inner slave. Rejection, disrespect, humiliation, failure and oppression are already deeply coded into his genetics. A Black man NEEDS RESPECT more than the average man. His tolerance level for disrespect is lower, because he is already depleted. **YOU MUST RESPECT HIM ALWAYS, EVEN IF HE IS NOT ACTING IN A MANOR THAT DESERVES IT!** The Black man cannot survive in a disrespectful environment. Even worse than that, he cannot *thrive* if you do not re-establish the respect that he was deficient in when you met him. You need to make deposits into his "respect account" daily and build up his balance, because there will always be someone waiting to *deplete his account* as soon as he walks out the door.

**So, my sisters, before you read the rest of this book, I want you to think long and hard about your willingness and ability to commit to what you have already read.** Are you *ready, willing and able* to COMMIT yourself to respecting your Black King *no matter what*? More importantly than that, if you are already in a relationship, do you believe in your heart that the man you are in that relationship with is *worthy of respect*? Both questions are critical.

See, the truth of the matter is that a lot of us women for reasons I will not get into right now, choose men who frustrate our purpose as

## #NoSocks Conclusion!

Queens. What I mean by that is we get into relationship with men who no matter how much we excel at loving them the way that is required of us, are too broken or too foolish to receive and/or appreciate our love. **There is no way that I am about to do my sisters the injustice of deceiving you into believing that if you do all that I outline in this book, any man you choose will reciprocate the love you desire and deserve.** Nor will I dare lay the burden on you to uphold all these demands, with a man who insists on playing the fool, or continuously treating you less than the royalty you are. It is NOT your sole responsibility to carry the burden of the health of the relationship alone. And, you cannot expect *key insights* on loving a “Black MAN” to work on a “Black BOY”.

**This will only work with a willing participant;** the *right man*, if you will. I am not talking about “Mr. Right”. I am talking “*Mr. I am willing to do whatever it takes to become him*”. A man who is pursuing perfection of his Kingship, will appreciate a woman who is pursuing perfection of her Queen hood. A King for a Queen, and vice versa. This will not work with a man who has given into his inner fool, or a man who has yielded to the victimhood of his inner slave. So please ladies, before you take on this challenge, take an honest inventory of your current relationship, or any relationship that should be presented in the future. *Do not set yourself up for failure in Love, Life & Intimacy.*

## *My Decree to Respect Him Regardless*

*I commit to recognizing my Black man, always as the KING I know that he is inside. I will openly esteem him, showing him genuine honor and admiration. I will search my heart for anything that would interfere with my willingness to totally respect him. I will pardon his mistakes and not hold them against him. I will treat respecting him as a law that I live by and enforce it strictly. I will consent to him when he has plans and ideas to help us succeed, even when I do not fully agree. I will “think like a man” laying my negative emotions aside when it comes to making decisions about how I act out my respect for my Black King. I will hear him earnestly and understand what he is saying. I will include him in my life and my decisions. Most importantly, I will commit to mastering these **key insights on respecting him regardless**, and upholding the **Queen Codes**, until they become a part of my core nature.*



*#NoSocks Conclusion!*