

Relationship Advice: Ways to Improve your Quality of Life and Success in Relationships



Everybody has a unique perception of life and success. The definition of success is more than what you read in books and other content resources. The diversity in what is defined as a success makes it versatile enough for anyone to decide what adds flavor and fun to their life without presenting everyone with the same recipe for a successful life.

In this relationship advice, here are the most practical strategies and tips that will make your life and relationships more successful and rewarding, crafted by professional [statistics homework helper](#).

Check out the tips here:

1. Nurture the culture of optimism:

Practicing optimism in all your life endeavors and undertakings can improve creativity, self-esteem, performance, and the ability to handle stress. Optimism also enhances the way you assess yourself and judge the people and environment around you.

2. Live in the present:

Don't listen to the inner voices that direct you away from the real world. Also, don't listen to the toxic telltales from people who don't have your best interest. Always stay in the present and focus on what is currently in front of you. If you decide to work out, do that solely from the heart and don't let external thoughts direct you away from the task at hand.

3. Understand yourself:

Analyze your life to understand what matters most to you. Life is a lonesome race. You are not competing with anyone but yourself. Your achievements will depend on understanding yourself and pleasing your heart. Run the race in style, and ensure that you only engage in things that bring happiness to you and help you live a successful life.

4. Help and appreciate:

Just because we said life is a lonesome race doesn't mean that you can live alone. There are always people that you can run to when you hit a rock. Appreciate, mentor, show kindness, and help without wanting to be paid back. The help you give to others will come back to you in manifold ways along the journey of life.

5. Connect to the world:

No human can live a secluded life. There's always that innate urge to connect to the world. Spare time to communicate with those within your circle, including colleagues, lovers, neighbors, family, and friends. Ensure that you are wholly connected to the world through the way you connect with your surroundings.

6. Live life to the fullest:

Life cannot entirely revolve around business and connections. You need to explore nature and learn the nitty-gritty of nature. Take time to celebrate life in all means possible by doing precisely what soothes your soul. Feed your spirit and heart with the things that inspire you to live a more purposeful life.

7. Appreciate and love yourself:

Everything about you is crucial. The life you live, the activities you engage in, the work you do, the food you eat, and the drinks you take in. Ensure you eat healthy, and abstain from alcohol abuse and smoking if possible. Your body needs to stay healthy for you to achieve anything in life. Don't get trapped in the difficulty of life and remember to do what makes you happy.

Movie Review: On the Rocks





By Nicole Maher

On the Rocks is the newest comedy-drama movie directed by Sofia Coppola. The [movie](#) stars Bill Murray and Rashida Jones as a father-daughter duo on a quest to determine if the husband of Jones' character, Laura, is cheating. While this may seem like a weird adventure to take with your father, Laura's father has an extensive playboy past who has left him absent for most of her life, making him the perfect person to help uncover her husband's player actions. As the two begin keeping tabs on Laura's husband, they grow closer and are given the opportunity to repair some of the damage in their relationship caused by Felix's (Bill Murray) absence.

Check out our movie review for *On the Rocks*, the perfect combination of comedy and drama.

Should you see it: If you are looking for a new take on family relationships, then *On the Rocks* may be just what you are

looking for. The movie explores the complications of both parent-child relationships as well as marriage, but is sure to add plenty of comedy to get you laughing in between the drama.

Who to take: *On the Rocks* is the perfect movie to watch with your best friends or partner. The movie has a lot of sarcastic humor and quick one-liners, so it is perfect to see with someone who you are ready to laugh with.

Cupid's Advice:

As Felix and Laura work to determine if Laura's husband, Dean, is truly busy or if he is being unfaithful, Felix reveals many telltale signs of being a play-boy. While relying on suspicion rather than hard evidence is not the best way to determine if someone is being unfaithful, knowing some of the signs of a play-boy is a good way to hunt out red flags in a relationship. Cupid has some relationship advice on how to determine if your partner is remaining loyal or is actually a playboy:

1. If they're excited to see you: In the movie, we see Dean and Laura awkwardly greeting each other after Dean returns from a work trip. Whether it's coming home at the end of a workday or returning after a week-long trip, your partner should be excited to see you. This does not mean that your partner needs to be all over you the second they come home, but if they are constantly returning without expressing how much they missed you, it may be a red flag.

Related Link: [Movie Review: A Rainy Day in New York](#)

2. If they're sticking to their travel plans: It's common for someone to be concerned about the fidelity of their partner when they are forced to travel often. However, if your partner is following the travel plans they have told you, then there is likely no need to worry about them being faithful. The only time a red flag should be raised is if your partner has

repeatedly been someplace different from where you expected they were going.

Related Link: [Movie Review: 2 Hearts](#)

3. If they're willing to have a conversation: At the end of the day, the best way to go about suspicions of infidelity in a relationship is to have a conversation with your partner. If someone knows that they've been acting like a play-boy, then they will likely be more standoffish to the idea. However, if your partner has been remaining loyal and cares about the relationship, they will be willing to address your concerns and speak through them.

What are some other ways to determine if you someone is acting like a play-boy? Start a conversation in the comments below.

Check out some other movie reviews by Cupid's Pulse [here!](#)

Movie Review: A Rainy Day in New York





By Nicole Maher

If you are looking to fall in love with your new favorite young couple, *A Rainy Day in New York* is the perfect [movie](#) for you. Gatsby Welles, played by Timothee Chalamet, is head-over-heels in love with his college girlfriend Ashleigh Enright, played by Elle Fanning, when she gets an offer to interview a famous film director in New York City. Gatsby sees this as the perfect opportunity to take a trip with his girlfriend and show her his hometown of New York. While the couple intends to spend the perfect weekend together, their plans are quickly derailed as Ashleigh gets caught up working with the director. During this time, the couple is forced to face new challenges such as kissing other girls and spending time with other men, and both begin to wonder if their relationship will survive.

Check out our movie review of *A Rainy Day in New York*, the newest

young love story with a vintage feel.

Should you see it: If you are looking for the perfect mix of a vintage-inspired setting with all the twists and turns of modern love, *A Rainy Day in New York* is worth the viewing. The movie contains both elements of an old-timey New York City and elements of modern-day relationship challenges, making it unique and familiar at the same time.

Who to take: *A Rainy Day in New York* is the perfect movie to see with your best friends. The movie will definitely have you and your friends relating to the challenges of young dating if you are experiencing them right now, or have lived through them in the past.

Cupid's Advice:

A Rainy Day in New York explores both the thrills and complications of having a serious relationship at a young age. While Gatsby Welles and Ashleigh Enright appear to be basking in their college romance at the beginning of the film, they are quickly presented with obstacles that bring into question the strength and duration of their relationship. With so many decisions being made in the transition between school and beginning a career, it can be difficult to determine if a relationship will survive. Cupid has some [relationship advice](#) on how to determine if your current relationship will carry into the next stage of your life:

1. See if your career plans match: While you and your partner definitely don't need to be working in the same field post-graduation, having careers with a similar structure can help the relationship survive. Challenges may arise if one of your careers requires you to work during the day while the other person is working nights, or if one person needs to travel often while the other must stay put. These obstacles can be

overcome with a lot of communication and compromise, but they are definitely worth discussing as the two of you enter this new stage of your lives.

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2. Talk about where you'll be living: If you and your current partner attend the same college, then it's likely that you spend a lot of time in the same town or on the same campus. However, you may find yourself looking to settle down in different places after graduation. Have a conversation with your partner about where they see themselves in the next few years. Determine if you are both looking for apartments in a city or houses in the country, along with what region of the country you want to live in. While relationships can survive distance for a period of time, the issue may come up again later if the two of you are looking to eventually move in together and can't agree on where.

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3. Decide if you're ready to settle down: One of the most important questions that you need to ask yourself during this transition period is whether or not you are truly ready to settle down. Graduating college or simply moving someplace new comes with a variety of new opportunities, and it is important to decide if your current relationship is worth missing some of those opportunities. Have a conversation with your partner about where they see the relationship going in the future. If both of you are certain that you want to be together long-term, then get excited about taking on these new steps of life together!

Check out some other movie reviews [here](#)!

Movie Review: 2 Hearts



By Carly Silva

2 Hearts is a new romance [movie](#) that will pull on your heart-strings. The film follows the story of two romances, one of which is between Chris (Jacob Elordi) and Sam (Tierra Skovbye), who meet in a college class and begin a whirlwind love story. In an entirely different decade, Jorge (Adan Canto), falls in love with a flight attendant (Radha Mitchell). The two love stories, which occur in different places at different times, are connected when Jorge and Chris end up at the same hospital. You won't want to miss what happens with these two romances!

Check out our movie review on *2 Hearts*, a romance film that will make your heart throb!

Should you see it: If you love a romance movie, and you're not afraid of a film that may make you cry, *2 Hearts* may be perfect for you!

Who to take: This romantic film makes for a perfect date night with a significant other, or even a great sappy girls night for you and your best friend!

Cupid's Advice:

2 Hearts is a purely romantic film, and it's all about meeting someone and instantly falling in love. How do you know if you're falling in love? If you're looking for ways to tell you may be falling in love, Cupid has some advice for you:

1. If they make your heart rate increase: Everyone knows that feeling of your heart skipping a beat, or butterflies rumbling in your stomach. These can be tell-tale signs of intense emotions for someone, and if they persist even after you have been dating for a long time, they can definitely be a sign of real love.

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2. You can't stop thinking about them: If you have ever stayed up all night thinking about someone, or couldn't focus on your daily routine because you couldn't get them out of your head, that may be a sign of love. Thinking about someone all of the time, and missing their presence when they're not around can mean more than just infatuation, but that you may be genuinely in love.

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3. You enjoy the little things with them: A major sign of falling in love is having a new excitement about life that your significant other stimulates. If going grocery shopping or doing other boring tasks starts to become something exciting and fun when you're doing it with your partner, you may be falling in love. Someone that you're in love with will excite you, never bore you, and make you more enthusiastic about the little things in life!

What are some ways you can tell you're falling in love? Start a conversation in the comments down below!

Check out some other movie reviews from Cupid's Pulse [here](#)!

Dating Advice: What to Do When Your Significant Other Fights with Your Roommate





If your roomie and your partner are constantly at each other's throats, rest assured that this is a relatively common problem. That doesn't make it better, but you should know that you aren't the first to deal with this issue. And, the silver lining is that we can look to others for advice.

In this dating advice post, we're going to cover what to do when your significant other fights with your roommate.

Have a group chat

If there's tension in the air, there's usually a reason. And if you're willing to be open and honest with each other, a group chat may just solve your problem. Once you can get to the bottom of the issue, it's often easy to find a solution.

For example, if your partner is mad because your roommate leaves things around and makes a mess, talk about what he or

she can do to avoid this. No home should be a war zone, so we all need to do our part to keep the peace. During your discussion, be a mediator of sorts to try to keep everyone calm and focused on finding a resolution.

Talk to each separately

If your girlfriend and your roommate can't seem to get along no matter what you do, try talking to them separately. At this point, we aren't hoping for them to become besties. We're just hoping to sidestep the many daily landmines you'll encounter. Talk to each of them about avoiding the things they do that cause conflict. And if things are really bad, suggest that they avoid each other at all costs.

Try a setup

If you can't get to the bottom of why your roommate doesn't seem to like your girlfriend, there's a chance it may be jealousy. Your roomie might be jealous that you're spending more time with your girl and less with him.

If this is the case, consider planning some double dates. And, if your roommate doesn't have a girlfriend, you may want to subtly drop some [men's dating tips](#) to help the process along.

Plan a fun outing

It's much easier for tensions to mount when two people are competing for attention in one space. But, if you plan a fun outing with them both, they'll have an opportunity to get out of their comfort zones and have a little fun together.

Ultimately, your goal is going to be peace in the home. If they end up best friends, even better. With a little effort, you can help your partner and roommate coexist without a problem.

Relationship Advice: Dating Expert Lee Wilson Advises How Your Relationship Can Survive Lockdown



By Diana Iscenko

In the last few months, we've seen countless [celebrity couples](#) break up in the midst of the COVID-19 pandemic. Being stuck at home with your significant other has put a strain on many relationships, not just famous couples. With several states reporting a rise in new COVID-19 cases, we may be spending

much more time at home again. If you're worried about how more time in lockdown may impact your relationship, Cupid has some [dating advice](#) for you.

We recently interviewed relationship expert and dating coach Lee Wilson to get his perspective on how to keep your relationship healthy during the stress of lockdown. Wilson has 20 years of relationship-recovery experience, focusing on reuniting couples after separation. He also gave a TED Talk and has lectured at several colleges, including Pepperdine University.

In our interview with dating expert Lee Wilson, he revealed his relationship advice for getting through lockdown with your relationship intact.

Many couples are struggling with spending all of their time together in lockdown. Wilson believes this is so difficult for many couples because it's such a drastic change from the amount of time spent together before the last few months. "Being locked in a house together is difficult to do, even for couples who are in good situations," Wilson said. "You're not used to spending that much time with this person. For a lot of couples, it's going to be a shock and they're going to get on each other's nerves."

This sudden increase in time spent together will hit couples who had existing issues even harder. While these disagreements may feel like they came out of nowhere, Wilson reminds those struggling that these issues likely are taking the forefront since you are spending more time with your partner. "If couples are having some trouble, that means their relationship

dynamics are already off from where they should be. Now they just have more time to experience the bad relationship dynamics,” Wilson said.

Couples may also disagree about health-related issues during the pandemic. If partners disagree on how to approach staying safe (i.e. going out in public again), this can also cause a strain on any relationship. Wilson highlights that both parties can be hurt by this disagreement. “If one of them isn’t ready to go out in public yet, that can be taken as rejection,” Wilson said. “The other person will feel like they’re having to continue in this lockdown that they don’t want to continue because the other person is refusing to go out.”

Not only may the one person feel resentment toward the more cautious partner, but the cautious partner may feel unsafe if the other is going in public too often. “You get into a more complex situation where you just went out and now I’m around you. You want us to be intimate, but I feel like you’re putting my health in danger,” Wilson said.

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So, what can you do to fix these issues and have a happier, healthier relationship? Wilson has some unconventional advice: communicate less. “What I mean by that is not that they avoid talking at all, but that just because something is on their chest doesn’t mean they have to say it at that moment,” Wilson said.

“A lot of times couples are baffled I would tell them that because they’ve been told that if you have an issue, you better bring it up and get it out,” Wilson said. “A lot of times couples need the opposite to heal.”

Wilson recommends that couples who are fighting a lot should try to have only positive interactions with each other for a

certain amount of time. For example, if you and your partner agree to leave the negativity behind for a week, you can revisit the negative feelings when the week is up. "A lot of times, that week will pass, and they've had such a good week together that they don't feel like they want to duke it out anymore. They do better," Wilson said. While you shouldn't ignore issues that come up in a relationship, fighting over every small problem can cause more harm than good.

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Wilson also suggests planning activities while stuck in lockdown. "One of the most wonderful parts of a relationship is the anticipation of doing things together. It's not just doing them, it's also being able to look forward to them," Wilson said.

"What's happened during the lockdown is that couples have lost that," Wilson said, "What you're doing today is probably the same thing you did yesterday." A way to prevent this stagnancy is to plan date nights and other ways to spend time together. It doesn't matter if it's something simple like a movie night; you and your partner will have a reason to look forward.

Wilson emphasizes the importance of leaning on your partner during such a stressful time: "When the world seems like it's going to hell in a handbag, having peace with someone, having the opposite of what you're seeing in the world, is a welcomed thing."

Want to keep up with Lee Wilson? You can head to his website, [MyExBackCoach.com](#).

Relationship Advice: How Do You Deal With A Badmouthing Ex?



By Dr. Jane Greer

Breaking up is hard in itself. You have to find a way to move from the “we” back to the “me,” disentangle your lives and heal enough to look to the future. But what happens when the end of a relationship is charged with unrelenting and unresolved anger, and rather than bowing out gracefully and moving on your ex instead allows that anger to fuel bad behavior which can damage your reputation? This includes saying terrible things about you and can happen in different ways, including revealing personal information, distorting the truth, gossiping about a private mistake that was made when

you were together or even by spreading rumors. Sometimes the information begins with the ex, and sometimes the ex simply serves to fuel the negative information. For example, [celebrity exes](#) Matthew Morrison and Lea Michele were in this situation when Morrison recently addressed reports of Michele's diva actions while working on the show *Glee*. He said, "Yeah, going back to what I was saying, you know, you want to be a good, pleasant person to be around." He did not appear to have her back.

So, how do you deal with a vindictive ex who is out for revenge? How can you handle a negative campaign against you, especially from someone you used to care about? Check out Dr. Greer's relationship advice.

When your relationship dissolves and you find yourself with a spiteful ex, there is no telling how far their anger will go or whom it will reach. Now that they are no longer trying to please you or make things work between you, they might feel they have free license to say anything they want. That can be scary, and in many ways it is its own form of cyberbullying, since so much information can be spread online so quickly. It can do harm to your integrity as well as your self-esteem. But once you figure out the focus of the verbal assault there are ways to live with it and to deal with it. Depending on whom your ex is talking to and what they are saying, you can pick your course of action accordingly.

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If, for example, they are disparaging you to loved ones – family and friends – consider putting your own boundaries in place. If your sister-in-law or friend tells you that your ex is saying bad things about you, let them know first and foremost that you don't want to hear about it. Ask them to stop reporting back to you because it is too hurtful. Once you do that, you can take it one step further and ask if your loved one would consider telling your ex that they would prefer they didn't talk about you to them. They might explain that they are in touch with both of you, or that they truly care about you, and don't want to get in the middle or hear these negative claims. If the people your ex is badmouthing you to are your children, if they are old enough you can explain that just because people are saying things, doesn't make them true. In fact, you can tell them that you separated because you didn't agree about certain things, and because of the ongoing disagreement there is still a lot of residual anger between you. As a result, people can say and do terrible things when they are that upset. It is also okay to guide your children toward telling the other parent that they don't want to be told these things about mommy or daddy. In other words, you can encourage your children to put their own boundaries in place by either talking to the parent who is saying the disturbing things or by choosing to not listen or to ignore what is being said.

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Finally, as was the case with Lea Michele, sometimes an ex has an even wider reach and says bad things to the public. This can sometimes be the most disturbing since it can contaminate your reputation and it can be harder to know how to reach so many people with your own message. In this situation, there are two options. The first is to ignore whatever was said and not give it credibility by trying to explain it away or justify it. If you do that, it can sometimes validate whatever

information was being put out there. However, if your ex revealed personal material that was supposed to be kept private but is truly offensive and can be verified, the better choice may be to take ownership of it immediately. You can do that by acknowledging what happened and sharing your remorse and regret about it, as well as how you have grown from it. You can let people know it is something you will never do again, and that this can be a lesson learned which may serve as an example and be an inspiration to others.

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No matter who is the recipient of the information, having an ex – someone you once loved and trusted – attack your personality is an awful place to be. If you follow these basic suggestions, though, you will be able to keep some control so you can maintain your own relationships and hold onto their respect and your own integrity. In the case of Lea Michele, her ex didn't defend her when others questioned how she handled herself on the set of *Glee*, and, in fact, perpetuated the negative things that were being said about her. Hopefully she, and you, will be able to be your own champion and take back the narrative of your life.

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Relationship Advice: Signs You & Your Partner are Living Beyond Your Means



Living with your partner is a big step in your relationship that brings new issues to tackle together. Finances may not be the first thing on your mind when moving in together, but it can cause some serious rifts in your relationship. Both of you are responsible for contributing to your new household, but it can be hard to talk about finances with your partner for the first time. It's even harder if you're struggling with money, especially if one of you is being reckless with your spending.

If you're unsure how to tell if you and your partner are living beyond your means, Cupid has some relationship advice for you:

1. Missing one paycheck would be devastating: Many Americans live paycheck to paycheck, but that doesn't give you an excuse to be irresponsible with your money. If you and your partner missing one paycheck would be devastating to your finances, you might be spending more than you should to live comfortably.

2. You can't pay off your credit card each month: Carrying a credit card balance from month to month is giving money away. You probably have a balance because you bought something you couldn't afford to pay outright. Doing this continually can put you in debt (with accruing interest!) you'll have a hard time escaping.

3. Your credit score is below 670: Credit scoring is based on a few factors, including the timeliness of your payments and the amount of your available credit in use. Late payments and using too much of your available credit (more than 30%) lowers your credit score. Most people rank between 670 and 850. If you're at a 669 or lower, you'll likely only qualify for [poor credit loans](#) with exorbitant interest rates if you need to borrow to cover an unexpected expense.

4. Saving 5% of your income is impossible: In an ideal world, we'd all be saving 20% of our paychecks. It's more realistic to save at least 5% of your income each month. If you're unable to save this much each month, it may be a sign you're overspending. You and your partner should have a savings account to cover you in the event of a severe disruption to your income stream.

5. You're paying overdraft fees: The only way one encounters an overdraft fee is to attempt to spend money you don't have. Sometimes it's an accident and you could've sworn you had more money in your account. If you make a habit out of this, it may mean you're living beyond your means.

What are some ways you and your partner make sure you live within your budget? Start a conversation in the comments below!

Relationship Advice: Losing a Pet During the Pandemic Like Hope Solo and Jerramy Stevens





By Dr. Jane Greer

In this traumatic and unprecedented time of the global pandemic, we are surrounded by so much loss of life. In the United States alone many more than 90,000 people have died, and that number grows every day. With that in mind, it may seem that the loss of a pet pales in comparison to the death of a human loved one, and therefore people think they don't have a right to experience or express their heartbreak. But for many, pets are among their most loved ones, and saying goodbye can be devastating, even, or more so, during this time of isolation and widespread sadness. Sports couple Hope Solo and her husband Jerramy Stevens recently talked about the [loss of their dog](#), Conan, after he was tragically shot. Solo posted about it on social media, saying, "We're broken-hearted to share that Conan passed away from blood loss last night. He fought up until the very end. We're crushed. Just a dog running through the woods, trying to make his way home."

In the same way people wonder if

it's alright to find things funny during these incredibly difficult times, many wonder if they can truly mourn the death of their beloved pet without feeling guilty. In this relationship advice, is it okay to grieve for an animal when so many people are suffering?

The short answer is a loud yes, and there are a number of reasons why. For many people, especially those who live alone, a dog or cat can be a lifeline and can sometimes be the only interaction they have with another living thing, particularly in this time of social distancing. Your animal gives you companionship and unconditional love, which can be so important and fortifying that when they pass it can feel like a huge hole has opened up in your home and heart. The pain you experience can be overwhelming. With that in mind, in the same way it is important to continue to laugh, it is also important to make room for and acknowledge the sadness that comes with losing a treasured pet.

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Try not to compare your loss to those that other people are going through. While they may be different, they are nonetheless the same in terms of the emptiness they create. Keep in mind that nobody really knows how prominently your pet factored into your days – whether it was your feeding routine and the boost you got to your self-esteem through taking care of them, or the comfort you found when they jumped into your lap each afternoon or when they slept next to you every night.

These many moments are now gone, and the magnitude of that is great. Furthermore, they have shared a substantial piece of your life history with you. Maybe as a kitten he was your first roommate in your new apartment. Or maybe you got her as a puppy the year you were married. Perhaps it was your faithful dog that saw you through your first breakup and helped you survive. They were present and a touchstone for facets of your life that proved immeasurable.

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For some, the anguish can be so excruciating that they decide they never want to go through it again and choose not to get another animal. Others, though, feel that a way they can heal and honor the pet who came before is by replacing them and keeping their spirit alive.

Some get the same breed again, or even use the same name as a tribute of love. If you aren't ready to tackle the commitment of a new pet, during the pandemic it could be an opportune time to consider fostering an animal on a temporary basis. Sadly, dogs and cats are also losing their owners to the virus and are being abandoned, so it is a way to provide a home to animals in need while forging a new bond that can be healing for you as well.

The bottom line is that mourning the passing of a pet should not be minimized. Hope and Jerramy shared their loss publicly, and hopefully got much-needed support in doing so. It takes a long time to move beyond the sorrow after the death of a beloved animal. Appreciating what you are going through is the first step.

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Relationship Advice: The Case of Elon Musk: Connecting Instead of Clashing



By Dr. Jane Greer

Maintaining happiness and peace with your romantic partner is

an age-old quest. And with the pandemic keeping everyone at home together literally all the time, that goal is now both more important than ever, and, because of the intense proximity couples are sharing, more difficult than ever, too. The frustration people are feeling may come out in unexpected and snarky ways, which can lead to hurt feelings and fights. Take celebrity couple Elon Musk and Grimes who welcomed their son, X Æ A-12 Musk, earlier this month. When Grimes tried to explain the baby's name to fans, she mistakenly transposed two numbers and Elon corrected her publicly. She came back on the defensive, saying, "I am recovering from surgery and barely alive so may my typos b forgiven but, da-it. That was meant to be profound." She handled it with grace, basically asking Elon and everyone else to consider her situation and cut her some slack. The bottom line is that nobody likes to be corrected or told they were wrong or could have done something in a better way, and it inevitably leads to arguments.

So, what can you do when your partner appears to be hot-headed and calls you out? And what can you do to avoid it in the first place? Check out Dr. Greer's relationship advice.

Because of the tight quarters, things that were once charming to you may now be totally annoying, and behaviors that were already irritating but tolerable may now be driving you crazy. Maybe the way your partner used to interrupt you because they were so excited to tell you something is now hard to take. Or their not shaving for a day, which you used to find sexy, is now a complete turnoff. Possibly you've told your partner a thousand times not to leave dishes in the sink, but they are

still doing it, or you have a system down for cleaning items that you bring into the house, but your partner keeps messing it up no matter how many times you explain it. All of these instances can feel like a personal affront. The knee jerk reaction is typically to be critical and to tell them how they should be behaving. However, that is a sure path to a clash. When you tell them what they've done wrong, they are likely to get defensive and counter with everything you do that upsets them. As a result, not only will the initial problem not be dealt with, but now you are both angry and resentful.

Related Link: [Relationship Advice: Does Marriage Change Your Feelings?](#)

The most important thing to keep in mind to help you navigate these instances is that your partner is probably not doing it intentionally to ignore your request and upset you. While some behaviors at times may be retaliatory, more often than not they are just a by-product of your partner's being oblivious, forgetful, and by force of habit just doing things their way. This awareness will help you to not take things personally so that you can look to problem-solve ways to help your partner remember the things that are important to you, rather than just being angry at them. Additionally, it can help you take stock of what's going on with them. Are they having a tough day, or are they overwhelmed with balancing their work with around-the-clock home life? By reflecting on where they are, it will help you be empathic so that you can respond in a caring way. Furthermore, this can contribute to their becoming more self-aware and appreciating the impact that their behavior is having on you since you are not attacking them in anger.

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There is no question that the chores at home, always a source of conflict over who is doing more, are magnified now, not only because you are both there all the time and there is more

to do, but also because you have to live with the results. He didn't make the bed again? She left the old coffee grounds in the coffee maker last night? How could they not see that the garbage has been overflowing all morning? You are both in each other's face and there is no place to hide. Often the question becomes, whose preferences take priority? One way to deal with that is to choose areas where you are each in charge, agreeing to name yourselves the sheriff of that particular purview, whatever it is, thereby minimizing the micromanaging from the other partner. Maybe one of you is in charge of ordering groceries. Of course, you can consider your partner while doing that, but the actual task might be left up to you. Or maybe one of you is in charge of getting the kids up each morning, thereby eliminating any possible disagreements about timing and breakfast. Not only will that help you spread out the responsibilities, it will also allow you to be more flexible and open-minded, and therefore able to let go of some of the details that would bother you. It will give each of you the freedom to equally run the show in different areas of your lives. Now, more than ever, is a good time to delegate and respect differences. If, though, you go this route and can't stand the way your partner did something – the way he folded a towel or the way she put the glasses back on the bar – fix it quietly to make yourself comfortable when you can instead of making a big deal about it. Giving your opinion on the right way to do something is usually unwelcome. A good rule of thumb is to offer your opinion only when asked.

Another way to have things run smoothly is to nip negative emotions in the bud. You can do this by giving your partner a heads up if you know you are in a bad mood, saying this is bothering me, or, I'm annoyed right now, so don't take me personally. This way, if your partner is short or nasty or takes a tone with you, you can be relieved knowing you're not to blame, but it is just the space they are in.

Everything has changed, at least for the time being, and

finding your own personal space and time is harder now. But if you are able to embrace that and can work at considering each other's needs, it will be a lot easier. Just as Grimes and Elon moved beyond their tussle, hopefully, keeping these tools in mind, you can, too. Or even better, maybe you can avoid it altogether.

Please tune in to the Doctor on Call radio hour on HealthyLife.net the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](http://HealthyLife.net).

Relationship Advice: How the Internet Helps Famous Personalities





Websites that include the lives of famous personalities can instantly attract a reader's attention. As many of you know, celebrities already have huge followings with diehard fanbases. Many of these fans will automatically read anything that their idol is putting out, often obsessing over every minor detail about their lives. Sites that focus on covering the lives of these stars can be under tight scrutiny, especially when their articles go viral.

Celebrity fan bases do more than just obsess, they also support their idols and their ability to grow. Fan support is a vital part of any star's career. Entertainment websites connect followers to their favorite stars. When the user likes the content they are reading, they are very likely to return to the site. Pages that review events, people, or products are super popular in today's world. Check out [Multimedia Reviews](#) on US-Reviews for more!

This relationship advice article

illustrates how famous personalities can use the internet to their advantage. Not only does it help grow their fan base, but it can also help build their brands.

Maria Sharapova

Not only is she gorgeous, Maria Sharapova is an incredible athlete. With five Grand Slam tennis titles to her name, Sharapova is one of the most respected and professional players in the game. Her personal website has two million followers, where she posts updates about her life and upcoming events.

Sharapova is also a brand ambassador for multiple sportswear lines where she promotes endorsed items. This allows her followers to dress like her and feel like they can play like her too! Off the court, she is a goodwill ambassador for the United Nations Development Program.

John Grisham

Famed author John Grisham is best known for his thrilling and extremely popular novels. His work has been translated into more than 42 languages and available for download on his website.

While his books are unavailable for free download, you are able to access a 50-second trailer to better acquaint yourself with the novel. As a writer, author, and storyteller he John Grisham has gained more than 1.5 million Likes on Facebook.

Rolling Stones

The Rolling Stones are legendary in the music industry.

Established in 1992, the Stones have rocked all around the world, from London to the U.S. The band includes Brian Jones and Keith Richards on the guitar, Ian Stewart on the piano, Bill Wyman with bass, Charlie Watts on the drums and Mick Jagger as the lead singer.

Because of their legendary status, the Rolling Stones have too many followers to count. The band's website contains plenty of upcoming events and shows for fans to check out, and all their songs are available on iTunes!

Fluffy Guy

Fluffy Guy is a widely known American comedian with tons of followers on social media. While refusing to accept that he is a big guy, he calls himself Fluffy! Sometimes he'll lend his voice to various characters on the big screen.

Stephen Fry

Stephen Fry is an Englishman who has been in the entertainment business since 1981. He is an actor, director, journalist, comedian, and broadcaster.

He has made a travel series for the BBC in the name of **Stephen Fry in America**. In this series, he travels around all 50 states.

Relationship Advice: Susan Trombetti Talks Love & Dating

Amid COVID-19



Interview by Lori Bizzoco. Written by Ellie Rice.

Not only is Susan Trombetti one of the leading celebrity matchmakers in the country, but she is also a relationship expert and CEO of [ExclusiveMatchmaking.net](https://www.exclusivematchmaking.net). Susan has been featured on *Doctor Oz*, *HLN*, *Fox*, *ABC*, *NBC*, *ABC*, *Cosmopolitan*, *NYP*ost, *Washington Post*, *Today*, and *Bravo* just to name a few. With years of experience and successful matches under her belt, Susan is the go-to gal for those looking for love.

In our exclusive [relationship expert](#) interview, Susan gives

relationship advice on all things love and dating in the midst of COVID-19.

Can you tell us a little bit about your background and how you got into the world of matchmaking?

I used to be an investigator liquidating fraudulent portfolios for credit cards. It's kind of like being a PI without the license. PI's investigate domestic situations and individuals whereas I worked for banks and it was considered more financial, but the skill set is the same. Friends and acquaintances would ask me to do PI types of things as little favors. This little old lady asked me to find the love of her life that she met during the war in Paris from when she was 19. I found him that night and reconnected them only to find he had never married and she was the only woman in his life ever. Later, I was thinking if I could find people, I could find matches and turned towards starting a matchmaking company using my experience to conduct my own background checks and investigations. I now do upscale matchmaking and a little service I like to call *Investigate Your Date!* It's both set of skills in one business.

How has the Coronavirus already affected the dating game and how do you think it will affect it in the coming months?

Well, you wouldn't believe it, but more people are going back to their exes for the wrong reasons! Also, more relationships are actually launching because it has deepened communication, helping people ignite that spark since they are forced to connect and be creative.

At home isolation seems to be the new norm for the time being, how can couples who have never been home together for extended periods of time navigate through this?

Couples can maintain their bond by stating clear boundaries for their need for space for starters. It's like sorting out the times you will connect, the times you need to work individually, or even just have alone time. Scheduling that special couple time is important, too, because it gives you a sense of structure to the day for those who aren't used to working out of your home.

Just be respectful of each other. For example, I tend to be a slob, so I need to be aware of keeping a communal space neat.

Be aware of your personal hygiene. It's easy to sit around in your sweats and not take a shower, but you need to change your clothes, shower, brush your teeth and maintain like normal.

Have appointed meal times together, or exercise times together. Come back together for dinner and go for a walk with the dog together.

Allow each other use of the TV and don't hog the remotes. It's okay to say this is my show, and I would like to watch this for me time right now alone.

Watch a movie together. Just because you can't go to the movies doesn't mean you can't watch the early releases of movies that were coming to theaters but are now on your screen.

Play music together or watch some of these performers that are putting on shows in their home. They are free concerts in your living room!! It's great and you both should enjoy your favorite artist right now.

Related Link: [Travel Tips: Traveling During the Coronavirus Outbreak](#)

What advice do you have for our single readers? Should they be putting love "on hold" because of social distancing ?

There is no time like the present to make a love connection.

It's times like this when people realize what's important in a relationship. As a single, you need to never put love on hold unless you are currently working on making yourself a better catch by healing a broken heart or something like that. You aren't holding on love because of social distancing, you just aren't able to meet up and socialize at bars and restaurants. In a lot of cases, you can't meet in person. There are still many ways to connect thanks to technology. Never forget, you can still fall in love during this time and it ups the anticipation, making it more exciting for when you do see each other.

How can people make events like birthdays and anniversaries special during this time?

Birthdays and anniversaries can still be special. You have to have virtual celebrations and actually show your love via the phone or face time. It all comes down to creativity and technology. You can put off a party if need be. Lot's of states are going to lock downs at this point, but some you can still get together using social distancing. I witnessed a drive up birthday parade yesterday for a little girl on the news. She sat there with a few members of her family as the parade of decorated cars came buy giving her gifts and candy. It all comes down to creativity.

For those in new relationships, should they be together now or stay their distance?

I think a lot of it depends on your state regulations at this time. If you need to be on lock down— which are a lot of states at this point— then you need to wait. I still think you should wait for safety anyway. Better to be safe than sorry. You can still have virtual dates.

Related Link: [Relationship Advice: Heidi Klum & Tom Kaulitz Survival Strategies For The Home Front](#)

How will relationships sustain not being able to physically be

together?

It remains to be seen the impact, but I think they will fare well due to the deepened communication and heightened sense of anticipation. It's like a game of "who did the wheel stop on when you were told you had to social distance more?". It gives you more of a chance at developing something with them because it was the last person you were dating or interested in.

What milestones within a relationship are being affected due to the Coronavirus?

It's more like "Which milestones *aren't* being impacted due to the coronavirus?" From the meeting of the parents, to date night, to sleep overs and establishing yourself as a couple, to weddings. It's all impacted. There are people that are having babies without their spouse in the hospital.

How would you recommend reestablishing your commitment and feelings toward your partner?

Using the suggestions above for navigating this time as a couple will work well to keep you bonded. You can also have a talk about your hopes and dreams as well as have a state of your union talk!

Are there any additional thoughts or points you would like to make about the current relationship and dating environment?

There are more people out there now with their mind on love than a month ago. Interest in dating isn't slowing down, and neither should you. People are home and not as focused on work, so find your person. Your in-person date might be delayed, but I am sure they will be worth the wait. At the end of the decade, I said that first dates at the coffee shop were out and virtual dates were in. This just cemented it right here. Happy dating.

Want to keep up with Susan? You can head to [Exclusive](#)

[Matchmaking](#) or follow her on [Twitter!](#)

Relationship Advice: How Important Are Similarities For A Happy Marriage?



By [Dr. Jane Greer](#)

There is no question that people believe having things in common can lead to a strong marriage. But what if those shared interests fade for one or both partners, or you don't really like that many of the same things in the first place? Can you

still build a strong foundation and share a lasting relationship?

According to actor Bill Pullman, the secret to a happy marriage is “putting our hands in the dirt; it’s a parallel play of digging and planting.” In other words, he and his wife can do their own activity while being together. “It’s helped to keep in tune with each other,” he said.

Relationship Advice: For Bill Pullman and his wife, a successful marriage seems to be about embracing common ground. The question is, if you don’t have that, how can you maintain a supportive connection?

Clearly it can be easier if you agree on movie genres, favorite cuisines, types of books, travel destinations, and even how often you are intimate with each other. All of that allows you to smoothly spend quality time together. But what happens if suddenly your husband doesn’t like to ski anymore but you still do? Or your wife has developed an aversion to Thai food which is always your go-to Friday night dinner out and you still love it? Or what if you have always had sex twice a week, which worked well for you both, and suddenly your husband wants to only do it twice a month? What if none of this was the case, to begin with, and you were swept away by intense chemistry but once the dust settled you realized you didn’t like doing that much together? Can you still make your marriage work? Cupid has some [relationship advice](#) on how to maintain a happy and healthy connection with your spouse.

Related Link: [Relationship Advice: Keep Your Pregnancy Under](#)

Wraps like Cameron Diaz

There is no question that discord in any of these areas, especially if things change over time, can create problems. For example, being affectionate or not can eventually take a toll if one person is feeling deprived of it. Appearance is another place where people can get caught in the downward spiral. Very often couples get so comfortable with each other that they no longer feel they have to dress to impress and scale down to their basic look. If suddenly you are no longer dressing up and going out, or your partner stays stuck in the same shirt day in and day out or stops shaving, it can make you angry enough as well as turn you off to the point where you might even want to avoid intimacy with them. All of this, as well as the usual wear and tear of everyday life and its responsibilities, can contribute to feeling disappointed and resentful to the degree where it can feel intolerable. So, what can you do to generate harmony and happiness rather than discontent?

The first and most important thing is to keep your desire to please your partner on a full flame. It is not unusual to realize that when you met your partner all you wanted to do was please them, which might have led to your not realizing or even withholding some of how you really felt about certain things. Now that you are married, though, you can be honest, which means you are no longer concealing who you really are. When that happens, it can eclipse your desire to please your partner because you are now focusing on yourself. Hopefully, you are being authentic, but still balancing that with your intent to satisfy them and meet their needs. This can get challenging because if one person asks the other to change their shirt, instead of hearing it as a request that brings them joy, it can sound like a demand that you are telling them what to do. As a result, it can make them feel controlled, which then turns into a power struggle with one person saying *if you loved me you would* and the other person saying *don't*

tell me what to do

Related Link: [Relationship Advice: Does Marriage Change Your Feelings?](#)

The second important step is to learn to include your partner in the decisions you make before you settle on them. Very often people assume that because they want to see their family, their spouse will be just fine with that. Or since they are social and want to hang out with their friends every weekend, their partner will be on board. The truth is, when you go ahead and make choices based on what you want to do without getting your partner's input, they can't help but feel unimportant and not cared about. By learning to come to joint decisions and discussing your needs as well as theirs before organizing a plan, even though you may not always agree, at least you let your partner know that they are important to you and you value them and want them to feel loved. Finding some middle ground and learning to compromise is what can facilitate your making choices that leave room for both of your pleasures and preferences.

Finally, if you are coming from a place of few shared interests, it is never too late to be open to participating in your partner's hobby or activity. While you might not always enjoy it yourself, you can derive pleasure from seeing how much they enjoy it. It is a way to extend yourself and show your love, as well as enjoy watching them have fun with what they are doing. Also, use it as an opportunity to grow together and see if you can discover activities you both might like. Think about learning to play cards or dancing or cooking together, whatever it is, consider changing lanes and trying something new.

Learning to tolerate the differences and make room for them can help you stay connected, rather than allowing them to divide you. It seems Bill and Tamara have celebrated their similarities which, according to Bill, has been a recipe for a

happy marriage for them. However, if that's not the case for you, try to view the things you don't agree on in a positive light that can lead you both to happiness.

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Relationship Advice: Does Marriage Change Your Feelings?





By Dr. Jane Greer

So much planning goes into a wedding, from the venue, to the guest list, to the flowers and food, and that's after you go through what can be the long process of setting the date! It might seem, as you move closer to the big day, that becoming a married couple is the end goal, and that is where all the work stops. But in reality, that is where it all begins as you start your life together as spouses. So much goes into making the decision to take that next step from either serious dating or living together, and the big question is – does anything change on the other side as far as your own feelings go, or your feelings toward your new husband or wife? Celebrity couple Erin Foster and Simon Tikhman recently got married, and [according to](#) Foster, “It feels really nice and it feels safe and cozy that I have a husband. Like I have a person keeping me safe from the world, you know?” Many people live together and never get married, and others live together for a long time before even thinking about tying the knot.

So what, if anything, changes with marriage? How important is being married? Check out Dr. Greer's relationship advice.

The first things that immediately change are the legalities—the rights you have to each other, in times of illness and other situations, as well as to each other's property, become law and you are no longer operating by your own system. Marriage endows you with more protection, power, and control in almost every aspect of life together. It indicates that you have committed to sharing financially with this person. Even if you were already doing that before, it was on your own terms, and now it is spelled out and nonnegotiable. Taking this big step can solidify your sense of partnership. All of this often does change the way people feel toward each other since you are clearly in it together for the long haul, and you have made a declaration to the world that you are committed to each other for a lifetime.

Related Link: [Relationship Advice: Communicate Dislikes like John Legend & Chrissy Teigen](#)

That statement also ushers in public accountability and all the expectations that go with that, from your own to those of your family and friends. This changes the status of your relationship in other people's eyes, and, depending on your new family, might either bring you both more acceptance and respect from those around you, or on occasion may garnish more hostility than you did before taking the jump. Either way, it may lead you to being more invested in making things work between you, and to mustering the patience and tolerance it takes to solve the problems you face which you might otherwise be tempted to bail on. Marriage brings with it a sense of permanence. Whether you are married or not, ending a

relationship is heartbreaking, but dealing with divorce brings in a whole new level of pain and anguish which makes ending your connection much more complex. Realizing how complicated it can be to break all of your official ties might compel you to continue to try to make it work and stay together.

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With all of this in mind, there are a few things to think about as you decide whether or not you are ready for this next step. The first is how will becoming a spouse change your role in the way you deal with each other, as well as in your financial situation? Will it make you feel more protected or will it cause things to be messier than they are now. If one or both of you were previously married and there are children involved, how will it affect them? Sometimes they can be the determining factor for getting married as was the case for Angelina Jolie and Brad Pitt who ultimately got married because it was what their children wanted them to do. Getting married can solidify the family unit. Finally, if you have been divorced, you might still be feeling the aftershocks of the marriage failing, and be afraid to try again for fear of either making a mistake or once again having things not work out. Consequently, your past may be holding you back from a better future. Evaluating what you stand to gain can help you sort of if marriage is right for you.

While being married might feel similar to living together, it can bring with it a feeling of security and comfort that you didn't have before. It becomes more about the two of you in your respective worlds fully dedicated to being together. Erin Foster talked about feeling that there was now someone keeping her safe in the world. If you get to the point of taking wedding vows, hopefully that will be your experience as well.

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Relationship Advice: Keep Your Pregnancy Under Wraps Like Cameron Diaz



By [Dr. Jane Greer](#)

There are many different stages of pregnancy that people go through, from deciding when to have a baby to beginning to try to conceive to either becoming pregnant or not and, in that case, having to consider other options such as fertility treatments, surrogacy, and adoption. One big question that is often not addressed until it begins to happen is: *when do you bring other people into the equation?* Do you share what's going on right from the beginning of the journey with family and friends, or do you wait until the baby is well on his or her way? Or, like Cameron Diaz and Benji Madden did recently, do you keep the entire pregnancy under wraps until the baby is born?

The [celebrity couple](#), who began dating in May 2014, has always kept the details about their relationship quiet. Even so, it was a surprise when the two recently announced the birth of their daughter, adding the caveat that they will not be releasing any photos or additional details because they want to protect the baby's privacy. In order to keep such a big secret, Cameron and Benji must have agreed to it together.

How can you decide when the time is right to tell other people about your pregnancy, making sure the information isn't leaked before you're ready? Check out this relationship advice.

People tend to be curious and inquisitive about when others plan to start a family, but that can sometimes feel intrusive. Your mother in law, for example, might be eager to become a grandmother. So, she might ask when you are going to give her a grandchild. Or, your sister has three kids and can't wait

until they have cousins to play with, so she might be pushing you along. It can start to sound and feel like pressure. If you tell people you plan to try, then you might imagine it is all they think about when they see you, wondering how it's going. If it doesn't happen quickly, you might start to feel a sense of public accountability. If it takes a long time, you might even feel like you are failing and disappointing the people you have told. With all this in mind, Cupid has some [relationship advice](#) on when to tell others about your pregnancy before you are faced with it.

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Talk to your partner early to decide where you each stand on the topic, and determine together when you will share the news with family, friends, and in the case of Cameron and Benji, the public. Try to do this at each stage of the process. This way both of you can always be on the same page. If one of you goes ahead and spills the beans before the other is ready, that can cause tension. Say, for example, you can't wait to tell people and share the excitement as soon as you see the positive test, but your husband is superstitious and asks you not to tell anyone until you are beginning your second trimester. It will be pretty awkward when your best friend blindsides him with a big congratulations. Along the same lines, if you tell some people and not others, the ones who are out of the loop might feel slighted if they hear the news second hand or find out later that others knew before them. It can be tricky.

It is easy to avoid all of this by having a well-thought-out and agreed-upon plan as you move forward, one that takes each of your needs and wishes into account. Consider who you want to tell, when you want to tell them, and how much information you will share. Not only will doing this allow you to support and respect each other, but it will also give you the chance to maintain control of your own space and insulate your

privacy as you see fit while avoiding fallout and resentment from the people around you.

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It used to seem like all babies were fair game- from the moment that baby bump began to show itself and strangers didn't think twice about patting your tummy, to every one cooing at a baby in a stroller. That has changed, and people are being more thoughtful and protective regarding how information about their pregnancy is handled. Pregnancy invites in the world, but it is up to you if you want to let the world in or not. Just as Cameron and Benji did, you can keep it private for as long as you like.

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Relationship Advice: 7 Reasons Why People Love Speed Dating





Dating. Finding your match. Meeting the one. To some it sounds exciting. To others, it's fright-inducing. The good news is that there are more ways than ever to meet that perfect someone. Which is good because it seems there is also less time than ever to do just that these days.

Relationship Advice: Speed dating. The perfect remedy for the time-starved single.

We'll call it "smart dating" because it makes perfect sense, and you'd be crazy not to [love](#) it. Here's our [relationship advice](#) on seven reasons why everyone is talking about speed dating right now:

1. It's highly efficient: There aren't many instances where it's considered acceptable to go out on 20 dates in one night. But, this happens to be one of them. The good news is that they are very short, bite-sized dates – lasting only a few minutes each. Everyone is there to meet people, so there's no

wondering, "Is this person available or not?"

2. It's less stressful than normal dates: You don't have to commit to a full evening out with a complete stranger. Plus, the whole night is organized for you. So, you don't have to worry about all the details. If you don't click with one of the dates, no problem! You only talk to each date for less than 10 minutes.

3. Speed daters make more matches: Online dating might seem appealing, but according to the *New York Times*, that method only finds 1 in 100 matches. Speed daters, on the other hand, find an average of 2-3 matches in 10 dates. Not to mention, meeting in person gives you a way more accurate assessment of a person.

4. It's easy to find events: Speed dating is becoming more popular. So, when you ask, "Is there [speed dating near me](#)?" The answer is a resounding YES! Options are great to have, aren't they? The opportunity to find a great match is happening every day.

5. There's no pressure: The amazing thing about these kinds of events is that there's no pressure to approve or reject someone to their face. You choose who you like, privately. They choose who they like, privately. You only get connected with the people you chose who also chose you. So, you can just relax and enjoy the night.

6. It's set-up for conversation: Go to a bar or a nightclub and the conversation may go like this: "SO WHAT DO YOU DO FOR A LIVING?" "HUH?" "WHAT DO YOU DO?" "OH, I'M OVER ON BROWN STREET." This is not an appropriate way to assess a mate. Speed dating events want you to succeed. It's facilitated in environments suited for conversation, allowing you to get a glimpse of someone's true personality.

7. It's flat-out fun: Take a deep breath, forget about expectations, and remember everyone is there for the same

thing. Surely, everyone feels a little nervous. But, when you remind yourself that you are an incredible, worthy human being, you give yourself permission to just enjoy the experience and have fun.

There you have it. Seven reasons Speed Dating is a no-brainer. If you want to meet great people and have the doors of possibility opened for you, try it out yourself!

Beauty Trend: 7 Hairstyles To Help You Look Gorgeous Before a Dinner Date





By [Hope Ankney](#)

It feels good to look your best when heading out on a dinner date. However, many people will focus on their dress code and try as much as they can to impress their date with what they wear. Unfortunately, looking good is also something men think about and looking good can start with making sure your facial hair is impeccably groomed.

The hairstyle you carry can give you confidence. If you don't know what to do or how to style it, it might be wise to speak to a professional stylist. After all, why shouldn't your hair look as stunning as your personality? We did some research and found a great resource for men called the [Andis Styliner](#) which gives them an appearance they can be proud of on their next date. Below are 7 styles for women to consider as well:

Seven gorgeous hairstyles to bring your look to the next level:

1. Romantic braids: Braids are always great for women who have

long and thick hair. To come up with that perfect look for your dinner date, you can opt for different types of braid hairstyles. For instance, you can opt for a romantic fishtail braid or twisted crown braid. This is a great hairstyle that will rest elegantly on top of your head as you enjoy dinner, but also add a touch of princess warmth as you have fun.

2. Bun hairstyle: The bun may be a traditional choice that's easy to do. It's a great hairstyle if you have long, medium or even short hair. You can make your hairstyle the talk of the day by opting for a twisted or side bun that will go well with a floral dress and a candlelit dinner. It's a [fabulous hairstyle](#) that will add glam to your date night, but make sure you secure it so it doesn't fall.

Related Link: [Beauty Trend: Nude Lips](#)

3. A bob: You can stand out among other [women at a dinner party](#) by opting for a classic bob hairstyle. This is an MVP in the haircut world and you will not only look great but also beautiful. You just need to keep your bob simple with minimal sleek layers. Don't forget to match your look with a beautiful and [elegant outfit](#) as well.

4. Soft curls: If the man of your dreams has mentioned that he loves your curly hair, then go for it! It starts by getting a good haircut to help the curls fall just right and make you [look attractive](#) and ready for a date night. Properly done, soft curls are a classic hairstyle to go for.

Related Link: [Beauty Trend: Sleek and Straight Hair for The Win](#)

5. Chignon: Chignon is one of the most popular hairstyles among many sophisticated women in the world today. You can try it out on a [dinner date](#) and look glamorous. There are different variations of a chignon hairstyle, but you can go for one that you find stylish and fits into your preferences. For instance, you can choose low side chignon, low messy

chignon or super-sleek chignon to bring out your fashion statement.

6. Ponytail: The ponytail is a classic hairstyle that if done correctly will look super sophisticated. It's a great look that will give you a certain level of glamour. You can go with a voluminous, high, braided, tousled or slicked-back ponytail. Your style options are endless. This is a hairstyle synonymous with the simplicity and comfort you need during a night on the town.

7. Waves: As you think about the top hairstyles, don't forget about gorgeous waves. This is a style that will ooze timeless elegance and make you look glamorous. Try out varied finger wave styles, and find a style that fits your mood and personality. Waves are a flawless hairstyle for a dinner date that you will treasure.

To Sum Up

In order to get the right look, you need the right tools from a hair straightener, styling trimmer, or blow dryer to clips, pins, and rubber bands. If all else fails and you find that you just don't have the magic touch, pick up the phone and enlist the help of your hairstylist to pick an elegant style that is just right for you.

What are your favorite styles to try for a night out? Let us know below!

Dating Advice: How to Protect

Yourself and Your Privacy Online



Online dating is, without a doubt, a standard feature of modern lifestyle. Traditional dating went digital through dating sites, and the phenomenon leaped into dating apps to become more accessible as the smartphone became ubiquitous in society.

The ease of access to online dating, with all the personal data that goes along with an individual's online dating profile, has given rise to a number of concerns regarding privacy. In the United States of America, alone, [approximately 33.9 million users accessed online dating sites in 2018](#). This speaks to massive amounts of data collected from users, like their relationship preferences, dating habits, and biometric data, to name just a few.

It goes without saying, then, that users of dating apps should be aware of safeguarding their privacy while engaging in online dating and using dating apps. We offer a few tips on how to do just that:

Do Your Research

Conducting your own research into which dating app is right for you is a necessary first step in ensuring your online safety while using dating platforms to find a relationship or suitable partner.

The first thing to look out for should be whether the app offers safety guidelines. If the dating app is seen to promote safety guidelines, this is a great sign for its users who will feel more comfortable to seek relationships on the platform. [With 18 to 24-year-olds making up 27% of users on online dating sites](#) – according to a study from the Pew Research Center in 2016 – it's hopeful that users, like these, growing up with higher digital literacy rates than previous generations would be attracted to platforms who prioritize safety.

Look Out for Safety Guidelines

For a dating app to offer safety guidelines is a good screener for the platform that you plan to engage with, but you should also check whether the app of your choice offers controlled visibility of your profile on the app. It's advantageous if the app or platform allows you to select who you want your profile, and your personal information that goes with it, to be visible to. Allowing you to block certain users from

viewing your information, at your discretion, is a plus when it comes to online safety.

Keep Up With What They Know

Keep up with the change in algorithms that occur on the dating apps you engage with. For example, [Tinder announced a change to their ranking algorithm in March of 2019](#). This altered the way that the attractiveness of its users to match them with others was determined, meaning that the visibility of your behavior on the platform is analyzed and is used to drive the functioning of the app.

This betrays the fact that on many apps, [your activity is monitored](#). The platforms' AI functions to understand you, the user, to understand more than just who you are and how you behave, but also what you want in a relationship and what you're looking for in a partner.

With [personal and somewhat intimate data being collected about you](#), some high-profile dating apps also have access to gathering information from your device – location, Wi-Fi connections, and even audio collected from the app accessing your microphone. In the worst-case scenario, Datingroo admitted that your saved billing information could be vulnerable to hackers in the event of a data breach.

In the event of a data breach, any information about you that's stored on the dating app becomes compromised – mostly not of your own negligence, especially if you've done your research and opted for a reputably safe platform. However, romance scams that prey on your own vulnerability can turn you into a victim of fraud. [Such romance scams accounted for a financial loss of \\$143 million in 2018](#), with a median loss of \$2,600. Sadly, that figure rose to \$10,000 for people over 70.

Stay Ahead of Fraudsters

Real people with bad intentions luring you in from the other

side of a dating app can result in financial, emotional, and psychological damage. Unfortunately, this also occurs with chatbots (or just “bots”) which work as [automated scammers](#) on the dating platform’s message service. They are designed to send and interpret messages based on certain keywords – some more sophisticated in their replies, while others can come across as clumsy or nonsensical when replying to your messages. They’re also not limited to dating apps alone.

Test the waters by typing gibberish to elicit a response from the other end. Chances are, you’ll be able to tell if the one you’re chatting to is an actual person or not. On the other hand, if you need to confirm that the person on the other end really is the person with whom you want to move your relationship to the next level, [Nuwber](#) can access all publicly-available information on the individual. This also helps if you want to find out more about a suspected dating app fraudster before they’ve managed to cover all tracks.

Report Suspicious Behavior

Suspicious behavior should be reported, whether you suspect it’s a chatbot or a real human being. What are some examples of suspicious behavior on dating apps?

According to Tinder, the following constitutes behavior that violates their terms of use:

- Fake profiles (otherwise known as catfishing)
- Users requesting money on the platform
- Users requesting money on the platform
- Harassment
- Spam, e.g. advertising
- Underage users

Tinder wants users to report users who partake in actions, like the above, that violate the rules of the platform. Those users are investigated, often resulting in the termination of the offending user’s account. If Tinder doesn’t take necessary

action or deems their actions permissible, while you're made to feel uncomfortable, it would be best for you to block the user or find an alternate dating app.

Compartmentalize – Separate Socials

Harassment that may lead to stalking can be prevented, to a degree, on dating apps. Make a point of keeping your other social media accounts completely separate from your dating app profile and account. If you ever have problems on the dating app and the relationship hasn't made it to the physical, real life yet, chances are that your harasser would try to get a hold of you on other social media platforms, like Facebook.

Keeping these dating and purely-social platforms apart has become a pressing concern – On the Coffee Meets Bagel app, there has been an [increase of 378% in requests for non-Facebook logins](#) after the Cambridge Analytica data-harvesting scandal.

Common sense should guide you when on the online dating scene, but it's only beneficial to take heed of any sound tips when you're allowing yourself to be vulnerable online.

Dating Advice: 12 Date Night Ideas That Will Save You Money





As a couple, it's important to establish healthy financial boundaries, especially when thinking of combining your finances and starting a family together. Often times, couples enter a relationship with their own debts and bills and support each other to pay them down together.

If you are in a relationship and have made a commitment to pay down auto loans, student loans, [online loans](#), and credit card debt as a team, then one area you can certainly save on is date night. Just because you're being smart financially, doesn't mean date night is off the table!

Here are 12 date night ideas that will save you money while you still have a great time.

1. Movie Night at Home

You can easily invite your date to watch a movie with you at your house or theirs. This gives you the chance to find out what your date likes to watch and to get to know each other.

You can talk before or after the movie (or even pause it in the middle), unlike in a movie theater.

2. Happy Hour

Many places will provide deals during happy hour. Happy hour usually occurs between lunch and dinner, so if you're both available, you should go. It's a great way to enjoy a quick bite to eat in an easy going environment. Also, it's cheaper than usual, which is a plus.

3. Inexpensive Arcades

There are many arcades with cheaper prices that you can visit with a date. It's a great place to interact, have some fun and win prizes. You can also see what types of games your date likes so you can keep that in mind for future dates.

4. Ice-cream Sculpting

This may seem strange, but it's fun. You buy saran wrap and a tub of ice-cream. Completely wrap your table with the saran wrap and also put a covering, or towels, on the ground around the table. Work with your date to create an ice-cream sculpture. It's a great way to get close and to have a unique date.

5. Go Window Shopping

Many people enjoy window shopping. If you invite someone to go window shopping, it gives you a chance to walk around and talk with each other. You can also see what kind of gifts your date likes, which you can make a note of for a future gift idea.

6. Cheap Comedy Show

Many cities have cheap comedy shows that you and a date can attend. Just pay a small fee and enjoy a laugh with your date. It can be a great chance to see what type of humor your date enjoys so you can continue to make your date laugh and smile.

7. Have a Drink and Chat

It's nice to sit down and chat. When you buy a beverage that you both enjoy, you can have an easy going environment. This makes it easy to talk and to see what types of drinks your date likes. It's a simple yet effective date.

8. Cook a Romantic Meal

You can either cook the meal yourself or cook it with your date. Either way works, because you can impress your date and show that you care by cooking. However, if you decide to cook together, you can enjoy some time together.

9. Go to a Museum

It can be fun to look at different exhibits and pieces of art. Luckily, many museums will have a day where it's free to visit, so you can go and enjoy the art. Learn more about art and enjoy walking around with your date.

10. DIY Project

It can be fun to get creative, so find a simple do it yourself (DIY) project you can do with your date. Make sure the DIY project is fun and something that isn't too hard to do. This will help your date to feel accomplished, avoid frustration and let you work together.

11. Make Some Art

Creating art can be a lot of fun as well. Buy some cheap art supplies and enjoy creating your own personal masterpieces. You can admire each other's creations and continue to make other art pieces.

12. Go Hiking

Hikes provide an easy way to talk with someone. Not only can you talk as you walk, but you can discuss different things you

see on the trail. This will help you to avoid any awkward spaces in your conversation.

Try Them Out

Each of these date ideas keep things simple and cheap, making them ideal for people on a budget. Give them a try and see what your date enjoys, you'll both be happy together in the moment, and your budget will thank you.

Relationship Advice: Why Do a Background Check on Your Future Spouse?





Marriage is a sacred bond that symbolizes love and devotion to your partner. As such a huge commitment, it goes without saying that you should be 100% confident you know your partner inside out before going through with the ceremony.

But even when someone has charmed you sufficiently, while telling you everything you need to know about them, how can you be sure they're being 100% truthful?

There are some professional liars out there who might say all the right things. However, their track records suggest quite the opposite. Even if your partner isn't a liar, what's to say they haven't been economical with the truth and only told you the good things?

But, there are probably a few things you'll feel uncomfortable asking your partner about. There is potential for intrusive questions to jeopardize your relationship, or detract from the intimacy of a given moment.

Things like finances, criminal history, and previous relationships are sensitive areas. However, that doesn't mean to say you can't perform a background check prior to going through with your ceremony.

Though it may be deemed an invasion of privacy, wouldn't you rather know about any hidden skeletons in your partner's closet before making the biggest commitment of your life? Here are some of the biggest incentives to [run a background check on your future spouse](#):

Secure Your Future

Marriage is far from an light decision. It's a monumental step in your life, one which will ultimately determine your happiness. When you weigh up how much time you'll be spending with your partner, you'll appreciate the significance of securing a stable future. Your spouse's past will play an inevitable role in what happens going forward. If there are red flags and you don't confront them early on, or even know about them for that matter, they can rear their ugly heads at a later date.

By performing a background check on your partner, whether professionally or by doing some digging yourself, you'll be reassured you know exactly what to expect from the future with your partner. Knowing how your partner's past will affect your future is paramount for a successful relationship. Chances are that there won't be any surprises, but you're definitely better safe than sorry.

Uncover Bad Finances

Imagine your partner has a negative financial history, including bad credit, debt or even bankruptcy. This is something that is easily concealed, but can be revealed via a simple online search.

Financial secrets can negatively influence various aspects of your life going forward. Imagine marrying someone without realizing they can't take out a loan, or even buy a new home once married. The consequences would be devastating, and you'd be left wondering why you weren't more vigilant by at least performing an online search. Once married, your finances are one of the same, meaning their liabilities become yours, too.

It's essential that you check your partner's financial status prior to walking down the aisle, since this will benefit your future considerably.

Criminal History

Just because someone treats you like a sweetheart doesn't mean they can't have a checkered criminal history. The last thing you'll want to do is marry a criminal!

A background check can uncover things like criminal records. However, it's important to offer forgiveness in some cases, and you should at the very least be aware of the circumstances into which you're entering. People do change, but some circumstances are unforgivable. For example, if you find out your partner has been in an abusive relationship or committed another serious crime, this might make you think twice about proceeding with the ceremony. Certain information will raise huge alarm bells, meaning you should take criminal checks seriously.

Prior Marriages and Divorces

It's likely that your partner will avoid telling you about previous marriages. But, it's vital that you know about these, especially if your partner is still married to someone else!

Alternatively, imagine if you thought a previous marriage is now defunct, only to later find out they were never divorced. There's certainly no harm in finding out whether a divorce has been finalized. This will also indicate whether your partner has financial responsibilities you should know about.

Hiring a private detective to do some digging can be a progressive step toward securing a positive future.

How the Media Fights For Our Attention



By [Lori Bizocco](#)

When it comes down to it, what really makes a story worth reading? At the very least, the content should inform the public of something important in an interesting, truthful matter. Unfortunately, today's media producers seem much more concerned about attention-grabbing methods and getting as many people as possible to click on their article. A good story hardly seems to matter when consumers will view ads and make the publishers happy.

The more media fights for our attention the harder it'll be to distinguish authenticity from clickbaited information

So how exactly do these media producers draw us in to begin with? Most use what is called an "inverted pyramid" model, which prioritizes information that is interesting and likely to grab our attention, filling in the details as the story goes on. However, the information that is at the end of the article is not any less important. In fact, these last paragraphs often provide the necessary details for fully understanding the event being elaborated on.

Once you learn that most people have very short attention spans and will only spend an average of 96 seconds reading an article, it's concerning to think about how easy it is for readers to walk away from an article with only half of the story. This issue becomes much more serious when you look at the headlines used for these clickbait articles. Rather than give an accurate picture of what the story will cover, these headlines often over-exaggerate insignificant details or misrepresent what happened to make it seem more interesting. This can lead to readers being seriously misinformed and can even ruin the reputation of the people being talked about in the article.

Related Link: [Dating Advice: Why 'Ghosting' is the New Normal in the Dating Scene](#)

An [unfortunate example](#) of this is a news story that recently was published has a headline that would make readers believe a certain male producer did a terrible act to a female writer working on his show, causing her to leave the company. However, the real story is far less interesting and has a different line of events to tell.

First off, the inappropriate act was just a side hug. While the female writer claimed to feel uncomfortable, the situation was dealt with by HR. The producer went through sensitivity training and the writer was satisfied with the man's willingness to learn from his mistakes. So why did she leave? Well, her reason for leaving had nothing to do with the producer at all! Her actual reason for quitting was that she claims the network reduced her workload after the incident. Unhappy with how they were treating her, she decided to leave the show and take her talents elsewhere.

Related Link: [Parenting Tips: Social Media Apps to Keep an Eye On](#)

If you're anything like me, you're probably confused as to why this story was ever published to begin with. This story doesn't have anything valuable to share, and it wasn't even entertaining to read. It's just another clickbait article released to make money as quickly and easily as possible. However, is completely tarnishing a person's name and making people believe he was to blame for the situation worth some clicks? The media would be much better off grabbing our attention with stories that are worth our time.

Relationship Advice: Communicate Dislikes like John Legend & Chrissy Teigen



By Dr. Jane Greer

When you are first falling in love it seems that your partner can do no wrong. He always wants to try new things? Exciting! She wants to stay in her pajamas over the weekend and not go out? Cozy! He wants to read by himself every night? Focused! But over time these quirks or specific behaviors can become, well, annoying. What if you don't want to constantly try new things? Or what if you want to get dressed and leave the house on Saturday and Sunday? Or what if you occasionally want to watch TV with him? And this doesn't even begin to cover the other behaviors and habits that might creep in over time, such

as personal habits, skills or lack thereof, and the varied willingness to take on household responsibilities. What do you do when all those things you once liked so much start to grate at you? How open can and should you be? Celebrity couple John Legend and Chrissy Teigen recently had to face this situation when they brought it to the extreme and took a lie detector test. John ended up telling the truth about a meal Chrissy made that “wasn’t great.” Whether it’s a dinner your partner cooked that you didn’t like, or the fact that he or she never puts away any clothes, it’s important to think about how to communicate these dislikes to your partner before they really become a problem.

How can you communicate your dislikes without offending them and hurting their feelings, and creating another problem altogether?

This whole scenario begins with the assumption that you are supposed to tell your partner everything you don’t like about them – isn’t honesty always the best policy? Generally the answer is yes, but there are certain ways to approach these situations that will enhance your connection instead of undermining it. In a relationship, there will always be some things that turn you on and others that turn you off. The big question is determining what you can live with, and what you can’t and therefore need to talk about and work toward a change. Whether it has to do with appearance and what you perceive as bad taste, or just a general personality flaw that has become more apparent, decide first if it is important enough to bring up. In other words, how much is it going to drive you crazy and get under your skin, possibly eventually driving a wedge between you? If you decide it falls into that

serious box, it's important to think before you express your dislike. Attempt to frame your words so it is clear you are on your partner's side. If it is a bad haircut or an unflattering dress, you might be doing them a favor by letting them know since they can either choose to go to a different salon for their next haircut or wear a different dress. You want to be careful and mindful in the way you present it because otherwise it could come across as criticism or blame. When that happens your partner might feel anxious, insecure, and afraid to try to make the meal again, or to take the cooking lessons, or reluctant to take risks for fear of failure and disappointing you and opening the door to more criticism, which is all the opposite of what you want to achieve.

Related Link: [Relationship Advice: An Unconventional Marriage](#)

Along these lines, instead of talking about what you don't like, talk about what you would like next time. You might think the chicken is too creamy and rich, in which case you could say, "that was good, but it might taste even better if you used a little less cream next time." In this way both of you can feel encouraged about the next effort instead of discouraged. If, for example, your partner constantly throws clothes on the floor and you find the bedroom unrelaxing because of that, you might say that if he or she could put away some of the garments you would want to spend more time in the bedroom. This will definitely work better than being judgmental and saying they are messy or a slob. Look to voice your concern in terms of what you would like them to be doing in the future rather than what they just did wrong in your eyes.

Related Link: [Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships](#)

The golden rule of thumb is to try to avoid letting things go until you become really resentful, because that can lead to what I refer to in my book What About Me? Stop Selfishness

From Ruining Your Relationship as Love You, Mean It, Hate You, Mean It moments. We always start out with an abundance of Love You, Mean It moments. However, over time the Hate You, Mean It moments inevitably build up and can eclipse the positive ones. By talking to your partner it enables you to preserve the good feelings so that you can strike a balance and always find your way back to the love that you feel for them. It is a matter of knowing what to accept about who they are versus what you are looking to work toward changing with them.

While John and Chrissy may have jumped right to the lie detector test, most people take a slower road to their confessions. It is important to think of the right approach when sharing your dislikes. Keeping balance, caring, and encouragement at the forefront rather than criticism and blame is always a better way to go. Hopefully whatever truth you tell will be offered with grace so the good can continue to outweigh the bad.

Please tune in to the Doctor on Call radio hour on HealthyLife.net the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](http://HealthyLife.net).

Relationship Advice: Romance After Baby



By Dr. Jane Greer

Bringing a baby into your lives can change everything. The days move in a different way, the demands on you can be like nothing you have ever experienced before, both physically and emotionally, and you might be getting little to no sleep.

It's no wonder, then, that your romantic relationship, which may have always come naturally to the two of you, might now change as well. The very fact that the press paid so much attention to Meghan Markle and Prince Harry's small gestures toward each other on their most recent trip – holding hands while walking, a nice kiss goodbye as they went their separate ways one day – points to how important such moves can be after having a child.

The royal couple has always been demonstrative with affection. But since the arrival of Baby Archie, their hand-holding and kissing seems a continued declaration of romance.

Keeping the romance alive and remaining passionate partners even after expanding your family can be a challenge. So how do you go about accepting and navigating the new circumstances without losing that important connection that brought you to this point in the first place?

The first step is acknowledging that things are no longer the same, and adjusting your expectations accordingly, so that you won't feel disappointed if you look back at the way things used to be. Perhaps you were intimate in the house whenever and wherever you wanted, spontaneously. But that was before being up all night with a crying infant or changing diapers, or worrying constantly made new demands on your energy. It was before you were breastfeeding or washing bottles and before all you could think about was this tiny new being.

As a result, the time and fuel you have for being romantic has probably diminished dramatically. With this in mind, work to establish a new normal based on what your life is like now and the resources you have and don't have as new parents. Things are likely to be starkly different from the way they were before.

Related Link: [Relationship Advice: An Unconventional Marriage](#)

One helpful change might be to plan for time alone together, as opposed to simply waiting for it to unfold. You might not find the time nearly as often as you used to, so try to shift

the emphasis from quantity to quality. Focus on making the times that you can be together meaningful so that the feel-good connection lingers.

Also, shift from the free-fall expression of love that previously accompanied your relationship and instead pay attention to the smaller gestures of connection, as Meghan and Harry seem to be doing. You might have to exchange an exciting romp in the hay or staying in bed together all day for a passing kiss, a warm hug, or a gentle back or foot rub. Look for opportunities to pepper each other with consideration, maybe offering your partner a few hours alone without the baby, or being empathic and acknowledging that you appreciate how exhausted they must be.

Related Link: [Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships](#)

The truth is that little acts of thoughtfulness and understanding in the face of having a baby ARE sweeping gestures of romance. They will allow you and your significant other to feel cared about, which then leads to wanting to please each other. It creates an atmosphere of gratitude, appreciation, and love, all of which are the kindling of romantic love.

The bottom line is that it's important to accept that things have evolved. It is unwise to judge your love by your old standards; your new situation will likely not hold up and might lead to feelings that something is wrong or missing.

Instead, think of the new phase as a revamp. Know that if your partner is too tired for sex or even a make-out session, it is not personal, it is because they are wiped out. Putting it all in the context of nurturing your home and baby and creating a new landscape of love can sustain you through the period of infancy and toddlerhood.

Please tune in to the Doctor on Call radio hour

on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Movie Review: Seberg



By [Hope Ankney](#)

Seberg is a film that will have everyone sitting on the edge of their seats. Following the story of Jean Seberg (as played by [Kristen Stewart](#)), the [movie](#) takes place in the late 1960s, as the American actress grows bored of acting and takes interest in activism and politics of the era. While on a flight, Seberg locks eyes with a handsome stranger, Hakim Jamal, who turns out to be an outgoing, yet controversial, leader of The Black Panthers Movement. Wanting to “make a difference,” she finds herself swept up in a romance with Jamal while she dives further and further into the movement of the Panthers. It isn’t long, though, until a young FBI agent named Jack Solomon falls for Seberg, making everything a little bit more difficult.

***Seberg* is a political thriller that will have you feeling a mix of emotions by the film’s end! Check out our movie review.**

Should you see it: If you’re a fan of politics, true stories, or thrillers, this film will be perfect for you!

Who to take: Take someone who will appreciate the film’s purpose as much as you do. It’s better to link up with a friend who would be into Seberg’s story line and understand the significance of the politics of that era for you to have a better viewing experience!

Cupid’s Advice:

Even though *Seberg* is a political thriller, there is a subplot that revolves around lovesick FBI agent Solomon chasing after Jean even though she doesn’t seem to be reciprocating the same smitten feelings. If you’re falling for someone, and you don’t know if they’re feeling the same way, don’t worry. Cupid has

some [relationship advice](#) to figure out if someone is into you or not:

1. Extended eye contact: If you and your crush are consistently exchanging glances at one another, this could be a sign that they're interested in you. It's even more obvious if these glances include smiles, bashfulness, or rosy cheeks!

Related Link: [Movie Review: Last Christmas](#)

2. Casual touches: innocent touching happens all the time between two people. But, it becomes a little less casual when these touches turn into gentle hands on the shoulder or brushing of hands. Chances are, if someone is going out of their way to come in contact with you, they're at least a little bit into you.

Related Link: [Movie Review: Midnight Sun](#)

3. Constant laughter: A sure sign that someone is flirting is when everything you say is taken like a comedy routine. People who like you are going to think you are the funniest person on the planet, and going out of their way to genuinely laugh at something you said is a way for them to show interest.

What are signs you've noticed to know when someone is into you? Let us know down below!