

Expert Dating Advice: 5 First Date Ideas to Get Past the Winter Blues



By [Joshua Pompey](#)

Winter sure seems like it lasts forever sometimes. Especially here in New York. But that doesn't mean you have to put your dating life into hibernation. Before you let that polar vortex get the best of you, let's take a look at five dating ideas that will spark some heat back into those long winter months.

First Date Ideas for the Winter Months!

Ice Skating. Holding hands. Catching your date as she falls. Unleashing the inner child within. What more could you ask for? This is an easy way to form a quick bond as your up against the physical progression and have some fun in the process.

Warm up with a drink. For those of you looking for a low-risk date, head to a local dessert shop for a warm cup of hot chocolate. Going to bars can get extremely cliché after a while. Coffee can feel cheap. But hot chocolate near in a desert themed cafe with a warm feeling ambiance? That's much more fun. Add some great conversation to the mix and you are good to go.

Related Link: [Dating Advice: 5 Online Dating Tips to Start the New Year Right](#)

Sledding or Snow Tubing. Skiing is a bit expensive for a first date. Not to mention, dangerous and expensive. Snow tubing might serve as the perfect balance. Have some fun as you race down the mountains and break away from the monotony of most first dates.

Indoor Rock Climbing. It may be too cold (and icy!) for outdoor rock climbing, but that doesn't mean you have to sit on your couch wasting away till spring. Have some fun indoors and get that adrenaline flowing for a memorable date.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

Go to a ball game. Baseball is still around the corner and football might be over, but there is plenty of basketball and hockey to keep the season going. Even if you aren't a huge

sports fan, that ambiance of a sporting event, along with the positive energy (unless your a Knicks fan like me) and food will be enough to keep your date smiling.

For more information from Joshua Pompey, visiting <https://www.nemvip.com/online-dating-work-for-you>

Love Tips & Romantic DIY Gift Ideas for Your Sweetheart



By Rachael Pace

Sweet letters, cards, and personal trinkets often rank high on people's best gift lists for a reason – because they mean

something! Sure, diamond earrings and tickets to your favorite sporting events are gifts that are guaranteed to please. But, if you think back to the best gift that you've ever received, we'll bet that it was something a lot more sentimental than jewelry.

If you're stumped for what to get your sweetheart on this day of romance, one of our biggest love tips is for you to think outside the box. Get creative and pour your heart out in your gift.

Here are five romantic Do-It-Yourself gifts that your partner is going to cherish forever:

1. Put Your Talents to Good Use

Are you an extremely talented individual? Why not let your creative side loose and give your spouse a gift that's not only heartfelt but also completely unique!

Use your musical talents to write your spouse a song. It can be as silly, ooey-goey, or stuffed with inside jokes as you like. If you're not good on the guitar or can't hold a tune, no worries. You can still write something beautiful for your partner. A poem or deep letter can have more sentimental value than any store-bought gift ever could. Another great way to put your talents to good use is to use your natural artistic abilities. Draw a stunning portrait of your partner, make an art book of things you both enjoy, or draw an adorable chibi version of yourselves doing something cute together. No matter what your talent is, you are sure to create something your spouse will love.

Related Link: [Dating Advice on How to Meet Someone for Valentine's Day](#)

2. The “52 Reasons I Love You” Deck of Cards

This is a great DIY gift that is both sweet and fun. Start by purchasing a deck of cards at your local dollar store. Make sure the cards have enough white space on the face so that you can write on them. Next, think of 52 reasons why you love your spouse. Some ideas include:

- I love you because... You have the cutest smile
- You are incredibly kind-hearted
- You always know how to make me laugh
- You are an amazing kisser
- You aren't afraid to face off with me in an air-guitar battle

Take your time writing down each idea on one of the cards. If you feel that your gift doesn't feel quite done after you've written on all the cards you can easily embellish them with cut out photos and pictures that will make this DIY gift that much more personal. Another great option for this deck of cards idea is to put these same reasons into 52 different envelopes and fill a “treasure chest” with the letters. Then your spouse can open them whenever they need a pick-me-up.

3. Cool Shadowbox Ideas

Do you and your spouse attend a lot of events? If so, our next love tip is to make an amazing shadowbox to commemorate your good times together.

You can get a shadowbox starter from most craft stores and customize them to fit your interests. For example, if you love to travel, gather up your train, plane, and cruise tickets, along with museum tickets and other memorable vouchers that you used on your trip. Concert goers will love being able to display their favorite concert tickets on the wall. You can even get fancy and have some small autographed memorabilia or add guitar picks into the mix to make a visually textured shadowbox of memories.

Related Link: [Celebrity Style: Valentine's Day Date Night Outfits](#)

4. Bake Something Sweet

Are you looking for something personal that's also under-budget? We have love tips for that! They say the way to a man's heart is through his stomach, and we'd argue that girls are no different! One deliciously affordable gift idea is to bake your spouse something amazing. Some ideas include:

- Heart shaped brownies
- Cupcakes with pink frostings and
- Raspberry and white chocolate shortbread cookies with heart cut-outs
- Chocolate Cheesecake
- Strawberries drizzled in chocolate
- Chocolate chip cookies
- A "bouquet" of cake pops

And of course, your spouse's favorite dessert idea works perfectly, too! Baking something is a great idea for a gift because it's cheap to do and it is highly personal because of the effort it takes to make it. Plus, with fondant and icing pens, you can get as creative with this gift as you like!

5. Personalized Scrapbook/Memory Box

One of the sweetest love tips you can follow this day of romance is creating a personalized memory box for your sweetheart. There are two ways you can go about this. The first option is to do a linear timeline by making a scrapbook of your memories together.

Print out pictures and align them in a timeline of your relationship. Choose exciting and memorable dates and paste down pictures into the pages of the book. Next, to the photos, write down your favorite memory of that day/month/time in your relationship. Your spouse will love flipping through the pages and seeing your take on your time together.

If you love your personalized trinkets and don't want to tape or glue them down into a booklet, fear not! You can still make a special memory box for your spouse. Take all of the photos, letters, and anything else you would have put into your scrapbook and set them into a beautiful box. This can be a personalized, carved wooden box with a lock or a simple decorated box with a lid.

Either one of these DIY gift ideas is great a choice because, for the most part, it only uses things you already have on hand. Plus, it is super romantic.

Great gifts don't have to cost a fortune. It's what comes from the heart that truly shows your spouse you care. Once you begin to think about all the reasons you love your partner, the rest will come naturally. Follow these love tips for a great DIY present that is sure to put a smile on your sweetheart's face.

Rachael Pace is a relationship expert with years of experience in training and helping couples. She has helped countless individuals and organizations around the world, offering effective and efficient solutions for healthy and successful relationships. She is a featured writer for Marriage.com, a reliable resource to support healthy happy marriages.

Relationship Advice: Could Your Partner Be Spying?





We've become dependent on our cell phones, as they store everything from that text message with new directions to your friend's house to ideas for your next date with your beau. But, did you know your partner can spy on you even if they've never touched your phone? If you have a jealous partner who wants to keep tabs on you at all times because they're paranoid you're cheating, you should be on the lookout.

In this relationship advice, check out some spying apps of which you need to be aware.

These apps can be used to read [someone's text messages without installing software on their phone](#).

Sometimes you'll need to spy on your loved ones if they [get into trouble or indulge in dangerous activities](#). And, sometimes, you have to be careful that you're not the one being spied on because your spouse is constantly jealous. Here are some apps/programs that can be used to spy:

1. MySpyLite: MySpyLite is an app that can be used by your partner to receive your text messages. They only ask a few questions about your mobile device and don't ask for any personal information. In less than 24 hours, your partner can receive information from your texts, e-mails, call log, Facebook Messenger, WhatsApp, and Instagram. They can also SpyChat messages as you receive them on your phone. And it's all done without touching the device.

2. TeenSafe: This is an app that is commonly used by parents to spy on their teenagers—but could also be employed for other reasons. It allows tracking of not only the movement of the device, texts, call history, and web browsing history, all the way down to the contacts that are on your phone. Facebook, WhatsApp, and Kik Messenger can also be monitored. And yes, this can be done without your consent.

3. SPYERA: This is another way your jealous partner might watch your every move. They can read messages sent and received on social media and will have access to your call logs.

4. GeoZilla: This is a robust app that tracks the GPS of a mobile phone to monitor someone's location. The spy can tell where you are on a real-time basis. This is software that is used most often for tracking the whereabouts of a cheating spouse *if* they're suspicious. But not all apps are bad, this one can also be used to monitor your children if you feel the need to keep track of them for their safety.

5. FlexiSPY: This software is used for spying on anyone without them knowing about it. If your partner is spying with this program, they can read all messages and see who you have called. It will also give them access to everything you do on social media like Facebook, WhatsApp, and Instagram.

Share your experiences below.

Relationship Advice: Should You Elope?



By Dr. Jane Greer

Planning a wedding can be exciting, but it can also be an enormous undertaking once you become immersed in all the details. From choosing a maid of honor and whatever number of bridesmaids you have agreed upon (and trying not to offend anyone with your choices), to the flowers and the cake, not to mention the seating arrangements, it can be a lot to deal with. That's why, in the midst of it all, people often begin to wonder if they should elope. For some, it is just a joke, something to say when all they really want to do is get a

break from thinking about the dress and the photographer and where Aunt Fran is going to sit. For others it can be the right choice. Actress Gina Rodriguez said she almost married her fiancé Joe LoCicero after this year's Golden Globes, gushing about getting caught up in the excitement and the beauty of the dress she had on, and saying it could have happened that night if she hadn't had to work the next day.

In this relationship advice, find out if eloping is the right choice for you.

Of course, that is a perfect example of how eloping can happen if you get swept away by a moment of love and romance. To those who just met or consider getting married after a drunken night in Las Vegas, caught up in the passion and spontaneity, waiting a bit to get to know each other may be a better idea. But many people who are deep into a relationship and are sure they want to spend the rest of their lives together also consider eloping for a variety of reasons. There is a certain practicality to avoiding a big wedding, especially if people don't have the money to spend on a lavish reception. Or, they might not want to burden their family with a huge bill. Along the same lines, a couple might decide they would rather spend the money on something else, such as a honeymoon or to use as the down payment for a house. Finally, since so much family history and baggage can come along with the elements of a big wedding, the future bride and groom may simply want to avoid possible criticism, judgement, or blame for the particular choices they might make, and thereby not have to feel guilty because of the disapproval. While the two options have their merits and cons, it's important that both partners are on the same page about when and how to tie the knot. So how can you know if eloping is the right choice for you?

Related Link: [Relationship Advice: Can You Cheat Jealousy?](#)

The most important question to ask yourself as you make this decision is will you or your partner be disappointed in any way if you forgo the traditional route? Some people fantasize about a big white wedding for their entire lives – a time when they might feel like a princess or a prince – and imagine having pictures documenting it to look at for decades to come. Others have been leafing through bridal magazines for years and have already chosen the style of dress they want to wear down the aisle. And still others may have imagined it as a time to gather all their fraternity brothers for a reunion. If this is the case for either one of you, eloping might not be the best choice. Talk about it and try to make sure there won't be one single regret looming out there, but only happiness for what lies ahead.

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The bride and groom are not the only ones who have emotions wrapped up in the monumental event. With that in mind, consider also if there are family members who might be let down if you decide to have a small, private ceremony at City Hall. Did your mother always dream of this moment? Did your uncle for whom you are named always imagine what he would say during the speech he hoped to give one day? Think about what is most important to you as far as keeping the peace or having your life start together on your own terms, and how much you are willing to deal with to achieve that. If you do choose to elope, keep those family members in mind and see what you can do to appease them and make them understand that for you this is a gain and not a loss of any kind. Even if you elope and choose to make the ceremony your own, you can still throw a celebratory party and invite everyone at any time.

If in the end it feels like there would be no regrets, nothing that you imagine you might wish you had done down the road, and you are eager to begin your life together and not spend a

lot of time or money getting to that point, then eloping might be the perfect choice for you. Who knows how Gina and Joe will end up tying the knot in the end, but they certainly aren't alone if at times they think they could just elope.

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>.

Relationship Advice: 5 Romantic Wedding Ideas That Won't Break the Bank





Everyone wants to create the wedding of their dreams, but you don't have to spend tens of thousands to make that happen. The cost of a wedding is often the number one stressor, which is why couples across the world are opting for [frugal and more sentimental options](#).

Here are five beautifully romantic ideas that will help keep your finances in check.

1. Invitations

Like all wedding-themed products, invitation cards can quickly rack up an expensive tab. Creating a romantic invitation, however, costs a lot less than you might think. You could pen down a favorite verse, make use of elegant flower designs, or create beautiful sweeping hearts. The more DIY you make the invitation, the more sentimental (and less expensive) they become.

2. The Vows

While weddings are generally expensive, expressing your love to one another is absolutely free. One of the most romantic things you can do is write your own vows and recite them to one another on your wedding day. While it might sound a little cliché, nothing will make your guests tear up more.

3. The “Buffet”

Food is a must at any wedding. If you don't feel like dishing out hundreds for New York strip but don't want to settle for a venue's cheap chicken, the smart alternative is to create a table of hors d'oeuvres. Not only does this allow guests to enjoy small bites throughout the night, but it gives you an added level of freedom when selecting the food you serve.

You could create a cheese and meat selection, offer the ability to create tiny sandwiches or tacos, or create a candy table with [Sweet Services](#). Nothing says romance quite like the sweet taste of heart-shaped candy. This buffet-style food option also lets you add color to the room with the foods you choose.

4. Staying Unique

A new trend popping up across the wedding community is to skip the open bar in lieu of a signature drink. Couples create the drink together, using their imaginations to craft a delicious concoction, then give it a sentimental name. It's a unique way to celebrate your love for one another that everyone can enjoy.

Keep in mind that this is your big day. Don't feel constrained by magazines and websites, make it your own! Incorporate unique designs and ideas into every aspect of your wedding you can think of. When it comes to romance, nothing says “I love you” like flaunting what you both enjoy.

5. Bridal Wear

Saving money on tuxedos and suits is a little easier than bridesmaids dresses. Thankfully, the world of online shopping

brings decadent styles to your doorstep at cheaper prices. Ask your bridal party about the best places to shop for [romantic bridesmaid dresses](#). They'll be able to help you out.

Romantic and Frugal

Planning a romantic wedding doesn't have to break the bank. These are just five examples of how you can save money while making your big day one the two of you will remember forever. Frugal wedding planning doesn't stop here, though. There are endless ways to save money while still going big on your special day.

Expert Dating Advice: Why Am I Attracted to The Wrong Men?





By Gillian Lee

In this week's Single In Stiletto's dating advice video, founder and love expert Suzanne Oshima talks to Dr. Diana Kirschner about why am I attracted to the wrong kind of men. Watch the video above and read the article below for some dating tips in your life!

Why Am I Finding The Wrong Men?

Dr. Kirschner is a PBS Love Expert, Psychologist, and Best Selling author to many books! She started a journey to find love after she had a rough childhood, and she was successful by finding a partner. She has now been able to help thousands of people around the world to find self-love and with a partner.

Related Link: [Expert Dating Advice: How To Get A Man To Crave Your Company](#)

1. **Attracted to Alpha Men:** Us women are wired biologically to be attracted to men who are "bad boys." It's an instinct that

we are attracted to these type of men because of the survival of the fittest. A stronger man is going to be better for your reproductive needs, and sometimes it's irresistible that we are attracted to these type of men. He's good in bed, and you're attracted to him, but why isn't it working out? It doesn't work out because they're often players and narcissists. These men are usually not interested, because it's all about getting laid. "Most women end up heartbroken..." Dr. Kirschner explains.

Related Link: [Expert Dating Advice: 3 Signs He's Falling in Love With You](#)

2. Men Who Are Gorgeous: When you're attracted to men like this, it's not going to give you that "soulmate love" kind of experience. "It's really something inside that makes them a good partner...that makes someone a soulmate for you." Dr. Kirschner tells us.

Related Link: [Expert Dating Advice: Can Casual Sex Turn Into Love?](#)

3. Negative Parental Role Models: If you grew up with bad role models, then you will most likely end up dating someone who is bad as well. When you grow up, your parents set a template up for you on love, and how portray it. This all happens in your subconscious mind, and then you'll realize who they truly are.

Dr. Kirschner has a gift for all her viewers, which is a free 40-minute session with a love mentor coach. They can help you get attracted to the right guys, and all you need to do is go to lovein90days.com and fill out the form. Make sure to Suzanne sent me, to get your free session.

For more dating advice videos and additional information about the Single in Stiletto's shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?



By [Robert Manni](#)

Question from Olivia MacBeth (Binghamton, NY): "What should I do if the guy I really like isn't ready to date yet? Should I keep waiting or should I move on?"

Keep waiting or move on?

When a guy says he “isn’t ready to date yet” there are usually only two reasons for his hesitancy to go out with with a great woman like you. The first consideration is that he’s coming out of a painful break up and needs time to lick his wounds before jumping back into shark-infested dating waters. If this is the case, I suggest you give him some time. Maybe let him heal for a month or so, but that’s it. You both need to get on with your lives. If he needs a little time, make sure he’s being truthful, then clock his behavior while his heart “heals” and watch how he handles the situation. Every guy gets dumped, but what often separates one man from another is how they handle challenging matters of the heart. Of course you want to date guy who’s in touch with his feelings, but if he’s still pining for his ex after a certain period of time, that a signal that it’s time for you to move on.

Related Link: [Ask The Guy’s Guy: What to do if You Find Your Partner Using Online Dating Sites](#)

On the other hand, if a guy has not recently come out of a break up but is still hesitant about dating you, that’s another story which does not have happy ending. When a guy is single and available, yet remains non-committal about dating you, that means one of two things. He’s either interested in someone else or he’s just not that into you. If either is the case, take a deep breath, exhale, hold your head high, and move on.

After all, do you really want to wait around for a guy who is not jumping at the chance to date you? I doubt it.

Hope this helps. Good luck.

Related Link: [Ask The Guy’s Guy: How to Win a First Date After Meeting Online](#)

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email gillian@nvmediainc.com

More about the Guy’s Guy:



Robert is the host of Guy's Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly "Guys' Guy's Guide" exploring current guy-focused topics.

His novel, THE GUYS' GUY'S GUIDE TO LOVE, praised as the "men's successor to Sex and the City," has been developed into two feature-length adapted screenplays, a scripted television series (pilot and treatment), and a series of non-scripted Guy's Guy show concepts.

Robert has appeared on broadcast television (NBC's Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio programs and podcasts, as well as a contributor to Huffington Post, Thought Catalog, Cupid's Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by DatingAdvice.com.

Robert developed the Guy's Guy Platform to help men and women better understand each other and bridge the growing communication gap between the sexes. He continually creates a fresh, robust palette of timely Guy's Guy [content focused on life, love and the pursuit of happiness](#). Whether it's navigating the challenges of dating, relationships, friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.

Simple Social Media Rules During Divorce: Don't Do It!



By Jacqueline Newman

According to the American Academy of Matrimonial Lawyers, in 2016, over 80 percent of divorce attorneys reported a large increase of evidence collected from social media in the past five years.

No matter how much you are itching to fire off a tweet or update your Facebook status with details about your soon-to-be ex, I strongly advise against engaging in social media during

the divorce process. Social media is simply a world that can make your divorce much more difficult.

Social Commentary Feeds Public Opinion

Anything the public has access to can be used against you in court. So the first thing your spouse's attorney is going to do is Google you—and Google will show what you have been up to. Opposing counsel wants to know who you are, and however you showcase yourself to the world on social media, this will be the way you are presented in court. I cannot stress this enough: If you are getting a divorce, do not go on social media and post things about your spouse or your children because chances are it will be used as evidence against you in court.

Related Link: [Dating Advice: Thriving After Divorce](#)

Consider the following facts:

- Ninety percent of lawyers use evidence from text messages.
- Cell phone bills are used as evidence in divorce.
- GPS on cell phones offers opportunities for tracking and recording conversations.
- Email accounts can be subpoenaed and used as evidence.
- Deleted emails are easily retrieved.
- Facebook leaves a trail on everything from behavior to spending to traveling with photographic proof.
- Dating websites provide profiles letting everyone see dating activities.

Related Link: [Dating Advice Q&A: Is It OK to Start a Relationship Via Social Media?](#)

I have dozens of anecdotes about individuals who posted random

status updates on Facebook and tweets on Twitter that got them into massive trouble during divorce proceedings. One man started posting photos of himself socializing, drinking, and living the good life while his wife was going through economic hardship with their young child. In that case, opposing counsel showed the judge the husband's Facebook feed and used it as evidence of his ability to pay higher amounts in child support. The lesson here? Control your fingers.

If you are claiming you cannot afford child support, do not post pictures of your brand-new BMW. Do not advertise the fact you just closed a lucrative deal at work with a new client or that you made a killing on Wall Street. Just be quiet.

[During divorce just] stay off social media. I have never heard of anyone whose problems were instantly solved after she aired her dirty laundry on Facebook. Sometimes loose fingers are worse than loose lips.

About Jacqueline Newman:

Jacqueline Newman (<http://nycdivorcelawyer.com>) is a New York City based divorce lawyer and experienced NY matrimonial law expert. As managing partner of a top tier 5th Avenue Manhattan law firm focused exclusively on divorce, her practice runs the gamut from prenups for high net worth people contemplating marriage to high conflict matrimonial litigation in dissolutions involving complex financial assets and difficult custody issues. She is also the author of "Soon-to-Be Ex: A Woman's Guide to Her Perfect Divorce and Relaunch" & "Soon-to-Be Ex for Men: Preserving Wealth, Fatherhood, and Sanity during Divorce"

Jacqueline Newman TV Appearances on
WPIX-11: <https://www.youtube.com/watch?v=hGrZgJf0WXU>

Expert Dating Advice: Are You Ready To Move-In Together?



By [Megan Weks](#)

Thinking about moving in with him? Read some [expert relationship advice](#) to see if you are ready to make this move.

Making the next big step in the relationship!

Before you move in with him, consider this: Rent is expensive and you'd LOVE to share it with him... You're sick of living out of a suitcase every weekend when you're at his house. You're practically there all the time. His dog is starting to call

you “Mom.” Is it time to move in? Think about this from a Man’s perspective. What generally is a man seeking out of a relationship with you? Warmth. Encouragement. Admiration. Love. Sex. He gets it all nearly all of the time when you move in with him. We have all heard the old adage, why buy the cow when you can get the milk for free? Well, it’s something to seriously consider when you are looking to move in with him.

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When the conversation of moving in arises, it’s an opportunity. It’s your chance to create a moment to have a man face some real-life questions. Basically, what are his intentions here? Otherwise, I guarantee it’s not on the top of his mind. He is probably focused on his career or other important things like his fantasy league or latest fall micro-brew. He’s not going to be sitting there thinking about his intentions with you. It may not cross his mind at all how this move could benefit you or not benefit you a year later when he’s about ready to pick his fantasy team, again...

Use this moment to discuss intentions rather than going with the flow or “hoping.” A tactic I see women using all the time. I also see it blowing up in their face where it’s a year later, they are a year older, and they have nothing more but a year more of memories with a dude who just “wasn’t ready” for what she wanted.

Related Link: [How I Used a Manfunnel to Meet My Dream Husband](#)

Now realize I don’t know you or your relationship so I’m simply asking you to consider this before proceeding. If you’re looking for a formal commitment to A.K. A. engagement or marriage, don’t allow a man to have you in his place all cozy while he decides what he wants to do with you. He gets to play house. He gets to have it all. You can spend plenty of time together to experience what living with one another might

be like. You don't have to actually take that plunge to learn what you need to learn.

Related Link: [Should I Drop All The Other People I'm Interested In?](#)

Here is another thinking point. Are you considering moving in because it's an inconvenience to you? You're tired of going back and forth. You're tired of living out of a bag when you're at his place? Why is it that we women tend to travel to the man's house? Why are we spending more time over there rather than him spending time at our place? I've heard answers many reasons to this question. He doesn't have a roommate and you do. He has a bigger bed, a bigger place or better TV. I've heard that the man isn't comfortable there and can't sleep well over at your place, and many more excuses.

Sometimes it starts to feel like a girlfriend delivery service. You're so cozy at this point, he barely has to take you out anymore on dates. I've seen men stay in relationships for years because they have all that they need but they also don't intend on proceeding with a formal commitment. After seven years, you move out and he marries the next woman who comes along who he dated for seven months! I'm pretty sure we have all heard some version of a similar story.

I see way too many women jumping through hoops to be the girlfriend. Let him jump through hoops to have you in his life at all. Did you know that a man will appreciate you about 100 times or more if you are very certain in your value and your deservingness to be appreciated? Women are so afraid to lose a man that they seem to hardly take this approach of making him work hard to have her in his life. A man wants to do this work. He wants to cherish you and go out of his way for you. If you make everything too easy on him, he will view the relationship as less valuable.

Related Link: [Expert Dating Advice: How To Handle a Heartbreak](#)

Before moving in, you need to truly figure out what's best for you. I'm not asking you to take a fear-based approach but I am suggesting to be smart about this decision. It's a big one. Don't do it out of convenience. Don't do it if you don't know where the relationship is headed. Discuss both of your intentions and a timeline of expectations before you take the relationship to the next level.

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more relationship advice articles from Megan, click [here](#).

Ask The Guy's Guy: What to do if You Find Your Partner Using Online Dating Sites





By [Robert Manni](#)

Question from Anna B (Binghamton, New York): I recently found my significant other (who I met on online) using an online dating website when I was on it. What should I do next?

Caught partner on online dating site, what should I do next?

The irony to this question is that when you are checking up on your partner online, your profile must be active also. This happened to me a few times and like most singles, I pushed back by asking what she was doing online also. At the time, I thought it was a good idea to keep my options open and in case things did not work out. Truth be told, I was a bad boy and liked window shopping all the beautiful ladies still on the market. Was this fair? Of course not, but at the time I enjoyed meeting new women and did not think I wanted a serious relationship. But all that changed when I was taught a great lesson about dating by the woman who later became my wife.

Related Link: [Dating Advice Q&A: Should I Remain Friends With My Ex Online?](#)

When we met online, she'd just returned to the dating scene after a long-term relationship ended. She signed up for a free three day pass on Match and winked at me. I was the only guy she met. I was having fun dating randomly and thought I was in no hurry to settle on one partner. But when after three great dates she asked me why my profile was still active on the site, she was not accusatory and asked in such an innocent way that I thought she was more curious than snooping. It felt like she was honestly wondering why I kept my profile active on this dating site while we were going out.

Related Link: [Dating & Technology Q&A: Is It Too Soon For Me To Ask Him To Get Off Dating Sites?](#)

When I thought about it, I realized that I had been dating so much that I'd waded too deep in the online dating pool and forgotten why I was dating in the first place. I was having a blast dating, but deep down, like most singles, I wanted a partner. So, after she asked me this innocent, but loaded question, I told her I'd hide my profile. And it's stayed hidden. The more we dated, the more I liked being with her. She taught me that it was important to give new relationships a fair chance. If things didn't work out, we could reactive our profiles and get on with our lives. Without saying anything more about it, we began dating exclusively and never looked back.

Related Link: [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

The moral of the story is that if you find your partner's profile is still active online, ask him or her why and what their intentions are. Ask them if they want to date around or give the relationship a chance to grow. This way, you know where you stand without having to juggle partners and sneak

around. I found this to be a more honest way of dating. So, if you're feeling good about someone, consider giving your relationship the best opportunity to succeed by hiding or shutting down your online presence.

Good luck.

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email gillian@nvmediainc.com

Relationship Advice: The Afterlife Connection



By Dr. Jane Greer

There is nothing more shattering than dealing with the death of a loved one. It turns you inside out, and it can feel like you might never recover. The magnitude of the loss can be overwhelming. However, one of the most inexplicable, profound, and powerful avenues for not just coping with the death itself, but also moving forward with your life is experiencing signs from your loved one that they are still with you and sending you love. I call these signs transcommunication. Television personality and entrepreneur Bethenny Frankel had an experience with this when she accidentally texted her late boyfriend Dennis Shields, and at another point received a text that nobody claimed to write. She acknowledged after that she thought it was, "weird."

I talk about this exact situation in my book *The Afterlife Connection: A Therapist Reveals How to Communicate with Departed Loved Ones*. I actually wrote the book because of my own experiences after I lost my mother. She gave me, and continues to give me twenty years later, such clear signs that she is still with me that I felt compelled to learn more and explore what was happening.

Opening myself up to the possibility of transcommunication transformed my life, and continues to today. It can do the same for you once you begin to know what to look for.

Many people have a hard time understanding or accepting this possibility, or might even be frightened by it. But numerous scientists are now devoted to research and a better

understanding of this phenomenon, including the work being done at The Afterlife Research and Education Institute. The big question is, how can you bring this to a personal level? To begin with, in the same way Bethenny said her experiences were “weird,” one indication that you are receiving a sign is that you say, “I know this sounds crazy but,” when you talk about it. That’s because you know something important happened, but you don’t have the means to explain it rationally. Another clue is when you get goosebumps or chills. How, then, can you begin to learn to read the signs that are sent your way? In my book I refer to another book written by Louis E. LaGrand, Ph.D. called After Death Communication. In his preface, he describes the various ways people might become aware of communications from deceased loved ones.

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ADCs (after-death communications) include sensing the presence of the deceased, feeling a touch, smelling a fragrance, hearing the voice or seeing the deceased, and meeting the loved one in a vision or dream. Messages are also received in symbolic ways, such as finding an object associated with the deceased, unusual appearances or behavior of birds and animals, or other unexplainable happenings which occur at or shortly after the moment of death. Several combinations of the above phenomena may occur within weeks of death or over a period of years.

Along the same lines, Bill and Judy Guggenheim, in their seminal book Hello from Heaven, have categorized and provided anecdotal evidence for the innumerable methods – from visual to olfactory to auditory to symbolic – those in spirit have used to communicate with the living. Those they categorize as symbolic include the appearance of birds, butterflies, rainbows, animals of all kinds and a variety of inanimate objects such as seashells, coins, and pictures.

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When coincidence comes calling, consider instead that you are really dealing with a message of love from the other side. Here are three important things to keep in mind as you search for your own answers. The first is, be open to its occurring. If you accept it can happen to you, it will. The second is to debunk the notion that something huge has to happen, which is not the case. The signs can be subtle and small. They do not have to be big, sweeping gestures. For example, you might think about your mother and her favorite song comes on the radio, or you think about your father and a picture falls over. And the third is to be aware that some of the signs might come through energetically and might affect your computer, your car, your television, or any other machine or device by interfering with their function and disrupting what you are doing. Instead of being annoyed when these things break or malfunction, shift your way of thinking to see it as a sign and embrace that.

In my book I also talk about dream visits, in which the deceased is present in your dreams but not dead. The feeling is so powerful that I call these dreams, “the your still alive, you’re not dead dreams.” There might be a particular interactive quality to the dream – different from others – where you feel you are right there with the person. It is defined by an intense reality that other dreams don’t possess, and after you experience one you wake up with a profound sense of well-being.

The most important takeaway here with all of this is that seeing is believing. It seems Bethenny had this experience, and if you, too, are able to open your heart and mind to this, you make room for your loved one to stay connected with you in a way that is remarkable.

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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>.

Relationship Advice: Will Your Perfect Partner Vision Become Reality?





By Dr. Jane Greer

Some people refer to it as the Soulmate List, others as the Love List. Whatever you call it, there is a popular trend being used by many hopeful romantics in which people write down the traits they hope to find in a mate – anything from handsome to well-read to empathetic – with the belief that putting it out there will allow the universe, or whatever entity might grant true love, to conjure it up. In fact, Tiffany Haddish dished about her “dream guy” having everything from cooking skills to excellent credit to beautiful hands. While it’s nice to fantasize about the ideal companion, the reality is we all have flaws and imperfections. And the later in life you meet, the more likely each person has baggage from former relationships and life experiences, which can sometimes include previous marriages or even children.

So, the question becomes, is the practice of creating a perfect

partner on paper leading you closer to or further from your goal?

Can this idea of putting a vision out there make it become a reality and energetically bring him or her into your life? Or does creating a dream person end up actually stifling your dreams because there can't possibly be anyone out there who fits every aspect of what you are looking for?

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We all know there is no perfect person, and waiting for one will mean you might continue to be alone until you feel ready to compromise. If you keep searching for your dream person, you might be dreaming for a long time while remaining single. It's important to leave room for the reality of who a person is, since nobody can live up to a fantasy. If you are not willing to consider someone beyond your list – for example, you want your future partner to be six feet tall and you rule out anyone who isn't – then you are limiting yourself in your search for love. How, then, can you have a dream list that can work for you and not against you? First of all, it is important to have a sense of what you are looking for in a partner so you can place a premium on and appreciate what you like – creativity, hardworking, smart – whatever it might be. But so often someone simply looks to what the other person brings to the equation, are they tall? Beautiful? Wealthy? Do they have an exciting job? Do they have a great social life? And while these details can certainly enhance your life and your relationship, there is something else even more important to consider. That is – how they make you feel when you are with them. Do they make you believe you are special? Can you be real, be yourself, and not worry that you are being constantly judged? Do you laugh a lot when you are together? Do they have a sense of humor, and do they understand and

appreciate yours? Are they interested in meeting your family? Do they take care of you when you are sick? These are the details that trump someone's height, or someone's job title, or how much someone's annual salary is.

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It is so easy to get hung up on the external details, but very often it is these other ingredients, the personal ones, that can be on the back burner and eventually lead to a high flame if you are open to it, as was the case in the movie *When Harry Met Sally*. If you can keep your eyes and heart open, and not rule someone out because they don't match one of the items on your dream list, you are more likely to find love. Those items – such as being a good cook in Tiffany's case – should be considered to be the bonus prizes, the perks, but not the essentials. So when you sit down to write that dream list of yours, include yourself, what you hope your partner will be able to give to you emotionally, and what they might bring out in you. After all, the search for true love is a journey for two.

Hopefully Tiffany will find everything she thinks she wants in her dream guy, and so much more.

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Expert Dating Advice: The #1 Thing Holding You Back From The Right Relationship



By Gillian Lee

In this weeks Single in Stiletto, [dating advice video](#), founder and relationship expert Suzanne Oshima talks to Antia Boyd about the #1 thing holding you back from the right relationship. Watch the video above and read the article below to find out some good dating tips in your life!

What's Holding You Back In A Relationship

Boyd tells us that the number one thing holding us back from the right relationship is that we're always wanting to be right! Boyd states, "I need to be right because when I'm right I can rely on that and I can't rely on anyone else." She explains this is how most women feel, and this can ultimately hold you back.

Related Link: [3 Signs He's Falling In Love With You](#)

You have to be willing to be wrong in dating. Acknowledge you can be wrong, and that will allow you to fully open up. Us women are so used to being, "strong independent women" and we love being in control and always knowing the outcome. Oshima states, "sometimes you just have to go with the flow and that's how things happen organically." It's hard sometimes for independent women to allow the man to take the lead and receive in a relationship. But doing so, will let your relationship thrive!

Related Link: [How To Build A Lasting Love](#)

Most women haven't perfected the "transitioning" between work mode, and love mode. Women should have a transition between when they leave work to when they are back with their significant other, so it shows a man that you're giving them your undivided attention.

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

The Exciting World of Celebrity Engagements and Weddings



Members of the general public are fascinated by the love lives of their favorite celebrities. They adore hearing about movie stars and their engagements. They love getting news about musicians, athletes, models and media personalities who are planning glitzy wedding festivities, too. Famous people are often stealthy and protective about their love lives at first. They don't want the media finding out about their plans and perhaps even ruining them. They like to hold on to the small amounts of privacy they can manage.

Many different components go into celebrity romances in the modern age. Find out more!

Some celebrities take to social media platforms to inform the public of their engagements. Other celebrities choose to take a more mysterious route. People often hear about massive [celebrity weddings](#) after the fact. It isn't unusual to hear about film stars who elope in different nations. It isn't uncommon to hear about television stars who get married in lavish ceremonies on the beach, in the mountains, all the way across the ocean in Italy and perhaps even at city hall with no one around.

Rings are a big part of the culture of a celebrity marriage. This isn't a surprise. It can be fascinating to stare at engagement rings. It can be just as riveting to look at wedding rings. People can't wait to see the enormous "rocks" on celebrity fingers. These rings often cost celebrities pretty pennies, too. People who look online and in magazines often see close-up pictures showcasing these rings from every angle possible. It doesn't matter if it's a chic [black engagement ring with diamonds](#); it doesn't matter if it's contemporary or classic. People want to see the ring that Pete Davidson got for Ariana Grande. They want to see what Prince Harry and Meghan Markle have.

Engaged couples of all kinds regularly hire professional wedding planners to assist them with their big days. Celebrity weddings are often high-end affairs with impressive guest lists, stunning surroundings, and high-end design components. That's the reason that it makes complete sense for celebrities to recruit professional assistance. It's not exactly a small feat to put together a successful wedding for an individual who is in the public eye. It can be particularly tough to

orchestrate a strong wedding for two famous people. Celebrities tend to work with wedding planners who have amazing track records and well-known client bases. These professionals are often based in large cities like Los Angeles, New York, Chicago, and London.

Wedding planners for celebrities often have difficult jobs on their plates. They have to select the ideal venues, first and foremost. Celebrities are like anyone else in that they can be rather fussy about the venue selection process. Some celebrities prefer the idea of venues that are comparatively intimate and small. Others like the concept of venues that are larger than life. Celebrity wedding planners have to strike a delicate balance. They have to be able to locate venues that are simultaneously "deluxe" and private. Fortunately, there are venues all over the planet that fit this description. Some celebrity couples tie the knot inside of rustic farmhouses that are located in picturesque New England. Others kick off married life in five-star hotels situated in the heart of energetic Manhattan. There are always many interesting choices accessible to diligent wedding planners.

Food is a major part of any wedding. Wedding planners for celebrities naturally have to make arrangements that pertain to menus. There are quite a few credible and widely known catering businesses that are suitable for five-star weddings. They specialize in all kinds of cuisines, too. A celebrity affair may include main dishes from France, Italy, Mexico, India or Japan. It may include appetizers from Thailand, Sweden, Peru, and Germany, as well. Highly regarded event catering businesses serve everything from Cajun to Chinese delights.

Peace is a rare thing for many people who are in the public eye. That's the reason that some of the most prominent celebrities are so protective about their engagement and wedding plans. Some celebrities refuse to reveal their plans with regard to their honeymoons. People often have to

speculate about their trips. The media made a lot of guesses that related to the honeymoon schedule for Prince Harry and Meghan. They didn't depart for their honeymoon immediately after marrying.

Planning a beautiful and private celebrity wedding does take a lot of arranging, but when planned correctly, it is an amazing time for them and a time for the rest of us to dream about their special day.

Parenting Advice: How to Manage Being a Working Parent



By Dr. Jane Greer

The push and pull between holding down a job and taking care of a home is an ongoing struggle. It can be hard to balance taking care of the kids, pursuing a career, and getting all of the daily housework and chores done. If a mom is going back to work after taking time off to start a family, it can be even harder to transition into the workforce again. Eva Mendes has opened up about her struggles as a working mother of two. She talked about how difficult some of the simple things can become when you are juggling so much, even just getting dressed.

So what, if anything, is the answer to managing the tug of war and the potential chaos that comes with working and being a parent?

There are two things going on when a mom decides to go back to work after spending time at home with children. The first is something Eva touched on, getting the logistics into place. The second, and this one can often be even more difficult to deal with, is the guilt and longing that can go along with the decision to return to a job, and the transition of actually doing it. Not only might you want to be with your kids, but you also might feel you are not doing the right thing by leaving them with a nanny or at daycare. The hope is that you will be able to find a middle ground so you are not consumed by these feelings, and you are able to enjoy your work and be present there.

Related Link: [Relationship Advice: Get the Birthday Gift Right](#)

There is no one answer for all women, each one has to find her own way and her own balance. Here are a few things to keep in

mind, though, as you navigate your way. The first is that while you may not be able to spend all day with your child anymore the way you are used to doing, know that research has shown that what is most important is the quality of the time you spend together, not the quantity. In other words, it is better to have one or two meaningful hours together a day, which you may be able to find before or after work, when you are completely focused on what your child needs, than it is to have all day every day when you are frazzled, possibly unfulfilled, and not paying full attention to your son or daughter. People often falsely equate the idea that being the “good enough mother “ means being with your child all the time. However, the term, used by Winnicott and other developmental theorists, in fact means setting aside your needs in order to be available and responsive to those of your kids, and in this way you are completely attuned to them, which ensures promoting their emotional well-being. This can be achieved in many different ways, and, in reality, it is how you spend the time you do have together, no matter how much it is in a given day, that really counts. With this knowledge, you may be able to set a few realistic goals which will help ease the transition back to work. For example, you might be able to carve out a chunk of time in the day or night when you can really tune in to your child, whether it be reading together, singing, or even having fun choosing an outfit for the next day.

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Some women, though, become so consumed with being a stay-at-home mom that it can really color the enjoyment of the job. Of course, sometimes there is a hard and fast financial element to deciding to go back, and if that is the case know you are doing exactly what your family needs, and keep in mind that the research is on your side. If you are more flexible, though, and it won't interfere with your sense of self, see if

you can delay the return to work so you can continue to be physically and emotionally present for your children for a while longer. Some people choose to never go back to work. Making that choice really comes down to determining how crucial the work is to your well-being. If you know you will regret it and resent not being at work more, explore the possibility of finding a compromise, and try to come up with a plan where you are not away from home all day, maybe you can work part time or a few days a week.

It sounds like Eva is finding her way with that and doing what every mom has to do – confronting that fork in the road and looking at what will be the most meaningful and viable way to move forward for her and her children. Ultimately, that is all you can ask of yourself.

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**Love & Libations: Autumn +
Red Wine = Love**



By [Yolanda Shoshana](#)

Red Wines For Upcoming Autumn

Gifft Red Blend by: Kathie Lee Gifford

It's no secret that Kathie Lee Gifford loves wine. She and her co-star Hoda always have a fun libation in front of them during the show. The name of the wines come from her last name and belief that friendship, love, and laughter are gifts that should be cherished. Recently Gifford has said that she is willing to make room in her heart for someone new. At this point, it would take someone pretty special to wine to sweep her off her feet. Her busy social life and show keep her content.

What's great about Gifft Wines is how affordable they are. It makes them the perfect option to channel your inner Kathie Lee

and entertain friends and family.

Related Links: [Love & Libations: Celebs Create In The Name Of Love](#)

Baby Bear Syrah by: Kyle McLaughlin

One could say that Kyle McLaughlin is aging like his fine wines. When not acting McLaughlin can be found focusing on making small batch wines in Walla Walla, Washington. It's his home state and he said that he was obsessed with wines from the region. The unusual name for his line of wines comes from a reference from Shakespeare. If you've never had wines from the state you are in for a treat. Washington is known for producing amazing Cabernet Sauvignon, Merlot, Riesling and Syrah.

This is a special wine that should come out for a special occasion like an anniversary or romantic dinner. Make sure you have this one at home or a hotel so that you are close to the boudoir, it will give you the feels.

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Two Paddocks Pinot Noir – by: Sam Neill

If you won't know the actor, Sam Neill by name, you would definitely know him if you saw him. He recently was seen in the frisky movie, Gerald's Game. Let's just say handcuffs were involved. While he has had a very successful career as an actor, he found that he had a passion for wine. Neill has been in the wine game since 1993. Unlike most celebrities who have a wine business in Napa or Sonoma, his winery is in New Zealand. He owns four organic vineyard spread around Otago, a beautiful region known for its luscious mountains.

This big juicy Pinot Noir is bold and full of body. It will be a delight on the palate of any red wine lover. With this

wine you could opt for a nice quiet dinner of lamb or steak or have it when you have your closest friends over. It's not a wine for so called friend, but perfect for your squad.

Related Links: [Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines](#)

LVE Cabernet Sauvignon- by: John Legend

Legend teamed up with the very classy Raymond Vineyards to produce his award winning wine. The goal of the wine is to bring together classic elegance, rich complexity and modern soul.

It has notes of chocolate, blackberries, and oak. Let's just say that it's seduction in a bottle.

This is a wine that is all about spending quality time with your partner. You might even want to whip up a recipe from Chrissy Teigen's new book, *Cravings: Hungry For More*, and pair with the wine. It would be like taking love tips for Chrissy and John.

For more Love & Libations date ideas and [celebrity couple predictions](#) from Yolanda Shoshana, [click here](#).

Relationship Advice: Tips and Tricks for Successful Internet Dating



Despite the horror stories you may hear, a recent study showed that upward of 84-percent of people who use online dating apps do so with the intention of developing a romantic relationship, rather than a casual hookup. What does this mean for those looking for love? You're in luck.

Still, there are ways to make the task easier for yourself when trying to find that special someone. Here are some of the best relationship advice tips and tricks for internet dating to help you

find “the one”.

Define Your Goals

First and foremost, you need to do some self-reflection to determine exactly what it is you want out of this experience. Are you sure that you want to look for a serious relationship, or are you looking for something casual? What’s important to you in a mate? What are some compromises you’re willing to make and some that you aren’t? Perhaps you’ll date someone with kids, but you won’t date a smoker. Maybe you need a [christian dating](#) site to stay aligned with your beliefs and values. It doesn’t matter what your guidelines are, as long as they are authentic to you.

Ideally, you should define your goals before diving into the online dating world. If that ship has sailed, however, it’s never too late to take a step back and re-evaluate your situation, especially if you’ve had a few negative experiences.

Portray Yourself Authentically

While it can be tempting to choose a photograph of yourself from six years ago or one from the rare occasion when you’re dressed to the nines for a special event, refrain from doing so. Why? Because this approach doesn’t show the real you and it leads to possibly starting a relationship on a bad note.

If you’re a woman who spends most of your time outdoors, hiking through the woods and camping under the stars, then perhaps the photo booth picture of you as a bridesmaid with your hair and makeup done isn’t the right choice. Alternatively, if you’re a man who loves sports and has no interest in fine dining, don’t hype up your profile in attempts to tell women what they want to hear. You’re trying to find someone who will love you as a person, not as a

picture. Keep that in mind when crafting a profile.

Think About Your First Message

The first message you send to someone will act as your first impression, so give it careful consideration. Messaging someone and saying “hi” is unlikely to get you far. Look at their profile and make a connection based on their interests to show that you went beyond the picture to learn more about them.

On the other side of things, consider your response carefully if someone reaches out to you and you are interested in pursuing something. Keeping things simple and friendly is the best way to go. If, by chance, you are exposed to someone rude, block them and move on without engaging.

Set up a Safe Meeting

When you feel ready to meet someone, take precautions to ensure that the person is who they say they are and that they have good intentions. Start by looking past the profile picture and seeing that the person has an online presence beyond that. Next, schedule a long phone call or video chat so you can talk for real before making the agreement to meet. Anyone can be sitting behind a keyboard typing and sending photos. Verify their identity so there are no surprises.

When everything checks out, plan to meet in a neutral place where there are lots of other people around. Tell a close friend or relative about your plans and the person you are going to meet. If you ever feel as though something is amiss, don't feel obligated to stay out of politeness.

To have success in online dating, remember these three key takeaways: be kind, be truthful, and be safe. There's someone out there for everyone; you'll find your person soon enough.

Relationship Advice: Get the Birthday Gift Right



By Dr. Jane Greer

Birthdays are generally synonymous with hopes, cakes, and, of course, presents, but they can also be tinged with disappointment since there are so many expectations wrapped into this one special day, and emotions can run high. Sometimes the gift is perfect. For example, Priyanka Chopra and Nick Jonas celebrated his 26th birthday together this past week at a baseball game which, according to social media, seemed to be exactly what he wanted. A misstep with the all-important gift, however, can sometimes be the very thing that

sinks the ship, and can not only ruin the day, but can also breed resentment for a long time afterward.

Whether you're dating someone, or you've been married for years, getting the birthday present right can be a challenge. Your partner has wishes you may not be aware of, and you might not be sure what to get. How can you live up to meeting their desires, and where do you start?

There are a few things that can lead you down the wrong path while you are contemplating that purchase. To begin with, if you have not paid attention to what they have appeared to be interested in over the past few weeks or months, like the scarf she stopped to look at in the store window, or if you have missed their hints, like the massage he always says he would like to get, then you may have no idea where to begin. If that's the case, when they tear away the tissue paper, hoping to find something specific looking back at them but find something out of left field, your gift might be met with disappointment. Along the same lines, it is never a great idea to simply buy what you like or want with no consideration to whether or not your partner might feel the same way. Just because it is your taste does not mean it is theirs. If they say they want a sweater, before choosing the one you would buy for yourself, instead think about their preferences and previous choices. Similarly, you might see this as a good time to get something practical, why not? You really need that

better coffee maker or expensive knife. Here is another way you can go awry, though, since your partner might not appreciate that, and may be hoping for something more personal and indulgent. Finally, while some do like a joint activity to be the gift, as was the case with Nick Jonas, not everyone falls into that camp. Make sure that is okay before you take the plunge, since some might see it as encroaching on their birthday, which they don't want to share, since they want it to be only about them.

Related Link: [Relationship Advice: How to Cope with a Loved One Who Is an Addict](#)

For any and all of these reasons, browsing online or in a store can feel like a minefield that could blow up in your face at any moment. So, what can you do to avoid that? Begin by asking what they want in advance, even going as far as requesting that they make up a birthday list. Think about suggesting that the list have three or four items that fall into different price ranges. That way you can have options, and you will know that whatever you choose will be well received. Another possibility might be to take them to a favorite store and have them try on a few things. You can go back later and choose one or more of those items, and it will still be a surprise, but you know it is something they will enjoy. Finally, you can simply get a gift card to a store or spa you know they like so they can select what they want, going back at a later date either by themselves or together to make an outing out of it.

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Sometimes people are reluctant to make a present list because they think it spoils the surprise of the gift, which can be nice but not necessary. They also may think they are making it too easy for their partner by telling them what they want. But the truth is it is more about the pleasure and the good

feelings a great gift will generate over time. By helping your partner out so they know precisely how to please you, you guarantee a happy outcome, which is what matters most. The goal is to get what you want, it isn't a contest to see if your partner can figure it out.

It is likely that the way you give gifts comes from the way the family you grew up with gave gifts – in other words, that is what you know, and naturally you continue that pattern. The trick is to be open and aware of your partner's ways and preferences, so you can develop your own gift-giving protocol together. It sounds like Priyanka and Nick have been able to do just that.

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>.

Relationship Advice: How to Cope with a Loved One Who Is an Addict



By Dr. Jane Greer

When someone you once loved dies, it can be devastating, even if you haven't been in a relationship with them for a long time. If that person had problems, such as a drug or alcohol addiction, learning about their death can also be confusing and can conjure up all sorts of feelings including guilt. Ariana Grande is heartbroken over her ex Mac Miller's death, according to an inside source. The rapper was found dead last week after what is thought to be an overdose. Some people have lashed out at her, saying she should have done more for him. Others have strongly supported her, saying she did everything she could.

Either way, it is a hard place to

be and it raises the question, when someone is in a difficult relationship with an addict, how much is too much, and when is getting out the right thing to do, even if that person might be in danger? Here is some relationship advice.

It is never easy to end any relationship with someone you love, and if they are struggling with personal demons it can be even harder. Anyone who has ever been involved with someone who is alcohol or drug dependent knows how hard it is to separate even if it has reached a point in which staying seems just as impossible, and sometimes even harmful to your own well-being. There is a natural amount of guilt that goes along with any breakup, but when there are these added complications the guilt can be overwhelming. When a tragedy occurs after you are no longer together and there is a death or overdose, those feelings can take over, leading you to wonder if you “abandoned” them and could have or should have done more.

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The most important place to begin to reconcile these feelings is to recognize that you did everything you could possibly do when you were in the relationship to help them, and if you had remained it would have been to your own detriment. Acknowledge that leaving it was not easy for you. If you were able to remain friends, there might have been the opportunity to further illuminate that in order to have a better

understanding of what happened. So in that case, it might be clearer to you that there was nothing more you could have done, and that you simply couldn't continue to handle the struggle. If you didn't remain friends or stay in touch and an overdose or death comes as a complete surprise, remind yourself that you chose to end the relationship because it took a heavy toll on you, and recognize that you had no choice in the face of their continuing destructive behavior. Understand that there are limits to what you were able to do to help the other person. Ultimately each person is responsible for him or herself. Accept and respect that you made the decision out of necessity to invest in your own safety and happiness, that it was either sink or swim for you. Being able to see and do that is vital to your healthy self-esteem.

Related Link: [Relationship Advice: Tales of the Other Woman](#)

Keep in mind that what you want to do is remember who the person was to you, what they meant and what you shared together. Ariana paid tribute to her relationship with Mac by posting a picture of her memory of him. Hopefully she has been able to find peace.

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Dating Advice: Why Do I Attract Men I Don't Want...And Repel Men I Desire?



By Gillian Lee

In this week's *Single in Stilettos* [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Duana Welch. Watch the video above and read the article below for some good tips in your dating life!

Why Are We Repelling Men We Desire?

1. Not right for each other: Us women need to remind ourselves that just because you think you're attracting the wrong ones, doesn't mean you are doing the dating game wrong. Welch brings up the dating app, Bumble and explains that men loves this app because it shows that women show that they're sexually interested.

Related Link: [How to Be More Desirable](#)

2. Showing you are available: This one might sound strange that you're showing that you're available. But, Welch states, "When women pursue them, what they hear is that I am sexually available to you and please don't make a commitment to me because I am sexually available to everyone." People tend to send the wrong signals when trying to pursue someone, and this often leads to repelling people you desire.

Related Link: [Fearless Flirting Formula](#)

3. Send proper signals: On dating sites, make sure to have the guy reach out first. Have a presence on the site, and show that you are single, but let him do the talking! Welch states, "Men are anywhere between 6-10x more likely to reach out for that first contact than women are."

For more dating advice videos and additional information about the Single in Stilettoes shows, click [here](#).

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New Celebrity Couple: 'Bachelorette' Star Clay Harbor Is Dating 'Bachelor in Paradise' Star Angela Amezcuca



By Ivana Jarmon

In [celebrity news](#), there's a new [celebrity couple](#) in *Bachelor Nation*! According to *UsMagazine.com*, Clay Harbor and Angela Amezcuca are dating! Harbor confirmed their relationship via Instagram by posting a photo of the two and including the following caption: "What do the kids call it? Woman crush Wednesday? Well here's mine." The snapshot shows the couple embracing on Wednesday, September 5. He also took to Twitter, included the same photo, and said, "If I had a rose to give

she would get it. Every time.” Harbor first appeared on Becca Kufrin’s *The Bachelorette* season. Amezcua was first introduced to *Bachelor Nation* on Nick Viall’s *The Bachelor* season in 2017 and then starred in season 5 of *Bachelor in Paradise*. Best wishes to the happy couple!

There’s a new celebrity couple in Bachelor Nation! What are some ways to use your connections to find someone to date?

Cupid’s Advice:

The dating world is tough, and it can be hard to find ideal prospects out there. Cupid has some ways you can use your networking skills to help your cause:

1. Happy hour at work: There’s nothing like a enjoying a cold one with coworkers! Even though it may not be the best idea to date someone from work, you never know who may be there from outside of the workplace. Work friends often ask friends to come and tag along. So, there is every possibility that you might meet someone at a work happy hour. If you get invited, seize the moment and go!

Related Link: [Celebrity Couple News: ‘Bachelorette’ Becca Kufrin Is Engaged to Garrett](#)

2. Social media it up: Check out what’s happening on your social media! Try checking out events suggested to you on your Facebook. You can also check out where your friends are going and join them. It’s a great way to connect, make new friends and maybe even get yourself a date with a lucky girl or guy.

Related Link: [Celebrity News: ‘Bachelorette’ Becca Kufrin Feels ‘Sick’ When She Finds Out Colton Underwood Dated Friend](#)

[Tia Booth](#)

3. Public transportation: What better way to make a connection with someone than on a train or bus that you take every day? The subway or Metra provides a great opportunity to strike up a conversation with someone. There are all kinds of people on the train. Next time you see a person reading a book you like or happen to hear the music they're playing, go talk to them. You never know what may happen!

What are some other ways to use connections and networking to your advantage when it comes to dating? Share your thoughts below.

Dating Advice: 3 Things Men Wish You Knew





By Gillian Lee

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Cheyenne Bostock about three things men wish you knew but will never tell you. Watch the video above and read the article below for some good tips in your dating life!

Dating Advice On What Men Wished You Knew!

Related Link: [Dating Advice: How to Attract a Strong Man Who Takes the Lead](#)

1. Men Don't Like To Date: According to relationship expert Bostock, "If there's two things that men value, it's time and their money." He believes that when it comes to dating, a man thinks it's a waste of their time and money. When dating, it's important to see that going out to dinner takes a decent amount of money, especially for several dates. Bostock explains that before the first date, find out as much as you

can about the other person so that when you do get to the first date, you're already invested. When you get to know her before the first date and already feel like you want to date her, then that date won't feel like a waste of time and money. You will have that feeling that they are "always wanting you around."

Related Link: [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

2. Food Is The Way To a Man's Heart: Bostock said some men would tell their women this tip, but most women don't truly understand the gravity of this. For example, if your date is uninterested in going to an event you want to go to, tell him there will be great food and he will change his mind. Also, if a woman wants to talk to a man about something, a good idea would be to bring up food, instead of saying, "We need to talk." He will be concentrated on the food while you are concentrated on the talk. It's a win-win!

Related Link: [Relationship Advice: How To Build a Lasting Love](#)

3. Affirming a Man: This is the most important [love advice](#) out of all of them because it defines the difference between a boyfriend and a husband. Bostock states, "There is nothing more valuable than a man feeling like he's needed, he's wanted, he's valued, he's appreciated." There are many terms that you can say on daily a basis that will make him feel wanted such as, "I love you" or "You are important." Make sure you make your man feel good, because it'll make him want to stay and love you. Bostock explains that if you aren't the one affirming him, then there will be someone else out there who will.

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Dating & Technology Q&A: How to Win a First Date After Meeting Online



Question from Andrew L: It's easy to look good online. There's photo editing and time to plan what to say. When you finally meet someone in person after connecting online, there's only one chance to impress. How can I make sure a first date is a win?

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours talking to your match and find that you're both interested in each other. But how can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship experts](#) Suzanne Oshima and Robert Manni!

Dating Advice to Help You Successfully Transition from Online Conversations to a Killer First Date!

[Suzanne K. Oshima, Matchmaker](#): Online dating can seem like a major convenience for people that are too busy to get out there and meet people, but technology can be a setback when it comes to actually meeting someone face to face. In order to win that first date after meeting online, it's important to be the best version of yourself— both inside and out. When you're able to achieve that level of confidence and self-love, that's when the right man will ask you out.

Having high self-esteem, knowing your self-worth, and understanding exactly what you have to offer a man is key. If you believe it, then he will see it, too. You'll be on your way to that first date in no time! And if he can't see that an amazing woman is right in front of him, then he's probably the wrong man for you!

Related Link: [Relationship Advice: Can You Fall in Love Just By Chatting Online?](#)

[Robert Manni, Guy's Guy](#): There are so many dating apps and websites that today's singles often overanalyze things after making an online connection, sadly never scoring an actual date. When I was single and dating online frequently, I became comfortable approaching women online and responding to the ladies who contacted me first.

If I felt attracted to how a woman presented herself online,

I'd send a short note and ask an open-ended question about her profile. If she responded, I'd send my digits. If the woman was still interested, she'd invariably send me her number and I'd make sure to call her by the next day. I'd keep the conversation short and, if things felt right, I'd suggest meeting. This usually led to a first "date" over a beverage. After that first face-to-face meet up things either moved forward or went nowhere. It was that simple.

So, if you see someone you like online, be cool, but make your move. Don't overanalyze. Trust your gut, but keep an open mind. There are a lot of cool people out there just like you. Remember, dating is a fun sport. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Relationship Advice: Is It Too Soon to Get Engaged?





By Dr. Jane Greer

When is it too soon to get engaged? There are so many considerations that go into making this decision, from practical issues such as having enough money to finishing a degree to living in the same place, to more philosophical ones like is there a proper timeline for true love? Sometimes people have to first deal with other commitments and responsibilities before taking the plunge. But what if you meet someone and know instantly that person is your soulmate, do you still have to wait? Some think the answer to that is no. Nick Jonas and Priyanka Chopra announced their engagement after dating for only two months.

Quick engagements can be a sign that one or both parties are ready to settle down and feel the security and stability that comes

with marriage. However, there are a number of pieces of [relationship advice](#) to consider before taking this next all-important step.

One of the biggest questions that comes up is, does it make sense to wait even if all the pieces are in place so that you can have more time to bring each other into the other's respective world? In other words, does having the inside track on your partner's life before you're all in add to the success of a marriage? Some might worry that the intensity of the high one feels when they first fall in love won't last, and therefore won't be enough to sustain you through life's ups and downs. If you do feel, however, it is enough to get you through, and you are seriously considering a quick engagement, it can be helpful to ask yourself why. Is it because you simply want to get married and crave the security that comes with that? Or were you disappointed by a previous relationship and now eager to move forward with someone who's ready to truly commit and get married? Or is it all about the person, that you have fallen so hard for one another, that you have become a part of each other's lives so completely, and there is enough compatibility, that you feel you want to and will be able to continue to make things work between you?

Related Link: [Relationship Advice: Tales of the Other Woman](#)

Whatever the case, most people do find that the all-consuming, instant attraction eventually, and really inevitably, wanes. That's why a certain amount of time and effort is generally important to allow the relationship to solidify so you have the chance to really learn how to work things out together, and to see how each of you reacts to different situations. With time, you'll move from that googly-eyed stage where your partner can do no wrong, to eventually "sobering up," so to

speak, and deal with life – sickness, cars that don't work, endless bills, having to work late – as opposed to the euphoria you might be feeling when you first come together. In fact, the “honeymoon phase” can often last longer than most people think, in some cases even up to a year, but by the time you move away from that and into everyday reality where you need to be able to work together as a couple to deal with the nuts and bolts of each day, it takes more than rose-colored glasses to navigate the raging rapids. If you don't manage to build that strong foundation, it will only be a matter of time before your individual needs, as well as all the daily hits of living that create friction and tension, tear you apart.

Related Link: [Relationship Advice: The Pitfalls of Dating While Divorcing](#)

If you are in love, and if marriage is on the table, here are a few things you can ask yourself to determine if you are ready. First, do you think you are able to deal with your differences and compromise around them so you end up at a joint decision that feels good for both of you? Are you able to communicate and listen to each other, and ultimately relate to each other's feelings, so that you both feel understood? Can you problem solve, as well as work through and clear up your anger and disappointment so those feelings don't linger and cause trouble between you? Do you have empathy for each other? If you have these skills in place, then you are starting your life together with a full toolbox of important skills.

Nick and Priyanka seem to have found in each other what they are looking for, and have faith that they can continue to keep love alive. If you, too, have that trust in your partner then perhaps a short engagement can work for you as well.

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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>.