

# Tips for American Women from their French Counterparts



☒ “L’Amour , c’est l’effort que l’homme fait pour se contenter d’une seule femme.” Paul G eraldy (Love is the effort that a man makes to be satisfied with one woman). The French have a different perspective on romantic relationships and love. American women often settle for too little, struggle too much, and tolerate unsatisfying sex too often. If you are having trouble finding a long-lasting relationship, it’s time to travel to the most romantic country in the world and discover how to find the love you want.

**After several conversations with my French women friends, I have compiled 15 tips for American women about relationships:**

1. A relationship should never be a game of power; it should be a partnership, regardless of salary or background.
2. Jealousy is not a sign of love, but of insecurity.
3. Keep your vulnerability in check and make a man earn your attention. Value yourself first, then let the man value you.
4. Don’t waste your time being a “helicopter” partner, constantly worrying about and checking on your man – you have more important things to do.
5. Never show your man that you love him more than he loves you. He’ll take advantage of you and he will think he can get away with anything.
6. Preserve your unique, personal “brand” and don’t let go of your individuality. Recognize that one couple can have two identities and say no to blind submission if your man asks you to assimilate into his life.

7. Always keep a mysterious side of yourself. Resist the urge to overshare to a lover.
8. There is no need to refer to your previous lovers—the past is the past. Knowing about your past partners triggers a man's insecurities.
9. Do not stay in a relationship that does not bring positivity to your life.
10. A man should not blame his affair on the "other woman." Whether or not *she* knew he was already in a relationship, *he* knew.
11. Your needs are as important as your man's. Don't be afraid to speak up and assert your needs.
12. When a man calls his Ex's "crazy," that's a big red flag. You will be the next one being called that.
13. A couple that lasts is not a couple without problems but a couple who knows how to solve them.
14. Before considering a relationship, scratch a man's shell to see what is inside first.
15. The perfect man does not smoke, drink, cheat and above all does not exist.

**Bio:** Guy Blaise is an author and Frenchman currently living and working in America. He lived in Eastern France and Paris, where he witnessed the dating experiences of the strong women in his family and listened closely to the advice his grandmother routinely gave them about love. After two decades of living in America and struck by the differences between two cultures' approaches to romance and sex, Guy starting writing books offering his insights, Guy Blaise, is the Author of "Love Like The French." For more information you can link to [www.Thefrenchperspective.com](http://www.Thefrenchperspective.com) or you can find him on Instagram @the\_french\_perspective

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# Tips On How To Have A Successful Age Gap Relationship



According to the U.S. Census, 8.5% of married couples in the United States are in an age gap relationship. Age gap relationships are generally considered one where there is at least a 10 year age difference between partners. This type of relationship is certainly common and celebrities are no exception. Take for example, [Blake Lively and Ryan Reynolds](#) They have an 11-year age gap, while George and Amal Clooney have a 17-year gap. But what does it take to build a successful relationship when there are years between you and your partner? Following are some tips to help.

## **Respect each other's differences**

When your partner is considerably younger or older than you, you'll likely be at different points of your lives. Your careers, for example, will be at various stages. If you're in your early to mid 20's, you'll probably just be starting your career, while your partner will most likely have a very established and successful career. They may work long hours and bring home considerably more money than you, but it's important to respect that work is an important part of your other half's life. Research has found that the average person switches careers at 39 years of age. This means your partner may suddenly not be the main breadwinner in your household as

they work their way back up the career ladder again. Support, understanding, and respect are crucial during this time.

### **Make time for each other**

The average couple spends around four hours together daily. Much of this time is spent doing household chores, looking after children, and eating, or watching TV. When faced with such little time together, [communication is crucial for couples](#) who want their relationship to last. You need to consistently talk about how you are feeling and what you want from the relationship, therefore, making time to sit down alone together is important. You need to make sure you listen to your partner's thoughts too. Perhaps they are concerned about what others think of your relationship and the obvious age gap between the two of you. Let them express their feelings and get things off of their chest. Spending quality time together is also essential. Date nights, fun days out together, and romantic meals are a great way to really get to know each other and keep your relationship strong.

### **Discuss your expectations**

An age gap relationship will only work if you're completely honest with each other. Talk about whether you both want children and when. A conversation around marriage and other future plans should also take place. The average age a man becomes a father in the U.S. is 31, while women typically become mothers at 26. If you're in a relationship with someone younger than this, they may want to wait a while before becoming a parent. This is fine, but you each need to know what the other wants and come to a compromise that works for the both of you if you want it to work out.

Age gap relationships are becoming more and more common, especially among celebrities. It's certainly possible to make such a relationship work, but you must work hard and make time to develop a relationship that will last.

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# 6 Signs You Aren't Compatible With Your Partner



Being in a relationship with your partner is one of the most amazing feelings in the world. However, as to how a natural relationship goes, not everything might go both of your ways, and tension could arise, causing heat and disagreements. One way or another, you might find yourself in a constant argument with your partner, and you might think if being with each other is still the right decision.

While you're in a relationship, you can't expect everything to match. It might cause you to contemplate if it's something you're willing to accept and adjust or have to move on and find someone new. While your [divine masculine energy](#) might complement each other, it might not be enough to survive a relationship.

Moreover, listed below are the signs that you and your partner aren't compatible:

## 1. You Have Different Visions Of The Future

Imagining what will happen to your future is one thing you do on your own. As time goes by, you create a plan with how things will go in the future. However, if you and your partner have an opposite view of what your future might look like, it might be a sign that you're not compatible with each other.

Even if you picture both of you together in the future, if the things around with it don't match up, it might just cause arguments and tension, allowing you to eventually part ways or be in an unhealthy relationship. For example, one plans to have plenty of kids, and you don't want to raise any. This could greatly affect how your relationship will go, as you can't compromise on balancing the decision.

Ideally, your partner has the same vision of the future as you to avoid conflicts and arguments. While they may be healthy once in a while, if it can affect how your future would look like, you'll only end up blaming each other for what could've happened.

## **2. You Handle Arguments Differently**

Different people have various ways of handling arguments. However, if you and your partner contradict the way of handling problems and opinions, it could make the flame bigger, not allowing you to make peace with each other immediately. It could be one wants to fix the problem immediately while one wants to cool off for a few days to release any anger, or it could be one refuses to listen and only minds their own opinion.

How you resolve your problems as a couple will help to determine your compatibility. Getting in an argument with them is normal and even beneficial for a relationship as you get to see their point of view and understand their side better. However, if you just choose to put the problems under the rug, it might cause fire when you're faced again in the situation, causing an intense argument.

## **3. You Don't Have The Same Sense Of Humor**

While having a [sense of humor](#) might be considered as just a bonus with your partner, it can greatly affect how your

relationship will work out. Every once in a while, you and your partner will deliver jokes to each other, allowing you to have a great time. However, if you're not on the same page with their humor, it could be a huge sign of incompatibility.

Being compatible with your partner is understanding one another, even through small jokes. If your partner couldn't even bust a move with you since you don't find it funny at all, they might not be happy inside a relationship and would appreciate hanging out with other friends instead. While you can't force this to happen, you should be aware if you don't share the same sense of humor and consider that.

## **4. You Can't Be Yourself**

Your partner's vision of you is significant. Of course, you'd like them to see you as one of the most amazing people in the world. In this way, they might value you more than how you should be. However, if you're giving your partner a different version of you just to see your worth and make them happy, it could be a sign that you're not compatible with each other.

No matter how much you want to be with the person you're with, if you can't be yourself around them, it might be a sign that you're not for each other. A healthy relationship is where you can be who you are without worrying about how your partner will react to what you do because they accept you and love you for it. If you can't be like that around your partner, you might want to rethink where the relationship is heading.

## **5. Your Partner Rarely Takes Your Side**

There'll come a situation wherein your partner will choose sides about the position you're in. It could be an argument with your friend, boss, or anything that you're contradicting with. However, if your partner is constantly on the side of your enemy, it may be a sign that you'll not work out much longer.

Your partner should be on your side no matter what the problem is. Even if you're wrong, they should show the people that they're with you and just educate you about the situation privately. No matter how intense a moment is, they should always let people know that they got your back and no one else. If you're the wrong one in the event, they should just let you know their thoughts when no one is looking around, allowing you to make better decisions.

## **6. You Have Different Ways Of Handling Money**

While [handling money](#) is a minor issue, especially in the earlier parts of a relationship, it can be a significant factor when it comes to your compatibility. Ideally, you and your partner have the same way of handling your expenses as being under one roof will need cooperation, especially with money. While you might think that it's something you can work out on, it might not be the same situation, especially when facing financial challenges already.

Money is a big factor when it comes to marriage and long relationships. With the proper handling, it can allow you to live comfortably and allow yourself to prepare for emergencies. Moreover, you might develop a sense of responsibility as the relationship goes on. But if it's already been years and your partner still hasn't set a proper way of handling money, it could be a sign of massive arguments in the future.

## **Conclusion**

Finding out that you're not compatible with your partner is one of the most hurtful things that could happen to you, especially if you've been together for years. While it might be challenging to end the relationship, think of it as a healthier choice individually. In this way, you can grow




better and open your doors with someone who'll be your side day by day.

Moreover, if there are only minor bumps in your relationship, always try to fix things to make the relationship work. Remember that you can't force a person to change and allow them to do it on their own.

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## 7 Romantic Tips to Impress Your Date with Dinner



 A romantic dinner at home can be one of the best dates you can have. The best part of hosting the evening yourself is you can choose exactly how you want it to go. A dinner date at home is perfect if you live with your partner and want to surprise them. It's also a superb way to impress a [new date](#). Although how you plan your dinner date is up to you, some fail-proof tips can make it an evening to remember.

### Create an Atmosphere

The atmosphere is critical. You don't have to light hundreds of candles around the room to create a great ambiance. If you want to do this, go ahead, but there are many more effective ways. Fairy lights are one of the best ways to create an ambiance in a room. They're versatile; you can hang them, wrap them around things or fill vases with them. The opportunities are endless. Get creative, but always make sure it's bright enough to see what you're eating!

## Serve Great Food

Food is the most important part of a dinner date, but you don't have to be a fantastic cook to serve great food. There are many [recipes](#) for beginners online. A salmon dish can be an excellent choice for the main course if you want to impress. The [internal temp of salmon](#) is key to cooking it perfectly and ensuring optimum flakiness and tenderness. Getting this right can be the difference between serving "good" food and "great" food.

## Devote Your Time and Prepare

The most important part of a date is to devote your time to your date. If you spend the evening in the kitchen, you'll waste valuable date time. Do as much preparation as you can for your date to minimize time spent in the kitchen. You can make many dishes ahead of time or do most of the prep beforehand.

You should also prepare the room before they arrive. Be sure to create the atmosphere and lay the table to set your intentions.

## Remove Distractions

As well as preparing as much as you can before your date, removing distractions is also very important. Switch off any distractions such as phones, TVs, or any electronic devices that may take your attention away from your date. To ensure you aren't on the receiving end of a distracted date, why not tell your date there is a "no phone rule" beforehand?

## Create the Perfect Playlist

Music makes every situation better. The right music can set the mood for your date and make you both relax. The perfect dinner date music is usually something subtle, such as

classical, chill out, or acoustic. Music can also be great to fill any awkward silences that may occur throughout the evening. Make sure that you keep the volume low enough not to drown out the conversation.


## Dress To Impress

You'll want to look your best on your date. There's no use creating the perfect environment and neglecting your appearance. You don't need to be a fashion icon to dress to impress. Just avoid loungewear and anything too casual. Smart-casual is ideal for a date. If you're stuck for ideas, check out our [fashion blog](#).

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# 6 Ways to Tell if a Dating Site is Right for You



 When you're choosing a dating site, ask yourself: what would make this one the right choice? Look beyond the free membership and unlimited messaging, and think about how all the different features of a dating site add up to give members a certain result. Of course, that's not to say that everyone on the same dating platform will get the same result – but they're often in the same general area. For instance, people don't go to eharmony when they're searching for a guy who can masquerade as their boyfriend at a big family function. By the same token, a lot of the users on Tinder didn't sign up for the purpose of finding lasting romance. Most users go to [CamSurf](#) because they are specifically looking for instant video chat.

Back to the main point – what features would a dating site need in order to give you the result you’re hoping for? Fortunately, the answer isn’t as complicated as you might think. Behind all the branding, proprietary algorithms, and psychology-based questionnaires are the basic features that every dating site should offer.

**Once you know what you’re searching for, finding the right one won’t be hard at all.**

### **1. What criteria does the algorithm use to find matches?**

Dating apps like Tinder usually pair people based on their distance from each other. This type of algorithm doesn’t read into your preferences or personality, or even from your activity on the dating site. It’s just pure and simple – “here’s someone I found, they live 17 miles away”.

Then there are the algorithms that dig deep into what makes you who you are. Of course, in order for these to work, you’ll have to answer plenty of questions so it has something to work with. Once that’s done though, you’ll be amazed at how accurate the matches can get.

Another great feature is when a dating site can learn from the kinds of choices you’re making on the platform. You may have filled out some information as you were getting started, but what about the way you detail your preferences with likes, matches, and messaging? A really awesome algorithm will take this into account as well.

### **2. Are you able to use search tools?**

Algorithms are one thing, and search tools are another. If you're tired of stopping to smell the roses, a well-developed search tool is the feature that can take your search for a date to the next level.

Keep in mind that not all search tools are created equal. There are the very basic ones – age, gender, distance, and maybe a couple of other things. Then there are the more advanced ones – ethnicity, eye and hair color, height, income, religion, occupation, etc. If that isn't enough, there are even search tools that are so keyword-friendly, you'll feel like you're googling your next date. You could search for a musician, a breed of dog, or a favorite food, and anyone with those words in their profile would come up as a match.

### **3. Can you report and block sketchy accounts?**

Dating sites like to focus on the features that set them apart from their competitors, but this is one of those things that should always be there, even if it tends to get ignored. Romance scams, spam messages, and people who are just too demanding shouldn't be a part of your dating experience. Since the dating platforms themselves usually can't prevent this before it happens, it's pretty much up to the members to block and then report the accounts that are causing issues. It's not a very glamorous feature, but it sure does come in handy.

### **4. What are the limits on messaging?**

Yes, there are places that allow people to send messages to their hearts' content at no cost, but this might not be what you want. Some people see "unlimited" and decide that they're going to take advantage of it, like they're at an all-you-can-eat buffet. This results in lots of messages that really didn't need to be sent. After all, how many times per day do you want to read "hey what's good"?

A better approach is to set limits on who the members can message. For example, if two people have to like each other's

profiles before chatting, that considerably reduces the number of unwanted messages they'll get in a day.

Some dating platforms apply limits to the number of messages or the word count. This won't be an issue for everyone, but it could end up cramping your style.

## **5. Are there filters that automatically weed out certain kinds of accounts?**

Even if you already know what you want, sometimes it's nice to know what you don't want too. Everyone has a pet peeve (or several) that they aren't going to let slide on a dating platform. Do you hate it when people write out messages like a teenager composing a text in 2008? There's a filter for that. Is a drinking habit a dealbreaker? There's a filter for that too.

Different dating platforms have different kinds of filters, so do your research on how they work before deciding that it's a done deal. One platform might let you filter out certain kinds of accounts from appearing in your matches; another will let you personalize your inbox to prevent specific accounts from being able to message you.

## **6. Can you link a social media account?**

You probably see them all the time – the little buttons that let you log in using social media. Believe it or not, there's actually more than one reason to do it if you're setting up an online dating account. You can save time by auto-filling information from your social media, and you can show other members that you're a real person.

## **Now that you're in the know, what's next?**

All you have to do is start applying these questions to dating platforms. It shouldn't take that long to find one, with all the choices that are available. Once you've found the perfect

one, the real fun can begin!

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# Kardashians & the NBA: 10 Flings to Remember



There's no shortage of publicity following the Kardashians—and Kris Jenner is happy to keep it that way. But few trends have become as notorious as the rumored 'Kardashian Curse', which is alleged to follow athletes who date one of the siblings and subsequently post the worst numbers of their careers.

With over a dozen NBA stars alone on the list of paramours for the Kardashians, no sporting sector is as at-risk of a pop culture curse as basketball. Even so, not every relationship has led to disastrous results for athletes who mingle with the dynastic family.

With players like James Harden and Blake Griffin both having spent ample time with Khloe and Kendall respectively, it's clear there's an emphasis on success. Both players are now on the Brooklyn Nets' roster, where they're joined by Kyrie Irving and Kevin Durant.

Though Griffin had a few slow years in Detroit and Harden failed to bring Houston an NBA championship title, the future is bright at Barclays Center in Brooklyn. And with sports betting expanding to more and more US states, fans can take advantage of [Illinois free bets](#) and similar bonus offers when they're looking to back teams like the Nets.

Though there's no word if the Kardashians are willing to wager

on their exes' performances, we certainly hope Khloe isn't betting too much on husband Tristan Thompson.

**Here are the ten most impressive NBA boyfriends who dated a Kardashian, ranked from best performance on the court to worst. Spoiler alert: Khloe's got the eye for talent.**

### **James Harden**

*Khloe, 2018*

Though names ranked below Harden on this list have at least one NBA Championship ring, no other athletes have earned the accolades that the former King of Houston posted. During the height of his fame in Houston, Harden and Khloe Kardashian got cozy for nearly a year.

Though Harden's success on the court (with MVP and All-Star accolades) is proof that the Kardashian Kurse is mere speculation, he did open up about the difficulties that come with dating a global superstar.

### **Lamar Odom**

*Khloe, 2009-2016*

As one of the most infamous relationships of any Kardashian to date, Khloe's marriage with Odom remains a topic of speculation from the media. With an Olympic gold medal and two



NBA Championships to his name, Odom was a force on and off the court.

Unfortunately for both Odom and Khloe, their seven-year relationship ended in a maelstrom of drama. However, the pair remain on amicable terms—and, yet again, Odom's downfall had little to do with Khloe.

### **Blake Griffin**

*Kendall, 2017-2018*

Though Griffin has yet to take home a Championship title, he's got multiple All-Star awards, All-NBA honors, and a Rookie of the Year accolade to keep him motivated in Brooklyn. His peek stardom coincided with his fling with Kendall in 2017. Oddly enough, for one of their first dates, Kendall and Griffin went on a double date with her former NBA paramour, Chandler Parsons, and his girlfriend at the time.

### **Tristan Thompson**

*Khloe, 2016-present*

Few men could make Lamar Odom's public meltdown in 2015 look worse, but Tristan Thompson was up for the challenge. Since beginning their relationship in 2016, Thompson and Khloe have undergone multiple public trials as a couple.

Though he's got one NBA Championship title under his belt, Thompson likely has LeBron to thank for that, as his stats are less than impressive for a man with a finals ring.

### **Rick Fox**

*Khloe, 2015*

Given Fox's long and storied history in the NBA, which ended all the way back in 2004, news that he and Khloe were dating immediately made headlines after her split from Odom in 2015. With three NBA titles under his belt from his time with Kobe and Shaq with the Lakers, Fox may be one of the most

impressive players on this list. Even so, it wasn't enough to keep him and Khloe together.

### **Devin Booker**

*Kendall, 2020-present*

One of the youngest players on this list, Booker is an All-Rookie and All-Star team recipient. However, he's also known for his recent involvement with Kendall Jenner. The pair have made headlines in the past year as they jet-set around the world. According to Entertainment Tonight in early March 2021, the pair are closer than ever.

### **Ben Simmons**

*Kendall, 2018-2019*

Though he's been the undisputed starting guard for the 76ers since he joined the team in 2016, some believe Simmons' lackluster performance on the court since 2019 is proof the Kardashians may muddle athletic careers. However, Simmons has since kicked these rumors, after a 2019 and 2020 place on the NBA All-Star team, as well as turning around the 76ers franchise.

### **Chandler Parsons**

*Kendall, 2014-2017*

Before Kendall took Parsons on her first date with Blake Griffin or even met an athlete named Devin Booker, she spent years cozying up to Chandler Parsons. Though he's spent the most time with Kendall than any other athlete on this list, his NBA record is by far the least impressive—though he's never cited the Kardashian Kurse when interviewed about his time with Kendall.

### **Kris Humphries**

*Kim, 2011*

For reference to how successful Humphries' career in the NBA

was, he's largely remembered for his 72-day marriage to Kim Kardashian. Since joining the NBA, Humphries had circulated around trying to find a place as a power forward—but to little success. After spending fourteen seasons in the NBA, he retired in 2017 with no accolades to show for it. During that time, he featured on more than eight rosters.

### **Rashad McCants**

*Khloe, 2008-2009*

If James Harden is proof that the Kardashian Kurse doesn't exist, and Chandler Parsons is proof that not every athlete gives the Kurse credence, then Rashad McCants is the naysayer looking to set the record straight.

Currently a free agent, McCants' prospects continuing his basketball career aren't great. Unable to top his prestigious collegiate career with the Sacramento Kings following a year-long stint with Khloe in 2008-09, McCants publicly blamed their relationship. Considering the Kardashians didn't ascend to global super-stardom until 2010 (for reference, Kim appeared on *Dancing with the Stars* in 2008), McCants' claims fall flat upon further inspection.

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# **Relationship Advice: Tips for Strengthening Your Relationship During Addiction Recovery**



✘ Keeping a relationship strong and healthy is very difficult. When you add a drug or alcohol addiction to the mix, it can increase the amount of difficulty two people face when trying to stay together. If both people involved in a relationship are addicted to drugs or alcohol, entering a facility like [Couples Rehab](#) is important. In these facilities, you can focus on getting sober and introducing healthy habits into your relationship together.

You will find that as you start your sobriety journey the tolerance you have for fighting and stress will diminish quite a bit. A toxic relationship will only make your journey more difficult and affect your mental health at this crucial time.

**This is why you need to work on strengthening your relationship during the addiction recovery process. Here are some things you can do to make this goal a reality.**

### **Work On Being Encouraging**

Each year, nearly 800,000 marriages end in divorce in the United States. When two people are fresh out of an addiction recovery facility, readjusting to life without illicit substances is one of their biggest challenges. In some cases, these challenges can lead to very volatile situations. It is unrealistic to think that you and your partner will never argue. The main thing you need to do to avoid letting the arguments take a turn for the worse and avoid saying things that will discourage your partner.

Not getting support for a life partner can be the thing that [pushes a person to use illegal drugs](#) or alcohol again. Instead

of using a person's addiction struggle against them in moments of anger, you need to be as encouraging as you can. If you do get angry, avoid letting your temper lead to you saying things you will regret in the future. Take a few minutes to remove yourself from a tense home environment to think clearly and cool off. During the break, think of constructive ways you can diffuse the situation at hand.

### **Don't Stop Sharing With Your Partner**

Going through the drug addiction treatment with your partner is beneficial. However, this process can still make you feel isolated and alone. Often, people in addiction treatment will uncover trauma from their past as they try to put the pieces of their lives back together. When these old feelings resurface, you might feel like withdrawing, which could jeopardize your sobriety.

Rather than shutting down, you need to open up to your partner. Being able to share your fears with your soulmate can take a lot of the weight off of your shoulders. Allowing them the chance to share their feelings will also help you strengthen the relationship you have with your partner.

After your addiction treatment, consider enrolling in couple's counseling. With the help of a relationship therapist, you can work through any issues you have with your partner without introducing unhealthy habits into the equation.

### **Make Addiction Meetings Your Date Night**

One of the main things an addiction counselor will encourage recently sober people to do is to go to meetings with other recovering addicts. While most people start out going to every meeting they can find, this enthusiasm eventually fades.

If you are going to these meetings with your significant other, create a system of constant encouragement. If one of you allows the other to skip a meeting, it is only a matter of

time before this bad decision catches up with you and becomes a regular occurrence.

Going out to dinner after these meetings or catching a movie can make these nights more enjoyable. By centering date night around your addiction meetings, you can stay on the straight and narrow while making your relationship healthier.

### **Recognize the Signs of a Relapse**

Keeping your relationship happy during and after drug addiction treatment will require you to educate yourself regarding the signs of a relapse. Many addicts tend to fall back into their old ways when the stresses of life confront them. Knowing what to look for can help you spot a potential relapse and take steps to either prevent or treat it.

If your partner starts talking about the days when they used to take drugs or alcohol out of nowhere, they could be thinking about using again. Also, higher levels of stress can lead to a recovering addict to turn to drugs or alcohol for relief.

Staying involved in your partner's day-to-day life is vital when trying to catch these signs early on. If you are having thoughts of using again, you need to share it with your partner. Being afraid to ask for help in this vulnerable situation can lead to big problems, such as a full-on relapse.

### **Making a Relationship Strong Is Hard Work**

Now that you know more about how to keep your relationship healthy during and after recovery, it is time to put these tips to use. Remember to reach out for support and accept help from the people around you in this challenging, but important time.

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# Relationship Advice: Supporting the Caregiver



 By Dr. Jane Greer

Dealing with an illness or injury is stressful and overwhelming, and that is even more true during a global pandemic. When it happens, family members and friends rally around the person who is sick, and the focus is on them as they deal with doctors, getting a diagnosis, managing symptoms, and so much more. While that is happening, their partner often becomes a hands-on caregiver, arranging appointments, transportation, in-home care, and dealing with all sorts of other logistics. Their strength and stamina can be instrumental in helping their loved one get through the difficult time. Katharine Heigl, the star of *Firefly Lane*, recently revealed her husband Josh Kelley helped her get through a health crisis. “First trip since the start of the pandemic is back to L.A. to deal with a herniated disk in my neck,” Heigl captioned with an Instagram video of Kelley singing along with the coffee maker in their hotel room. “Thank God for @joshbkelly for not only coming with me to hold my hand but for providing me with some very much needed comedic relief!” And while caring for the person who is unwell is so important, the thing that can fall through the cracks is the impact all of this has on the partner who has stepped into that helping role. Illness can hit hard, not just for the one who is sick but also for the one who is going through it with them. Since they don’t want to be a burden and possibly add more stress to their loved one who is healing, they may be reluctant to voice their worry and unhappiness, as well as the

strain they are experiencing, and may even think they shouldn't.

**If you find yourself in this position, what can you do to make sure you are getting what you need so you don't burn out and can continue to be there for the person who relies on you?**

When you are dealing with illness and recovery in your family, the uncertainty and anxiety you feel can totally drain you, as can the intense demands that are being put on you. Your ailing partner is likely not themselves, so your own support system is no longer in place and you probably miss them. You're likely to be very concerned about when and if they will return to what they once were. When this happens, it is normal to feel unsupported, angry, overwhelmed, frightened, overloaded, and even alone, all of which can make you experience guilt for having these feelings since the person you love is suffering. They can get even worse if your partner becomes demanding, takes you for granted, or are unpleasant to be around because of the pain or discomfort they are dealing with. Also, their fear about the future can put even more of a damper on the household. You may begin to resent having to carry the lion's share of the daily household work in addition to everything else you are handling, and then think you are not being a good enough partner because if you are the healthy one, you may feel you have no right to complain.

With all of this in mind, it is important to take stock of how depleted you are. While you are serving as the emotional and physical pillar in your home at the moment, you, too, need



someone to lean on. Consider finding someone who can give you the emotional support you require without feeling it is taking away from your partner's needs. In other words, your partner's family members may not be the best people to look toward. Instead, think about a friend, a neighbor, a colleague at work who is removed enough from the situation that you won't feel terrible if you share with them the occasional thought that your loved one is driving you crazy, or a therapist. Being able to say it out loud can be very helpful, because otherwise you will bottle it up and it can just get worse. Having an individual in your corner who can listen and understand how hard this is for you, too, will allow you to recharge your battery so you can be there for your partner. Along those lines, if you are aware of a friend or family member who is in the role of caring for an ill loved one, consider reaching out and offering your empathy and a shoulder to lean on – it will go a long way.


It sounds like Katharine and Josh are getting through their crisis together. Humor seems to be one of the ingredients Josh is using to support Katharine, and hopefully he, too, is getting the assistance he needs so he can continue to be there for his wife.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://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).*

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# Relationship Advice: How Can You Seamlessly Welcome A New Baby?



 By Dr. Jane Greer

There is no question that the announcement of a baby brother or sister is exciting. It can be a wonderful time when you are expanding your family and planning to welcome your next child into your home. Prince Harry and Meghan Markle recently told the world that they are thrilled to be expecting baby number two who will join big brother Archie. And while everyone rightfully expects this time to be joyful, it can also be stressful and harder than you might think to navigate. With the...*Arrival* of your newest addition, for the child who is already there it actually can be a...*Rival*. They may worry about what it will be like to have to share their parents' attention and may fear that they will stop being the center of their parents' world. And while the prospective parents may view it as a gain, the child can see it as a loss. So how can you make the experience less fraught and more positive?

**There are certain things to keep in mind which will help make the homecoming of your new family member as smooth as it can be.**

The first thing you can do is to include your child or children in the adventure of your pregnancy so they feel a part of it, and so they can get excited about being involved. Help your child look forward to the birth of their new sibling

by sharing with them how the baby is developing, and how their presence will enhance the family unit and not take away from it. If you are able to illustrate how much they can contribute and be helpful to you in caring for their new brother or sister – whatever that might mean based on how old they are – they can look forward to feeling valued and needed.

Another thing to consider is how birth order will affect the dynamics of your family unit. I talk about this in my book *Adult Sibling Rivalry: Understanding the Legacy of Childhood*. It is fairly well accepted that we make decisions about how many children we want to have based on the structure of our family of origin. For example, if you are one of four kids, that can seem normal and comfortable, and you may want to replicate that when you begin to discuss building your own family. What isn't talked about as much is the fact that your place in your family growing up – whether you were the baby or the oldest, the middle child or an only child – can often shape how we interact with our own children. If you were the youngest and were always pampered, you may look to treat your youngest the same way. If you were the oldest and felt you were given too much responsibility, you could take that in two possible directions. The first is to offset what you thought of as negative treatment and consequently be more indulgent with your first child, thereby letting them off the hook. Or you might take the opposite approach and think if I had to do it then they should too, and therefore be more strict with them. Recognizing this in yourself can help you as you prepare for your new baby, and how you might relate to them based on your family experience.

The crux of sibling rivalry is having to share your parents love with your sisters and brothers, and worrying that you won't get your fair share. Everyone understands that. But it is possible to use this necessary sharing as a means to learn how to compromise, how to care about your siblings and develop concern for the best interest of others, how to deal with

disappointments, and finally how to accept that you can't always have your way. Taking this into account, sibling rivalry can be viewed as a positive experience.

If Harry and Meghan keep these things in mind, they will likely be hands-on equipped to deal with the unknown and the sibling rivalry that is an inevitable part of an expanding family, and you can be, too.

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## Dating Advice: How to Keep Humor In Your Relationship



 By Dr. Jane Greer

During these difficult times, because of the pandemic and everything that has come with it, it is important for people to make room for laughter. There is no question that it is challenging to find the funny among all the hardship. It can be a struggle to balance the bad with the good. But it is a long-held belief that humor is an important elixir that helps to soothe the pain and even heal. Professor of Surgery Henri de Mondeville famously said in the 1300s that laughter,

compiled with the treatments he recommended, would help toward recovery. That eventually translated into the saying we all know today: laughter is the best medicine. Norman Cousins is known for having cured himself of a terrible disease by chuckling through all the Marx Brothers' movies. Recently even Blake Shelton and Gwen Stefani poked fun at the way they found each other during a Super Bowl commercial for T-Mobile.

**So how can you find a way to incorporate humor into your relationship and your daily life to take the sting out of all the stressors you are experiencing?**

Believe it or not, the first thing to do is to give yourself permission to laugh despite what is going on in the country and the world. Some people think they have to be serious because of all the suffering taking place, and may even feel guilty for being lighthearted. But the shows we find the funniest and the comedians we embrace are the ones in which they illustrate how to laugh at ourselves and each other. They have learned through their own hardships and demonstrate to the rest of us the value of humor, even if it is self-deprecating, to cope with the negatives – our own and those in our relationships. We look to them for comic relief, and can actually model our behavior after them to use poking at ourselves and our loved ones as a way to ease tension and release anger. And while you wouldn't expect doctors and nurses in a hospital setting to be making jokes, it is something that goes on regularly to manage the intensity of working with ill and dying patients. In fact, someone I know who was going through his own illness with a brain tumor wrote a book called, "You Have To Keep Your Sense Of Humor," which helped him survive for many years. Nurturing your sense of

humor can actually become your emotional health insurance.

The next thing to do is take inventory of all the things that are irritating you in your life and prioritize them so you can gain some perspective. If you look at each one specifically, it gives you the opportunity to focus on what is aggravating you the most and needs to be addressed first. This way, instead of being equally upset about all of them, you can determine what is going on that demands your immediate attention in order to manage it more effectively. Once you have honed in on what it is, look for any way to make it amusing or silly so that when it continues to happen it loses some of its steam.

If you are in a relationship, however, your private jokes can give you mileage if you use them as morse code to short circuit an impending argument. Rather than blaming or criticizing your partner, if you can find a gentler way to tease them about the problem at hand it can increase your chances of their being willing to compromise. Laughter is also a great release for anxiety, and a place it can be really helpful is in the bedroom. That is where people can feel pressure to please their partner, and also themselves. Embracing humor is a great way to relax and dissipate some of that expectation so you are able to enjoy yourselves.

It is clear that Blake and Gwen have a lot of playfulness between them. That is one of the things that is so appealing about watching them interact, and it appears to have contributed to their strong foundation. You can do the same and increase your personal happiness by learning to laugh off what you can, and by following the adage angels fly because they take themselves lightly.

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on [Facebook](#), and be sure to follow [@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](#).

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## Relationship Advice: Could You Cross Over Into The Cheating Zone?



Everyone likes to think of themselves as an upstanding person, one who would never break a vow or betray someone they love. Each individual who has ever been in my office to deal with infidelity has always prefaced it by saying, "I'm a good person, but..." How does that but come about in the face of the expectation that you will be honest and faithful to the person you have committed to? In other words, what is it that puts you on the path from faithful to unfaithful? Recently it was revealed that this may have played a part in the break-up of Olivia Wilde and Jason Sudeikis. It has been reported that Wilde was involved with Harry Styles before she and Jason split after spending nine years together and having two children. This raises the question of how someone, in many cases even the best-intentioned person, ends up actually having or flirting with the idea of having an affair?

## The pandemic has made this

**even more prevalent as people are connecting through texting, sexting, and video chats. You might think you are innocently talking to an ex-girlfriend or co-worker across the country, but if you are sharing intimate thoughts and feelings you could be easing your way toward an emotional virtual tryst. So, what are the signs that you may be at risk of heading that way, online or in person?**

In this case it is important to think about what you are not getting from your relationship that could be leading you to feel resentful, angry, and neglected. It can be one big event or a series of smaller issues that take you to that place. Do you think you are always shot down when you suggest something, or believe your opinion doesn't matter? Do you feel repeatedly overpowered by your partner, and there seems to be no room for



compromise? Does your partner barely look up from their phone anymore when you tell them about your day, or even worse, they have no interest in hearing about it at all and shut you down when you bring it up? These repeated negative behaviors can cause your self-esteem to take a hit, as well as leave you to feel you are just a burden or a nag. Additionally, have they stopped showing interest in having sex with you? Not only do they not initiate sex, but are they unresponsive to any overtures you make as well? If so, this can impact your sexual-esteem, leaving you feeling rejected and undesirable.

Put all of this together, and you are likely to believe you are not important and just don't matter to your partner because you are feeling so deprived, ignored, and unappreciated. This is when you are in the most danger of entering what I call The Cheating Zone, the arena between potentially cheating and actually cheating. It is the point where you shift from what is seemingly an innocent conversation to a truly meaningful relationship with someone other than your committed partner. Faced with a feeling of futility and the defeated sense that whatever you do your relationship isn't going to change, combined with running on emotional empty, can make you particularly vulnerable. If someone else pays attention to you, offers you a compliment, or just wants to talk, you may feel a strong attraction because anything that begins to feed your self-esteem can be grist for the infidelity mill. If you find yourself feeling unhappy a lot, fantasizing about this new person that you are interacting with, or imagining ending your relationship, it is easy to go from contemplating to actually falling into an affair. Very often people think the paramour happened to come along and that's how the infidelity came about, but, in reality, that other person likely gained entrance because of all the things going on that were driving you and your partner apart. That third person is able to enter the equation because there is already so much distance between you.


If you want to avoid this, acknowledge the feelings you are having and take them seriously. Use them to guide you to action, whether that means negotiating specific changes in behavior or deciding to see a counselor. Rather than resigning yourself to being miserable, talk to your partner and let them know how distressed you are and how dire you think things could be for the relationship if you don't deal with these problems head on. Let your partner know what needs to be different for you in order to remain in the relationship. Before you do something that may lead you to the point of no return, give them a chance to work with you to make things better.

It is impossible to know what exactly took place between Wilde and Styles, or when it happened. However, if you are dealing with any of the above, then by communicating and recommitting to each other you can hopefully steer clear of The Cheating Zone.

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## **Registry Wedding New South Wales: Tips For Getting Married In These COVID Times**



 Registry weddings, commonly known as civil ceremonies, are non-religious, legal marriage events presided over by a legal official— a judge, magistrate, justice of the peace, court clerk, or notary public. Unlike a religious ceremony, registry weddings are legally binding events. This reduces the inconvenience of going to the city hall to acquire your marriage license and validate its legality.

In New South Wales, a civil ceremony takes approximately 15 to 20 minutes. You and your partner have to arrive 15 minutes before the wedding. General policies are as follows:

- Both of you have to waive and sign legal documents announcing that you are over 18 years of age, not legally married to someone else and are not directly related to one another.
- The marriage certificate is signed by both of you with the presence of two witnesses. This will then be shown to you as the married couple.
- Exchange of vows and wedding rings, if you desire.

**Additionally, with the ongoing pandemic, there are other things to bear in mind to hold a safe and intimate ceremony. To facilitate this, keep reading for tips for getting married in these COVID times.**

### **Contact and Visit Your Local Registry Office**

Look upon [registry office weddings in NSW](#) and heed attention to the policies of a civil wedding. In addition to this, know the new set of rules to adhere to when conducting ceremonies during this pandemic. You may also read local and national recommendations when planning your registry wedding.

The local registry office can give you a framework for you to begin building upon for the event. Moreover, check updates from the Centers for Disease Control to become aware of what they are also suggesting for ceremonies. During this time, you need to be cautious and mindful when celebrating intimate

events. It is better to be safe than sorry.

### **Work With Your Venue**

Take note that the number of guests who can attend primarily relies on the size of your venue.

As [celebrant weddings](#), explore various venues and know their rules regarding health measures and social distancing. This allows you to make an informed decision when considering things and guides you to create your own wedding expectation. Additionally, this gives you time to inform guests on how they can ready themselves for the big day.

Moreover, consider the space's size to allow for proper social distancing. It would be better to have a small venue to cater only to a handful of guests during this time. Coordinate with your planner or the venue's management to find alternatives on how guests can remain six feet apart from each other. They may have options for this; hence, be open to their ideas.

### **Communicate With Your Guests**

With regards to the venue's rules, you may place them in your wedding invitations so that guests may know what to expect. This includes regularly using a hand sanitizer throughout the event and staying home if they feel unwell.

With all of these adjustments, weddings can be pricey, particularly if you plan to shoulder the swab tests of your guests. Hence, to stay on budget, it may be a wonderful idea to incorporate some DIY props for your wedding.

### **Have A Few Guests**

Registry weddings already have initiated capacity numbers. This includes the legal official, couple, witnesses, guests, and photographer. When it comes to witnesses, you are legally required to have two during the ceremony to witness and sign the marriage certificate.

Notably, the numbers are indicative only and can be changed due to adherence to COVID-19 guidelines. Even if you are allowed to have 50 guests or more, choose to have fewer guests to guarantee everyone's safety. Be firm on guest limitations, so you don't invite too many people.

### **Keep The Event Short**

Instead of the common reception that goes late into the night, keep it short. For instance, you may intent a ten-minute ceremony followed by an hour or two of celebration.

The risk of COVID-19 spread is associated with the length of exposure. For this reason, a limited time spent in close contact may equate to lower risks for contamination.

### **The Bottom Line**

As you plan for your big day, bear in mind that adherence to the proposed health and safety measures will influence its outcome. Though it can be challenging to conduct and hold a wedding, know that you are not alone. Many are experiencing the same dilemma.

Countless weddings, including [civil marriage](#) ceremonies, have been affected and postponed due to the challenges brought about by this pandemic. Despite this, know that love will never be cancelled. There are and will always be ways on how you can materialize the wedding of your dreams.

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**Relationship Advice: 4**  
**Wedding Morning Gifts for the**

# Groom



On the morning of their wedding, the bride and groom are typically expected to exchange gifts. Yet while this is tradition, there are no rules when it comes to the type of gift or how much you should spend.

The gift exchange usually takes place before the ceremony, with many couples choosing to ask their best man or maid of honor to deliver the gifts while everyone is getting ready. This window of opportunity allows the bride and groom to gift one another with, for example, an item of clothing they may have to wear or a small bottle of alcohol to enjoy so that they can reduce their nerves.

**Not sure what to gift your husband-to-be on the big day? Here's a list of exceptional gift ideas your fiancé is sure to love.**

## **1. Personalized Drinking Glasses**

What's your hubby's drink of choice? One perfectly simple but effective wedding day gift is a personalized set of drinking glasses with a small bottle of alcohol to match. You can find a variety of personalized whiskey, scotch, wine or beer glasses online and order them one-of-a-kind. Choose to have the groom's name on the glass with your name on the other. Or, if you are feeling extra romantic, you could have Mr and Mrs etched onto the glasses.

## **2. Funny Socks**

While wedding day socks are usually associated with 'cold feet,' this doesn't necessarily have to be the case. Socks are a wonderfully fun and unique gift you can give to your groom, and what's more, they can even wear them throughout the day. There are some excellent [funny wedding socks](#) for grooms to choose from. Go one step further and treat your father to a pair of the 'Father of the Bride Socks' so the two favorite men in your life can match.

### **3. Aftershave/Fragrance for Men**

There is a long list of fragrances on offer and everyone has their own preferences when it comes to selecting a fragrance that is perfect for them. Therefore, you should only select an aftershave for your groom if you are certain you know the fragrance notes that they enjoy.

The most popular fragrances that are on the market, however, include:

- Dolce & Gabbana: The One
- Paco Rabanne: 1 Million
- Hugo Boss: Bottled

Not sure what fragrance to treat your groom to? Here's a quick [guide](#) to help.

### **4. Handwritten Letter**

Is there anything more romantic than receiving a [handwritten love letter](#) from a wife-to-be? Not only is this a simple wedding gift, but it is one that truly shows your partner how much you love them. Of course, you will want to plan and prepare the letter ahead of the wedding day so that you can have the letter professionally written with calligraphy and on high-quality card. By taking these extra steps, the groom can save the letter and maybe even frame it in your house.

Your wedding morning can be quite a stressful time for

everyone in the wedding party. Therefore, take some time to send across a loving and thoughtful gift to your husband-to-be so that he knows you are thinking about him and the life you are about to start together.

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## 8 Signs You May Have Found The 'One'



The dating world can be complicated and confusing, and today's technology has only made it that much worse. In a world where many relationships start online, it can be difficult to know when the relationship you've found is going in the right direction.

When meeting new people today, many single people are turning to the internet to find their next partner. Whether they're doing so through an app or websites that serve as [the ultimate matchmaker](#), it can be difficult to read the signs and know if the relationship is heading in the right direction.

**Here are 8 signs to look for that can suggest you've successfully found the 'one':**

### **Ability to Be Yourself**

There are many different habits that will develop in a relationship and prove both parties are in it for the long haul. However, if one tends to act as if you're someone you're



not, or if your partner does, be wary. Pretending to be another person can cause problems in the relationships. One of the main ones being that there's no need to act like someone they're not. When you're in a healthy relationship, both of you can be yourself at all times. There should be no reason for either party to feel as if they have to hide any part of themselves or worse, act like someone they're not to receive the other's approval.

As partners, you should be able to accept each other for exactly who you are, flaws included.

### **Connect on a Deep Level**

Many relationships can be considered good, while not going much further beyond that. People stay in relationships because they're able to connect with another person – and this is something that you should look for if you want your relationship to flourish. If you've found the 'one', there will be a connection between the two of you that's deeper than anything you've experienced before.

In this sense, you should have similar core values or ways of thinking – that's not to say you're going to always agree or have the same opinions about what's important. It simply means that at the deepest core, your values are not battling each other.

### **Can Talk About Anything**

People get attracted easily. More often than not, you'll be encouraged to approach other people if you find them attractive. And while this is typical when getting to know a person, when it comes to relationships, you shouldn't solely base on looks – you should look for someone who can hold a conversation that's more than simply surface level.

This means that you should be able to talk about potentially difficult topics, thoughts, and opinions that may be different

from your own. Having an open line of communication can be a huge indicator that you've found the 'one.'

### **Both Your Past Relationships Remain in the Past**

There's no denying that any new partner is going to have past relationships filled with heartbreak, disappointment, and other so-called baggage. If you're truly ready for a new relationship, with the person you'll spend your life with, you'll have to first master leaving your past relationships where they belong – in the past.

Any past relationship should be handled with respect to them, while keeping boundaries in place with you as the current, and future, partner.

### **Friends and Family Like Them**

Finding the 'one' should mean that your partner is accepted and even liked by both your friends and your family. The people who love you and want the best for you will have a good idea of who is a good fit for you. If they not only like but approve of the person you choose to be with, then this is a good sign that you've found the 'one' for you.

### **Value Time Together**

If you find yourself wanting to be on your phone every time you're with your partner instead of spending quality time with them, watch out because this is usually a telltale sign that you're in the wrong relationship.

The 'one' you're meant to be with will not only prioritize spending time together but they will also have fun doing it. If you find yourself losing track of time while you're with your partner, this can be a positive sign that they are the 'one.'

### **Healthy Independence**

Even if you're in a relationship, you and your partner should still be able to spend time away from each other, without the other person feeling bad about it. This doesn't mean because you've gotten in a fight and need to cool off alone, this just means that as humans, we need to have time to ourselves and as partners who respect each other, you should be able to give that to one another.

A healthy relationship involves a healthy balance of quality time together and independence from each other when necessary.

### **Can Talk About the Future**


Not feeling afraid to plan for the future in an easy way is yet another bigger sign that you've found the 'one.' When you're dating someone who can't look forward to a future with you, there often is not a future there.

### **Conclusion**

There is no concrete answer that can determine that you've found the 'one' for you. However, if you look for these signs, and focus on being yourself, there's a good chance that your heart will lead you to the right direction. At the end of the day, a lot of knowing who your 'one' is comes from a gut feeling you get after seeing these kinds of signs in your relationship on a daily basis.

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## **8 DIY Props for Your Wedding**

 Wedding planning is both a stressful and fun thing to do. We look for wedding inspirations all over the internet and try to incorporate them into our own. As much as you want to add

everything to your wedding, it may be difficult especially when you have a limited budget.

If you've envisioned that you want your wedding to look spectacular, but still staying within your budget, you could start a DIY project that could help you achieve your dream decoration without having to spend a ton. Plus, you'll be able to enjoy doing these most, especially if you're into arts and crafts. On top of this, you'll be able to add your personal touch to your wedding, making it more meaningful.

## **If you're interested in starting a DIY project for your wedding, read on below to acquire some ideas:**

### **Flowers**

Having flowers at your wedding adds beauty and life, making it more magical. To save money when having [flowers for wedding](#), you could do a DIY flower arrangement.

You could purchase fresh flowers by yourself so you could be assured of its quality. The downside of this is that you'll have to do this a day before your wedding, which will be in a rush, especially if you're planning to have many flower decorations.

What you can do to save time is to purchase faux flowers that almost look real and arrange them months or weeks before the wedding. If you want to save a lot more, you could even create your flower by using papers or fabrics.

### **Invitation**

Having to prepare the invitation yourself will add a personal touch to your wedding. Guests would appreciate the time and effort you've allotted to create a wedding invitation for

them. You could search for online photo editing software and templates, fill out your wedding information, and then have them printed on quality paper.

If you want it to be extra special for your bridesmaids and maid of honor, you could [send flowers](#) to them in addition to the wedding invitation as a gift for their roles at your wedding.

## **Centerpiece**

It's a good idea to add a DIY craft of centerpiece to the tables of your wedding. For most of the duration of the program, guests will be sitting on their chairs. They'll appreciate it if the tables are well-decorated and don't feel empty. Having a centerpiece, most especially if it's a DIY, will add elegance to the wedding.

## **Hand-lettered Signs**

Before entering the venue, you could provide hand-lettered signs to welcome your guest by the door. This will make your guests feel more welcomed and boost their mood.

Aside from having these by the entrance, you could also provide hand-lettered notes on each table that has a quote about love to keep the love flowing. Along with this, you could also create hand-lettered signs by the buffet table that indicates the available meals.

## **Lanterns**

Candles and lanterns help add a soft and romantic environment to weddings. Though these are expensive, you can create your own by putting together glass frames and have the borders painted in gold, adding to your wedding mood. They're very cheap and you could add those to your new home. To add more personality to it, you could add faux grass, flowers, and leaves.

To help you out, there are a ton of ways on how you can create your lantern that you might enjoy doing.

## **Wedding Favors**

When your wedding is over and it's time for your guest to head home, you should be giving them wedding favors as a thank you for their presence. To save money, you could create DIY projects that they could use in their homes.

You could create your perfume, soap, candle, succulent plant, jarred foods, and many more. By giving these items, you could enjoy creating them and it may be the start of your new business that could hit off!

## **Name Cards**

Instead of hiring someone to do your name cards, you could create your own. There are a lot of name card templates on the internet that you can download for free and print them on your own. It'll save you a lot of money for labor fees and shipping fees.

## **Backdrop**

Backdrops on the photo booth or your reception area are usually expensive since they come in huge sizes. To save money, you could create your own by using paper flowers and craft them into a big one. It'll save you a lot of money plus you can ask your fiancé or your family to help you out, improving your relationship with them.

## **Conclusion**

While it's always nice to save energy and time, it's also ideal to save money for something that's overpriced that you could create on your own. Having a DIY project for your wedding adds a personal touch to it. Plus, you'll get to enjoy and appreciate your hard work once you're at the venue.

There are a ton of ways on how you can save money on your wedding and still have a great one. At the end of the day, make sure that you have fun planning your wedding and have a great one!

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## Three Ways a Psychic Can Help



☒ The mystic arts have long fascinated people – it's something that's been around for centuries. Even when technology and science are at the forefront, many people are looking to go beyond that, receiving guidance from “the other side” to gain insight and get help with their relationships and love life.

According to a [US Gallup survey](#), three out of four Americans believe in the paranormal, with over half stating a belief in psychic healing powers, and more than a quarter believe people have psychic abilities like clairvoyance.

During the COVID-19 pandemic, there are limited locations where you can meet someone special, and there is no telling when things will open up again so you can meet someone new. For fun, why not book a [psychic for hire](#) for you and a few of your closest single friends? Psychics can help people learn more about themselves and perhaps give you a glimpse into your future relationships. If nothing else, it will be great entertainment.

**Here are a few of the more in-depth**

# **reasons a psychic is a good idea:**

## **New Entertaining Idea In The Time of COVID-19**

It is very hard to find fun activities to do right now, and people are becoming increasingly scared, lost and confused by the Covid pandemic. Inviting a few friends over and hiring a psychic can lift moods and give you a form of entertainment that might add hope to this depressing time. For those who haven't been to a psychic but have always wondered what it was like, there is no better time than the present. People who have had psychic readings and gained insight into their future, know how fun it can be, and are usually compelled to want more. The idea of having a problem solved, the opportunity to connect with a loved one who has passed, or getting a glimpse of a future relationship, can be eye opening.

## **Helps You With Difficult Decisions**

By hiring a reputable psychic that's had years of fine-tuning their intuitive skills, you may be able to provide at least some of your friends with the help they need when they're facing difficult life choices. Those who are at a crossroads, perhaps working at a miserable job and trying to decide as to whether they should embark on a new career, or dealing with a relationship that's failing, wondering whether or not it's time to end or try and make it work, may get better insight with a psychic reading. As the psychic is an outsider, the advice will be more objective – it can even have the potential to change lives for the better. Knowing that you've helped someone simply by providing them with access to a psychic can be priceless.

## **Positive Energy, Happier Guests**

A psychic reading isn't just for those looking for advice.



Oftentimes, a psychic can help people get more in touch with their own thoughts to help improve their own intuition. It can provide positive reinforcement, allowing one to let go of negative energy while getting more in touch with positive energy to improve happiness levels. What better way to have a successful get-together than to boost the mood and perhaps even the overall well-being of your guests? It's something they'll remember long after it's all said and done.

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## Dating Advice: Safety Tips for American Dating Sites

✘ The dating scene is like everything else – automated. In the age of digitized everything, people are now attempting to find their soulmate via the web. In the not so distant past, these sites were less “fine-tuned” compared to today, with most people mocking them as being only for “unattractive people.”

But these are evolving steadily to the point most singles of every demographic have a profile on at least one [best dating site in U.S.A.](#) The days of talking to a stranger in public and coyly asking for a phone number are over. Now, people find comfort and confidence in messaging potential dates online behind a mobile screen until there is a certain level of comfort, enabling them to venture to a phone call. Meeting in person, though, takes an extreme amount of courage and requires exceptional safety measures.

# How To Date Online In America Safely

Now that virtually everyone opts to join popular dating sites in America as a way to “shop” for the ideal mate, it’s essential to employ adequate safety measures when the time comes to take the step to actually meet in person.

In reality, meeting someone from online is genuinely not that much different from seeing someone across a crowded room whom you don’t know and exchanging numbers.

The fact is, at least with the online person, you’ve at least messaged and hopefully spoken on the phone before you meet (and maybe performed a background check.) Seriously, in the modern world, there are definitely safety precautions that everyone, regardless of gender, should take in an effort to – stay alive. Some safety tips to follow include:

## **Vigilante Research Is Key:**

You don’t want to become any kind of stalker because that would be a definite reason to cancel a date. But you should attempt to do some preliminary research on google just in an effort to get a brief understanding of whom you’re meeting before the event.

It’s wise to look for pictures to see if they match the profile and learn additional information to see how much coincides with what you’ve heard. You want to go beyond their social site platforms because people beef these up to look good. You want something more substantial. A background check is not necessarily a bad thing.

## **Choose To Get “Google Voice”:**

No one can be certain how a date will turn out or exactly what kind of person you’ll have exposure to or of what that person

might be capable. When communicating, it's a good safety measure to use a "Google Voice" app, which is free so you can check messages, calls, and voicemails with no need to use your actual number.

You also have the capacity to block someone who isn't favorable. You should only use your private number with people who are like family to you.

### **Phone Call:**

Everyone sends a message for everything today. Phone calls are basically an obsolete concept. But you can misconstrue the written word, and personalities don't come through in a text.

It's ok for the first little while to communicate in this way while you're gaining a sense of comfort and developing confidence, but then it's essential to move on and take it to the telephone.

If you have any kind of sensory perception, you'll be able to get a certain feel for the person's character by hearing their voice and vice versa. Don't drag the messages out. Make a phone call as soon as possible.

### **Use Video To Chat Prior To Date:**

There is a wide range of "video chat" capabilities allowing you to get a sense of the other person before you actually meet up in real-time.

There is nothing comparable to talking with someone face-to-face to let you in on their true personality and behaviors. You can feel the energy instantly and, if it's not there, you'll know a meetup shouldn't take place.

It saves a lot of time, effort, and an awkward situation. It's much easier to let someone down on one of these platforms than having to do it in public.

And you don't know how someone might react to rejection, so dating apps are also a much safer way to handle it.

### **Drive Or Employ Public Transport:**

Don't accept the invitation to be picked up or meet and ride together. You want to avoid giving out your address to someone you know nothing about, and it will put you in a potentially dangerous situation because this person will determine where you go.

Riding together or interacting in your home is something that shouldn't take place for a long while, at least until there is a deep understanding of the other person.

You should always make sure that you meet the other person in a public place, and it might be a wise move to have a few friends scattered throughout the establishment while you're there. You don't want them with you on the date but in the vicinity.

Maybe go to a café or a restaurant where acquaintances won't be out of place or noticed. In the case that you feel at all uncomfortable, help will be there to get you out of the situation. If it's not possible to have someone there on your behalf, alert a waitress or a bartender if things are suspicious with some type of code. Most places recognize the signals and are quick to phone for the police.

You should also always make sure to let a friend or family member know the entire night's details, exactly who the person is, and when you should be home. Let them know you will call as soon as you arrive home. Safety is first and foremost when you're meeting up with a virtual stranger.

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# Relationship Advice: 6 Ways Celebrities Grow Their Money



☒ We all love celebrities and their lifestyles that are larger than life. They set the trends on almost everything, from fashion to technology and even makeup looks. With such great influence and a lot of money to spend, you may wonder how celebrities grow their money, and what you can borrow from their investment tricks.

Even if you're not a celebrity, when choosing investments worthy of your money, one can use the [dividend yield calculator](#) to project the potential of certain investment portfolios that you may be interested in.

**In this article, we have compiled a list of several techniques celebrities invest their money.**

## **Kim Kardashian**

Kim Kardashian started off as a socialite who seemed to simply love the spotlight. She was from a rich family and was labeled as untalented by some media quotas. Her business prowess was underestimated by many for a very long time. Over the years, Kim Kardashian has proved her critics wrong. In 2009, she and three others started an online shoe business known as ShoeDazzle. She has also partnered with her sisters Khloe and Kourtney on several clothing line ventures and perfume lines. Kim Kardashian has invested solely in a shapewear line and

partnered with her billionaire sister Kylie on a couple of make up ranges.

Coupled with her reality TV shows, which she has been executive producer for decades, Kim Kardashian is undoubtedly a gifted businesswoman. She has leveraged her fanbase and turned them into buyers of the products they have always seen her using. One thing you can learn from the most famous Kardashian is that you can turn your fans into money.

### **Kylie Jenner**

Following in her big sister's footsteps, the youngest of the Kardashian-Jenner clan has been nothing short of a girl with her eyes on the goal. Forbes named Kylie the youngest dollar billionaire ever at only 21 years of age, trumping tech developers like Zuckerberg. Unknown to many, Kylie started out her investments in real estate, flipping houses and making millions as she did so. With her famous name and exquisite taste on the tag, Kylie knew just how to buy and flip with an impressive profit margin. Kylie would later launch a makeup line, Kylie cosmetics, with her products selling out in a matter of hours thanks to her smart marketing techniques. She recently sold a significant portion of the makeup line for a reported \$600 million. Kylie has clearly challenged many celebrities with her business acumen.

### **Ashton Kutcher**

The celebrated Hollywood actor has had his eyes on several investments in the tech startup space both through direct investments as well as through his investment firm A-Grade Investments.

Some of these tech investments include social magazine App, Flipboard, vacation-rentals service Airbnb, and a photo-sharing application known as Path. Kutcher also invested in Skype before Microsoft acquired it for \$8.5 million. You can tell Kutcher knows the tech startups worthy of his money.

## **Justin Timberlake**

Timberlake has slowly but surely spread his investment portfolio over several assets. He has investments in golf, clothing, and even a boutique record label.

Additionally, Justin Timberlake invested \$2 million in a photo startup known as Stipple. He has also invested in Tapulous, an app maker that has been acquired by Disney. It is clear that the talented actor is a brilliant investor, just as he portrays in his role in "The Social Network."

## **George Clooney**

This list will be incomplete without George Clooney. The actor started a liquor brand "Casamigos," which was meant to be Tequila for his friends. Diageo recently acquired the brand for \$1 billion. I guess we can learn a thing or two about turning your hobbies into investments from George Clooney.

## **The Carters**

Beyonce and her husband, Jay-Z, are a billion-dollar couple. Jay Z, who refers to himself as a businessman has a diverse investment portfolio starting with his popular streaming service Tidal. Jay-Z has had in eyes on his Roc Nation talent label, among other assets. On the other hand, Queen B has invested largely in comfortable and unique sportswear through her brand Ivy Park. Beyonce has had her eyes on Disney producing a successful musical, the [Lion King](#). Following the success, Beyonce is said to have signed a three-movie deal worth \$100 million with Disney.

## **Ellen DeGeneres**


The popular daytime TV star and comedian is also famous in the Hollywood real estate industry for house flipping. Ellen has bought, renovated, and sold over 12 houses throughout her life as a celebrity. One of her major real estate flexes was

selling a mansion she bought at \$40 million for a \$15 million profit.

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# Relationship Advice: Holiday Gift Guide for Newlyweds



 Newly married couples come together bringing their different backgrounds and tastes, making shopping for them more difficult. When you want to buy a couple's gift, choosing something that appeals to both people in the relationship is challenging.

**If you can think outside the box, you might come up with some memorable holiday presents. Here are some of our top choices.**

## Linens

For some gorgeous textiles, check out one of our favorites. [August Table napkins](#) and linens are block-printed by hand on mill-made cotton by Indian artists. We love the soft colors and the boho-chic vibe that make tablescaping so fun. They're timeless, but not fussy. They don't have that vintage, overly-precious grandma feel, either. You can mix and match, style your table and host some fabulous gatherings.

## For the Road-Tripping Couple



Right now, we're deep in COVID. Some couples would rather live on rice and beans if it meant they could travel. If they had the choice, they'd be off adventuring right now, which means the pandemic is driving them particularly crazy.

For a fun, reasonably priced gift, give them something to do now and then use as a plan for the future. Wrap up a box of small-headed, colorful pins, puzzle glue and this [National Parks puzzle](#). They can keep their hands busy while they plan their future road trips, and glue the pieces together when they're done.

When it's time, they can hang up their map in the garage next to their suitcases and put pins in all the national parks they visit.

### **The Family Saying**

Is there a family motto or inside joke that would make a great sign or placard for the newlyweds' home? [Our Kindred Home](#) makes beautiful handmade wooden pieces for home decor that can define their living space. If none of this company's signs fit your friends' story, you can get a custom job done. What is this couple's meet-cute? What do they always say to each other? What do they want for a family motto? If you know, you might have the perfect gift to give them this holiday season.

### **Newlywed Keepsake**

These customizable gifts from [Promenade Fields](#) are simply adorable. We love the wall art with a romantic saying you can choose, a sketch of a couple made to look like them, and their names spelled out on the bottom of the print.

There are also personalized mugs and candles for even more romantic keepsake choices. Perfect for newlyweds. They'll definitely be able to tell you put some thought into their gift.

## For Nature Lovers

[Palmer Planter Pots](#) are simply lovely homemade pots crafted in the USA, designed by potters Daniel Ricardo Teran & Naomi Cleary. Everyone needs a little green in their house, and these planters add to any plant's natural beauty.

You can go with the natural vibrant terracotta or with the company's beautifully glazed pieces. Art and function together always make the best presents.

Like we said, presents are just harder to buy when you have to consider both people in a relationship. We hope we've given you some suggestions for couple gifts that will click with the people in your life.

Happy Holidays!

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# 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.

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# **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.

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## **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.

**Related Link:** [Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19](#)



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.

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

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](http://MyExBackCoach.com).

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## 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.

**Related Link:** [Ask the Guy's Guy: Can You Be Friends After A Breakup](#)

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.

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

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.

*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](#), and be sure to follow [@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](#).*

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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!**