

# Single Advice: Can You Handle Casual Dating?



By Meghan Fitzgerald

Here's a question for all the single ladies and gentleman out there – do you think you are capable of casual dating? Casual dates usually start off a relationship before it blooms into something more. Casual dating is nonchalant, laid back and non-committal. It is a form of dating that comes without any serious intention or definition, allowing you to explore the field and keep your options open for a possible partner. This type of dating gives you the opportunity to be fun, open and discover the type of person you should be with for the rest of your life.

If you believe you can handle casual dating, read the questions below and think again:

– **Do you have the ability to put aside your emotions from acts of sexual relations?** Make sure you are able to handle the casual aspect of this type of dating, and don't allow your feelings to get in the way.

– **Are you able to experiment with relationships?** With casual dating, it is common that you will experience different types of partners. You will not like all of them, but with casual dating – experimentation is essential.

– **Can you be honest?** With dating, it's usually a little game played back and forth until you both agree you like one another. If you are not interested in a serious relationship and solely want to casual date, you need to be able to tell the person you may be involved with up front.

**Related:** [QuickieChick's Video Dating Tips: Flirting With Your Man](#)

– **Are you emotionally independent?** Casual dating will not give you the same emotional fulfillment as a serious relationship would. Hence, you need to be able to take care of yourself and not depend on your casual partner.

– **Can you go with the flow?** For this style of dating, going along with whatever the dating world throws at you is necessary.

– **Are you able to constantly go on dates?** With casual dating, you will spend nights at the movies, your local restaurants and bars and you may even try your hand at miniature golf. If you prefer to sit on your couch, eat leftovers and watch Netflix – casual dating may not be for you.

**Related:** [Date Idea: Cuddle With a Furry Friend](#)

– **Can you handle rejection from a person of the opposite sex?**

Casual dating is not for everyone, and sparks don't fly every time. Don't be upset if someone rejects you because the chemistry simply isn't there.

– **Do you have the ability to stay true to yourself?** If you don't have a connection toward someone, you need to be able to stick to your thoughts and confront them about it.

– **Can you think carefully about who you let in?** You should have the ability to make sound choices on who you choose as a partner, as well as who you choose to date and allow to come into your life.

**Have you tried casual dating before? Share your experience below.**

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## **Dating Advice: 10 Great Date Ideas Under \$50**





By Laura Seldon for GalTime.com

Great dates don't have to come in the form of a helicopter ride at sunset or a weekend spa getaway (although a massage does sound nice right about now...) No, contrary to what *The Bachelor* would have you believe, romance doesn't depend on spending money in big flashy ways. To prove it, here are 10 fun and unique date ideas that will cost you less than \$50!

### **1. Hit up a video arcade**

Tired of playing games in relationships? You won't feel that way when the games are part of a video console! "This kind of date makes you feel like a kid again," says Tripp, a dating coach in Los Angeles and the founder of TrippAdvice.com. "Playing games and building up the tension of competition can make for a steamy date!"

### **2. Plan a picnic**

Seems a bit cheesy for a date, right? Well, think again! Planning a picnic is a great way to get to know someone new beyond the walls of a coffee shop. "Go to the grocery store

with your date and pick out the food together,” suggests Tripp. “Make sure you have a blanket in your car and pick a scenic spot.”

### **3. Visit the farmer’s market**

Like planning a picnic, heading to the farmer’s market allows you to spend some quality time with your date in a relaxing outdoor space. “Check out your local farmer’s market and make a nice afternoon of it,” says Tripp. “Pick out some fresh food and eat while you enjoy the day together.”

### **4. Compete in a game night**

Nothing stokes the romance flames like a little competition! “Invite your date over to play an array of games together while you eat some snacks or have a few drinks,” says Tripp. However, Tripp also suggests you go beyond playing innocent board games. “There’s nothing like a risqué game of strip poker when the mood is right!”

### **5. Make it a group date**

“Get a bunch of other couples to screen a movie on the side of someone’s garage,” suggests Dr. Nancy Irwin, a therapist and life coach in Los Angeles. No place to screen a movie? Throw a potluck picnic in your backyard. “This is really fun because it is a party with as many other people as you like.”

Not only will you reduce your costs if you get a few other couples in on the fun, but you’ll also be bonding with your friends and your date all at once.

### **6. Visit a museum**

Museum tickets don’t necessarily have to add up to a pricey date. “In many cities, there are usually free museum days,” says Larry Moore, a relationship expert and blogger in Houston, Texas. “Museums are great for dates because there’s always something in the museum that sparks conversation or

serves as an ice breaker, giving each person a chance to get to know more about the other person.”

## **7. Show ‘em your hood**

Consider spending a romantic evening touring your neighborhood with the object of your affection. “What better way is there to show a date who you really are than to show that person where you are from?” asks Sujeiry Gonzalez, a relationship expert and author in Los Angeles. “Besides, you have home advantage. You know the little shops and restaurants that won’t bleed out your wallet!”

## **8. Explore your hobbies**

Always wanted to learn a few skills in the kitchen? Longing to try out rock climbing? Ready to take your love for dance to the next level? Then do it... but with a date! “Not only will you build your relationship, but you may also end up realizing you both have another shared interest,” says Marni Kinryst, founder of MarniWingGirl.com. “It’s also great for conversation starters!”

## **9. Peruse a thrift store**

Take a date shopping at a thrift store and compete to see who can find the silliest outfit. You can even take pictures and have a few mementos from your date. “Showing your fun side while trying on silly hats and taking pictures will create a lasting memory for both of you,” says Jeff Callahan, a dating coach in Little Rock, Arkansas. “I believe that having a fantastic date shouldn’t crush your wallet.”

## **10. Browse your local bookstore**

Judge a few books by their covers while perusing the romance novel section of your local bookstore. Not only is it free, but it’s also utterly entertaining. “Reading trashy romance novels aloud to each other will make you both laugh,” says

Callahan. "And possibly set the mood for romance." So, head to a local book shop and tell your date to read between the lines!

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## 5 Hot Celebrity Bachelors: Will They Ever Settle Down?



By [Whitney Baker Johnson](#)

The ultimate celebrity bachelor and twice-named Sexiest Man Alive George Clooney has been dating model and *Dancing with the Stars* contestant Stacy Keibler for almost two years now. Is he thinking about settling down again? With that silver fox

off the market, we thought it was time to come up with a list of those hot guys who are *still* bachelors. So ladies, pay attention – you still have a chance with one of these famous faces!

**1. Chace Crawford:** This *Gossip Girl* actor was recently spotted courtside with model Rachele Goulding, but since the pair hasn't confirmed that they're dating, it was only natural for this Texas boy to top our list. We can't help but swoon over his blue eyes and all-American smile.

**2. Bradley Cooper:** After splitting from Zoe Saldana, Cooper has been seen out-and-about with model Suki Waterhouse. The 38-year-old actor has had a string of serious relationships, and he was even briefly married to Jennifer Esposito. Still, the only leading lady in this golden boy's life is his mother Gloria, who often accompanies him to premieres and award shows. They even live together!

**Related Link:** [Jennifer Lawrence Plays Cupid for Bradley Cooper](#)

**3. Alexander Skarsgard:** Since breaking up with longtime girlfriend Kate Bosworth in 2011, this *True Blood* hunk has been single. Not much is in the tabloids about his personal life, making him all the more appealing. With his strong features and sexy accent, we'll happily take him off the market.

**4. Adam Levine:** The Maroon 5 front man has been linked to more than one Victoria's Secret Angel, but as of this spring, he's a single man once again. The sexy crooner is keeping busy though, currently appearing on the fourth season of the hit reality television singing show *The Voice*. He also had a recurring role in the second season of *American Horror Story: Asylum*. Constantly on our televisions screens, this bad boy has stolen our hearts.

**Related Link:** [10 Bad-Boy Celebrities We'd Love to Date](#)



**5. Leonardo DiCaprio:** Leo first captured our attention in romantic films like *Romeo + Juliet* and *Titanic*. Since then, this leading man has had high-profile romances with beautiful blondes like Gisele Bundchen, Bar Refaeli and Blake Lively, but he doesn't seem ready to settle down just yet. Instead, he's focusing on his acting career, currently lighting up the big screen in *The Great Gatsby*.

**Who is your favorite celebrity bachelor? Tell us in the comments below!**

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**Dating Advice: Technology, Social Media and Dating – The Good, the Bad and the Oops!**





By Robert Manni

**It is the best of times. It is the worst of times...for dating.**

The deepening integration of technology into modern life has in many ways pulled the world closer together. Unfortunately, when it comes to developing basic social skills and maintaining a sense of privacy and decorum it has also pushed us further apart. Dating is a prime example of the fall out with both men and women paying a price. Here is a quick snapshot of how technology and social media can make dating easier and more challenging.

**Related:** [The Most Powerful Tool to Help You Find Your Soul Mate: Intuition](#)

**The Good.**

Hooray for online dating. I scored many dates with hot women while sitting at home in my tightey whiteys. My wife likes to say that she found me online. This saved me years of hanging in clubs, bars and gyms in search of Ms. Right. Dating online is fast, empowering and fun. All you need is spell check, a

handful of flattering photos, and the mindfulness to read between the lines of another person's profile before investing your valuable time. Once you meet, it's business as usual. And when you meet online, you can end things swiftly. There's an unspoken rule that makes anyone we meet online more disposable. It's not necessarily fair, but I think you'd agree.

### **The Bad.**

Just because you meet someone online doesn't make him or her less deserving of respect. That's the flip side of eliminating someone via one keystroke. What is intended as expediency can come across as cold. Although there is an endless pool of prospective partners available online, an itchy trigger finger on the delete button can prevent you from getting to know someone you met via your handheld device a little better before tossing them back. Not everyone is at the top of his or her game on that first coffee [date](#). That's not to suggest that you waste time on a bad fit. Just keep in mind that everyone has feelings. After an awkward first date a woman I met online wrote to me and stated that she did not "feel the sparkles". How could I be upset?

### **The Oops.**

Between Facebook, Twitter, Google +, Instagram, etc. we live in an age of maximum exposure. Once it's online, it's there forever. You need to be mindful when being photographed at the party wearing just your tats and drinking directly from a bottle of Rang Tang vodka. This might not be something you want to share with future paramours or potential employers. My policy when dealing in the online space is if you can't keep it positive; don't put it out there. That goes for this post, too.

**Related:** [Returning to the Dating World](#)

Technology and social media can be a dater's best friend or worst enemy. It's up to you to decide. Be kind, be mindful, be

loving and technology will serve you well.

*Robert Manni is the author of the critically acclaimed novel, THE GUYS' GUY'S GUIDE TO LOVE. Visit his website [www.robertmanni.com](http://www.robertmanni.com) to read his syndicated blog and listen to his weekly Guy's Guy Radio podcast at [www.blogtalkradio.com/guys-guy-radio](http://www.blogtalkradio.com/guys-guy-radio). Robert is currently working on his next book.*

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## **Relationship Advice: Making Sure You Do What's Best for the Kids**





By Jane Greer, PhD for GalTime.com

Denise Richards, ex-wife of Charlie Sheen and the mother of two of his children, now has temporary custody of Sheen's sons with his *other* ex-wife Brooke Mueller. Brooke and Charlie have both struggled publically with substance abuse for many years. Though Brooke is not making comments at this time, US Weekly confirmed that the removal of the children from her home was due to an "'unsafe environment' caused by "[her] ongoing alleged drug use." The children, four-year-old twin boys Bob and Max, have moved in with Denise and are living with their sisters, Denise's children with Charlie, Sam and Lola, and Denise's adopted daughter, Eloise. Denise, who has not remarried since her divorce from Sheen in 2005, is now a single mom to all five kids under the age of 12. She has cared for the twins before, saying the boys are "family" and she would, "do anything for them." It has been reported that Charlie is supportive of the idea.

Taking the children in is an impressive choice on Denise's part; with all the turmoil and strife that she and Charlie clearly shared in their marriage and then in their divorce,

her ability to do this is a terrific example of putting the children first. His acceptance of it is equally positive. It isn't easy to put all those negative feelings to the side so the children involved can be properly and well taken care of. Bad marriages that then lead into bad divorces are often a tough place to be for the kids who are a product of that relationship because so often they are used as pawns or even weapons in the fight. But Denise isn't letting that happen. She is managing to maintain the family unit and step up to the plate, keeping the priorities where they should be. It is commendable because it is such a difficult road to travel.

When moving toward or out of a divorce, people tend to be in reactive mode and aren't always able to think things through as Denise seems to be doing. Instead of just getting angry, she was able to respond to the situation and handle it. While it is easy to get caught up in competitive and rivalrous feelings toward the new wife, in this case Charlie's third ex-wife Brooke, Denise didn't let that get in the way. Being able to move beyond that is an act of maturity.

For anyone in this situation, those feelings that follow the aftermath of a divorce are real and often quite overpowering. But you don't have to let them interfere with doing the right thing on behalf of the children. Denise is adult enough to know when it's time to put her differences aside for the sake of the children involved. Kudos to her.

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## **Relationship Advice: Your Partner Has Cheated. Should**

# You Reconcile?



By Samantha Menjor

You notice that your partner has been acting differently lately. The occasional late night work meeting now falls on every day of the week. He or she has been constantly texting and having secret telephone conversations in the bathroom. The scent of a different perfume or cologne lingers on their clothing. There's an emotional distance in your relationship that ceased to exist before. You have a gut feeling of what is really going on, but you don't want to believe it. Plus, there is no proof ... until you get a call from a friend letting you know they have spotted your other half in a compromising position with another person at a local restaurant. You rush over to find your beau holding hands, kissing and gazing lovingly into the eyes of someone else. All you see is red through the blurred vision of your tears.

Fast forward to a few weeks later. You're feeling hurt, pain, betrayal, confusion and anger. Your partner has admitted their wrongdoing and has apologized countless times. Friends and family are all trying to give you their best advice, but you're hearing conflicting resolutions of what you should do.

If you've never been in this situation, you most likely know someone who has. It may not have happened exactly like the given scenario, but we've all had a friend come to us for advice on infidelity in their relationship. So what do you tell them? What would you do if you were in a similar situation? Here are some questions you need to ask yourself and your partner when deciding between reconciliation and a breakup:

**Related:** [When Can You Trust Him?](#)

### **1. Was the affair short-term or long-term?**

Some affairs last months, even years and others are just a night of poor judgment. While you may not want to know the details of your partner's infidelity, it's important to know how much time was spent cheating. This allows you to better understand whether there was an emotional investment, whether it was strictly physical or both. Either situation would be difficult to rectify, but it helps in getting to the root of the issue.

### **2. Why did this happen?**

There had to be something your unfaithful partner felt was lacking in the relationship for an affair to happen. Did they feel you were working too much and not showing them enough attention? Did having children cause you to lose your spark as a couple? A decision to reconcile is often dependent upon what caused the infidelity. Is it something that the two of you can fix through compromise, communication and counseling? If not, then the chances of reconciliation are slim.



### **3. Do you still love each other?**

How did your spouse react to being caught? Did they express remorse and shame, or were they trying to justify their actions by putting the blame on you? A partner who shows regret for their actions is a better candidate for reconciliation than the latter. While their profession of love for you and endless apologies could be just words, it shows they are willing to try and do whatever it takes to get you back. It's imperative for you to consider your partners past behaviors in your relationship as well. Have they always shown their love for you or have there been signs of cheating before? More importantly do you love your partner enough to try and work it out? The answer to these questions will help you figure out whether you choose the path of reconciliation or separation.

### **4. Will you be able to forgive and move on?**

For many people cheating is a deal breaker. No amount of love, good behavior or money will allow them to get past the fact that they were betrayed. Many couples try to stay together and work through their problems only to find out that trust was never regained and forgiveness was never given. Before you consider reconciling, sit and think about whether you can get past the infidelity. If not, it may be time to part ways.

**Related:** [Can Love Conquer All?](#)

Countless other questions should be considered when deciding upon reconciliation. Each relationship has different factors to reflect upon after dealing with infidelity. Forgiveness and resolution take a lot of effort, time and healing for both parties involved. While many couples have split due to cheating, many have resolved their issues forming an unbreakable bond.

**Have you ever found yourself in this predicament? Let us know how you resolved it below.**

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# Dating Advice: Are You Dating a 'Mad Man'?



By Sarah Gooding, PlentyofFish for GalTime.com

Mad Men never change, regardless of how much time has passed.

Don Draper may have seduced women in the 1960s fantasy world of advertising, but his modern day version is very much alive today, especially in the world of online dating.

As a product manager with the world's largest online dating site, PlentyofFish, I can tell you Don Draper and his coworkers – Peter Campbell, Roger Sterling, Paul Kinsey, etc.,

are all online, looking for women and relationships.

So what would Don Draper's online profile look like if he were on PlentyofFish? He would be fairly easy to spot. In fact, you may have viewed a modern day Don Draper, or even emailed him without realizing you were interacting with a charismatic, serial womanizer.

## **DON DRAPER**

A modern day Don Draper will ooze confidence. He won't hesitate to ask you out. Online dating is a perfect platform for a Draper-type because communication closes the deal in his world of work and pleasure.

Draper would also do very well with profile views on PlentyofFish. He would get a lot of emails from women, but not just because of his good looks. In fact, his profile pictures probably wouldn't even be close-up photos. His pictures would be full of mystique, perhaps even downplaying his chiseled good looks behind muted sunglasses. That's because Don Draper doesn't identify himself by his handsome features. His confidence stems from his ability to achieve success and women on his own terms.

You need to remember Don Draper seduces us into buying things for a living. He moves us to action through the poetry of his words. In the online world, a modern day Draper will use that charm to seduce you into believing you are special. Be careful not to fall for it. As for profile details, don't expect to see income listed under a Don Draper profile since money is a private matter. However, intelligence is important to him; his educational background will be listed.

## **PETER CAMPBELL**

A modern day Peter Campbell doesn't have that confidence, which is why he will sprinkle status hints in both his profile and emails to women that is he from an elite class.

If you're interacting with a modern day Peter Campbell, you will hear his name drop in conversation and emails. He won't have any qualms about listing his salary on his profile.

## **ROGER STERLING**

Roger Sterling doesn't need to create an online profile with all of his women, unless he is between his relationships. If you meet a Sterling online, you will know it by his genuine expression. If he tells you in an email that he likes your dress, he probably means it. Unlike Draper and Campbell, Sterling says what he means and means what he says. As for details, a Sterling type will list himself as "Family Centric" and describe himself as a "Big People Person." He might even post pictures of himself with friends and family.

## **PAUL KINSEY**

If you watch *Mad Men*, you will know Paul Kinsey, but you may not remember him. The online world of dating is full of Paul Kinsey types who grow on you over time. They don't stand out in the crowd until you meet them in person. And when you do meet them, you will find they don't have the social graces of a Don Draper or Roger Sterling, but they make you feel at ease. A Paul Kinsey isn't going to be Type-A. He's the guy who will like to smoke and listen to jazz, so he will definitely list "Very Easygoing" under his profile.

We all know every woman has a type, so don't be afraid to hold out for that Don Draper or Paul Kinsey type. PlentyofFish knows they are alive and online.

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# Celebrity Couples in Interracial Relationships



By [Courtney Allen](#)

Rich, famous and in love... the characteristics we assume every celebrity couple embodies through their glamorous photos of romantic Caribbean getaways and riveting red carpet PDA. However, the image of every celebrity couple is different from how it's portrayed in the media.

Through their interracial relationships displayed in the media, celebrity couples show us there's more than meets the eye. Our fixation on Hollywood may be over-the-top, but whoever said we couldn't take away a solid lesson from it? We learn to accept love in all shapes, sizes and colors, especially in the case of these couples:

**1. Kim Kardashian and Kanye West:** The E! reality star and the outspoken rapper, who were originally old friends, hooked up just months after Kim filed for divorce from Kris Humphries. Even before their relationship, Kim and Kanye were no strangers to interracial love with a dating list that includes Miles Austin, Reggie Bush and Amber Rose. From the looks of it, the list will end here. Kimye are expecting their first child this year.

**Related:** [When Opposites Don't Attract](#)

**2. Khloe Kardashian-Odom and Lamar Odom:** The marriage of Khloe and Lamar is one we all can't help but love. The two lovebirds met back in August of 2009 and tied the knot just a few weeks after. Fans of the *Keeping up with the Kardashians* star and the NBA player had their doubts on whether the duo would make it. Three years later, the couple is still head-over-heels for each other. Now we're all patiently waiting for a Baby Odom.

**3. Paula Patton and Robin Thicke:** These high school sweethearts have turned into one of the most beautiful and successful couples in Hollywood, but it's been a long time coming. Patton hasn't always been comfortable with her interracial relationship with the singer. In an interview with *Essence* magazine, the actress admitted, "I didn't want all my high school friends to know that I'd fallen for a white boy." Lucky for Paula, the secret is out now. The couple is living a fairytale with their only child, Julian.

**Related:** [Celebrities Couples Who Have Made Love Last](#)

**4. Camila Alves and Matthew McConaughey:** When Brazilian bombshell Camila Alves first met Matthew McConaughey in 2006, she had no idea they would be married six years later. Their 13-year age difference and ethnicity didn't stop these two from building a life together, having three kids and being named one of the hottest Hollywood interracial couples.

**Who are some of your favorite celeb interracial couples? Share**

your thoughts with us!

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# A Strong Support: Helping Your 'Other' During Rehab



By Annette Hazard

If you have a significant other in rehab, it is important for you to understand that they made a positive decision in their life. Seeking help for an addiction or problem can be incredibly beneficial for the person who needs help, but it is also important for you to lend support to them so that they know that there are people who are there for them and that

care about their well-being. There are quite a number of ways that you can support your girlfriend or boyfriend while they're in a rehab center.

### **Be Patient**

Addictions are normally very powerful and can overcome a person's life. Because of this, it can be very difficult for someone to get over an addiction that they've been struggling with. Instead of asking your significant other if they've gotten over their addiction yet when you visit them in rehab, it is important for you to tell them that you know it takes time and that you will be there for them throughout the whole process. When you are patient with someone who has an addiction, you are allowing them to get healthy without too much pressure.

**Related:** [Brad Pitt Supports Angelina Jolie Through Double Mastectomy](#)

### **Be Gentle**

Being gentle with someone who is in rehab is very important for their recovery. Going into a rehab and calling your partner every name in the book to show them tough love is doing nothing but hurting their feelings and making them feel badly about themselves. Even though you should never tolerate an addiction, you should tolerate and be gentle with the person who has one. Showing tough love might seem like a good idea but for someone who has an addiction, it can be triggering to know that someone you care about thinks it's alright to call you names and tell you that you're weak.

**Related:** [Lea Michele Is Proud of Boyfriend Cory Monteith for Checking In to Rehab](#)

### **Be There**

If your significant other is in a rehab center, it is so



important for you to let them know that you're always there for them and have not abandoned them. One reason why a lot of people avoid going to rehab is because they are afraid that their lives outside will fall apart while they're trapped in an addiction facility. Take advantage of visiting times and speak with the director of the rehab center to learn more about ways you can contact your loved one inside. Take advantage of everything offered by the rehab center and be with your loved one on a regular basis.

*Annette Hazard is a freelance writer that is currently promoting a rehab center that you can learn more about by visiting [www.gulfcoastdrugrehab.com](http://www.gulfcoastdrugrehab.com) . She usually writes about health related issues.*

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## **Dating Advice: Does Getting Even Pay Off?**





By Jane Greer, PhD for GalTime.com

Kim Kardashian and Kris Humphries have, at long last, finalized their divorce. Famously married in a lavish ceremony on August 20, 2011 and infamously separated just seventy-two days later – the settlement battle dragged on for a grand total of 536 days. Kim is the one who originally initiated the proceedings in October 2011, citing irreconcilable differences. Now that it's finally over, both parties seem relieved to end the ordeal. Humphries even tweeted emphatically on April 18th, "Couldn't be happier!" But that wasn't always the case.

While it was widely publicized that Kim insisted on a divorce, Humphries dragged his feet, demanding an annulment. He failed to show up for several court proceedings, and thereby slowed things down. Humphries has always insisted that he was swindled by Kim – fooled into marriage as part of a publicity stunt masterminded by her family. Consequently, he also reportedly filed for spousal support from Kim to compensate for this betrayal.

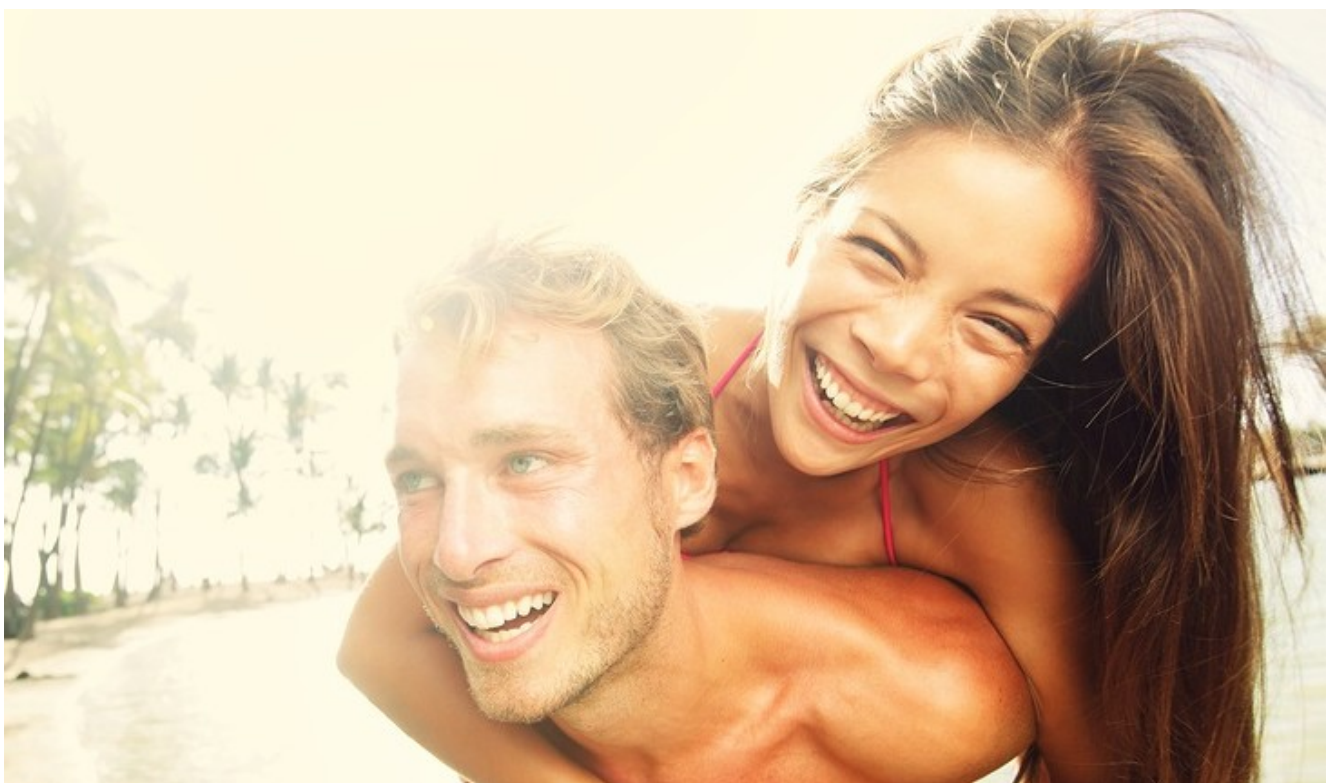
You would think that when a marriage clearly goes bad, both people would be eager to get out so they can put a stop to the bad feelings, and get a fresh start with the hope of turning whatever they had just been through into a life lesson. But that is easier said than done. In their case, Kris dug his heels in and demanded squatter's rights. For some people, when they feel cheated and betrayed, the concept of getting even overtakes the need to move on with their life, even at the expense of their own happiness. They want to pay the person back for hurting them. It is their way of making sure that person will be sorry for what they did. For some it is about money, but for most it is simply about getting even and righting where they were wronged.

In my book *How Could You Do This To Me? Learning To Trust After Betrayal* there is a chapter called I'll Make You Pay. While doing that might offer some sense of redemption, all it really does is keep that person locked in the past along with all its negativity. Seeking revenge serves only to keep the anger alive. You know what they say, that the best revenge is living well. If that's the case, you will get back at your ex far quicker by easing up and being happy in your new life than you will by showing how you just can't let him or her go. Doing that is not the same as forgiving, or of saying the other person didn't behave in an inexcusable way.

The real pay-off here is to leave the pain behind, and gain insight into what happened so you can make sure it doesn't ever happen to you again. If you can do that, you will be the real winner.

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# Relationship Advice: Signs It's Time to End a Long-Distance Relationship



By Jennifer Harrington

Relationships are never easy, but long-distance relationships pose their own unique set of challenges. If you have ever been in a long-distance relationship, you definitely know the miles separating you from your sweetheart can eventually place an obstacle in your romance that can be impossible to overcome. What are some signs that it is time to end a long-distance relationship?

**You find yourself exploring other options.**

If you find yourself checking out other people or having feelings for somebody in your city, this is a clear sign it's time to end your current relationship. You're either ready to be single, or to pursue a relationship closer to home.

**Related:** [5 Ways to Spice Up Your Relationship](#)

### **He meets a girl in his city.**

If your man meets a girl in his city, this is an important sign. She may just be a friend, but having a lady in close proximity to him is going to affect your relationship. It may bring out your jealous streak, or it may make him re-evaluate if he wants a girlfriend who's available for a spontaneous pizza on a Wednesday night. The same is true if you meet a special someone in your city! Need some celebrity examples to reinforce this example? Look no further than Tori Spelling and Dean McDermott and LeAnn Rimes and Eddie Cibrian.

### **The contact becomes less frequent.**

Less contact is a sign of trouble. Be sure to honestly compare the amount of contact you had when you embarked on your long-distance relationship, compared to now. If you used to spend hours on the phone together, and now the relationship is simply a few sporadic text messages, you need to assess what's going on. It could mean it's just a busy time, or it could signify that you and your partner are truly living separate lives and there's not much left to say.

### **You feel emotionally distant from your partner.**

Physical distance is one thing, but emotional distance is a completely different issue. If it's apparent your partner in California no longer understands (or is no longer interested in) your life in New York, you may be dealing with early warning signs. Also, be weary if you're unable to get ahold of your partner when you really need them. Being emotionally close to your significant other is essential, and if you feel

like that closeness has disappeared, it might be time to move on.

### **There are no future plans.**

Future plans and the thought of spending physical time together is what keeps long-distance relationships alive. If you and your sweetie used to have a calendar full of plans together, and now the calendar is empty, it's important to recognize this and question what has changed. Of course, there are practical reasons why you aren't logging tons of frequent flyer miles to see each other (lack of funds, a major deadline at work, etc.). But, it could mean that your partner no longer wants to commit to future plans with you, which means they no longer see a future with you.

### **There is no end in sight.**

Countless couples find themselves separated over a period of time for different reasons. Two lovebirds may have to attend different colleges or one partner may be forced to relocate to a new city to pursue a job opportunity. However, the important thing is for couples to communicate and have a plan to change the situation. If you and your significant other are living apart, and you never discuss when and how you are going to be in the same zip code, it's time to question your decision to stay together. There's only so long a romantic relationship can survive based on phone calls and weekend rendezvous.

**Related:** [The Key to a Lasting Relationship](#)

There is a lesson to be learned here: long-distance relationships can work, but they can be difficult to manage. Ending a relationship is never easy. It's important to be honest with yourself and make sure you are truly happy and fulfilled, especially when you're apart. If you find yourself in a similar situation, be sure to keep these warning signs in mind.

**Have you ever been in a long-distance relationship? If so, how**

have you known when it was time to end it? Share in the comments below.

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## Relationship Advice: Can You Have a Friendly Meeting with Your Ex?



*by Sheila Blagg for GalTime.com*

Keeping things friendly with the ex is a subject that often perplexes even those involved in the tamest of divorces. Many people ask, "Can I really have a *friendly* meeting with my ex?"

Although, it may take a while – and some hard work – the answer is, “Yes, you can!”

The animosity that exists between exes mostly depends on the reason for the split. Did the marriage end because of infidelity? Did it end over money issues? Or did you just grow apart? The degree to which you dread meeting with your ex is often intricately linked to those hard-to-forget issues.

**In many cases, when ex-spouses meet, they are blinded by the hurt that they felt – and often continue to feel – at the end of the relationship.** Emotional discomfort that one feels has been caused by the other individual may make any face-to-face meeting not only difficult, but downright painful. Still, there is a way to ensure that you and your ex work with each other and not against one another.

**I have found that it helps to keep meetings with my ex short and to the point.** If you are meeting to talk about your children, remember to *keep* the meeting about the children. Delving into the who-did-what-to-whom blame game will only lead to anger, fighting and more hurt feelings. More often than not, your ex will not acknowledge wrongdoing any more than you would, so no good can come out of revisiting why you split in the first place.

**Try to keep in mind that your ex is someone that, in some way, shape or form, you will be dealing with for the rest of your life.** You might as well make the best of it.

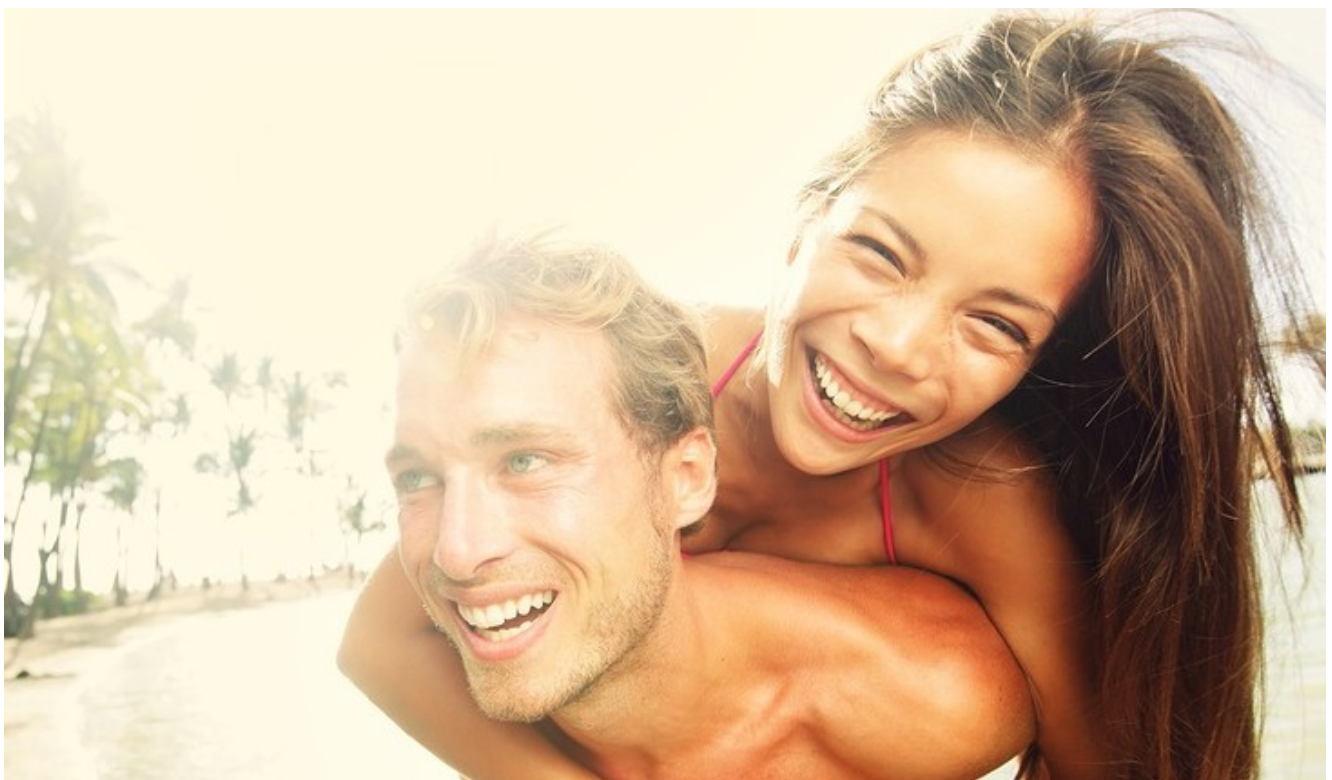
**Also, it is beyond important that your children are not made to feel anxious when an event is scheduled that both parents are going to attend.** Some anxiety is certainly normal, but your kids should never have to worry that their parents are going to fight, or make them feel uncomfortable or embarrassed. Remember, your split had nothing to do with your kids, and they should not be made to pay for the divorce of their parents.



Last but not least, if you can do nothing else, try to keep in mind that, once upon a time, you dearly loved the person you now call your ex. Your ex was not always someone that you didn't like or didn't trust; he or she was once someone that you thought you would spend the rest of your life with, and whom, on some level, you may always love. Although those old wounds may never heal completely, they will scar over, enabling you to function without your emotions in the forefront.

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## Celebrity News: 10 New Celebrity Moms



By [Jessica Conigliaro](#)

Becoming a parent is one of the greatest accomplishments in life. For celebrities who have already achieved so much, having a child is a blessing. They become more relatable to the public—and are seen in a completely different light. From this point on, they are captured walking around town with the baby stroller and diaper bag—and they wouldn't have it any other way. Here is a list of the latest celebrity parents, and soon-to-be parents:

### **Halle Berry**

The well-known actress announced she is expecting a baby boy with French actor Olivier Martinez. The happy couple has been engaged since 2012. This will be the second child for Berry and the first for Martinez. Berry had her first child, Nahla Ariela Aubry, with ex Gabriel Aubry in 2008.

**Related:** [Channing Tatum and Jenna Dewan-Tatum's Oscar Bump](#)

### **Kim Kardashian**

After finding out about her pregnancy a few months ago, Kim and Kanye are starting to pick out their baby's fashion trends. Aside from her daughter's fashion, Kim has been upping her pregnancy fashion as well. She has been rocking the baby bump with fashion—and getting praised by her fans for staying trendy.

### **Jessica Simpson**

Jessica Simpson is getting prepared to have baby number two. She confirmed her pregnancy last December and celebrated her baby shower on Sunday, April 15 with close friends and family. Simpson gave birth to her daughter Maxwell last year and will soon have both her hands full.

### **Malin Akerman**

The *Rock of Ages* actress welcomed a baby boy on Tuesday, April 16<sup>th</sup>. The Swedish Canadian actress and model is now a first time mother to Sebastian Zincone, born on April 16. Malin and hubby Roberto Zincone tied the knot back in June 2007.

### **Ashley Arnold**

Actor and comedian, Tom Arnold and wife Ashley Arnold were thrilled to have yet another reason to feel successful in life. Their new son, Jax Copeland arrived earlier last month. After failing several times to conceive, the couple was beginning to think having a child wouldn't be possible for them. They were more than delighted to hear the news they were expecting!

### **Jenna Bush Hager**

Former President George W. Bush is now a grandfather! Jenna and husband, Henry Chase Hager announced they were expecting last December. Jenna gave birth to Margaret Laura "Mila" Hager, named after both grandmothers, earlier last month.

### **Kerri Walsh Jennings**

Volleyball player Kerri Walsh Jennings is now a proud mother of three. She and husband Casey Jennings have 2 sons together named Joseph Michael, age 3 and Sundance Thomas, age 2. Jennings gave birth to a baby girl, Scout Margery last month.

### **Heather Morris**

Glee star Heather Morris is now expecting her first child—an unexpected joy for her and Taylor Hubbell, father of the baby. The couple began dating in 2008 and just recently began living together in Morris' Los Angeles home in early 2012.

### **Beverly Mitchell**

The former *7th Heaven* actress and her husband Michael Cameron welcomed their first child, a daughter named Kenzie Lynn on

March 28th. Just a few days after giving birth, Mitchell tweeted about how much she loved to spend time with her new bundle of joy.

**Related:** [5 Date Ideas Created Just for Moms](#)

### **Shiri Appleby**

Appleby, actress in the HBO series, *Girls*, and her fiancé, Chef Jon Shook announced they were expecting last December. She gave birth to a baby girl, Natalie Bouader Shook on March 23rd.

**Who is your favorite celebrity mom? Share your thoughts below.**

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## **Top 7 Best-Dressed Celebrity Couples of 2013**





By Dixie Somers

Celebrity couples are almost always in sync in the fashion department. They coordinate their clothes most of the time, so their outfits usually complement each other. Here are the seven best-dressed celebrity couples we would all love to imitate in 2013:

### **1. Will and Kate**

Arguably the most adorable and loved celebrity couples, Prince William and Kate Middleton always bring their A-game in the fashion department. The Duke and Duchess of Cambridge always look put-together, stylish and classy. From Will's elegant suits and crisp footwear to Kate's ladylike-chic look, it's no wonder why this couple tops the list of the best dressed celebrity lovebirds.

**Related:** [What to Wear on a First Date](#)

### **2. Liam and Miley**

This adorable couple has the same edgy street style that

consist of grungy band shirts and polished jeans, but when they walk the red carpet, they definitely turn heads in a good way. Miley Cyrus usually sports an edgy/elegant dress that complements Liam Hemsworth's crisp suits in the best of ways. As a result, they will always be known as a fashionable couple.

### **3. Will and Jada**

Will Smith and Jada Pinkett-Smith always look superb on the red carpet. Because they both have a retro glamour style, they complement each other's look perfectly. Jada always wears sexy yet sophisticated gowns that fit her body perfectly, and Will always looks sharp in his suits and tuxedos.

**Related:** [Peter Facinelli's Girlfriend Jaime Alexander Stuns on the Red Carpet](#)

### **4. David and Victoria**

Posh Spice and Beckham always look amazing. Victoria's style is always trendy, always fashionable and always jaw-dropping. In fact, Posh is one of the most fashionable women in the world. Combine her fashion sense with Beckham's suave look and you've got a well-dressed celebrity couple who turn heads whenever they walk in a room.

### **5. Eva and Ryan**

Goodness, don't Eva Mendes and Ryan Gosling make such a cute couple? They also make a fashionable pair. Gosling always looks like, well, a celebrity, and so does Eva. Eva's glamorous flair pairs perfectly with Ryan's simple yet luxurious style.

### **6. Gwen and Gavin**

This rocker pair always looks edgy and cool whether they're walking the carpet or just strolling. Gwen Stefani's edgy style looks amazing when paired with her hubby, Gavin

Rossdale's similar rocker-cool look.

## 7. Emma and Andrew

This adorable couple is a match made in heaven. Emma Stone and Andrew Garfield have different styles, but they complement each other perfectly. On one hand, you've got Emma who wears some of the most beautifully sophisticated dresses on the carpet. On the other hand, you've got Andrew who likes to wear unexpected pieces like bold suits. Together, they look amazing.

*This article was written by Dixie Somers. [Reem clothing](#) offers trendy, fashionable clothing that is sure to spice up your man's closet.*

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# Relationship Advice: How to Get Financially Stable After Divorce





By Jeff Landers for GalTime.com

As a divorcing woman, you are no doubt looking forward to having the whole divorce process over with, so you can move ahead to your new life. If you're like most women, you probably think the past few months (or years!) have been filled with enough emotional upheaval, not to mention legal and financial hassle, for a lifetime, and you'll be very glad to have it all behind you . . . at last.

Life as a single woman will bring new responsibilities, including all the issues surrounding your personal finances. So how do you make sure you set your best foot forward?

Of course, life as a single woman will bring new responsibilities, including all the issues surrounding your personal finances. Even today, it is surprisingly common for wives to remain uninvolved in family finances. If that was the dynamic in your marriage, then it may now seem quite intimidating to face all the budgeting and bill paying, in addition to managing investments and debt, and saving for education, retirement and other long-term goals.



However, there is a bright side.

Throughout the divorce process, it's likely you've become intimately familiar with your marital financial situation. Now, as your divorce settlement agreement is finalized, you can take that know-how forward as you plan for a secure financial future.

Here are a few important practical steps to help you get on the road to financial stability after your divorce:

### **Do the financial housekeeping.**

If you changed your name after the divorce, you'll need a new Social Security Card, driver's license, passport and credit cards. You'll also need to notify your bank, utilities, insurance companies, credit card companies, the motor vehicle department, your children's school(s), etc., about any name or address changes. Titles on all houses and vehicles will have to be modified and recorded with lending institutions, and you will also need to update beneficiaries on your life insurance, 401k, pensions and IRA accounts.

To keep all these details straight, follow this checklist of financial tasks that need prompt attention post-divorce:

**1. Obtain a copy of your certified divorce decree**, and make extra copies so that you're able to provide them promptly when needed.

**2. Close joint credit accounts.**

**3. Remove your husband's name**, and/or change your name/address, on all remaining accounts, including:

- Bank, brokerage and investment accounts
- Credit cards
- Driver's license, automobile title, registration and insurance policies

- Employer's records
- IRS records
- Life, health, homeowner's and disability insurance policies
- Post office (Remember to have your mail forwarded, too.)
- Professional licenses
- Social security card
- Title to real property
- Utility bills

**4. Research your health insurance options** and apply for COBRA, if necessary.

**5. If your divorce decree requires a Qualified Domestic Relations Order (QDRO):** Provide the QDRO to appropriate banks, brokerages, pension plan advisor, 401k administrators, etc. (Even better, have this step completed before your divorce is finalized!), a quitclaim or warranty deed: Make certain the appropriate documents are executed and recorded. Also, the transfer of title to property (automobiles, boats, etc.): Sign and deliver the necessary documents to complete the transfer.

**6. Open a new bank account.** Consider establishing direct deposit or income withholding for child support, spousal support and/or alimony payments.

**7. Open a new credit card account and request a copy of your credit report.**

**8. Disinherit your husband.** Write and execute a new will, trusts, medical directives and/or living wills and powers of attorney. Don't forget to change the beneficiaries on your life insurance, 401k, pension and IRA accounts.

**9. Establish a system to keep track of all child support**

**made/received**, alimony payments made/received, medical expenses, etc.

## **Establish good credit in your own name.**

Good credit is the foundation of your financial future. Without it, it can be very difficult to get a bank loan, and even hard to manage regular household expenses. Get a copy of your credit report (AnnualCreditReport.com offers them free of charge), and address any inaccuracies it contains. Then, if you are employed and/or already have credit cards in your name, building your credit is relatively straightforward: use your cards regularly, pay off the balance in full and on time each month, and watch your score rise!

However, if you're not employed and don't already have a credit history, the process may not be as simple. A few years ago, new federal regulations made it difficult for women with little or no income to establish credit on their own. The Credit Card Accountability, Responsibility and Disclosure (CARD) Act of 2009 was designed to protect consumers from getting into financial trouble by running up credit card debt they can't afford to pay, but unfortunately, this legislation also makes it difficult for "at-home" spouses without paid work to obtain credit on their own.

After a public outcry, the Consumer Financial Protection Bureau recently proposed changes to rectify these unintended consequences. When enacted, the modifications will allow non-working spouses to apply for credit in their own name based upon shared household income.

So, be prepared. Securing credit may require more than simply filling out an application or making a single phone call.

## **Develop a comprehensive financial plan for the future.**

If you had a Lifestyle Analysis prepared during your divorce, you should now have a very clear understanding of what funds

came into the marriage (income) and what funds went out (expenses). Use this as a basis for developing a budget going forward. You'll need to address both short-term (day-to-day expenses, monthly utilities, mortgage, car payments, etc.) and long-term (college tuition, retirement, travel) financial needs.

If your divorce settlement includes any lump sum payments (i.e., for alimony, pension rollovers, sale of a vacation home), you'll also need to develop a sound strategy for managing those assets. Establishing –and then sticking to – a financial plan is essential, both for financial stability and peace of mind.

### **Seek help from an experienced financial advisor.**

All the fundamental components of a sound financial plan – creating a budget, investing, retirement planning, outlining your goals and aspirations, saving for college, choosing life insurance, etc. – should be completed under the guidance of a financial advisor.

Be sure to find a financial professional with expertise and experience helping divorced women, specifically. The financial needs of divorced women are very different from those of a married couple, and you should have an advisor who completely understands those differences and knows how to properly manage their money and invest on their behalf.

In addition to an experienced financial planner, I believe most post-divorce women can benefit from the assistance of:

- An estate-planning attorney to work with your financial advisor to help with your estate planning needs and the legal issues concerning your will, medical directives, trusts, charitable giving, etc.
- A therapist or counselor to help you cope with the emotional challenges of starting your life as a single

woman.

- A vocational counselor to help you re-enter the job market, or even start your own business.

## **Enjoy your new life!**

With your divorce in the rear-view mirror, and these important steps completed, you'll be well-positioned for a secure financial future. It's likely you will find, as most women do, that it's empowering to make financial decisions on your own, and to be the one who's in control of your financial portfolio. Rest assured: The road ahead belongs to you!

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# **Dating Advice: 5 Date Ideas Created Just for Moms**





By [Whitney Baker Johnson](#)

It's always important to recognize the hard work moms do – not just on Mother's Day, but every day of the year. They often put their partners and children first, forgetting to take time for themselves. This May, we're encouraging moms to step away from their household duties and embrace some kid-free time with their significant others. Remember, your loved ones want to make you just as happy as you make them. Below are five date ideas that every mom will enjoy.

**1. Chick Flick:** Sure, your beau may want to see the latest action movie, but instead, pick the most romantic movie in theaters and enjoy every cheesy minute of it. Take this opportunity to snuggle up to your hubby and reignite the spark that may be dimming. You'll have at least two hours to relax and decompress before you resume your mom duties.

**Related:** [Create an Action Plan to Make Every Date Feel Like Valentine's Day](#)

**2. Spa Day:** While your man may be hesitant to admit it, he'll

enjoy a couple's massage just as much as you do. Be fully in the moment as you both take this time to recharge. Get a manicure, pedicure or a facial to make the most of your day of pampering. Your partner can sip on some champagne and keep you company while you feel like a princess for an afternoon.

**3. Just Dance:** Sometimes, the best way to let loose is to literally *let loose*. Sign up for weekly dance classes and learn a romantic waltz together, or head to a local salsa club and practice your moves in an environment filled with passion. Any mom will love the chance to not only bond with her significant other, but to also do an adult-only activity. End your night with a glass of wine at your favorite restaurant.

**4. Date Night at Home:** Plan for grandma and grandpa to watch your children so that you and your honey can have a fun evening in the comfort of your own home. Cook a romantic meal together and open up your favorite bottle of wine. Enjoy the warm weather by cuddling up outside and counting the stars. Steer conversation away from your babies, and instead, focus on your marriage. When bedtime rolls around, don't set an alarm!

**Related:** [How Celebrity Moms Keep an Active Dating Life](#)

**5. Breakfast in Bed:** Don't let your date night at home end when you crawl in bed. Wrap up your alone time with breakfast in bed. You can make an extravagant meal with all of your favorite foods: from scrambled eggs with cheese and fresh vegetables to crispy bacon and toast topped with butter and homemade jam. Order in from a local diner – somewhere you may have frequented before the kids came along – and enjoy every greasy bite.

**Moms, we want to hear from you: What's your favorite date idea? Share below.**

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# Relationship Advice: Finding Your True Destiny After Losing Love



By Susan Russo

The other day a friend asked me, “What am I going to do? I can’t live without him in my life. How do I go on? He was my life.” When faced with being alone after your relationship ends, it literally feels as if you don’t know who you are, where you are and how you got there.

Your life was so intertwined with your partner’s life that it



seems that the two of you became one. No wonder people tend to use the cliché, "A part of me is missing."

**Related:** [Returning to the Dating World](#)

## **NEWS FLASH**

*You're normal!*

How do you think you're going to feel after you've spent years sharing *everything* together? That includes family, friends, vacations, pets, children, life ... and the most private and intimate details of who you are with the person you believed would be there forever. Is it any wonder you can't get your head on straight after this emotional volcano erupting in your life?

But rest assured, even though you feel like you'll never find your way out of the darkness, there is a light shining so bright at the end of the proverbial tunnel that you will bask in its glory when you're through it and this heartbreak is behind you.

I'll never forget the time Nicole Kidman was on *The Oprah Winfrey Show* after Tom Cruise had filed for a divorce. Her pain was so palpable you could hear it in her voice, feel it through her words, and see it on her face.

*I was crushed and it wasn't even happening to me!*

I'm sure millions of viewers could relate to Kidman's pain because they know there isn't anything quite like the devastation you feel when the person you love decides they don't want to be with you anymore.

*But...look at her now!*

## **PICKING UP THE PIECES**

**1. GRIEF:** *Cry until you're dry!* Grief is a process. You can't

go around it, under it or over it. You have to go through it. Get it out so you can get on with your life.

**2. ACCEPTANCE:** This is the first step in letting go of the past. You will begin to pick up the pieces when you finally let go of all of the lamenting of how you wished things would've turned out differently and accept the reality of your situation.

**3. FORGIVENESS:** This can be one the toughest things to do, but at the same time when you find forgiveness it is the most freeing thing you can do. It is a gift you give yourself.

**Related:** [Falling Out of Love and Back Into Life](#)

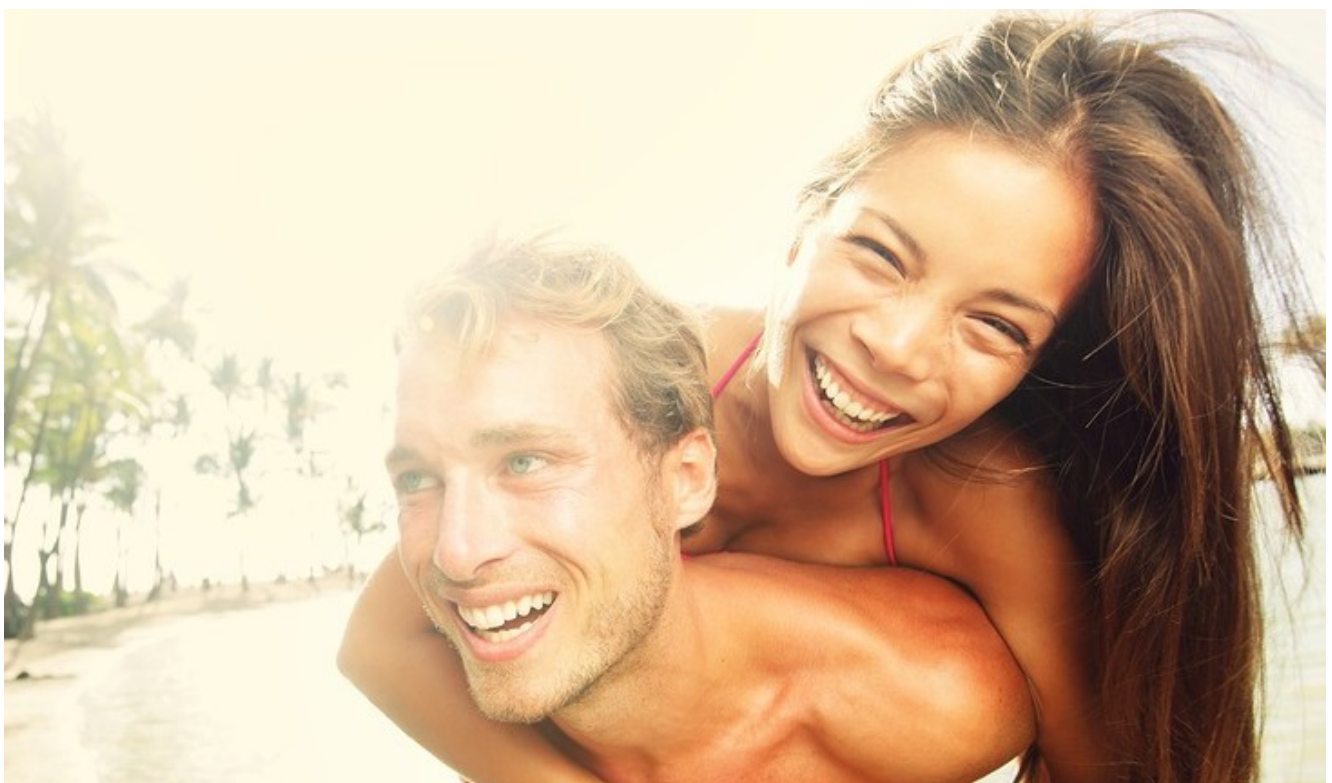
## **MOVING ON**

The end is just the beginning. There is life after this relationship and it's going to be a great one. Look at all of the people who have loved and lost and who are now happy. You'll find your soul mate when you let go of the past. So, embrace the future one day at a time and before you know it you'll be living the life you so richly deserve.

*Susan Russo is the author of: There Is Life After What's-His-Name, The 7 Keys to Unlock the Power Within You and is co-author of, Success and Happiness-16 Experts Reveal Their Secrets. A graduate from the EPIC Coaches Academy and with over 10 years' experience as a Life and Relationship Coach, she teaches you how to transform adversities into life changing opportunities.*

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# Dating Advice: Why A List of Requirement Won't Get You Mr. Right



By Laurel House for GalTime.com

When it comes to finding “Mr. Right,” I used to believe in lists. After each relationship, I would add to my “Musts” and “Won’t Stands” based on experiences had and realizations made.

It seems the whole list thing is pretty common. The idea is that if you make a detailed, honest list of exactly what you are looking for in a guy, it will help you find your Mr. Right. Why? Because you are being clear on what you want and putting it out there.

Essentially, you are creating this perfect person in your mind so that either:

**A. You can use it as your gauge to judge each guy** you go out with and be prepared to look out for red flags or (hopefully) your ideal perfection.

**B. You are tossing your picture of perfection out to the universe** so that that guy will be sent your way, cross your path, and you won't be able to help but take notice when you come across the embodiment of your specifications.

But it's more than a list of positive attributes and the components that you want your ideal guy to bring to the table ( or what I call "must haves"). It's also about the negatives- the "won't stands." Those are the deal-breaker elements that you absolutely cannot look past.

So I made my list. And after each date I would check it, x'ing the poor guy off because he didn't qualify. When my list exceeded 250 pre-recs, I realized that pretty much no one could embody my needs.

**... And then I found him.** He was the complete (as hard as it may be to believe) embodiment of my list. Every single item was checked off. He defined who I have always wanted. He wrote little notes telling me how great I am. He picked flowers and put them in a bud vase beside my bathroom sink. He was successful and interested in helping boost my career too. He woke up in the morning and allowed me to sleep for a few extra minutes as he prepared coffee for me – despite the fact that he wasn't a coffee-drinker himself. He wanted to and had the financial and scheduling means to travel with me – anywhere, everywhere, anytime – on a whim. He loved my body, and told me all the time. He was emotionally available and supportive. He liked to live a healthy lifestyle and wasn't addicted to any drugs nor did he excessively drink. I learned from him, both from his personal experiences and his career. He would make an

amazing husband, partner, the type of man who you could spend a life with, and always have something to talk about. He was interested and interesting. He was perfect... *paper perfect*.

Sure, he was the embodiment of my list, but once the initial excitement wore off and regular life set in, we realized that we were better off as friends. We didn't have that spark, that chemistry that is so hard to define but so necessary in a relationship. And so we had a conversation about it and decided that that was what we should be – just great friends.

### **And that's when I realized... screw the list!**

Like when a smile doesn't touch the eyes, just "paper perfect" sometimes doesn't touch the heart. But the fact is that you're not looking for a walking list. You're looking for a feeling. What you might find is that the person who in fact is perfect for you, might be very different from what you thought you were looking for. Because it's not your eyes that should be doing the looking. It's your heart.

### **So What Do You Do?**

**Create a list.** But don't just write the musts in terms of activities, appearance, location, interests, or even personality. Think about:

**1. Core Values.** What are your core values? I mean, what are the most important things to you at the core? I'm talking about home, family, trust, close relationship with parents, ability to be emotionally raw and available, compassionate, giving back, and close friendships.

**2. Feelings.** How do you want the relationship to make you feel? Comforted, excited, sexy, calm, balanced, secure, safe, at home... If "home" is on the top of the list, what does "home" feel like to you?

**Now let go of the list.** You aren't going to find someone who is "exactly perfect", someone who embodies every line on your

list. But someone can be a lot of what you are looking for, and maybe even more of things that you didn't realize you wanted. Sometimes you didn't realize the things that really matter to you, because you were never exposed to them in the past.

## **Create an Intention Board**

An Intention Board is a collage of images and words cut from magazines, drawn, or written that illustrate the energy, feelings, and loose goals of what you are looking for. Each morning, and before you go on a date, spend 5 minutes looking at the board. Focus on the elements that pop out at you and remind you what truly is important to you and important in the person you are looking for, and life you are looking to live.

### **How to make it:**

- **Use a poster board and cover it in images**, words, photos, magazine cutouts, whatever you want, that helps bring to life your ideal
- **Visualize what living that wish might be like.**
- **Every morning as you are drinking your tea or coffee or eating your breakfast**, sit in silence with your board and just take it in. Look at the images, read the words, and imagine how the energy of that board, those desires, and that energy can translate into your life. Don't take each image literally, just take its energy.
- **With the intention of your board in mind**, see how you can make small changes throughout your day to make those goals take shape.
- **Don't be attached to the form or outcome of your wish.** You have to surrender a little bit of control here and trust that your wish will come true in some shape or form- just maybe not in the exact shape you saw in your head. Focus more on the energy or feeling that your board expresses instead of the exact pictures or words that it contains.

Screw the list, go with your heart instead.

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# Celebrity Couples: Celebrity Women Involved with Non-Celebrity Men



By [Ashley DelBello](#)

Celebrity relationships always seem like they're over before they start, but for some women who look outside the world of entertainment it appears that long-lasting love becomes a possibility. Is that the key to finding love in Hollywood, or

is it easier to date someone in the biz since they may be able to better understand the pressures of the industry? Cupid takes a look at a few relationships between celebrity women and “normal” men:

### **Scarlett Johansson + Romain Dauriac:**

Scarlett Johansson has only been dating French creative agency manager Romain Dauriac since November, but whether she’s dating a star or a non-celeb, ScarJo doesn’t seem to stay single for too long. She was married to Ryan Reynolds for two years, quickly rebounded with Sean Penn, dated advertising executive Nate Naylor for about a year and then quickly moved on to her current beau just one month after her break up with Naylor. Considering Johansson’s fame, the new couple appear to be trying to keep their relationship as [normal](#) as possible.

**Related:** [Matt Damon Returns to Work After Renewing Vows with Wife Luciana](#)

### **Tina Fey + Jeff Richmond:**

Tina Fey met Jeff Richmond in Chicago when he was a composer, while she was trying to make it big with the Second City improv group. According to UsMagazine.com, the key to this long-lasting relationship is to “never stop having fun.” The couple has been married for more than eleven years and has two daughters.

### **Drew Barrymore + Will Kopelman:**

Before meeting art consultant Will Kopelman, the actress was in a serious, five-year relationship with The Strokes’ drummer Fabrizio Moretti – who is now dating Barrymore’s close friend Kristen Wiig! However, this shouldn’t bother Barrymore as she’s now not only newly married to Kopelman, but gave birth to the couple’s first child, Olive Barrymore Kopelman last September.



**Related:** [‘Glee’ Star Heather Morris Is Pregnant!](#)

**Meryl Streep + Don Gummer:**

Surprisingly, the three-time Academy Award winner has a leading man who is not in the entertainment business. Streep and sculptor Don Gummer have been married for nearly 35 years and have four children together. Keeping their relationship out of the public eye seems to have helped this marriage last.

**What do you think? Do relationships between stars and non-celebs last longer? Share your thoughts below.**

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## Four Dates and a Wedding



By Lisa Becker

You've heard of the movie *Four Wedding and a Funeral*? Well, the story of how I met my husband online is *Four Dates and a Wedding*. Those online dates yielded some valuable lessons, which I'm happy to share in order to help other online love seekers:

### **Date 1: Justin**

When I dipped my toe into the online dating pool, I was reeling from a bad breakup. Too modest and emotionally-bruised to write glowing things about *myself* in my profile, I instead wrote what *other* people would say about me, such as my family and co-workers. For example, I wrote, "My friends would say I'm fun, easy going and incredibly loyal, and my nephew would say I'm incredibly silly but sing a mean rendition of *I've Been Working on the Railroad*." I received dozens of generic emails reading, "You sound interesting and I think we would have a lot in common." It felt as though these men were carpet bombing the online dating site in the hopes of getting *someone* to respond. Justin emailed me one simple line that captured my attention and heart: "I would say adorable." I was hooked! While it didn't work out in the long run, he was as sweet, charming and sincere as I had imagined he would be.

Lesson: If it doesn't sound as if he's read your profile, he might not have.

**Related:** [3 Benefits of Meeting People Online](#)

### **Date 2: Pete**

From his profile and our brief email exchanges, Pete sounded like fun. He had three photos posted, and all of them seemed to be taken in a party setting where he was enjoying a cocktail. On our one and only dinner date, Pete's true colors

rang through. Every story seemed to begin with, “My buddies and I were out drinking one night.” I knew right away that he wasn’t the man for me.

Lesson: Pay attention to the little details, as they can often be quite telling.

**Related:** [How to Find Love Online with Non-Traditional Dating Sites](#)

### **Date 3: Eric**

After receiving an email from someone and deciding I wanted to start an online conversation, I sent a series of questions to see if we would be compatible, such as the last book he read or the favorite part of his job. I’m a huge fan of pop culture so I also asked questions to see if we would have fun bantering about various topics. Eric and I seemed to be twins separated at birth. We had so much in common that I was convinced he was perfect for me. Unfortunately for me, after our lunch date, it became quite apparent that Eric was gay. And to toss out a *Seinfeld* pop culture reference here: “Not that there’s anything wrong with that.” As lovely as he was and as much fun as we had together, I was convinced that once he came out of the closet, we would both be competing for the same man.

Lesson: If he sounds too good to be true, he probably is.

### **Date 4: Todd**

Typically, I would avoid anyone who didn’t post a photo online because I heard that men who were married or in committed relationships would secretly troll the dating sites looking for hook ups. Todd didn’t have a photo posted with his profile, but he was so charming via email that I decided to meet him anyway. We planned to meet at a local restaurant. Since I didn’t have a picture to reference, he gave me a description of himself. It could not have been farther from

the truth. Fortunately, he knew what *I* looked like, so he was able to spot *me* in the crowded restaurant. I don't know if he was delusional or trying to be deceptive, but either way, it was a turn off.

Lesson: If there's no photo, proceed with caution.

### **Wedding: Steve**

Not long after my date with Todd, I had my first date with Steve, which turned out to be my last first date ever. We've been happily married for 10 years, which in Los Angeles is apparently no small feat. So, if it happened for me, there's hope for anyone!

*Lisa Becker had endured her share of hilarious and heinous cyber dates, many of which inspired [Click: An Online Love Story](#) and [Double Click](#). She is now happily married to a wonderful man she met online and lives in Manhattan Beach with him and their two daughters.*

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## **Relationship Advice: 10 Signs He's Not Really Committed**





By Johanna Lyman for GalTime.com

Men may have a reputation for being commitment-phobic, but I'm not sure they *all* deserve the reputation. I think men just show their commitment differently than women do. It's the whole Venus/Mars dilemma: how are you supposed to know if he's committed to your relationship when you seem to be speaking a different language?

While you might not be speaking the same language, there is a universal communication that everyone understands. It is the language of actions. What you consistently *do* shows the world what you believe, and what's important to you. There are ways you can use this universal language to decipher how committed your partner is to you and to your relationship.

Take these 10 tips from Dr. Hernando Chaves, resident sexologist at AskMen.com, to assess if your own partner isn't really in it with you.

**1. They say they'll change, but they don't. Actions speak louder than words.** This is the first thing to look for when

you're reading the language of actions. Unfortunately, when you don't like what you see you might want to ignore it. Don't just look for big actions; inconsistency in small things will tell you just as much as whether he does the big things.

**2. Your partner enjoys spending their time with others more, and the time spent with you seems forced or less enjoyable to them.** In a healthy relationship, you each will spend time apart, but if he starts spending more time apart, or you're fighting more when you're together, he's probably feeling less committed.

**3. They threaten to break up with you often or break up with you often.** People who have problems with commitment need to have an "out" or an exit strategy. When things get too intense, they want to run. They're afraid of their feelings, so they're afraid of commitments.

**4. They prioritize their own desires and needs before the relationship or partners' needs.** While it's healthy and important to make sure that your needs are getting met, it shouldn't be at the expense of the relationship. If you find that your partner's needs are consistently at odds with the relationship, pay attention.

**5. The commitment seems to be based heavily in one or a few aspects of relationships, such as sex, money, stability, or some other personal gain.** Relationships have a lot of moving parts. It's normal, especially in newer relationships, for some of those parts to work better than others. But if there's really only one or two aspects that are working, it's time to consider the commitment level of both your partner and you.

**6. They don't do the little things.** This goes back to the first point. All actions, not just the big ones, will show you how committed your partner is. Does he remember your favorite restaurant, or your food allergy? Does he do little things to make you feel special? (And conversely, do you do little

things that make him feel good?)

**7. They are uncomfortable with relationship titles, feelings, and behaviors with you and in front of others.** If your guy is really committed to you, he'll want to bring you around his friends, and he won't pull back from being affectionate because you're in front of other people. Unless he has the emotional maturity of a thirteen year old, he should be the same person in public as he is behind closed doors.

**8. You notice changes in their behavior that gives you evidence they are pulling away.** Some people jump into relationships with both feet, then realize they've made a mistake. Or they get afraid as the relationship deepens and don't know how to communicate what's happening. When something like this happens, your previously committed partner will start to pull back. He might make excuses about why you can't get together, or he'll cut your time short. He might start arguments or just withdraw.

**9. They have a pattern of having commitment issues in their past relationships. History often repeats itself.** While you might harbor the illusion that "this time it's different," don't fool yourself. Unless he's done work on himself with a coach or therapist to change long standing patterns, they will surface. Don't fall into the illusion that you're the One who can change him and make him finally commit.

**10. Your partner has a negative view or expresses negative comments on relationships, marriage, or commitment.** Men are generally congruent. They say what they mean and mean what they say. Their actions back up their words (unless they're conflicted inside themselves). Don't make the mistake of thinking you can change him, or he doesn't really mean it. If he's saying negative things about relationships, marriage, or commitment, consider it a big red flag. Don't keep going with the relationship, hoping it'll be different with you. It

won't.

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# Dating Advice: The Pros and Cons to Taming a Bad Boy



By Andrea Surujnauth

There is nothing like the thrill of dating a bad boy. He is exciting to be around and is always taking chances. They give you goosebumps every time you're around them. He is spontaneous and always knows the right thing to say or do to send shivers up your spine. You dated him for fun but what what happens when you discover that you are beginning to feel



real feelings for this bad boy? Can you eventually tame him and make him boyfriend material? If Angelina Jolie could do it to Brad Pitt then why can't we do it? We decided to weigh in the pros and cons of dating a bad boy to help you come up with an answer to your question, is it worth it to attempt to tame a bad boy?

### **Pros:**

**1. Best of both worlds:** By taming your bad boy, you will be able to have a guy that is both exciting but also loyal. You can teach him to cut out the bad boy aspects that don't work for you while keeping the ones that do. You will be able to have a bad boy that is good for you!

**2. Confidence:** By taming a bad boy that many girls before you have always been running after, your confidence level sky rockets. You bad boy beau changed for you, you were the one that was able to get him under control. That's enough to make any girl feel good about herself.

**3. Life changer:** By helping your sweetie become a good boy, he will be thankful to you for helping him turn his life around. Getting his life on track towards a successful future will make him see how good you are for him and how much you care for him. He will see you as his savior and is sure to fall for you because of it!

**Related:** [What Attracts Us to Bad Boys?](#)

### **Cons:**

**1. Relapsing:** This guy is a naturally a bad boy, those are his instincts. By attempting to tame your honey, you are risking him relapsing and going back to his bad boy ways. You might stop him from breaking the law or being a player, but you never know how strong the pull is for him to return to his old lifestyle. You are at risk of getting hurt.

**2. Tables may turn:** When taming a bad boy, you are also risking becoming a bad girl. If you let yourself get sucked into his lifestyle while in the process of trying to tame him, you might find yourself breaking laws, becoming irresponsible, or enjoying the recklessness of being bad.

**3. Unwillingness:** There may be certain things about the bad boy lifestyle that your new man may not want to give up. This may cause a fight about your desire to change him. No one is ever happy about changing who they are, so this may cause your relationship to expire.

**Related:** [When Do Opposites Not Attract?](#)

So are bad boys worth taming? After weeding through the pros and cons, we still don't have a straight answer for you. Whether it is worth it is an answer only you can decide for yourself. Take all of this into consideration when deciding if you really want to tame your bad boy. Make sure you are confident in yourself and stick to your values if you decide to do it. Some bad boys can be tamed but take care of yourself first and don't lose your self respect or sanity while trying to tame the stubborn ones.

**What are some of your pros and cons of taming a bad boy? Comment below and let us know!**

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## **Dating Advice: Deal breakers That REALLY Matter**



By Marcus Osborne for GalTime.com

If you're one of the millions of women who are single, dating regularly, and yet you've had inconsistent luck in the match game, it may be time to do some introspection. I can't begin to tell you how often I hear complaints about scarcity of quality guys. I hear it in the dating echo chamber with alarming regularity; "Men don't want to commit!"

Okay, let me clear that last bit up. The idea that guys won't commit or don't want to commit is an unabashed fallacy. I've said this before, it's not that the guy won't commit – he just won't commit to *you*. The right guy for you will find you. That's a guarantee.

Now about this so-called, "quality guys" drought...complete bunk. Seriously, most of the guys I know who are looking for serious relationships bristle at that statement. Because they

know a certain general truth that women don't seem to appreciate; the quality guys are there but you're either ignoring them or not giving them the opportunity to show you how great they are. But why does this chasm exist? There are obviously variables aplenty that cause these missed connections. But I would submit that the idea of "dealbreakers" is a major culprit.

We all have relationship dealbreakers. That handful of key traits that any potential partner must possess in order to stay in the game – dealbreakers. And quite frankly, we all *should* have them. But our dealbreakers should be meaningful. I like to have women break their dealbreakers into two separate groups: shallow dealbreakers and substantive dealbreakers. We should have both but with the understanding that the major emphasis should be placed on the substantive dealbreakers. You'd think that that would be a given.

*Of course the substance should take precedence over the shallow.*

Unfortunately, what we *know* doesn't always inform our actions. So let this be your reminder. Keep your priorities in order. Those shallow dealbreakers, "must be this tall, must have this color hair, must have this type of degree, must make this six-figure salary, must come from this kind of family, must look like George Clooney" should ultimately be seen as great-to-haves instead of must-haves.

The real stuff, the substantive stuff, is what's going to get you through the years. You want to find the quality guys? Use these as your new dealbreaker template.

**1. His closest friends should be great people.** – You want a real gauge on what kind of guy you're getting involved with? Observe his friends. The type of people in your potential partner's inner circle will say a lot about his character.

**2. He should be calm under pressure.** – Long-term relationships

are rife with emotional highs and lows. That being the case, the person closest to you had better be some one you can count on to be not only be in control of his emotions but who can also be a steadying and comforting influence when times aren't quite as great.

**3. *Must be in pursuit of his passion.*** – Maybe he doesn't make six figures. Heck, most people don't. But he had better be driven by something other than money. Far too often women get involved with guys because they have a juicy bank account, then they get serious with that guy and realize that the man who's passion is making money may never have *enough* money. This then creates the real possibility that Mr. Moneymaker may only have time to make money and not have time for you.

**4. *Must appreciate your independence.*** – You're your own person with your own opinions, perspectives and aspirations. Whether you're traditional and expect to be a stay-at-home mom or a lady with dreams of being the President of the United States, your guy had better be on board with you. Do NOT commit that typical mistake of trying to change your guy's mind try to get him to understand your position. The *right* guy requires no convincing.

**5. *Your friends should like him.*** – This isn't to say that your judgment should be completely colored by your friends' opinions, but if there's a collective aversion to your guy by your inner circle, it's definitely time to start asking questions.

**6. *Laugh, laugh, laugh.*** – He better be able to laugh...and you'd better be able to laugh with him. Few things in a relationship are as intimate as a couples' ability to share the gift of laughter. You'll find that successful couples' most common trait is the two simply know how to make each other smile.

So there you go. Take those deal breakers to the bank and

that's where you begin seeing your quality guys. Everything else, the looks, the money, the career, are all amazing icing on the cake, but for long-term potential start with those six building blocks and you're suddenly finding good quality guys to date.

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## Celebrity News: 10 Hot Latin Celebrities



By Jennifer Harrington

It's no secret that the influence of Latino celebrities is growing every day (Latino celebrities have 600 million

followers on Facebook and Twitter!). And with a new South American pope in office, Cinco de Mayo quickly approaching, and frequent news coverage of the growing Latino population in the United States, we figured it was a good time to look at the hottest Latino/Latina celebrities. Here's Cupid's opinion of who is sizzling!

## **Jennifer Lopez**

Jennifer was born in New York City to Puerto Rican parents, and she's been a staple in the entertainment world for years – as a dancer, actress, entrepreneur, fashion designer, singer, and *American Idol* judge. When J-Lo joined *American Idol* as a judge, it was seen as an important move because the show is very popular with Hispanic audiences, and she brought a kinder, more positive attitude to the show. While she's moved on from the popular show, there's no question she will continue to remain a staple in pop culture.

**Related:** [Jennifer Lopez Still Believes in the Fairytale Marriage](#)

## **Alex Rodriguez**

Like Jennifer Lopez, Alex was born in New York City. He was raised in a Dominican family and currently plays baseball for his hometown team, the New York Yankees (although he grew up a Mets fan!). In addition to making plays on the baseball diamond, Alex has also been linked romantically to several major celebrities, including Kate Hudson, Cameron Diaz, and Madonna.

## **Eva Longoria**

Eva is a Mexican-American, and best known for her roles on *The Young and the Restless* and *Desperate Housewives*. Her role as the saucy Gabrielle Solis on *Desperate Housewives* may have ended when the series wrapped last year, but Eva remains in

the spotlight. Most notably, she was actively involved in President Barack Obama's re-election campaign in 2012, and she even spoke at the Democratic National Convention!

### **Mario Lopez**

Mario is a close friend of Eva's, and like Eva, he is of Mexican descent. Mario is best known for his role as A.C. Slater on *Saved by the Bell*, and in recent years, he's remained in the limelight with an appearance on *Dancing with the Stars* and as host of the daily entertainment program, *Extra*. Recently, it was announced that Mario's family with dancer Courtney Mazza is expanding; the couple is expecting their second child in the fall.

### **Sofia Vergara**

Sofia is a Colombian-born actress, television hostess, and model – and if you watch television, it's hard to miss her. A star of ABC's hit TV show *Modern Family*, Sofia is also featured in advertisements for Diet Pepsi and Cover Girl cosmetics. Sofia has also made a splash within the Latino community because many wonder if she takes the Latino stereotype too far with her portrayal of loud and boisterous Gloria on *Modern Family* and remarks she made in a 2012 interview with *Esquire* magazine about common Latino stereotypes.

### **Enrique Iglesias**

Enrique was born in Spain, and his father was a well-known singer and entertainer. Enrique established himself as a singer in the late 1990s with songs such as "Bailamos" and "Hero". He has performed at the Super Bowl, and has been dating tennis star Anna Kournikova for the past decade. Enrique is extremely private about his relationship with Anna, and has even remarked that marriage is not a priority for the couple as long as they are happy and committed to each other.



## **Penelope Cruz**

Penelope was born in Spain, and is well-known worldwide for her work as an actress. She first burst on the scene with films such as *Blow* and *Vanilla Sky* (this movie also sparked her three-year romance with co-star Tom Cruise; the couple allegedly broke up because she refused to embrace his Scientology beliefs). She's now married to Spanish actor Javier Bardem, and she is expecting the couple's second child later this year.

## **Antonio Banderas**

Antonio is also Spanish. He was in several high-profile movies in the 1990s, including *Evita*, *Interview with the Vampire*, *Philadelphia*, and *The Mask of Zorro*. He is married to fellow celebrity Melanie Griffith. Today, Antonio does voice work for movies such as *Shrek* and focuses on parenting his daughter, Stella. He's spoken out about the importance he places on fatherhood by saying that he takes Stella out on "daddy-daughter" date nights once a week.

## **Shakira**

Shakira is a Colombian singer-songwriter. She crossed over into the English market in 2001 (a native Spanish speaker, she's fluent in English and Portuguese, and can speak some Italian, French, and Catalan) with hits like "Whatever, Whenever" and "Hips Don't Lie". Shakira is featured on this season's installment of *The Voice* and recently welcomed her first child (son Milan) with her boyfriend, a Spanish football player.

## **Salma Hayek**

Like Eva and Mario, Salma is Mexican-American. She's known for her roles in films like *Desperado*, *Dogma*, and *Frida* and the television show *Ugly Betty*. She is married to French billionaire François-Henri Pinault, and the couple has a

young daughter. Her charitable work over the years has increased, and she focuses her efforts on raising awareness of violence against women and discrimination against immigrants.

**What do you think – who is your favorite Latin celebrity, and why? Share your comment below.**