

Celebrity Couples Who Cannot Wait to Become Parents



By Meghan Fitzgerald

Most couples are ecstatic when they find out they're going to be parents. The thrill of being a mother or father is indescribable. The moment you find out you're going to be a parent is one you'll never forget. The baby showers, clothes, registries and birthing classes – it all can be very exciting for parents-to-be. Numerous celebrity couples can't wait to become parents. Here's a list of some of seven of our favorites who are expecting:

1. Fergie and Josh Duhamel: Fergie announced via Twitter “Josh & Me & BABY makes three!!!.” According to [UsMagazine](#), husband

Josh sings to Fergie's pregnant baby bump. The two lovebirds are more than excited to welcome a new member into their family this upcoming year.

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2. Maya Rudolph and Paul Thomas Anderson: The former *SNL* star is expecting her fourth child this year with partner, Paul Anderson. Although this child is coming "faster" than they thought, they are more than thrilled to have another baby on the way.

3. Penelope Cruz and Javier Bardem: These two are expecting their second child this year. The actress confirmed they are both "tremendously happy and excited." The couple already has a son, Leo.

4. Alec Baldwin and his wife, Hilaria: The couple is expecting their first child together. The *30 Rock* star stated, "It really is the most amazing thing. I'm lucky." Baldwin already has a 17-year-old daughter named, Ireland, with ex-wife Kim Basinger.

5. Evan Rachel Wood and Jamie Bell: Two months after denying she was pregnant, the couple's rep stated they both were "thrilled" over the upcoming birth of their first child together.

6. Kate Middleton and Prince William: With all of the media surrounding the royal couple, most people know how excited these two are for having a baby. Who wouldn't want to create a baby who will be inducted into the royal family?

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7. Busy Phillips and Marc Silverstein: Although her pregnancy was unexpected, Phillips and husband Marc Silverstein are excited to take on the challenge of parenting again. The duo

are already parents to Birdie Leigh.

Your First Trip Together? 10 Packing Tips



By Laura Seldon for GalTime.com

Packing for any vacation can be exhausting, but it gets even harder when you're deciding what to take on your first trip with your new flame. But just like in relationships, when it comes to packing for a trip, it's best to leave all extra baggage behind! To help you "pack for success," here are the top 10 things to take with you whether you are hitting the

wide-open road together, or jetting away to somewhere exotic!

1. Comfy Walking Shoes

Start your trip off on the right foot with a good pair of walking shoes. While you may want to look good in front of your new love interest, it's important to bring a reliable pair of sneakers "so you can walk and explore together," says author Carrie Knowles.

2. Picnic Provisions

What's better than a romantic meal for two? A romantic picnic for two! "Bring a small backpack with a corkscrew and knife for an impromptu picnic," suggests Knowles. This way you and your new suitor can enjoy some alone time in the great outdoors!

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3. Reading Materials

Consider sharing more than just a hotel room on your romantic getaway – how about sharing a book as well? "That way you can read to each other," explains Knowles. "There's nothing more romantic." Not only will reading together give you something to talk about, but reading something sexy (think *Fifty Shades of Grey*) could really heat up your excursion!

4. First-Aid Kit

Allergies, indigestion and bloating will cramp your style on a romantic getaway. "Bring a first-aid kit," says Bonnie Joy Dewkett, a professional organizer and packing pro. "Because nothing is worse than having your time spoiled by a headache, sunburn or upset stomach."

5. GPS & Maps

Navigate your way to romance with the help of your trusty GPS! “Couples notoriously fight over directions,” says Dewkett. “The key to a road trip is to have a GPS, maps and a plan!”

6. Denim with Diversity

Be sure to pack a pair of jeans that can be dressed up or down. “Who knows what activities your romantic getaway will entail,” says Jennifer Kelton, a dating advisor and the founder of DressForTheDate.com. “Pack a pair of jeans that can be dressed down for activities like horseback riding, but can also be dressed up for hitting a trendy pub.”

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7. Unisex Toiletries

If you’re already sharing a book (as advised in #3), then why not share a few bathroom products as well, including shampoo, conditioner and lotion? “Sharing is caring,” says PR pro Stephanie Scott. “And it also cuts down on the amount of products that you need to pack. Try travel-sized goodies that couples can share.”

8. A Good Playlist

When there’s a moment of awkward silence, it’s best to fill it with the sound of music! Just make sure your playlist (for the car or bedroom) include songs you both like, advises Dr. Jane Greer, a marriage and family therapist. “It will destroy the whole trip if your car ride isn’t enjoyable.”

9. A Solid Set of Snacks

Don’t rely on a run-down convenience store for your snack supply! Instead, ask your new flame for a list of their favorite snacks (granola bars, chips, apples, etc.) and pack some provisions. “Bring some of your favorite snacks to ease tension on the road,” suggests Aimee Cebulski, author of *The Finding 40 Project*. “It will also ward off the crankies and

make each of you happy.”

10. An Open Mind

One of the most important items you can bring with you on any vacation is an open mind. “It sounds cheesy,” says Cebulski. “But this might be the first time you see your sweetheart clean his ears... or he sees that you are an extreme over-packer. Go easy on each other. It’s supposed to be fun!”

The best part about taking an open mind on your trip? It takes up hardly any space in your suitcase!

Who Gets Custody of the Friends?





By Kelly Rouba, GalTime.com

As the Neil Sedaka song goes, “Breaking up is hard to do.” And it gets even harder when friends take sides in the process—something Diana Young recalls all too well.

After splitting up with her longtime boyfriend RJ to pursue another relationship, Young felt abandoned by many of her friends. “RJ got all our friends in our ‘divorce’,” Young joked. But since many of their friends weren’t entirely aware of all that went on behind the scenes, Young said they were quick to take his side.

Unfortunately, this is all too common, says Stacie Ikka, a relationship expert and founder of the dating consultancy Sitting In A Tree. “There are always casualties of war, so to speak, and the loss of friendships during a breakup is no exception.”

In Young’s case, she did manage to maintain relationships with some of the friends she had met before dating RJ. After a breakup, “(one) factor that determines the extent of the

‘fall-out’ is whether these friends were acquired by the couple together or whether the two people in the couple came into the relationship with their own friends, who then became friends with the partner,” Ikka says.

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CHOOSING SIDES

“When a couple with shared friends breaks up, it’s natural for friends to take sides. The more tumultuous or less amicable the breakup, the more divisive the ‘siding’ becomes,” Ikka explains. Typically, “it’s when breakups or divorces are contentious and one or both parties carry residual anger, resentment, hurt or disappointment that friends feel they need to pick a side. When emotions are involved, it’s very difficult for people to remain objective and fair. What happens... depends on the nature of the breakup, the two individuals involved, and how integrated their friends were in their relationship.”

If you have a friend who is going through a rough relationship ender, try not to get too involved. “Friends who take sides can add fuel to an already heated fire,” Ikka warns.

REMAINING NEUTRAL

Carlee C., of New Jersey, said she felt torn and a bit frustrated after two of her friends broke up last fall. “Amanda* asked me to stop talking to Tom* after they split up,” Carlee said. “I felt like I shouldn’t have to stop talking to him because he was my friend before they started dating. Plus, they had only dated for a few months and since he was my boyfriend’s friend, it was illogical to think I wouldn’t see him again anyway. Amanda was not too happy with that decision.”

As difficult as it was for Carlee to try to remain neutral, Ikka says she made the right decision.

“When friends take sides, it can further exacerbate an already emotionally trying time for the people going through the separation—especially if those friends take on any unproductive or destructive behaviors displayed by the couple. A good friend is one who offers support, an ear to listen, and a shoulder to cry on,” Ikka says.

Depending on how the couple handles the split, it is possible for friends to remain neutral, Ikka adds. “There is such a thing as an amicable breakup and, although rare, in these instances friends feel less pressure...to ‘pick a side.’ If the separated couple is able to be amicable, or at least civil, there is less reason for the friends to feel caught up in the middle of the drama.’

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And if that isn’t possible, Carolyn Kingman Javick, a married mother of two from New Jersey, says, “They should do what they learned in kindergarten—and that is to share! Otherwise, it puts friends in a very uncomfortable situation having to choose. It will pan out over time who they become closer to.”

Ikka agrees. “My philosophy is that when a friendship is authentic, it stands the test of time, including breakups. And it is possible for an individual or a couple to remain friends with both parties who have gone their separate ways. It takes honest communication, a commitment by all parties and some organization and planning, but it’s certainly possible.”

MAKING BREAK-UPS EASIER ON FRIENDS

If you’re concerned about losing friends after losing a significant other, Ikka offers a few tips to keep in mind:

Don’t bash your partner in front of friends: Ikka says it is OK to talk to your friends about your experiences, feelings, doubts and fears, especially while the breakup is raw because,

after all, what are friends for? However, “it would be unfair to your friends to introduce any character assassination, unnecessary negativity or untruths about your ex-partner that may influence how your friends then behave around your ex.”

Stick to the facts: Although this depends on your own level of self-awareness and emotional maturity, try to “be as forthcoming and transparent as possible when discussing your breakup and/or ex.”

Explain how friends can help: Tell your friends how they can best support you, Ikka says. “Sometimes, friends in this situation just don’t know what to do, what’s expected of them or what the ‘right’ thing might be. Any guidance you can provide will make the situation easier for everyone.”

**Name has been changed.*

10 New Celebrity Dads





By Jennifer Harrington

Pregnancy, babies and parenting are always some of the hottest topics when it comes to celebrity news. Much of this news revolves around the mom and baby (think of how much time we spend on “bump” watch and anticipating Hollywood baby name choices), and an important part of the equation is often overshadowed: the celebrity dad. There are some great fathers in the celebrity world, and we wanted to shine a spotlight on them to celebrate their dedication to their children and fatherhood. Here is a list of our top 10 celebrity dads:

Brad Pitt

Hollywood heartthrob Brad Pitt is a father of six (Maddox, Zahara, Shiloh, Pax, Knox and Vivienne) with longtime love, Angelina Jolie. Often when Angelina is working, Brad plays the role of stay-at-home dad with the kids, and it seems to be a duty he relishes in. In a 2012 interview with *People* magazine, Brad revealed that fatherhood has made him a better man and explained that being a dad “takes you right off yourself.”

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David Beckham

Soccer superstar David Beckham is the dad of four (Brooklyn, Romeo, Cruz and Harper) with wife Victoria Beckham. David has confessed that he hopes his children will be independent and lead normal lives, despite their parents' star status. He is open about how challenging it is to spend time away from his family for his soccer commitments. He's also very proactive when he's with the little ones (he was recently spotted having some quality one-on-one time with Harper in Paris).

Chris Noth

Sex and the City star Chris Noth is the father of one child (Orion) with his wife, Tara. Despite a long list of acting accomplishments, Noth is emphatic about his favorite role. He said, "I love being a dad... being a dad is by far my favorite role!" It may be difficult for some to imagine Mr. Big as a devoted dad, but Noth is frequently photographed as a hands-on dad (we have even seen him sport matching Halloween costumes with his little one), and has even said the sound of his son crying is "music" to his ears.

Tom Cruise

Major movie star Tom Cruise is a dad of three (Isabella, Connor and Suri). While Isabella and Connor are grown and embarking on their adult lives, Tom is famously undertaking the role of single dad, in light of his recent divorce from Katie Holmes. While Suri calls New York City home with Katie, and Tom is frequently traveling for his movies, Tom remains committed to daddy duty for Suri. The duo has been photographed at Disney World together, and most recently, celebrating her 7th birthday together. Tom has also remarked that Suri can call him whenever she needs him!

Ben Affleck

Boston-native Ben Affleck has three kids (Violet, Seraphina and Sam). After a whirlwind year of work and accolades for Ben, his current focus now is parenting his children, so his wife, Jennifer Garner, can go back to work. The couple has agreed that while one is working, the other will stay at home with the kids. Of his summer plans, Ben has been quoted as saying, "There's going to be a little Mr. Mom action."

Matt Damon

Ben Affleck's best buddy, Matt Damon, is also a fantastic dad. Matt is a father to three daughters (Isabella, Gia and Stella) and a stepfather to Alexia, from wife Luciana's previous marriage. Matt has a simple rule that guides his life and establishes his commitment to his daughters: the family can't be separated for more than two weeks at a time. Matt is open about the fact that his feelings toward his family are much more than he ever expected, and has remarked that parenthood is "really quite something."

Will Smith

The Fresh Prince of Bel-Air star is a father of three (Trey, Jaden and Willow). Will famously rapped about fatherhood in the 1990's song "Just the Two of Us", and he's watched with admiration as Jaden and Willow, his children with wife Jada Pinkett Smith, have launched their own acting/music careers. Will is very involved and supportive of their blossoming careers, and is always available to provide them with counsel as they navigate Hollywood. He has remarked, "I love producing my kids and my wife's TV show and all that. I think that's my most natural space in the business."

Seal

The singer is father to four children (Leni, Henry, Johan and Lou) with ex-wife Heidi Klum. While Seal and Heidi are no longer married, Heidi knew that Seal would be a good dad the first time she met him because of his "kindness and

compassion.” She has publically stated that he is a great father and always puts the needs of the children first (even Leni, who is not biologically Seal’s child), noting that he “does everything in his power” to make sure the kids are happy and safe. Time will tell how Seal adjusts to fathering without Heidi by his side, but we have no doubt he will continue to be a fantastic papa.

Matthew McConaughey

Matthew is dad to three kids (Levi, Vida and Livingston) with wife Camila. His recent acting schedule has been packed, but when he’s not on set, Matthew’s favorite activity is story-time with his tots! Matthew shared with *People* magazine, “My favorite thing is reading a five-minute story that turns into a never-ending story. When it’s story time and I get to the end, there’s no the end. The kids hate the end!” Matthew also loves long phone chats with Levi, when he’s away shooting movies!

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Barack Obama

President Barack Obama has two daughters (Sasha and Malia) with wife Michelle. Despite his schedule loaded with meetings with world leaders and policy negotiation, Obama makes spending quality time with his teenage daughters a priority. Sasha and Malia absolutely know where they stand with their father; Obama told *Essence* magazine, “I want my girls to know that no matter what else is going on, they’re my first priority.”

What qualities make a terrific celebrity dad? Any other celebrity dads we should include on this list of Hollywood’s finest?

Wait To Marry Until You Are At Least Old Enough To Legally Drink!



By Susan Trombetti, CEO of Exclusive Matchmaking

Before you take the loooong walk down the aisle, make sure you are mature enough to make that commitment for better or for worse! Miley and Liam have been getting cold feet for years. Now, and before you warm up to the idea of getting hitched, hear matchmaker and relationship expert, Susan Trombetti's reasons why you may want to say "I don't" until you are older.

Top 5 Reasons Why Not to Get Married So Young:

1. Money Matrimony Mess

Unless you have a decent savings account, think twice before you book that chapel. Money is the number one reason couples divorce, so take some time to allow yourself and your hedge fund to mature. It is sad to say, but financial stability usually leads to marriage stability. No money, no fun.

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2. Room For Growth

Don't go straight from living in a room in your parent's house to sharing a space with your spouse. Learn to live alone! Learn to live independently first before you wind up dependent on someone else.

3. Love Yourself Before You Love Someone Else

Get to know yourself. You may not reach your full potential as a person if you have obligations to a spouse and a family. Live *your* life. You need to get out there, let your hair down, have fun and experience the world. There is a greater chance you will change as a person and your priorities will change if you and your partner don't change together... this spells a relationship disaster!

4. 'Till Death Do You Part With Your Problems

Remember, marriage is supposed to be a lifelong commitment. Yes, there are the good times, but with those times do come some bad patches. If you marry someone too young you may not have the maturity to handle such a serious commitment and navigate the pitfalls.

Related: [What To Know Before You Say 'I Do'](#)

5. Stop In The Name Of Love Before You Become A Statistic

Unless you want to end up like Kim & Kris in a 72 day divorce debacle... think twice and then a third time before you say "I DO". Bottom line, divorce rates are higher among younger couples... and no one wants to end up on the receiving end of a Taylor Swift song.

Susan Trombetti is an expert matchmaker and relationship expert. She is CEO and founder of Exclusive Matchmaking and a certified executive member of the matchmaking institute. She has helped many upscale, discerning singles discover long-term relationships and partnerships that are both rewarding and fulfilling through her business, Exclusive Matchmaking. She has also been featured several times in Cosmopolitan, Shape, MSN and many more. You can find Susan sponsoring local charity events or scouting for matches for clients at A- list parties and events.

Amanda Bynes: When Help Is Needed But Not Wanted





By Jane Greer, PhD for GalTime.com

Amanda Bynes has been in the news recently after a flurry of erratic behavior both in the real world and on Twitter. Drama peaked this week when she was allegedly caught in possession of drug paraphernalia and arrested. Two mug shots were circulated, one of Bynes wearing a flamboyant, platinum wig and the second with the wig removed revealing a new super-cropped haircut. Since the incident, she's lashed out at Rihanna on Twitter saying she had been beaten by Chris Brown for being "not pretty enough."

The child star has been having trouble for a while, including an arrest in 2012 for a DUI. Last month, she announced that she had an eating disorder and posted a photo of herself wearing only a bra. Since then, she's been sharing increasingly inappropriate photos of herself on Twitter. For those of us on the outside, it is like watching a train wreck: we can see it happening but there really isn't anything we can do. But what about those close to her? Is there anything they can do? And what can you do if you have a friend or family member spinning out of control?

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In Byones' case, it is hard to know if she is dealing with a drug problem, a mental health condition or something else, but one thing is for sure, she needs help. The reality is, though, she doesn't seem to be taking it. This is something many of us can relate to, the desperate pull to want to help someone in trouble who is flat out refusing to accept it. Your instinct is to throw them a rope, but they just swim in the other direction and cut themselves off from those who love them.

Sometimes friends and family coming together as a united front and doing an intervention can cut through the refusal to help. If that doesn't work, you might consider getting out of their way; on occasion a person has to hit rock bottom before they really take their problem seriously and are willing to accept help. So often people deny the severity of their situation and continue to think they can handle themselves and that they are OK. Realize that unless and until they experience the full impact of their behavior, they may remain unwilling to do anything about it to change.

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It isn't until they reach their lowest point that they can fully appreciate the seriousness of what they are dealing with, and grasp the importance of getting assistance. It is only then that they will want help and reach out to get it, or accept what is being offered. Of course, stepping aside isn't an easy thing to do. You might feel helpless because they are at risk – if they are dealing with a drug problem the fear is an overdose, if they are mentally ill then you might be worried that they will be self-destructive. The truth is, though, that the more you attempt to help them, the more likely it is that they pull away and isolate themselves further. If you can curb your desire to help so you stop

battling with them, then the only person they are fighting is themselves and they might finally be able to reach out and/or accept help.

Know also that if their out-of-control behavior continues to escalate, at some point either the legal system or the mental health system is likely to get involved so that seeking help will no longer be a matter of choice, but rather a necessity.

As difficult as it can be, sometimes the only option when someone is refusing help is to stop offering. Hopefully this will be the case for Amanda and those who know and love her, and she'll be ready to accept true support on her own soon.

5 Ways Your Relationship Can Overcome His Loss of Ambition





By Ashley DelBello

All relationships struggle at some point and in many cases more than once, but it puts even more of a strain on it when your significant other loses his focus or sense of purpose. It's 2013, but most men still have that "provider of the family" mentality and feel it's necessary to be the one – for lack of a better term – "bringing home the bacon." So, what happens when your boyfriend or husband loses their job and doesn't have it in him to move on?

First, figure out if you're in it for the long haul.

Typically, new relationships won't succeed in this type of environment, but whether it does happen with the new guy you're dating or your husband of five years, you will need to decide if this is something you're able to help guide him through while he figures things out. You also need to examine what you're looking for in a relationship if this has been an issue between the two of you for some time. His laid-back attitude may compliment your more assertive, goal-oriented personality and you may enjoy taking the lead in the

relationship. However, if you're looking to be a part of a power couple, then this will be an ongoing source of disappointment and frustration for you.

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Support, support, support.

There has to be that balance between support and pushing too much. You can want the best for someone, you also have to understand that they will also need to want it for themselves. You need to keep that in mind as you both navigate through this situation.

Suggest starting over professionally with an internship.

Maybe his lack of ambition is stemming from a lack of passion for what he's doing. If he or as a couple you can afford it, see if he would be interested in looking into internships to explore where he wants to go next in his career. We've seen it happen in Hollywood and while it may seem unrealistic, the storyline is coming from somewhere real so if nothing else works, then why not try something that could help lead him to finding something he gets excited about.

Guy time. As well as girl time.

Any activity that gives you both some time away from each other on a regular basis will be beneficial to the both of you so the focus isn't always on your relationship. It also allows the both of you to talk candidly with your friends – as with everything, venting is healthy in moderation.

Professional counseling.

It's OK to seek outside help – they provide an objective third-party perspective and are also trained to help you both figure this out.

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Last of all – know that it might not be possible to move forward with your relationship. When you feel like you have given it everything you have and don't think you can continue with the way things are, recognize that it's OK to walk away. It's not a decision to be made lightly or quickly, but sometimes approaches to life are just too different for relationships to work well on a long-term basis.

Have you been in a similar situation where your partner lost his ambition? If so, what did you do to overcome this and keep your relationship on track?

5 Cue Cards for New Couples



By Christina Steinorth MA MFT

Here's a piece of folk wisdom nearly every newlywed has heard: "If you can survive the wedding, surviving the marriage will be a piece of cake!" Weddings are indeed stressful because they involve a massive amount of planning, cooperating/compromising with your spouse-to-be, the convergence of diverse family and friends, decisions about religion and family traditions, and of course, lots of money.

After the wedding, many newly married couples experience what social scientists call "the honeymoon phase"—a period of several months in the beginning of marriage, characterized by passionate love and intense happiness. But in my experience working with couples, I've found that new marriage also comes with new stressors.

To sail through the first few months of marriage with minimal problems, here are 5 Cue Cards, or quick behavioral prompts, to help you navigate around the most common obstacles to newlyweds' happiness.

Cue Card #1: Managing your own family is *your* job.

Even in well-adjusted and accommodating families, social slipups will occur. You or your spouse will inevitably get your feelings hurt by someone in your extended family or your partner's family. If your relative acts in a hurtful manner, it's your responsibility to address the issue with the offending family member and, if warranted, to ask that person to apologize to your spouse. When you manage your family, you show respect for your love partner.

Related: [What To Know Before You Say 'I Do'](#)

Cue Card #2: Keep disagreements between you.

When you have a disagreement with your spouse, one of the best things you can do for your marriage is to not talk about it

with your family of origin. Families can be a wonderful source of support, but in new relationships it's essential for a couple to establish an identity that's separate from their respective families. This engenders trust in one another, strengthens your bond and helps you make decisions that are right for the two of you, free of outside meddling and the resentment that can create.

Cue Card #3: Establish your own family traditions.

When holidays come around, it's normal for new couples to grapple with whose family they'll visit, which traditions to adopt and how to juggle in-law demands. A good solution is to choose one holiday a year to establish your own tradition, and then alternate other holidays between families. This way, everyone gets to spend equal time with you. You can avoid the stress of having to travel to multiple holiday events. And it gives you an opportunity to create a holiday that's all your own—with the food, friends, fun and rituals you get to choose together.

Cue Card #4: Don't take it personally.

One of the best ways to get your marriage off to a good start is to practice this one behavior over and over, and master it: Pause before you take what he or she said personally—it's usually not about you. When your partner is angry, sullen, or rude, stop and ask yourself, "Did she/he do or say this to be mean or to hurt me?" It's not easy to do, but if you can get good at controlling your knee-jerk reaction, it gives both of you the opportunity to find out what's really going on, and to talk about it calmly and with genuine concern.

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Cue Card #5: Let unimportant things go.

Before you engage in an argument, try to stop for a moment and

ask yourself, “How important is this?” It’s inevitable that you’ll get on each other’s nerves. And it’s common to want to control your partner’s behavior. But try to put the issue into the context of your entire relationship and then pick your battles wisely. This single piece of advice will help you minimize the number of arguments you have, and you’ll learn how to love each other for who you are and the way you are.

*Christina Steinorth MA MFT is a psychotherapist and a popular relationship expert on radio and in print. Her advice has been featured in publications such as The Wall Street Journal, USA Today, Woman’s Day, Cosmopolitan, and The Chicago Tribune, among many others. Her new book is **Cue Cards for Life: Thoughtful Tips for Better Relationships** (Hunter House, 2013). Learn more at www.christinasteinorth.com.*

Can People Really Fall In Love Too Fast?





By SMF Marcus Osborne for GalTime.com

All of our lives, we're advised against allowing ourselves to fall in love too fast. They (whoever "they" are) tell us love should happen deliberately, gradually, over a moderate amount of time to have truly legitimate long-term potential. That certainly sounds like sound advice. A cautious approach to new love is never in any way inappropriate. Better safe than sorry.

The problem is that even though this sounds like the right thing to do – *feels* like the right thing to do – it seems to me that there's very little control over our emotions. Yet there are those who truly believe we have some kind of real power and control over our feelings. Whenever I've heard someone proclaim they wouldn't "let themselves fall in love" with someone, I can only laugh. Certainly, as human beings we have the ability to make choices. As people, we can acknowledge feeling a certain way without acting upon whatever powerful emotions may be brewing.

Don't get me wrong, it's not easy.

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The experience of falling in love with someone is extraordinarily powerful – almost impossible to resist. We have no ability to just turn it off. If we could do that, there wouldn't be nearly so many shallow husks of decayed relationships strewn across the ages. But this notion that we can fall in love too quickly – that we somehow will fall in love too soon if we don't exercise some sort of discretionary power over that emotion, I theorize that has been all wrong for years.

I posted a question on my Facebook fan page asking the question, "On average, how soon after you begin seeing a new suitor do you realize that you're falling for them?"

The overall response was generally in the range of 3 to 7 dates. Now this was a small sample size so it's hardly scientific, but I think it's indicative of something nonetheless. It may indicate that most people fall in love far sooner than we would care to admit and definitely sooner than we would like.

Think of your current or past relationships. How many of them took you more than a few dates before you felt the opening pangs of what you would eventually come to realize was you falling in love?

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When you really fell for someone, how long did it take? Probably much sooner than you think. How many times have you heard people in successful relationships tell the story of how they "just knew right away?" I use myself as an example of this. My ex-wife and I moved in together two weeks after we met. We were together for the next ten years. Have you ever started to fall someone after more than ten dates? I'm guessing no. I theorize most of us know fairly quickly, in

spite of how we're all told we *should* feel.

There's always that awkward period where you're each waiting to see who says "I love you first." You want to say. You want to tell that person what you're feeling, but you can't, right? Why is it awkward? Because we're told not to. Too soon. May scare him off. May not feel the same way. Which may possibly be true in any given situation. But life is filled with risks. By the way, research shows that generally guys are the first to drop the L-bomb.

I guess my point in all this is that sometimes trying to adhere to conventional wisdom may not be the best route for you to take in a fledgling relationship. You should be cautious, but you can be cautious and still embrace the fact that you're falling for someone without concern over some artificial timetable. All these rules take the fun out of new love!

But I ask you again: How soon do you know you're falling in love?

Short Term Celebrity Marriages (Learn From Their Mistakes)





By Andrea Surujnauth

Celebrities seem to always be in and out of marriage faster than the rest of us. Take Kim Kardashian and Kris Humphries, for example. The couple dated for a mere six months before deciding they were ready to tie the knot. Then lo and behold, 72 days later, the story of their split hit newsstands everywhere. A 72-day marriage is not something you hear about everyday, but in Hollywood, short-term marriages happen all the time. Kim and Kris may be getting a lot of heat for their marriage, but believe it or not, they are not the shortest-lived marriage to ever hit Hollywood. Let's take a look at some celebrities who jumped the broom then called it quits shortly after:

Britney Spears and Jason Alexander:

This couple tied and untied the knot faster than Kim and Kris! This pop princess had a little too much fun in Sin City with a childhood friend, and it ended with a drunken wedding ceremony. Spears and Alexander were married for a total of 55 hours. The couple got their marriage annulled. We doubt they

will be partying that hard ever again!

Dennis Rodman and Carmen Electra:

These lovebirds seemed to have fallen under Las Vegas' spell as well. At 7a.m., these two decided to jump the broom. The two denied intoxication and said their holy union was legit. However, actions speak louder than words because 9 days later, the couple got their marriage annulled.

Related: [4 Hollywood Breakups That Offer a Lesson In How Not To Behave During Divorce](#)

Mario Lopez and Ali Landry:

This *Saved By The Bell* heartthrob married actress Ali Landry in April 2004. Sadly, their marriage didn't even last long enough to make it to the honeymoon. The couple had their marriage annulled 18 days later. After dating for 6 years, Landry found out that Lopez had been unfaithful to her throughout their time together. Too bad she didn't find out 19 days earlier.

Renee Zellweger and Kenny Chesney:

This couple got hitched in the Caribbean after dating for only 4 months. They met at a tsunami-relief event and thought it was love at first sight. After 225 days, they annulled their marriage. Zelleger cited "fraud" as the reason for the split.

Pamela Anderson and Kid Rock:

This bizarre pair had an on-and-off relationship from 2001 to 2003. In 2006, they opted for a drunken wedding on a yacht, Anderson wearing a string bikini and Kid Rock wearing a t-shirt and baseball cap. 122 days later, the two raced to the court to file for a divorce. Kid Rock beat Anderson by 53 minutes.

So the moral of the story is lying, cheating and alcohol is

definitely not the basis of marriage. These celebs made the mistakes, so lets all learn from them!

What mistakes do you think celebrities make when choosing their spouses? Comment below and let us know!

Brad Pitt Shows What 'Unconditional' Means To His Celebrity Love



By Jane Greer, PhD for GalTime.com

It isn't surprising that everyone is talking about Angelina

Jolie's recent celebrity news of her preventative double mastectomy. The news sparked conversations about the procedure itself and the decision to go public, but I want to talk about her rock-solid support system. In a *New York Times* op-ed piece she wrote, "I am fortunate to have a partner, [Brad Pitt](#), who is so loving and supportive." She mentioned her celebrity love was present for all of her medical procedures and surgeries at the Pink Lotus Breast Center. He has, in turn, recently called her decision to have the radical procedure *and* be public about it, "absolutely heroic."

While It Seems That Pitt Agreed With His Celebrity Love's Choice, That Isn't Always The Case. Does That Mean a Relationship Is Destined To Fail?

Related: [Relationship Advice: Why Are Women Attracted to Unavailable Men?](#)

Sometimes a spouse or partner has a harder time accepting the other's decision to have a procedure whether it be preventative, corrective, or plastic surgery. They might feel the timing isn't right or the surgery isn't necessary. In order to be supportive and give unconditional love, a partner might have to put his own needs and judgments aside the way Pitt has clearly done.

What To Do In Your Relationship and Love When Your Partner Is Having A

Surgery

That might require some work on your part if you are the one offering the support. Being there for your partner in a relationship and love not only means in a hands-on physical way, but also an emotional one. There is no question that this sort of thing can be very disruptive. Say, for example, that you both usually share the responsibilities of the household – you take out the trash and walk the dog, and he/she cooks and gets the kids off to school. Now, as your partner recovers, it is likely that all those tasks might fall to you. On an emotional level, the person who had the surgery might be irritable, upset, short-tempered and, at times, reactive and even lash out at you. If you can remember that your partner may be feeling vulnerable, helpless and out of control, it might help you understand where she/he is coming from, and then you won't take it personally and get into arguments. Realizing the distress doesn't stem from you can go a long way in helping you navigate the terrain of a caregiver and help you remain supportive throughout.

Related: [Relationship Advice: When to Stop Wearing Your Wedding Ring](#)

Know that the upheaval and distress will be time-limited and your recovering partner will get better. Things in the relationship and love will go back to normal at some point – hopefully soon. Remind yourself that, in the end, this will be better for everyone. Remaining positive during the recovery period will be good for both of you and get you through it with greater ease. Pitt's words and support for his celebrity love are an excellent example of what to do if you find yourself in a similar situation. The Hollywood couple seems to have their priorities in place as they do what they must to build a long and healthy life together. With that goal in mind, being supportive is easier.

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.

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 Kinrys, 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!

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 Rachelle 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!

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 to read his syndicated blog and listen to his weekly Guy's Guy Radio podcast at www.blogtalkradio.com/guys-guy-radio. Robert is currently working on his next book.

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.

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.

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.

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!

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 . She usually writes about health related issues.

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.

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.

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.

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 16th. 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.