

# Dating Advice: Spring Cleaning For The Soul



By J'Nel Wright for [Divorce Support Center](#)

The last trace of snow has finally melted as we transition from winter to spring. For many, the realization that spring is officially in the air symbolizes the end of a long, dark winter filled with unrealized goals, baggage left over from the holidays, and the end of winter blues. Take my [dating advice](#): This is the perfect time to shake out the dust and shadows trapped in our minds and bodies and welcome renewal. The process of reinventing ourselves isn't a new concept. Many celebrities have transformed themselves in ways that reinforce their place in the annals of super-stardom. Jamie Foxx could have remained a one-act comedian – he is certainly funny enough. Instead, he reinvented himself as a

musician and an actor and emerged triumphant in both areas. We can enjoy that same sense of renewal in our lives.

## **Dating Advice: Spring Into Action This Season**

**1. Get off the couch.** Your New Year's Resolutions may have bit the dust a long time ago, but it's never too late to reignite an exercise routine. Spring is the perfect time to explore different exercise routines or experiment with new gear. "Short-term goals will help you make physical activity a regular part of your daily life," reported The National Institute on Aging as part of their Go4Life campaign. "For these goals, think about the things you need to get or do to be physically active. For example, you may need to buy appropriate fitness clothes or walking shoes. Make sure your short-term goals will really help you be more active."

**Related Link:** [Relationship Advice: Telltale Signs Your Relationship Is One of Convenience](#)

**2. Toss out the negative thoughts.** This spring season is the perfect time to throw out the self-criticism and negativity you've been carrying around all winter long. Are you still haunted by the offhanded remarks from the last family gathering or the critical comments from a co-worker? Maybe your significant other wasn't as supportive as you needed him to be during a stressful time. Chances are, you are giving those remarks more thought than they are. You know your capabilities as an employee, and you know you are a good person, so it's time to shake the negative remarks out of your head and move on.

**3. Throw out the critical relationships.** Much like we sort through the clothing that no longer fits or feels comfortable, the same sorting process can be used to sift through the

relationships that no longer benefit us. “It could be that you’ve grown apart and don’t share the same goals and values,” wrote relationship expert Debra Rogers. “Or you’ve both simply become unhappy. If you’re wondering where you’re headed, it’s straight to no-where-ville. Sail to a new shore and find a better man for you.” If you’re having relationship problems and growing tired of defending your actions, enduring unfair criticism or playing down your accomplishments for the sake of sparing the feelings of an insecure friend or partner, it’s time to clean out your contact list. You need people in your life who will support you, celebrate you, and make you feel good about yourself. My dating advice? Try signing up for help from a professional matchmaker to help you through this process.

**Related Link:** [Relationship Advice: How Your Relationships And Love Impact Your New Year’s Resolutions](#)

**4. Sort through personal goals.** Spring is the ideal time to refocus on lost goals or eliminate self-defeating habits. Do you still procrastinate? Is the novel you have been working on since college still gathering dust on the shelf? Perhaps now is the time to start eliminating personal debt or build up a savings fund for an upcoming trip. The key is to try new things and embrace new challenges that help us grow. “You probably don’t think about how bad habits sabotage your life in so many areas. Many of those habits are things that you waste time doing that cause you to lose sight of the big picture and become consumed with whatever is right in front of you,” wrote Dr. Michelle Callahan, a psychologist and author. This is the time to recommit to those goals and reinvent ourselves.

By committing to a daily exercise routine, eliminating negative thoughts, people, and other destructive baggage from our lives, and renewing our focus on personal goals, we are ready to “spring” into action with a new determination to make a fresh start in renewing our best selves.

[J'Nel Wright](#) is a lifestyle writer who dabbles in relationships and wellness. Her writing has appeared in both regional and national publications addressing a variety of topics ranging from human interest and literature to business, interpersonal behavior, and health issues.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

---

## Relationship Advice: Why Are Women Attracted to Unavailable Men?





By Dr. Jane Greer

Actress [Scarlett Johansson](#) revealed to *Cosmopolitan* that years ago, she was in a [celebrity relationship](#) with someone who was forever unavailable, and that was when she hit “rock bottom.” She described him as “so attractively unavailable.”

**Her story raises the question, why are women attracted to men who are unavailable? What is it about the “chase” that is appealing to us? Check out this [relationship advice](#).**

Whether you are in high school dealing with a boyfriend who you feel loves you too much, or you’re a movie star with people constantly asking you out, or you are recently divorced and getting more calls than you ever did, but none of them seem right, you might be in that funk so many people find themselves in where the men who are interested strike you as

unappealing availability-wise, but the ones who won't commit are "attractively unavailable," as Scarlett described her one-time boyfriend. Sometimes the guy who wants to commit to you and does not hide his feelings is equated with the good and nice guy, as opposed to the one who says he will call, but doesn't, and who instead is seen as the romantic bad boy. For some reason, the fact that the guy likes you so much makes you question his confidence and desirability. You might ask, why is he available in the first place? If he were more secure and attractive, wouldn't he be taken by now?

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

There are also the possible elements of a challenge or a competition. If someone pulls away and becomes seemingly less interested, then you might feel the need to try to get them back. It can become more about having their love than actually sharing the love with them. Or, if that someone begins to give another woman attention, you might feel jealous and try to take that focus away from the new love interest and return it to you.

**Related Link:** [Four Changes You MUST Make to Avoid Falling Prey to the Unavailable Man](#)

So why do so many woman choose the undependable, withholding man over the one who is ready to profess his love to them? In terms of family dynamics, there is the question of what you did and didn't get growing up from family members, especially mothers and fathers. On the one hand, it may be that you are constantly trying to get what is out of reach. On the other hand, you might be more comfortable with less commitment and emotion in a relationship. That constant chase can also become a vehicle for your self-esteem and believing you are better and greater if you are able to attain the unattainable. In other words, if you can convince a man who is not eager or willing to commit to do so, then you must be extra special,

and this can set you on a journey that does not have a happy ending.

If this sounds familiar, and you are constantly chasing your man, or not sure when he might call or ask you out again, it could be time to look at it from a different vantage point and turn it inside out. Why spend your efforts trying to get someone's affection that at best will be inconsistent and leave you wanting more, when you can instead choose someone who will be dependably loving and offer you a true sense of fulfillment? The goal is to feel valued, cared about, and loved for who you are and what you do, the qualities you already possess, rather than having to prove your worth to a guy who is not looking to ever really be fully involved with you. Overhaul how you are going about seeking happiness and security. If you are lucky enough to be with a good guy who does nice things, accept it and believe that you are worth it. Look to reciprocate and build on a relationship with someone who is able to give you the closeness and companionship you are looking for. Try to stop seeing that as boring, and instead see it as rewarding and positive. In many ways it is like developing a new muscle. Do your best to stop flinching and being turned off by nice behavior, and begin to welcome and appreciate it so that you can feel good about yourself, rather than not.

It's important to be aware of these things, if, in fact, there is a pattern in play and you are continually choosing partners who can't be there for you, so you can make better choices in the future. Ultimately you want to strive to try to feel like a winner because of the things you can have, not for half-heartedly getting the things you can't. It looks like Scarlett has finally been successful at that.

*Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is*

*Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](#), and be sure to follow [@DrJaneGreer](#) on Twitter for her latest insights on love, relationships, sex, and intimacy.*

---

## **Dating Advice: How To Attract A Man Through Your Body Language**



On this week's episode of [Single in Stiletto's](#), founder and



matchmaker Suzanne Oshima talks to relationship expert and author of *The Power of Women Over Men and How to Use It* Nick Karson to talk expert [dating advice](#) on how to show a man you're interested in him through your body language.

## Dating Advice On Attracting A Man Through Your Body Language

Dating is not easy, but expert dating advice says one of the best ways to show a man that you're attracted to him is through your body language. Experts say your body language can say more to a man than you ever could. Their three best dating tips are to smile, hold eye contact, and lean into his personal space a bit.

**1. Smile.** One of the biggest things you can do to show a man that you're interested, is to smile. It's a green light because men are so nervous and want to say hi, but don't always feel comfortable. If you can hold his gaze and give him a sweet smile, it makes you approachable.

**Related Link:** [Dating Advice: First Date Do's and Don'ts](#)

**2. Holding his eye contact for 2-3 seconds.** Doing this shows that you're listening and are engaged in the conversation.

**3. Lean in.** Go into his personal space a beat and lean in when you're talking to him. When women do that little hair toss, it shows men that you like them.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

---

# Relationship Advice: When to Share Your Passwords



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Emily Stovall

Is there ever really a right time to share your password? Is there a bad time? Most people don't know, and that is completely understandable because sharing passwords is kind of an awkward situation. Sometimes people believe sharing a password means taking the next step in a relationship, and allowing oneself to be completely open with their partner. Other times, people feel like they should never have to give out their password because it is an invasion of privacy, and

they figure “why does my partner need it anyways?” Both are totally logical, and lead me to the [relationship advice](#) that the relationship experts at [Project Soulmate](#) have, which is that there is never a *right* time to share passwords, but there can be a *wrong* time.

## Relationship Advice On Sharing Passwords: How Soon Is Too Soon?

If you are trying to show your boyfriend a picture or video and your phone locks in the middle of him looking at it, then by all means tell him your password. Sometimes people just take the idea of sharing a password too far, when in reality it is not a big deal at all. Often times people are scared of sharing their password simply because they feel like they have something to hide. My question is if you really have something that secret to hide from your significant other, then why are you dating your significant other? In a [healthy relationship](#), there is no particular day that you both agree to share your passwords, it just happens naturally. It happens when the password is needed to do something, not needed to “snoop” on something.

**Related Link:** [Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace](#)

When your partner requests your password simply because they feel like you are being unfaithful, our relationship advice is not to give it to them, because that is the *wrong* time to share your password. This makes the whole password sharing moment have a negative connotation behind it and should be avoided. If your significant other is worried you are cheating, or vice versa, then you are having bigger relationship problems than simply not having shared passwords. Relationships should be built on trust, and without that trust, the love will be lost. Sharing your password won't

bring the love back, it will only lead to more and more distrust, and more and more “snooping” of each others stuff.

**Related Link:** [Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own](#)

Our dating tip: Share your password when the time naturally comes up, not the time that someone just wants to snoop.

*Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.*

---

## Dating Advice: Chivalrous Acts For The Modern Man





By [David Wygant](#)

People say that chivalry is dead, but as a relationship expert, I know that's not true. Chivalry never dies because these days, there are modern twists on how men can be chivalrous in dating. Here are some quick dating tips and [dating advice](#) for any man who wants to win a woman over on a date. These things will actually make her decision to go out with you again a no brainer.

## Dating Advice On How To Act Chivalrous

**1. Pick her up.** When you pick her up, walk to her door, knock on the door, and walk back to the car with her. Hold the door open for her, wait for her to get in, and shut the door. Repeat the same thing after dinner, after a movie, after anywhere you go with her. Always open the door for her and always be chivalrous that way. Too often nowadays, people just go and meet one another at a set location. They go in separate cars. Actually picking her up is a little dating advice of

mine that makes a big impression.

**Related Link:** [Expert Dating Advice: When It's Time To Say The L Word](#)

**2. Don't look at your cell phone on a date.** This is a modern version of being chivalrous. If your cell phone goes off, ignore it. As a matter of fact, put the cell phone on vibrate. Don't have the ringer buzz, ring, or do anything that will disturb your date night because you want to give all of your attention to her.

**3. Guide but don't be pushy.** When you walk into a restaurant, put your hand on the small of her back and allow her to go in first as you slowly guide her with your hand. At the end of the night, especially on your first date, give her a hug and maybe a little kiss on the lips and that's it. No heavy-duty makeout session, no trying to get in there and have sex.

**4. Text her afterwards.** If she met you on a date, text her when you get home or tell her to text you when she gets home so you know that she's home safe and sound. If she didn't meet you on a date and you actually dropped her off at home, text her when you get home and wish her sweet dreams; tuck her in via text. These are old fashioned and new fashioned tips that will let her see you in a much different light. Simple little things like following up with a phone call or a voicemail message the day after a date. Setting the next date after a first date so she knows you're interested in her. And, let's not forget one of the most modern chivalrous acts I can think of: If you met on Tinder or Bumble or Match or any other dating site, put your profile on hiatus after you meet somebody you really connect with. That way she'll know that she's met somebody who is serious about dating her and only her.

**Related Link:** [Relationship Advice: Is Long Distance Worth It?](#)

Chivalry is not dead. It's just changed so much in today's

modern world. If you follow these simple tips, these little things, it will get you to the third and the fourth dates. You want her to think of you as a future boyfriend, not as a guy who just came to meet her for the sake of convenience.

*David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.*

*For more expert relationship advice from David, click [here](#).*

---

## **Dating Advice: Does A Man Really Have to Call?**





By [Joshua Pompey](#)

You have an amazing date night. He's fun. He's charming. He says and does all the right things. You kiss goodnight, agree to meet up again at some point, and eagerly await a call from him. But that call never comes. Text after text after text, until finally a few days later, he asks you out...via text. The question is, should he have picked up the phone to call you? Isn't that what a "good guy" who is serious about a relationship would do? The answer is yes, but only if you're trapped in a time warp where the two day rule still exists and the Kardashians don't plague our lives on a daily basis. My dating tip is that you need to face the facts. Times have changed tremendously over the past decade. When it comes to the courting process, phone calls are starting to go the way of the Arch Deluxe and Pepsi Clear. Remember those? Neither does anyone else. If a man doesn't pick up the phone to call you, it doesn't mean he isn't serious about you. It just means he's playing by the dating rules of the era that he is currently living in. Take this [dating advice](#) from a relationship expert!



# Dating Advice: How to React When a Man Only Texts

Today the majority of social interactions take place via text message, even more so than face to face interactions and this isn't just limited to dating. Texting often dominates work, friends, and family connections as well. For better or worse, most men simply don't feel the need to make phone calls when they can get out a quick message via text.

**Related Link:** [Dating Advice Q&A: What Does Texting on a Date Say to Your Partner?](#)

We also live in a generation where men and women alike live much busier lives. Work hours are longer than ever, social obligations are never-ending, and by the time most people finish all their responsibilities for the day, it's almost time for bed. Text messaging is just more practical and convenient on every level. "But if he really likes me. Wouldn't he make the time to call me?" Not necessarily. Men are also calling or texting based on their own perception of how they *think* they are expected to act. We live in a day and age where the majority of women also prefer texting to phone calls. This makes calling you a big risk. If he calls you and gets the machine, now he has to suffer through an agonizing waiting game. This is mental torture, even for us men. With a text message he knows that he will probably hear back from you relatively quickly.

**Related Link:** [Dating Advice Q&A: How Harmless is Sending Pictures Via Text?](#)

Finally, phone calls come with much higher stakes. Calling you means he has to be charming, witty, and on his A game. This may not be true, but he still may feel this way. On the contrary, text messages are a pressure free situation. With all that said, if a man likes you, he will eventually call

you. But this usually doesn't come until after a few dates, when he feels as if things are progressing to a relationship. But during the courting phase, my dating advice is to not be alarmed not to hear a man's voice on the phone. If you are dismissing men based on this notion, you may just be waiting a very long time for someone to come along.

*Want more information from Joshua Pompey? For some advanced text messaging tips from Joshua Pompey that will keep men from disappearing, visit this [link](#). Or click [here](#) to learn more about Joshua's online dating profile service. Check back for more dating 101 tips from the relationship expert!*

---

## **Dating Advice: First Date Do's and Don'ts**





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *121 First Dates* Wendy Newman to talk expert [dating advice](#) on first date do's and don'ts.

## Dating Advice: First Date Tips

Dating experts acknowledge that it can take awhile to find the man of your dreams, but they have some dating tips on how to act on a first date.

**1. Show up natural.** Be yourself and don't have an agenda. Throw away that checklist and don't prequalify the person you're dating.

**2. Get to know each other.** Show up and try to get to know who the person is. Find out what they love and what they're passionate about.

**Related Link:** [Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121\(!\) First Dates](#)

**3. Be clear if you don't like him.** Be gracious and pleasant, but don't act happy and flirty only to say no to a second date or dodge his calls.

**4. Don't be negative.** A first date is not the time to complain about your day at work, your parents, your friends, or even an ex. Be positive and pleasant to be around.

**5. Don't talk about the long term future on a first date.** Women think they're serious and that men date for sport. But it's just the way that you approach dating that's different. Men realize that a first date is just a first date. It's a baby step. Expert dating advice: Don't go into it trying to find your husband. Just try to get to know each other.

*For more relationship advice videos and additional information Single in Stiletto's show, click [here](#).*

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

---

## Relationship Advice: Telltale Signs Your Relationship Is One of Convenience





By Toni Coleman, LCSW, CMC for [Divorce Support Center](#)

Relationships and marriages differ in many ways. What works for one couple would not be right for another. Therefore, there isn't one specific set of attributes or descriptors that could be used in a premarital checklist designed to ensure any marriage will be a successful one. However, there are certain traits that are commonly found in relationships that couples describe as happy and satisfying. These often have to do with specific dynamics and qualities that impact how they relate and communicate from day to day. When these are absent or lacking in some way, it can point to a union that continues due to convenience rather than emotional, spiritual, and physical attachment. Here's some [relationship advice](#) that will help you classify your relationship as convenient or sent from Cupid.

## **Expert Relationship Advice On How**

# To Tell If You're In A Relationship Out Of Convenience

**1. You decided to marry because of your age, a desire for children, and/or social pressure to do so.** People get married for many different reasons that can include peer or family pressure, age, a desire for children, practical concerns involving money and lifestyle, and/or a fear of being alone or never finding someone as good as one's partner. All of these are more about convenience than emotional attachment and love—even though both can be and are present in many relationships. If relationship problems, such as missing emotional attachment exist, couples often find that over time they feel restless, unfulfilled, and bored. These are major contributors to increasing alienation and emotional and physical infidelity because they may seek to meet their emotional needs outside of the relationship.

**2. Your daily lives are more parallel than intertwined.** This is when two people live essentially as roommates—sharing household responsibilities and interacting when needs or issues arise that require them to do so. As a relationship expert, I see that these couples may share coffee or the occasional meal, attend social and other events together, but they function as individuals rather than as a unit, lacking the cohesiveness and intimacy that is enjoyed by those with an intimate connection.

**Related Link:** [Celebrity News: Scott Disick Admits to 'Making Decisions That Weren't Great' About Kourtney Kardashian](#)

**3. Your conversations consist of topics related to scheduling, household coordination and or issues with finances, future planning and the children.** When all of your conversations are pragmatic and skin deep, there is something missing. It's that tone in your partner's voice, the sharing of feelings and desires, those discussions about nothing or everything during

which you feel close and connected.

**4. You value the material and social benefits of your marriage over the relationship itself.** If someone were to ask you why you like being married, what would you say? Would your thoughts immediately go to your home, material possessions, nice vacations, social status, friend group, household help, financial security, and/or the ability to choose work over staying home? If so, the glue that holds you together may be one of practicality and security, rather than emotional and physical affection and attachment.

**5. You seek out others to meet your needs for friendship and companionship.** Do you feel lonely at home? Do you actively seek out friendship with others because you and your spouse don't share this? Do you hate date nights? Are double or group dates the only ones you go on? Marriage to the wrong person can be very lonely, even lonelier than being single, as many singles have strong social networks that sustain them and help meet their needs. However, if your marriage is more of an arrangement, you will be spending most of your free time with someone you feel little in common with and/or have little or no desire to interact with.

**Related Link:** [Celebrity News: Iggy Azalea Responds to Nick Young Alleged Cheating Scandal](#)

**6. Sex is rare or non-existent, and you see it as your duty.** Everyone's sex drive ebbs and flows over the course of a long-term relationship. We can't sustain the initial excitement and highs we experienced when it was new, nor should we expect to. However, when we have an emotional connection with someone there is a desire for closeness, touch, and yes, sex. We also want to meet that other person's intimacy needs and therefore it doesn't feel like a chore. If it does, something critical is missing.

**Related Link:** [Celebrity Couple News: Faith Hill & Tim McGraw](#)

## [Share Steamy Kiss at AMC Awards](#)

**7. A slippery slope—using alcohol to escape.** If you feel the need to numb yourself, find ways to get distance, and/or use alcohol or other substances to escape your day to day reality—your relationship is in trouble. When we feel connected to our partner we seek more closeness. The sound of their voice, that feeling we have when they walk in the room, that little thrill we feel when they reach out and offer a hug or a caress are all signs that a relationship is strong and that the intimate connection is there.

If the above signs resonate with you—you have a choice to make. You can choose to continue in a union that satisfies your needs for comfort, predictability and security; or you can ask your partner to sit down with you and have that long overdue talk about how you are both feeling and how the relationship is or is not meeting your intimacy needs. This conversation would be an ice breaker and only the beginning of more discussion about what each of you wants that you aren't getting from one another and from your relationship. From there, my relationship advice is to establish goals and identify resources to help you work and grow together as a team. This would require a willingness to be open and vulnerable, and seeking out professional help may be essential to helping you get and stay on track. Success will rest on the strength of your joint commitment and ability to make the relationship one of your top priorities.

*[Toni Coleman](#), LCSW, CMC is an internationally known psychotherapist, relationship coach, and founder of consummate relationship coaching. As a recognized expert, Ms. Coleman is the featured relationship coach in The Business and Practice of Coaching, (Norton, September 2005.) In addition, she authored the forward for Winning Points with the Woman in your Life, One Touchdown at a Time, (Simon and Schuster, November 2005.) among many other achievements.*



For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

---

## Expert Dating Advice: What Men Want & Why They Cheat



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima turns the conversation over to relationship expert and author of "The Problem With Women...is Men," Charles J. Orlando to talk expert [dating advice](#) about none other than men, what they want, and why they cheat.

# Dating Advice On What Men Want & Why They Cheat

Men want women who are confident, intelligent, energetic, honest, and supportive. Men respond to women who bring confidence to the table, but that is not to be mistaken with being a bitch. "Confidence is knowing who you are, it's knowing where you're going, and it's knowing who's going with you," Orlando said. He also wants someone he can talk with, not talk at. Sometimes a woman's intelligence can be troublesome to men if it's greater than his own. When women are smarter men have to be comfortable with that. Some men don't know their place as anything other than being a protector/provider, so it forces them to find their new masculine. But Orlando did note, a man doesn't open a door for a woman because he thinks she's incapable, he opens the door because he values you. Men also want someone who is energetic and spontaneous, so Orlando's dating advice is to bring excitement to the relationship. He wants these things to remain throughout the relationship. Spontaneity is often the first to go, Orlando said, but men want to keep it.

**Related Link:** [Dating Advice: Get Inspired by Childhood Funn](#)

Men cheat for a variety of reasons, but Orlando said, "before physical act of betrayal, the relationship has already broken down." There is something missing in the relationship even before the inception of an affair. But what is it exactly that compels men to cheat? One, the opportunity to have sex without getting caught, which also caters to physical/sexual gratification that is emotionally detached. Two, he wants to have sexual variety. He's curious about being with someone he found physically attractive. Three, for the thrill of the chase. He misses that challenge and wants to know he's still got it. And finally, the desire to feel important or feel special. He wanted a ego boost because he wasn't getting it at home. "For any wife who won't there's a neighbor who will,"

Orlando said.

**Related Link:** [Relationship Advice: 4 Ways to Break Up With Your In The Nicest Way Possible](#)

*For more relationship advice videos and additional information Single in Stiletto's show, click [here](#).*

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

---

## **Dating Advice Q&A: Is He Hiding Something When He Turns His Phone Off?**





*Question from Charlie S.: I've noticed that my boyfriend turns his phone off at random times – during a lunch date in the middle of the week, during a Sunday night football game, etc. Should I be worried that he's hiding something from me? What's the best way to ask him about it?*

If that moment when he locks his phone and slides it in his pocket is unsettling, leave it up to the relationship experts who have [dating advice](#) that may provide some comfort.

## **Dating Advice: Is He Hiding Something?**

[Suzanne K. Oshima, Matchmaker](#): Try not to jump to negative conclusions about your boyfriend turning off his phone. Did you ever think that maybe he just wants to enjoy watching the game or lunch without constant interruptions with phone calls and texts from people? Believe it or not, there are some people who aren't as attached to their phone and need it on 24/7. So, unless you're seeing any other red flags or have any other relationship problems that seem like he's hiding

something from you, then I highly recommend giving your boyfriend the benefit of the doubt. Because a sure fire way to kill a great relationship is to accuse him of doing something he's not.

**Related Link:** [Relationship Advice: How and Where to Meet Men](#)

[Paige Wyatt, Reality TV Star](#): When your guy is turning off his phone at random times it most likely means he'd like to unplug and enjoy his time without a phone buzzing in his pocket. If he is turning off his phone during dates or quality time with you it means he wants to be with you without distraction, and that is great! If he was hiding something from you, he would be turning his phone off around you all of the time, not randomly!

**Related Link:** [Dating Advice: Is Spring the Time For a New Fling?](#)

[Robert Manni, Guy's Guy](#): I suggest asking yourself why you believe your boyfriend's turning off his phone is a problem or a sign he is attempting to hide something. Many women would be thrilled if their boyfriend shut his phone off when he's with them. That usually means he is paying attention and more available for conversation. You may have trust issues with your boyfriend and believe his turning his phone off is to shield himself from other women contacting him when he's with you. If so, my dating advice is to simply ask him why he turns his phone off. How you gauge his answer will either assuage your concerns or bring the issue to the surface. You be the judge. Good luck.

*To find out more about our three dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

**What's your best piece of dating advice when it comes to your**

partner turning off his phone? Share in the comments below!

---

## Relationship Advice: How and Where To Meet Men



On this week's [Single in Stilettos](#) video, matchmaker Suzanne Oshima and dating expert Marni Kinrys give [relationship advice](#) on how and where to meet the man of your dreams.

## Relationship Advice On How To Meet

# 'The One'

Meeting 'the one' can seem like an impossible task, but this expert love advice will have you dating someone new in no time. To start, the experts say that you have to put yourself out there. Having a social life requires work and effort. Delegate one day a week where you will do something that will put you in a position to meet a man. Whether that be having a dinner party for singles, going to a bar, going to a singles event, joining a running club for singles, or online dating, there are so many places to meet someone new.

**Related Link:** [Expert Dating Advice On How To Handle Dating A Player](#)

Remember, it's important to be active and do more than two things to meet someone. Men (and women) are everywhere, it's just a matter of opening your eyes and looking around. Women: Don't be afraid to approach a man and just say hi. If he's interested, he'll take the lead from there. The biggest confusion and misconception is that people don't want to be approached.

**Related Link:** [Expert Dating Advice On How To Flirt With Men](#)

You can even start a conversation with someone on the subway or at the grocery store. Just opening yourself up to any and all opportunities will help you find the man of your dreams. Follow this relationship advice, because the only way you can have people in your life, is to be open to it.

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

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

**How and where did you meet the man of your dreams? Tell us in**

the comments below!

---

# Relationship Advice: What NOT To Do When You're Upset With Your Partner's Weight



By Toni Coleman, LCSW, CMC for [Divorce Support Center](#)

What do celebrities like [Oprah Winfrey](#), [Britney Spears](#), [Mariah Carey](#) and [Christina Aguilera](#) have in common? They are all beautiful, talented women who have faced public scrutiny as they struggled with their weight. As people age, many struggle



with their weight. It seems that between the stress, lack of time and energy, competing work and family demands, poor food choices and eating on the run, a healthy lifestyle often ends up at or near the bottom of many people's priority lists. This behavior can then be exacerbated when significant others, family and/or friends attribute the problem to the individual's apathy, lack of motivation or discipline, or an unwillingness or inability to make better choices. All of these assume something negative—which is not only unhelpful, it often leads to a continuing downward spiral. If your partner is not taking care of himself or herself, you may have fallen into using one or more of the following counterproductive strategies. If so, it is time to find positive and healthy ways to offer the support and encouragement your partner needs especially from you with a little [relationship advice](#)!

## **Relationship Advice: What Not To Do About Your Partner's Weight**

**1. Telling them how great they would look if they were thinner.** When someone is carrying too much weight, they are well aware of it. In fact many people, especially women, feel badly about themselves because of it. It isn't useful for them to hear how much better they would look without those extra 20 pounds; it only makes them feel worse as it reminds them that you are very aware and thinking about it. Even though this might seem counterintuitive, what you should do instead is offer compliments on their hair, outfit, how hot they look at that moment, or anything about their appearance that you find attractive. By doing so, you will help lift their spirits and sense of self, and offer them something positive to focus on, which will encourage and support them in taking their next steps towards a healthier lifestyle and weight.

**2. Making 'useful' suggestions for what, when, and how much**

**they should eat.** “Useful” suggestions are often badly veiled attempts to control and manipulate someone’s behavior. They can lead to a dynamic where one partner nags the other with their constant stream of suggestions, which then leads to feelings of anger and resentment that get expressed through their partner acting out, usually in the form of eating more of the unhealthiest food they can find. Dating tip: What you should do instead is be a good role model for your spouse. As a relationship expert, I think that you should make good choices for yourself in what and how much you eat. You can suggest (not push or insist) a date night where you do some meal planning, shopping and cooking together, while remaining open to their input and suggestions. Cooking several meals a week at home is a great start, as you will be eating healthier because the meals are made from fresh, whole ingredients. Taking good care of yourself will result in a happier, healthier, and more attractive you—this is what your partner will notice and want for himself or herself.

**Related Link:** [Relationship Advice: 10 Tips for Couples ‘From the Energies of Love’](#)

**3. Signing them up for a gym membership when they didn’t request one.** It’s likely they will repay your investment of money and effort by never using it. No one likes to be managed or to feel coerced or guilt-tripped into anything. The result is that it kills all motivation instead of encouraging it. If you enjoy working out—go to the gym or participate in a physical activity or sport. Definitely ask your partner if they would like to join you for a walk, a hike, to walk the dog, or any activity that you do that you would enjoy sharing with them. If they do express an interest in taking a class or joining a gym, ask them if they would like company. When we have a buddy, we are more likely to follow through and it is more fun. The key here is to listen to them and let them initiate, then you can jump in with an offer of support and companionship.

**4. Commenting on how good someone looks since they lost all that weight.** Adolescents sometimes do this in order to get someone to act out of jealousy; teachers of young children also use this as a way to motivate their other students to do the same and earn some of that praise. But feelings of jealousy, competitiveness, and/or insecurity are not effective motivators for adults who want to make lasting behavior changes. All this does is pile on their already present feelings of insecurity and self-disgust, which leaves them feeling less lovable and more unworthy of their relationship. When you are having a down day and don't feel good about yourself, do you find your motivation and enthusiasm to be higher than when you are having a good day? I didn't think so. A simple way to keep these kinds of comments in check is to ask yourself how you would feel if your partner used the same approach in their attempt to motivate you into action.

**Related Link:** [Celebrity Couple News: Kanye West Helped Kim Kardashian Fight Back During Nude Selfie Controversy](#)

**5. Bringing home their "trigger foods" because they aren't a problem for you.** Here's another instance in which it is useful to ask yourself how you would feel if you could not consume something due to a medical or other condition, yet your partner frequently brought it home and consumed it in front of you. It would probably feel as though they were unconcerned or unaware of your feelings. You would also be confronted with more temptation, which could lead to feelings of deprivation and resentment. If this were the case how might you act? Would you sneak the food when your partner wasn't looking? Would you seethe quietly and want to find some other way to act out, or just withdraw and feel worse about yourself? Whatever your response, it's likely it would be a negative one. Therefore, loving and concerned partners need to be aware of how their behavior can impact their spouse and then be willing to make adjustments to help create a more supportive and helpful environment. After all, if a partner can stick with their goal

and make those necessary lifestyle changes, it's a win-win.

**6. Sending mixed messages by voicing concern, then encouraging noncompliance.** This is a classic scenario where a spouse who is upset about their partner's weight or alcohol consumption places them in situations that lead to them consuming unhealthy food, overeating, and/or drinking to excess. It's as though the partner sends a strong message to them to maintain discipline and healthy habits, then sets them up by insisting they join them in activities with people and in places that will surely sabotage their efforts. When this happens, some partners even say things like, "it's okay this one time," or "you are not as much fun as you used to be," when their partner is trying to abstain from certain food or drink. A driving factor behind this scenario is that the partner doesn't want to be deprived just because their significant other has an issue. They want them to deal with their issue, but not if it means they have to sacrifice something as well. Could this be you?

**7. Withdrawing affection and sex because you are angry at their weight gain.** Negative reinforcement rarely works. It has been demonstrated repeatedly to be an ineffective motivator. If you withdraw your affection, it will lead to them feeling unattractive and unlovable, which often leads to a sense of hopelessness and despair. My relationship advice is to stay engaged, show affection, offer positive and caring feedback, and remind them of all the ways they are special and important to you. This will help to energize and motivate them to do more and do it better. A belief in one's own abilities encourages us to reach beyond our fears in pursuit of our goals.

**Related Link:** [Dating Advice: What to do When Your Relationship Gets Real](#)

If your partner is struggling with an unhealthy lifestyle and carrying extra weight, a loving and supportive environment

will be important if they are to make any significant and lasting changes. The tone you set, the words you choose and the attitude you take towards them will play an important role in their success or failure. You cannot do it for them, nor can you threaten, cajole, intimidate, or guilt-trip them into being who you think they should be. They have to want it and work for it. But having you as their partner in success, celebrating their good choices and big steps along the way will help ensure they never feel alone.

**Have a tip for how you and your partner powered through weight struggles together? Share in the comments below!**

*For more information about and articles by our Hope After Divorce relationship experts, click [here](#).*

---

## **Expert Dating Advice: Three Signs He Is Unavailable**





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks about the language of love with relationship expert Nicole Moore who provides [dating advice](#) on the three defining ways men show you that they are unavailable for a relationship.

## **Expert Dating Advice: Three Signs He is Unavailable**

Similar to many readers, relationship problems are not foreign to the dating experts. For Moore, to solve her own woes and to provide others with dating advice, she developed a knack for love. "After enough pain, I got fed up and thought 'I'm going to figure out how to make love work' and I devoted my life to learning about love, how to love well and I figured out love is skill like anything else. It's a learnable skill," the expert shares. "When you know how to do the skill of love right you can have an amazing loving relationship." Here are three signs that the guy you're in to just isn't available.

**1. He tells you.** If he says he isn't looking for a relationship, or work is his priority, or his profile states that he's just looking for friends and fun, take the hint. Regardless of these overt cues, women think he will commit to a loving relationship with them. "Look at what he is saying rather than what you are desiring or the fantasy that you made up in your mind," Moore says. Pay attention to him and the way he talks about relationships; if he shows any of the signs above, it is very unlikely that man is available to you for a relationship.

**Related Link:** [Dating Advice: 5 Tips for Bunny Hopping Yourself into Romance](#)

**2. Is he present?** When you're with him what's his energy like? Is it focused on you? Is he uncomfortable? Is he looking around, checking his phone and making you feel as if he isn't fully with you? "The reason people aren't present on the deeper level is because there is stuff inside of them they haven't dealt with yet. They can't hang out in their body, they have to go to their heads," Moore says. Dating tip: Once he faces enough of his inner demons, he'll make you feel like you're the only two in the room and he's ready to make the two of you a happy item.

**Related Link:** [Relationship Advice: Ec-friendly Jewelry Makes for a Great Conversation Starter](#)

**3. How does he talk about women in general?** If he talks negatively about women or talks negatively about his acts in the past he's not ready for you yet. He is either not over his exes or could have preconceived notions of women that are unfavorable and these two factors will prevent him from giving himself to you fully or at all. "He's going to hold himself back because he's actually afraid that women are going to hurt him," Moore reveals.

**Related Link:** [Celebrity Couple News: Kanye West Helped Kim](#)

[Kardashian Fight Back During Nude Selfie Controversy](#)

For more relationship advice videos and additional information Single in Stilettos show, click [here](#).

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

---

## Celebrity Couple Predictions: Katy Perry, Sarah Paulson and Gwyneth Paltrow







By [Shoshi](#)

Whose stepping out in Hollywood this time around hand in hand? Join me as I l predict the future of three new [celebrity couples](#).

## Predictions For These Celebrity Couples

**Katy Perry and Orlando Bloom:** Looks like Katy Perry has landed herself a Hollywood hottie. This time it's actor Orlando Bloom starring as her leading man. While it's easy to see why they would be attracted to one another, this coupling is an odd match. Perry has a habit of moving quickly in relationships. No one can ever say that she doesn't throw all of herself in, except her ex-husband Russell Brand. Since that relationship, she seems to be a "ride or die" kinda girl. In other words, all the way in. Recently, she and Bloom were spotted on vacation in Hawaii. It was officially their first outing to confirm that they are the newest Hollywood couple. While Bloom has introduced his son to Perry, this relationship does not

have staying power. He will kick her to the curb once he gets bored of her. Expect him to move on from the singer to an actress with whom he will get very serious. Perry wants a stable, loving and long-term relationship. She may need an older, established man for this to happen. Moving away from a man like John Mayer and going toward Orlando Bloom is a step in the right direction. She just needs to keep looking to find the love that she wants.

**Related Link:** [Celebrity News: Gwen Stefani Drops New Song 'Misery' -Is it About Gavin or Blake?](#)

**Sarah Paulson and Holland Taylor:** When Paulson and Taylor announced that they were the latest celebrity couple, it caused quite the stir. There hadn't even been celebrity gossip that they were dating. The lovely ladies had known each other for years before their romance blossomed. Exchanging messages on Twitter is what initiated their first date. Paulson has stated that she is absolutely in love with Taylor and their 31 year age difference isn't an issue. This is not the first time Paulson has dated an older woman. The deep love and respect in their relationship will only continue to grow. I predict that these lovely ladies will get married by the end of the year. This will give Ellen and Portia a run for their money as the hottest lesbian couple in Hollywood.

**Related Link:** [Celebrity News: Ben Higgins Has Found Love on 'The Bachelor'](#)

**Gwyneth Paltrow and Brad Falchuk:** While Chris Martin dates around, it looks like Gwyneth Paltrow has the desire to have another celebrity wedding. Could it be to current boyfriend Brad Falchuk? Hold up on the wedding invitations. There is something about this relationship that reads "not quite right." They should end this before it becomes a big 'ole nasty mess. Falchuk is trying to make Paltrow happy by giving into her high maintenance ways. He thinks that she can elevate him while in reality the relationship is taking him further

away from who he is. Paltrow is used to getting things her way. This is a dead end. They should move on. Falchuk should call his soon to be ex-wife, maybe she will take him back. Paltrow should date around for a change, have some fun. Maybe she and Ben Affleck could go out together and revisit old times.

**Related Link:** [New Celebrity Couple: Lindsay Lohan is Dating Russian Business Heir Egor Tarabasov](#)

*For more information on Shoshi click [here](#).*

**What celebrity couples do you want to see predictions for next? Tell us in the comments below!**

---

## **Expert Dating Advice On How To Handle Dating A Player**





On this week's episode of [Single in Stiletto](#)s, founder and matchmaker Suzanne Oshima talks [dating advice](#) with relationship expert Robert Manni. Speaking from a guy's perspective, Manni provides dating advice on dating a player and how to know if you're looking into the eyes of one.

## **Relationship Expert Talks Dating Advice: How To Handle Dating A Player**

When women think of a player, oftentimes they think they can change them, but Manni says otherwise. "I certainly think anybody can evolve and I don't think that it's the women's responsibility to change a man," he says. "I think you can lead the horse to water but he has to drink. So a man has to want to change and he has to want to change for the right reason. If a woman is there to support him in his desire to be the best he can be that's the best case scenario."

**1. Signals of a player.** On your first date, does he have something planned? Does he pick up the check...does he pick up

anything other than his phone? Did he ask you out in person or over the phone, as in speaking on the phone? If a majority of your answers are no, chances are this guy is at the plate ready to bat.

**Related Link:** [Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't be Reckless with Other People's Hearts"](#)

**2. Get to know him better.** As Manni says, "Text only gives you a portion of what that other person is." As a woman, you have to speak up. Tell him you want to talk over the phone, tell him you want to get to know him better. But don't demand it, put the idea on the table in a flirty, playful way. "Regardless of the situation when a man and woman first meet each other they have to take the time and prioritize the need to learn about the other person," Manni says.

**Related Link:** [Expert Dating Advice: What is Love and How Do I Find It?](#)

**3. Be yourself.** When competing against the model types and the classic womanizers, the only way to stand out for men and women alike is to be your authentic self and to be confident in who you are.

**Related Link:** [Dating Advice: Moving Your Relationship From Online to Face-to-Face](#)

Providing guys with a guide to love in his book, Manni now offers women his best dating tip from the man's perspective: "The things that every guy seeks in women is somebody who understands him and is supportive of what their ambition, goal, or dream is. And if you can make the man feel that you believe in them they will be putty in your hands."

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

Have advice on dating a player? Share in the comments below!

---

# Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Emily Stovall

Starting your own business is hard and it can be even harder when you don't have the full support of your spouse behind you. But what if you could have them beside you? The most cost effective way to start your own business is to start it at home, rather than renting or buying an outside office space. Not only will you save financially, you'll also save stress in managing your free time, as you will be able to spend days with your family at home. However, this can be positive or negative. The problem with having your workplace and your living space as one is that sometimes it can be difficult to separate work from play. You can work so much that the hardships from your job start rolling over into your family and personal life and you start taking your frustration out on those you love and having relationship problems. On the other hand, you could focus so much on your family that you fall behind with work. Both scenarios can be damaging to the health of your job and your family. The overall goal is to have a stable job, while maintaining healthy relationships and with a little [relationship advice](#) you can accomplish both!

## **Relationship Advice: Keeping Your Relationship Strong**

The most important thing is to designate a location in your home that is strictly for work. This doesn't mean that you can't occasionally bring your laptop into the living room to do some last minute work, but it means that the majority of the time you keep business in this specified office area. This helps to literally separate home life from business, as the two will be physically separated. Now that the where has been identified, the next important thing is to determine the when by setting aside specific hours each day that you plan to focus on work. Likely it would be similar to what your hours would be in a typical workplace such as "9-5 Monday-Friday." If your company flourishes most on the weekends, then select

specific hours on the weekend that you will designate for work. Make sure that your spouse and your children are aware of these hours so that they know not to bother you at those times. If you do not make these assigned work hours clear to your spouse or family, it could potentially cause arguments if they were to interrupt your work, causing frustration.

**Related Link:** [Celebrity Couple News: Chrissy Teigen & John Legend Share Romantic Snuggly Photo](#)

Establishing a place and specific time to focus on your work are only the beginning. To maintain a healthy balance of work and play while maintaining a home business, you must dedicate time to focus on your spouse and/or children. For example, every Friday night can be “date night” with your spouse and Saturday’s from 12-5 can be set aside to do something fun with your kids such as an aquarium visit. Most importantly, during this quality time, keep all conversations away from work. Don’t bring it up at all. In fact, set your phone to “Do Not Disturb” if you feel like you’d be tempted. Making sure to avoid any conversation about work is super important because your husband/wife, boyfriend/girlfriend, or children need to know that you are not only focused on work, but that you are also 100% focused on them, too!

**Related Link:** [Celebrity Interview: Newlweds: The First Year’s Stars Talk Love & Celebrity Relationship Struggles](#)

A healthy work-life balance poses a challenge when you work from home, but it is not impossible. Remembering these simple, helpful dating tips from **Project Soulmate’s** own [relationship experts](#) can keep your business afloat and your relationships thriving. Dedicating specific times and moments to each important aspect of your life (work, spouse, children, and me-time) is crucial. As long as you are patient, have a knack for organization, and follow this relationship advice, a strong relationship while working from home will be no problem! Just remember that your spouse is there to support



you, and would definitely rather be helping you than arguing with you.

**Related Link:** [Relationship Advice: Is Long Distance Worth It?](#)

*Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.*

---

## Expert Dating Advice: What is Love & How Do I Find It?



By Debbie Ceresa for [Divorce Support Center](#)

Have you ever wondered how [Tom Hanks and Rita Wilson](#) make their celebrity marriage work? How about [Sarah Michelle Gellar and Freddie Prinze Jr.](#)? You're not alone. Most singles wonder if they should wait for that magical attraction to happen. In our quest to solve this mystery, we often turn to expert [dating advice](#). We Google. We write, and we do research. However, the question remains: **What is love?** The question was even the hottest search phrase on Google in 2014.

Musicians have also ventured into love's mystery. John Lennon and Paul McCartney attempted to provide us with an answer with "All We Need Is Love." The lyrics say, "Love is everything." However, we are still searching for the answer to this elusive question. Is it because, if you don't have love, you have nothing? The prospect of nothing is a little scary.

**Related Link:** [Dating Advice: Love the Way You Search for Love with Online Dating](#)

The ancient Greek philosophers broke down the word *love* into six categories: *Philia*, the deep bond between family and close friends; *Ludus*, the playful affection when flirting or joking around; *Pragma*, mature love found with couples who have been together a long time; *Eros*, our sexual desire and passion; *Agape*, one's love for humanity; and lastly, *Philautia*, the love we have for ourselves. You're lucky if you have all six. Some of us may only have one or two.

**But maybe, just maybe, we're looking for love in all the wrong places. Let's go back to the basics and take some dating advice from the experts.**

According to [Dr. Brené Brown](#), a relationship expert and

research professor at the University of Houston, “Love is that intangible connection between two people that feels exceptionally good.” She further states that the strength and depth of this connection is determined by the self-acceptance, openness, and honesty of the two individuals and how exposed each is willing to be.

**Related Link:** [Expert Dating Advice: The Help You Need to Find Love](#)

Although not logical, love is both easy and mysterious. Couples who have been together for years often confess that they aren't really in love with each other. Don't feel hopeless! You're not on this quest alone.

A love map that gets you from one stage to the next doesn't exist, but there are two important questions to ask yourself.

- 1. What are you looking for?** Once you understand your desired qualities, make a checklist.
- 2. What do you think your future partner would want from you?** Always keep in mind that no one is perfect. Recognize your imperfections and understand your future lover may have a few flaws too.

**Once you've answered these two questions, follow my love advice below to find The One.**

**1. Love yourself first:** You are the only *you* in the universe. Work on being the best you that you can be by taking care of your mind, body, and spirit. Do you have characteristics about yourself that you dislike? You're not alone – we all have them. Our disliked imperfections become our trigger buttons. How we deal with our buttons is the answer. Now is the time to start accepting your imperfections and reminding yourself that

no one is perfect. Taking this first courageous step will help lead you to discovering your own special qualities. Loving your whole self will lead to loving another.

**Related Link:** [Dating Advice: 4 Signs He's About to Say 'I Love You'](#)

**2. Let your hair down:** Openness is a key ingredient to have in your relationships. We have different types of love in our life: sexual, mature, family, friends, and self. Think about some of the people in your life who you are close with – maybe your partner or a friend – someone who has seen you at your very best and worst. They've seen you laugh and cry, be strong and weak. They were given permission by you to see the real deal. The totally exposed you is comfortable sharing yourself with a shared connection. Once you feel comfortable, you have the connection. And then, you have love.

*Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit [debbieceresa.com](http://debbieceresa.com).*

*For more information about and articles by our Divorce Support Center relationship experts, click [here](#).*

---

# Dating Advice: How To Flirt With A Little Touch



In this week's [Single in Stilettos](#) episode, founder and matchmaker Suzanne Oshima talks [dating advice](#) with Patty Contenta, founder of Sensuality Secrets, about how to get sensual with a little touch. Professional ballroom dancer turned relationship expert, Contenta adapted her smooth moves from the dance floor to the playground of dating to turn heads and even get an encore in the form of a date. "I was this really sultry, mysterious, alluring woman and I wondered if I could be this in everyday life and if that would help me in my dating scenario," Contenta says.

# Relationship Experts Talk Dating Advice On Flirting

1. Touch any item on him you enjoy. It can be his watch, tie, even the lapels on his jacket, Contenta says. Acknowledge these things and compliment them. Perhaps even get him to share the story behind these items. But touching rather than simply asking will leave an imprint.

**Related Link:** [Expert Dating Advice on How to Flirt With Men](#)

2. **Touch his extremities.** A great dating tip from Contenta: Extremities are a safe zone. His shoulder, arm, wrist, hand. The simple physical connection between your hands can calm him, make him feel comfortable, and it shows that you appreciate him and what he has to say.

**Related Link:** [Expert Dating Advice: Mastering the Nonverbal Cues of Flirting](#)

3. **Touch his lower back.** Touching a guy's lower back as you walk by is a great way to make him remember you. Contenta shares the dating advice that the higher back is safer than the lower, but this touch will come naturally as the chemistry develops.

**Related Link:** [Kris Jenner Gives Her Best Dating Advice](#)

For her best piece of dating and relationship advice, Contenta says: Eye contact, smiling, self touch. "I'm here, I'm present, I'm in my feminine, and I'm with you," she adds.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

**Have a tip on how to flirt with a little touch? Share your experience in the comments below!**

---

# Relationship Advice: Is Long Distance Worth It?



By [David Wygant](#)

A long distance relationship is probably the biggest challenge that you could ever try to face. I travel a lot. I've been all around the world. I've met some amazing, beautiful women, and I really wish that I had been able to connect with them and see them on a regular basis. I tried long distance and even though I'm a relationship expert, it has never really worked for me. It's not that it's impossible, it's just not very realistic. And I'm going to explain why with some [relationship advice](#).

# Relationship Expert Gives Relationship Advice On Long Distance

Long distance relationships take so much work. It is a constant battle to truly stay connected to someone. Alright, granted, in today's society we text and communicate with one another incessantly. You can actually communicate with somebody non-stop throughout the entire day. In a long distance relationship this can give you a feeling of connecting with someone, a feeling of getting to know them. But a relationship is a day-to-day grind, and I don't mean grind in a negative way. It's a day-to-day exploration of getting to know one another in everyday situations. Even when we do communicate with someone over a long distance, it's usually through texting or social media. We hardly ever even use the phone anymore. In order to avoid relationship problems, there needs to be communication on a scale that's difficult to get other than seeing someone face-to-face. There's things we just can't learn about them, as individuals, any other way.

**Related Link:** [Expert Dating Advice: When It's Time To Say The L Word](#)

For instance, how does this person act when they're with their kids? Or *your* kids? What are they like after a stressful day of work? How are they when they're super busy? Do they have time for you? What are they like when they interact with their friends, their family? Long distance relationships are all about creating an illusion of closeness. You set up a time to meet one another. You spend a weekend together and you're on the best behavior possible. They come and visit you the following month. You're still on your best behavior possible. Everything is exciting in a long distance



relationship because you're not seeing each other on a regular basis, so the sex is always off the charts. The things you do are always fun. But, it's like being in an artificial relationship; everything is fun all the time but not really in touch with reality. Everything is great, but you're missing the day-to-day grind, the reality of knowing someone in a real way.

**Related Link:** [Relationship Advice: 10 Holiday Date Ideas For Long Time Couples](#)

Long distance relationships will only work if the two of you have an end goal. My relationship advice: The relationship needs purpose. The relationship will eventually need the day-to-day grind. You will both need to decide whether or not it is worth moving away from the illusion that the distance can create. The two of you will have to decide to be flexible enough so that you can close that distance and be together in a set amount of time. For some people this will never be realistic. For instance, if both of you are single parents, you're not going to move your kids anywhere. So, a long distance relationship would be pretty unreasonable. Some people can make this kind of relationship work. If your relationship is made up of two people who are willing to be mobile, two people who are able to go and explore the world, then a long distance relationship has hope. As long as you determine when one of you will spend real, significant amounts of time with the other person. That could even be a month living together, being with that person, and getting to know them on a daily basis.

**Related Link:** [Relationship Expert Discusses How To Know When It's Time To Call It Quits](#)

This also means having an end goal that you're willing to go and move to another state, or willing to go and move to the city where your partner lives. Love can come from anywhere in this world. Love can come from anywhere on this whole planet.

But, my dating tip is that you've got to be able to follow the very distinct guidelines to make it work. When you do that, you actually have a chance. You have a chance to be able to love.

*David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.*

*For more expert relationship advice from David, click [here](#).*

---

## **Expert Dating Advice: Signs That He's Not Interested in You**





On this week's [Single in Stiletto's](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Tinzley Bradford about signs that he's not interested in you. Don't miss their expert [dating advice](#)!

## Is He Interested in You? Use This Dating Advice to Find Out

Here are three signs that he's just not into you:

**1. He doesn't call, text, or hang out with you:** It's simple: He'll pursue you if he likes you. "If you're dating a man and he's interested in you, you don't have to keep begging him," Bradford says. Oshima also encourages you to be wary of guys who disappear after a night together; they're just using you as a "filler."

**Related Link:** [Expert Dating Advice: How to Be a Smarter Dater](#)

**2. He uses a dry, dull tone:** There's no engagement when you're talking. He may even be short with you. "There's going to be laughter... There's going to be fun times," the dating expert

says of someone who's interested in you. And if he's on his phone while you're together? That's another red flag!

**Related Link:** [Relationship Advice on Finding True Love](#)

**3. You haven't met his family or friends:** Be careful if the relationship is one-sided. "You don't know anything about him...because he hasn't told you anything about him," Bradford explains. If he likes you, he'll bring you into his world.

*For more relationship advice videos and additional information Single in Stiletto's show, click [here](#).*

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

**How do you know if he's interested in you? Tell us in the comments below!**

---

## **Dating Advice: Moving Your Relationship From Online To Face-to-Face**





By [Joshua Pompey](#)

So you've managed to exchange numbers with a seemingly amazing guy online. The hard part is over right? Think again. This is where your journey actually begins. The truth is, the highest quality men online have a lot of options. In fact, last week I received 97 total contacts on Match alone! If you want to make sure a great guy sticks around, you need to make the transition from the online world to a face-to-face encounter as smooth as possible. It all starts with the text message...and perhaps some [dating advice](#).

## **Dating Advice On Transitioning From Online To First Date**

**1. Texting should not be limited to making plans.** The dangerous part about online dating is that other women will still be coming after your man while you are trying to win him over. It's your job to make him forget about his other options and focus completely on you. My dating advice is to avoid making small talk and don't act disengaged with your

conversations. Texting is your opportunity to cement a man's attraction to you with fun, playful, and light-hearted conversations, so that by the time the first date rolls around, he will feel as if he has known you forever.

**2. Don't let more than three days go by without communication.** Suppose your first date is a week away. If you go five days without contact, you will feel like complete strangers by the time you meet. Awkward first dates don't result in second dates. Avoid this by shooting your date a random text every couple of days just to keep the pre-date relationship going. Take this fun relationship advice seriously.

**Related Link:** [Dating Advice Q&A: How Harmless is Sending Pictures Via Text?](#)

**3. If you want a man to take you seriously, take him seriously.** Too many women treat the first meeting as a complete afterthought. Don't squeeze a date in at the nearest possible bar, between your 5 o'clock meeting and 7 o'clock spin class, or come straight from work looking slightly run down in business attire. I understand that we live in a busy world, but if you want to be remembered, give your date a reason to remember you. Try to coordinate a fun meeting location and put in a little effort.

**Related Link:** [Expert Dating Advice: 5 Surefire Signs He's Into You...or Not](#)

**4. Send a text a few minutes before the date.** Build up some fun and excitement before the date to avoid an awkward introduction. For example, 5 minutes before arriving, I sometimes text a joke such as, "Okay I didn't want to tell you this but, I'm really 5'1 and 280 pounds. That won't be a problem right? ;P..." As a relationship expert, I know a text like this will ease the tension, and will provide some fun dating story segues for when you arrive.

**Related Link:** [Dating Advice Q&A: Is it Appropriate to Play Hard to Get Via Texting?](#)

**5. This is a date, not a business meeting.** Nothing is more frustrating for a man than receiving a firm hand shake upon meeting. This comes across as ice cold and immediately squashes the romantic feel of a date. Dating tip: A small little hug, and dare I say, a kiss on the cheek won't give you cooties. If you wind up not liking the person, I assure you, these actions won't be something you regret one day!

*Want more information from Joshua Pompey? Visit [his website](#) to sign up for free online dating profile writing information, or read this [article](#) to learn the top five reasons women fail to attract quality men online. Check back for more dating 101 tips from the relationship expert!*

---

## **Dating Advice Q&A: Is It Ever Okay To Go Through Your Partner's Phone?**





*Question from Carrie F.: My boyfriend and I have been dating for over a year, and lately, I've been worried that he's talking to an ex behind my back. Is it okay if I look for proof on his phone before I confront him? I don't want to say anything to him unless I'm 100 percent sure.*

If you're looking for [dating advice](#) about whether or not it's ever okay to go through your partner's phone, keep reading to find out what our relationship experts advise!

## **Dating Advice About Going Through His Phone**

[Suzanne K. Oshima, Matchmaker:](#) While no one wants to find out that their boyfriend is still talking to his ex, a sure-fire way to kill your relationship is with your insecurity. If you think he's still talking to his ex, ask him in a curious and non-confrontational way. Then, watch his reaction. If he doesn't have anything to hide, he may mention that he keeps in touch with her in a non-romantic way. If there is something going on, he'll probably get defensive and try to cover things up. Either way, if you want the relationship to last, it's



important to be able to trust each other and have open communication.

**Related Link:** [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

[Paige Wyatt, Reality TV Star](#): After a year of dating, you and your partner should be able to communicate truthfully and openly, so if you're feeling uncomfortable about him keeping in touch with his ex, talk to him. Snooping in his phone might make it worse, as he may get defensive and angry, which will put you both in a bad spot. If you don't feel comfortable speaking with him, it's time to reevaluate the relationship and see if it's worth the confrontation.

**Related Link:** [Relationship Advice: 5 Ways to Know Your Partner is Lying to You](#)

[Robert Manni, Guy's Guy](#): The answer is no. Successful relationships are built on trust, honesty, and clear communication. Snooping in a partner's phone is a breach of trust on your part. I doubt you would approve of his perusing your personal correspondence behind your back! If for some reason you're concerned that your guy is still in touch with his ex, just ask him. You will get a response. Then, you can decide if what he says is acceptable or if a deeper conversation about your relationship and expectations from one another is necessary. Above all, approach the process from a position of respect for your partner, your relationship, and, most importantly, yourself.

*To find out more about our three dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

**What's your best piece of dating advice when it comes to going**

through your partner's phone? Share in the comments below!

---

# Relationship Advice: 8 Creative Ways That Older Couples Can Keep the Romance Alive



By Amy Osmond Cook for [Divorce Support Center](#)

Despite what the tabloids may say, not all celebrity relationships go down in flames. Joanne Woodward and Paul Newman were happily married for 50 years; Michael J. Fox and

Tracy Pollan found lasting love; and Tom Hanks and Rita Wilson are still going strong. It may take a little extra effort to keep the love alive through the years, especially if you and your significant other have forgotten how to connect or are stuck in the same routine. But with some [relationship advice](#), the passion is sure to ignite again!

## **Consider the relationship advice below to add a little spice to your love life:**

**1. Get back to the basics:** As an experienced couple, you know what makes your love tick. It could be surprise kisses, breakfast in bed, watching the sunset together, or enjoying old movies. The relationship advice that I encourage you to consider is to think back to the little things that made your partnership exciting over the years. Even holding hands or taking the time to express specific things you love about one another can make a big difference.

Leslie Stubenvoll, director of social services at [Palm Terrace Healthcare and Rehab](#) in Laguna Woods, CA, said, “The couples that shine the brightest are the ones that make the effort to hold hands, be extra nurturing, and pay attention to the other’s needs.” Sometimes, the most romantic thing you can do is give simple reminders and signals that they’re on your mind.

**2. Go on a walk together:** Quality time is a must when it comes to romance. Walking is the perfect way to spend quality time, share meaningful conversation, and even do some of that hand-holding! You’ll have the opportunity to reconnect, get some exercise and fresh air, and take a break from your usual routine.

**Related Link:** [Enjoy a Secret Sunset on Your Next Date Night](#)

**3. Plan a photoshoot:** Over the years, you've probably taken many family photos with kids, grandkids, and a wide range of color-coordinated outfits. Try doing a photo shoot of just the two of you. Dress up in your favorite clothes, drive to your favorite spot around town or in nature, and have your photos professionally taken. Not only will this be a fun way to spend time together, but it'll also give you romantic photographs to hang up around your home. Not to mention, during the photo shoot, you'll be reminded of how her eyes sparkle or how his smile makes your heart skip a beat!

**4. Take a road trip:** Your favorite tunes, good food, new sights, and the endless road add up to one great date idea. A road trip could be just the trick you need to rekindle your romance. Try adding a little excitement by making the destination unknown or researching a bed and breakfast where you two can spend the night.

**5. Go on a scavenger hunt:** This romantic idea is a fun twist on a road trip. Map out all the places that are significant to your relationship, including favorite restaurants, places you love to walk, or locations of good memories. You can design it as a scavenger hunt with the final location being somewhere new to both of you. By the end of the day, you'll both be reminded of the history that's made your relationship strong.

**6. Focus on intimacy:** Some couples struggle with intimacy as they grow older. A [healthier](#) sex life between you and your partner could be the key to your romance struggles. If your relationship is lacking in this department, trade in a date night for a weekend getaway. For an even simpler idea, light some candles to set the mood. Intimacy is essential to connecting as a couple and can often be a romantic experience for both parties.

**Related Link:** [Date Idea: Enroll in a New Class](#)

**7. Explore new hobbies:** Learning something new is a great way

to bond and make exciting memories with your loved one. Take up golfing or attend an art class. The two of you will have something new to share while spending meaningful time with each other. This kind of experience can help shake up the routine and reignite the romance.

**8. Learn about your love language:** Sometimes, the best way to increase romance is to learn how you and your partner want to be loved. One of my favorite books is [The 5 Love Languages](#). The book outlines the five possible ways most people want to receive and give love. Understanding how your partner wants to be loved, whether it's through acts of service or words of affirmation, will help you connect and feel the love on a deeper level.

It's never too late to turn up the heat in your love life. Try out some of these tips, and the flame of your romance will be reignited!

*For more information about and articles by our Hope After Divorce relationship experts, click [here](#).*

**How do you and your sweetheart keep the romance alive? Comment below!**

---

## **Expert Dating Advice: The Help You Need to Find Love**





On this week's episode of the [Single in Stilettos](#) show, founder of the [dating advice](#) site and matchmaker Susanne Oshima chats with intimacy and relationship coach Iris Benrubi to discuss why, even though you're doing everything you can to find love, it's just not working.

## Dating Advice to Help You Find Love

As a counseling psychologist, Benrubi set out on a mission to help others become emotionally intimate with themselves, which in turn allows them to foster more deeply connected relationships. In the video above, she shares her three best pieces of dating advice to help you find The One:

**1. Do what you love:** By going out and doing what you love, you might just meet someone who loves doing the same thing. "If you can actually learn to go out there and do things that you love and have a great life and be open to meeting a man in those situations, not only will you attract a healthier man, but you'll also attract a man with the same qualities you

have,” the dating expert explains. In doing so, you’ll appear to be a whole and satisfied woman, which will attract a fulfilled man. A guy doesn’t want to feel responsible for your happiness; instead, he wants to be the one who enhances it. Or as Benrubi says, “He wants to be the icing on the cake, but he doesn’t want to be the cake.”

**Related Link:** [Kris Jenner Gives Her Best Dating Advice](#)

**2. Notice how you communicate with a man:** Complaining? *Again?* If he hasn’t already tuned you out, he’s going to – and then, your relationship may become a thing of the past. Men don’t want to listen to complaints; they want to feel valued in their relationship. Focus on what he does well and make it known to him that he is succeeding with you. “If you want a good man to hang around, you want to let him know he’s making a difference to the quality of your life,” Benrubi shares.

**Related Link:** [Expert Dating Advice on How To Flirt With Men](#)

**3. Get in touch with your feminine side:** A woman needs to let down her masculine walls to allow a potential partner, the bearer of masculinity, to step in and contribute to her life. The dating expert explains that single women often become *too* self-sufficient, taking on both masculine and feminine roles. As a woman in a relationship, allow the masculine behaviors to be passed on to your special someone. Ask him to help you lift that heavy box or change that light bulb – he’ll get fulfillment, and you get to watch!

*For more relationship advice videos and additional information Single in Stilettoes show, click [here](#).*

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

**What’s your best dating advice for finding love? Tell us in the comments below!**