

Expert Dating Advice: Mastering the Nonverbal Cues of Flirting



By Jared Sais

I have written a lot of articles over the years offering [dating advice](#), but perhaps none as special as this. This is what my new book (still in the works) is all about. I won't give away all the secrets I have, you'll have to read the book to get them yourself, but I will give you a few nonverbal cues to be on the look-out for and tips on how you can master them yourself. The truth is, if you were to perfect these flirting cues, you just might have lines of people waiting to get to know you. Some of these cues may seem overly simplistic, you may even say "oh come on, give me something I don't know."

Yes, you may know how to smile, but for how long? Do you show teeth or not? Is your head tilted to the side or down? What are you doing with your hands as you smile? Are you looking at the person you're smiling at? Did you just smile for too long? Does that make it creepy now? This, I must teach you.

Expert Dating Advice: Nonverbal Cues of Flirting

If I asked what the first way people greet one other is, you may say with a wave, a smile or a handshake. Would you be surprised to learn that all of these are wrong? Maybe you'll be the first few to know that it is via eye contact. You may know that eye contact is important, but how long do you look for? Are you looking into the eyes, lips and or body? Not so easy, is it? Yet, it is so important. Eye contact is the first thing I observe that will tell me if two people will be a strong match. People will gaze into each other's eyes and not even consciously know. I know the exact amount of time that looking into someone's eyes means uninterested or extreme attraction. What would you do with this gift? I have helped a countless number of clients find true love, I have used it to find true love myself, and now I am using this gift of dating advice to write a book to help the masses. You can read my other posts about relationship and dating advice on CupidsPulse that tell you how to smile, how to spot a real versus fake smile, or how to give good eye contact, so I'll skip these things.

Related Link: [Dating Expert Gives Five Body Language Cues to Look For on a First Date](#)

1. Lick lips/attention to your mouth. You have to understand that there are nonverbal cues that will trigger reactions from us. We stand no chance to this trigger. Putting attention to your mouth, such as a lick, a bite or nipping at a straw will

trigger a response from the person you are targeting. Think of it like this, if I were to ask you “how are you” you would probably say “good, and you?” Now, you may not be good but that’s what you say in response to that question; it’s an automatic response. So by drawing attention to your mouth, you are creating an automatic response, triggering your target to approach you and start a conversation. If you want attention from that special someone, make your lips the focal point.

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

2. The trifecta. Slightly tilt your head down (chin closer to your chest), look up at your target and perform a slight smile. The smile should be closed mouth when the head is down, but when you pick your head up you can open your mouth to show teeth. If you are a woman, you can pull your hair back or tuck it behind your ear. This is a three step nonverbal cue that will bedazzle your person of interest. It sends a strong message that you’re interested and are willing to have a conversation. It should not look creepy or forced, so before you go out, try it out. I tell my clients to practice this nonverbal trifecta in the mirror and to break up the trifecta into steps, then mash it all together. This can be quick, lasting a few seconds in time.

Related Link: [Body Language to Create Instant Attraction](#)

3. Separate from group. Almost no man will approach a big group of women and rarely in America does the woman approach the man. As the woman you need to separate from the pack and make yourself approachable. Also, you may want to leave behind your wing-woman/wing-man if that person is the “mother hen.” The mother hen tends to be a bit over-protective; men don’t need a background check when first approaching you, don’t let “mother hen” send him away from you. Instead, go alone to the bar and get a drink or take a friend who is fun and can create conversation to help the flow of your first meeting.

If you can perfect these dating tips from a dating expert, you will see just how quickly people will approach you. Have fun.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a dating expert in non-verbal communication, who specializes in body language, micro-expressions, and lie deception as they relate to relationships and love.

Expert Dating Advice On How To Flirt With Men



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

[dating advice](#) site and matchmaker Suzanne Oshima sat down with dating and flirting expert, Tracey Steinberg to share tips on how to flirt with men.

Dating Advice On Flirting With Men

Civil litigation attorney turned dating expert, Steinberg knows a thing or two about men, love and how to get him to fall in love by the power of flirting. “Flirting is one of life’s greatest pleasures and if you’re missing out on it that’s a shame,” Steinberg says. “As women it’s our right to flirt, let’s not give that up.” Below are a few of her tips on how to flirt with men!

1. Eye contact. Flirting is about nonverbal language and your inner voice shines through your eyes. Show him you’re interested in him by making strong eye contact, while keeping the spoken conversation light and fun.

Related Link: [Dating Expert Gives Five Body Language Cues to Look for on a First Date](#)

2. Complement freely. Confident men love to be around women who make them feel confident and who support what makes them so confident. A great piece of dating advice: men love being complimented just as much as women. Steinberg said men swoon over compliments about features like their biceps, because they work out routinely waiting for a cute girl to notice.

Related Link: [Expert Dating Advice About Dating Traps to Avoid](#)

3. Align yourself with his passions. If you’re talking about what he loves, he’s going to love talking to you. Maybe the conversation will continue to a second date at a fancy restaurant (we like the way Steinberg thinks!). If you find yourself wanting to have this conversation, but getting lost in it, be honest and have him teach you a thing or two. He’ll love it.

4. Let him feel confident that you're interested. The relationship expert said even the most confident men fear rejection. If you really want that date with him, make it clear to him that you would go on a date with him. Men need to be built up just like women do.

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5. Light conversation. This is not your therapist you're talking to, in fact he's hardly more than a stranger: do not spill your problems out on the table. Keep the conversation light and silly; keep up the enthusiasm and talk about things that make you feel confident. And never forget to be the authentic woman you are!

These dating tips should help you land your first date with your new, big-biceped guy and once you do put Steinberg's best piece of dating and relationship advice to work: "Treat him like royalty."

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What's your best piece of advice for how to flirt with men? Share with us in the comments below!

Celebrity Couple Predictions:

Rob Kardashian, Miley Cyrus and Keisha Knight Pulliam



By [Shoshi](#)

Join me as I look into the crystal ball of relationships and love. Below, I predict the future of three new [celebrity couples](#).

Shoshi's Predictions for these Celebrity Couples

Robert Kardashian and Blac Chyna: It's always amazing when two people who are a hot mess get together in the name of love. Then again, can we really call Rob and Blac Chyna a celebrity couple? If memory serves me correctly, a few months ago, Blac

Chyna was in love with the rapper Future. Her love was so deep, she had his name tattooed on her hand. Now with the celebrity news that Blac Chyna and Kardashian might be together? There's something about this relationship that makes me give it a side eye. I just don't see this as the real deal. It appears to be all for show. Blac Chyna is desperate for attention and this is the best way for her to get it. It's a shame that Kardashian has seemed to just let himself go. He just doesn't care about anything at all. Kardashian needs love and affection from somewhere since his family does not seem to be giving him any at all. Looks like Blac Chyna is the only one filling the void. This relationship will be just as dysfunctional as all of the Kardashian relationships. It will run its course, because Blac Chyna's heart has the attention span of a high school student.

Related Link: [Celebrity Couple News: Rob Kardashian Resurfaces with Beard and Blac Chyna](#)

Miley Ray Cyrus and Liam Hemsworth: It's now safe to say that Cyrus and Hemsworth have quietly gotten back together. Cyrus has put her engagement ring back on. Wouldn't you? Don't look for an invitation to this celebrity wedding just yet. They have a habit of breaking up and getting back together. My crystal ball says they are on a trial basis. Basically, giving it another go round to see if they can make their relationship work. Hemsworth probably did cheat on Cyrus the last time they were together. When someone cheats it's a sign that something is wrong in a relationship. It looks like both parties are acknowledging their part in the breakup. If they can repair what was broken, there's an opportunity for them to be one of the hottest couples in Hollywood. We just may see a much tamer Miley Ray. Time for her to keep that tongue in her mouth. One of two things will happen, either they will get married or they will end their relationship for good this time.

Related Link: [Celebrity Couple Rumors: Is Miley Cyrus Engaged to Liam Hemsworth?](#)

Keisha Knight Pulliam and Ed Hartwell: Keisha Knight Pulliam best known as Rudy on *The Cosby Show* announced that she was engaged in December. Less than a month later, she announced on her podcast “Kandidly Keisha” that she married Ed Hartwell, a retired NFL player on New Year’s Eve. This came as a surprise to a majority of her fans since no one knew that she had broken up with Big Tigger, who she had dated for three years. Right now this couple is doing just fine. Will they be together for the long haul? That’s questionable. Most people don’t think this marriage will last. They will have a baby or two and some projects together. I see trouble in their marriage around the third year. If they can get through that, they should be fine.

Related Link: [Relationship Advice: Love the Second Time Around](#)

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 About Dating Traps to Avoid





On the latest episode of the [Single in Stilettos](#) show, matchmaker and dating coach Suzanne Oshima talked [dating advice](#) with David Steele, a marriage and family therapist, relationship coach and founder of the Relationship Coaching Institute. Through his experience professionally and personally, Steele had an epiphany: “Singles become couples, that’s absolutely where we need to start.”

Dating Advice On The Worst Dating Traps

The Scarcity Trap: The fear that there is not someone out there for you often takes the reins and drives you into an undesirable relationship and love. You then settle and find yourself in a state of greater unhappiness than before. Fear, desperation, and the need to survive in the dating world all set in. “We believe we have to settle for less or be all alone, that what we really want is not out there,” he explains. Steele’s expert dating advice is that what’s in your mind is destined to become reality, and it may not be the destiny you’re after.

Related Link: [Dating Experts Give Dating Advice to Attract a High Quality Man](#)

The Attraction Trap: The dating expert says that we may be attached to a lot of things: our favorite clothes, ice cream –especially after a relationship rough patch, I might add – and people. However, that does not necessarily mean we love them. Oftentimes, we mistake attraction and chemistry as love. “We tend to interpret these strong feelings as love – it’s meant to be – because we’re feeling it so strongly, so we really have to balance our heads with our hearts,” Steele says. When dating, we need to be clear about who we are, what we want, and what we need.

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The Rescue Trap: ‘I Need a Hero’ may have been a hit, but entering the dating realm with that mantra will be a fail almost every time, as per Steele’s relationship advice. When we are unhappy or struggling, we often think that a relationship or another person will solve all of our woes, yet this is the wrong reason to choose a relationship. “If we’re not happy, we’re going to attract more unhappiness in our life,” Steele says. “Success breeds success, and misery loves company.”

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On a very real note, relationship expert Steele adds, “A relationship won’t solve all your problems. It won’t cure your depression. It won’t make you happy all by itself. You’re just basically going to get more of what you already have that you don’t want.” And this is why you must find your own happiness before looking for it in others!

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What's your best piece of love advice for avoiding dating traps? Share with us in the comments below!

Relationship Advice: How to Make This Valentine's Day Special for Your Loved One



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

In 1653, a Mughal emperor shared with the world a token of his

tragic yet enduring love for his favorite wife Muntaz Mahal, who died during childbirth. Today, the emperor and his wife have all but blended into the annals of ancient history, but the symbol of his love remains as the gleaming white marble 42-acre structure known as the [Taj Mahal](#). While most public expressions of affection don't end up being a timeless wonder, many of today's celebrities make their mark in different and extravagant ways. As a relationship expert, I wanted to give you some unique ideas to celebrate Valentine's Day. Here's some [relationship advice](#) on how to say "I love you" to the special person in your life, like these celebrity couples.

Relationship Advice: Making Valentine's Day Special Like The Hollywood Stars

1. Share a little bit of nature. I'm not talking about cut flowers or baskets of posies. With a little bit of creativity, you can find a bit of nature that symbolizes the unique relationship and love you share. For example, [Angelina Jolie](#) purchased an olive tree to give to her husband, Brad Pitt. Angie may have spent \$18,500 on this olive tree, but you can find something just as special but much more affordable. Aloe Vera plants, palms, fruit trees, and flowering plants are excellent alternatives to cut flowers. Also, some companies manufacture innovative bouquets made out of alternative materials that last forever and offer unique scents. [Ecoflower.com](#) designs arrangements using environmentally friendly and recycled materials like wood, paper, recycled jewelry among other things, and they will provide any scent you like such as raspberry, musk or lemon.

Related Link: [Celebrity Couples and Their Most Extravagant Valentine's Day Gifts](#)

2. Share a wardrobe indulgence. For [Jessica Simpson](#), that meant getting a \$15,000 Birkin bag from her husband, Eric Johnson. For the rest of us, receiving a smart jacket, a silk scarf, a sparkling bracelet, or snazzy boots can generate the same feeling of confidence at one-third of the price. I recall a young newlywed presented his wife with a necklace made of aquamarine. It wasn't the most valuable of gems, but the color reminded him of his wife's eyes.

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3. Share an experience. Angelina Jolie bought Brad Pitt flying lessons. Of course, she threw in the helicopter for good measure. [Beyonce](#) found a million-dollar token to share with husband, Jay-Z, when she presented him with a Grand Sport, reportedly one of the top performing and most expensive cars on the market. For you, a shared experience may be a hike to a cherished location, or a picnic in a secluded spot. Most people will tell you the things are nice, but sometimes it's the thought behind the gift that counts the most. A friend who lived by an Olympic training site bought her husband a ride on the bobsled track used in the 2002 Winter Olympics. It was an experience he will never forget.

Related Link: [Celebrity News: Check Out Rebel Wilson's Video Valentine's Day Message to Justin Bieber](#)

With Valentine's Day approaching, it seems the extravagant gifts is what makes the news. The relationship advice to remember is that Valentine's Day doesn't have an audience nor does it need a giant price tag. It's an opportunity for you to share a moment, a knowing exchange, a personal connection that is meaningful for the two people that matter the most—you and your loved one.

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What has been your most meaningful Valentine's Day experience?
Comment below!

Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own



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

It's no secret that relationships are not always easy. In some cases, going to a professional matchmaker might be better than

dating on your own. Consider our [dating advice](#) on how to know when it's time to get an expert involved and everything they can do for your love life. This love advice may save your troubling love life!

Relationship Experts Give Dating Advice On Using A Matchmaker

So let's first see why you might need a matchmaker. Below are five scenarios which may indicate your relationship and love life would be better off with the help of a relationship expert. Warning: If you identify with the below scenarios do not panic. There are **professional matchmakers** just waiting to provide you with dating advice to solve your dating woes!

Related Link: [Top 10 Things to Know About Hiring a Matchmaker](#)

1. Your friends pick guys they like, but not necessarily a guy you would like.
2. A bar is great for finding a hook-up, but you've come to realize it's not so great for finding **love in NYC**.
3. Meeting and falling for a guy at work has led to way too many negative consequences.
4. You've tried dating sites, but get exhausted with all of the options and questions and usually just give up.
5. You finally get asked out on a date with a semi-attractive person, but you have no clue what to talk about.

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Do any of these issues seem like you? Yeah? I thought so and that is exactly why using a **professional matchmaker** is an essential step for you. Take a look at some of the benefits a **top matchmaker** like [Project Soulmate](#) can bring you. Don't

swoon just yet, the best is yet to come!

1. **Matchmakers** have the time to look at a wider range of options. They know how hard it is to find **love in New York**, but they have their own networks filled with quality people looking for love who they're just waiting to match you with.

2. Matchmakers don't get tired. Trust me, matchmakers *can* and *will* spend every waking moment looking for the right match for you; they genuinely care about finding you love.

3. Your matchmakers have your best interest in mind, and by that we mean they perfectly match you based on your interests, not just your looks. You'll never be at a loss for words on your first date because the similarities between you two will just keep flowing.

Related Link: [Top 5 Secret Celeb Matchmakers](#)

4. Your matchmakers are with you every step of the way. Once you and your match cross the line into dating, your matchmakers don't disappear. They're always there to give you feedback and expert dating advice. Your matchmakers are **relationship experts**, who go far beyond just finding the guy; they will make sure your new relationship will **last a lifetime**.

5. When you fall, your matchmakers pick you right back up and resume the mission. After all, the first match will not always be *the one*; the second and third may not be either. Although you may feel like you want to give up, your matchmakers never will. They know love is out there and they won't stop until they've found it for you.

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: When It's Time To Say The L Word



By [David Wygant](#)

I've got a confession for you: I've always been quick to say the L word. I finally learned, though, that doing so leads to the quick destruction of your relationship and love, and I'm going to explain why.

Relationship Expert Discusses

Saying “I Love You” For the First Time

According to my expert [dating advice](#), telling somebody you love them shouldn't be taken lightly. As a matter of fact, it's a very serious thing to say to somebody. The problem is, too many of us throw “I love you” around too quickly, and that's because we're in love with the idea of who we think someone is.

Every time I thought I was in love, I was always in love with the *idea* of that person. I loved the way they looked; I loved the way they smelled; I loved the way they spoke. I loved what I thought they were all about. The myth of being in love is the key here. You see, when we think we know somebody, we fall in love with the idea of what we actually think they are.

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We're all guilty of it. We tend not to listen when people usually tell us exactly who they are. So let's go a little deeper right now, and talk about the L word.

When you meet somebody and you think you're in love with them, it's your thoughts that you love. You're deeply intoxicated and love drunk, under the powerful drug called chemistry.

I remember my last relationship and love. I was so in love with her, that I was blinded to who she really was. She wasn't a bad person. She was actually a good person, but she wasn't my special person. I put the L word out there and told her I loved her quickly – and that changed everything. She immediately felt like she could do no wrong.

Here was this great man that told her how much he loved her after only three weeks. Six months later, when the relationship was on rocky ground and I started expressing my

needs, wants, and desires, she had no idea what to do. She thought I was happy the whole time because I told her how much I loved her over and over again.

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The right time to tell someone new that you love them is when you really get to know them. You get to know who they are; you get to know their faults; you get to know what they're about. When you know that they make you feel loved, wanted, and desired, then it's time.

I'm going to say it again: The L word is not something you should throw around lightly. That will get you into trouble. So I strongly suggest you follow this expert dating advice: Take 90 days to look at your partner, see what they're all about, and get to know them. See who they are in different situations. See if the feeling of love is real or just chemical.

Give yourself this 90-day challenge and don't say the L word for the first three months. If the love drunk feeling begins to wear off and you see them for who they really are and you *still* want to tell them that you love them, go for it.

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](#).

Relationship Advice: How Your Relationships And Love Impact Your New Year's Resolutions



By Toni Coleman, LCSW

Now that we're closing in on February, it's a good time to take inventory of how your New Year's resolutions are progressing, or not. Have you made adjustments to your environment, created a specific plan, tweaked your schedule or set aside time for following through on the short-term objectives that will get you there? If you have done even one of these, it's a real start. However, if you draw a blank when reading this, you may have already lost your resolve or even forgotten about your goals altogether. If this is the case, and you want to get back on track—it is important to examine

where you got off course and what factors may have influenced it.

As a relationship expert, I notice that one variable people may overlook, but that carries a lot of weight, is how much support you get from your relationship and love. In assessing this, it's important to pay attention to what they do more than what they say. There are many subtle ways that a partner can sabotage your efforts, especially if he or she fears it will impact your shared lifestyle, threatens him in some way, or upset the status quo in general. If you believe this is occurring, consider talking to your partner about what you see happening and ask for help. My [relationship advice](#) is to look at the following eight behaviors to assist you in pinpointing and articulating your concerns and then moving toward a productive discussion on how you can best support one another.

Relationship Advice: How Partner's Can Sabotage New Year's Resolutions

Your partner resists changes that support your goals. For example, you might need to eat an earlier dinner as part of your weight loss goal or you might find that early morning is the best time to work out, but it will mean your partner will then need to cover things at home. Perhaps you have found a class one evening that is just what you need to make an eventual career change, but it's during a time that would then require your partner to adjust their schedule. All of these are potential scenarios that people face when attempting to make changes and a supportive partner will try to make accommodations whenever possible. Sometimes it just isn't possible and alternative solutions will need to be considered.

Your partner insists on activities and interests that set you up for failure. Maybe you have a long-standing tradition of eating take-out on Saturday nights in front of the TV that you

follow-up with a decadent dessert. However, you need to make dietary changes that will support your goal for better nutrition and health. Maybe most of what you have always enjoyed together has been sedentary in nature, such as going to the movies, out to dinner, drinking with friends at a local pub, or hanging out in your bathrobes and reading or watching TV. While there is nothing wrong with doing any of these some of the time, if you have set a goal to be more active during leisure hours, these will need to be cut back in order to create time for something new. My relationship advice is to make sure your partner isn't insisting that everything stay the same. If they do this and pout, it will undermine your efforts and force you to make a choice between your relationship and your goal.

Your partner makes negative comments about your changes. Statements like, "You're no fun anymore," or "It doesn't look like it's making any difference," can lead to you feeling bad about yourself or losing resolve due to a concern that the potential downsides to making the change outweigh the benefits. What you need instead is a cheerleader who offers encouragement, finds positive things to focus on—and lets you know they support you, no matter what.

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Your partner behaves punitively when he doesn't get his way. Change is hard for everyone. Your partner might feel bad about losing his drinking or eating buddy. She might feel some resentment about making changes in her schedule or to giving something up to accommodate your new needs. He might be feeling nostalgia for some things you used to do together and with others that you now need to refrain from. These feelings are natural and understandable, but your partner should bring them up with you in a non-defensive way instead of acting out. You might be able to come up with compromises that meet both of your needs while allowing your partner to hang on to some

of the things that are most important to them.

Your partner throws temptations in your path. An all too common scenario is the one where one spouse decides to give up sweets or alcohol, and her partner begins bringing home a lot of what the other is trying to abstain from, and encouraging them to try just a little bite or sip. There are many reasons for why this behavior is so common, but none of them are good ones. If this is happening to you, my love advice is to address it immediately by making a gentle request for “free temptation zones” in your home.

Your partner lacks awareness of how your changes are threatening her. It can be difficult for your partner to see you working towards a goal that he or she feels they should also be working toward. If you have always been overweight together, having a spouse who suddenly loses weight and feels good about her new appearance could be threatening, especially when other people of the opposite sex take notice. If you give up drinking, he may feel judged when he reaches for a beer, glass of wine or a cocktail; even if you don't indicate that you have an issue with it. Should he begin to act threatened by a change you are making that he or she believes they also should be working on, consider bringing up your observations gently with them. Remind him that this is a choice that you have made for yourself and that he is free to do the same or not, depending on his needs and wants.

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Your partner creates a competition between you. This one dovetails on the one above—you are not in competition, you are (or should be) on the same side. Being on the same team means you support one another's success, cheering each other along on the road to accomplishment. If your partner starts bean counting, it will undermine the relationship as this causes division and an attitude of me first, me only. If two people

are focused on their needs and wants, the couple cannot function as a cohesive unit, which is the foundation of a healthy and mutually satisfying relationship.

Your partner sees changes as meeting your needs vs. meeting his needs. A supportive and happy relationship is not an “either, or” one. When problem-solving becomes a contest where one spouse is designated the winner and the other the loser, both people in the relationship lose. There is a very wide continuum between those two ends, and somewhere along the way are points at which a compromise can be found.

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Negotiation and compromise are essential to the health of every relationship, as is getting the kind of support that will help you stick to and achieve your resolutions. When you win, your partner also wins—and vice versa.

*[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.*

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Expert Dating Advice: How to Be a Smarter Dater



On this week's [Single in Stiletto](#)s show, founder and matchmaker Suzanne Oshima talks to dating expert and relationship author Tinzley Bradford about how to be a smarter dater. "I do what I do because I love to help women be better!" Bradford, writer of *The Settle-Free Dating Method for Women*, exclaims.

Relationship Author Helps You Find the Right Man

Here are Bradford's three best pieces of expert [dating advice](#) to help you be a smarter dater:

1. Be observant: “I’m a strong believer in watching what people do versus what they say,” the dating expert reveals. If he says he’s going to call you at a certain time but never does, that’s something important for you to note. Always keep his actions in mind.

Related Link: [Expert Dating Advice About Why You Shouldn’t Give Up on Finding the Right Man](#)

2. Be aware of who you’re dating: If you already see some not-so-great sides of your partner, it may be time to move on. For instance, if you want a serious relationship and love, but he just wants to “Netflix and chill,” be smart and *listen* to what he says. “Ladies, you can’t change a man’s mind,” Oshima explains.

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3. Don’t overstress: You don’t have to go on a date every night or even every weekend. Don’t put too much pressure on yourself. “Date yourself sometimes,” Bradford shares of this piece of expert dating advice. “Take time for *you*. A little downtime never hurts.”

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

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What’s your best piece of love advice for being a smarter dater? Share with us in the comments below!

Relationship Advice: Love the Second Time Around



By Dr. Jane Greer

Pop star [Miley Cyrus](#) was spotted wearing an engagement ring after she and former fiancé Liam Hemsworth reunited over New Year's in Australia. Multiple sources revealed that Miley had been struggling to move on from Liam after the end of their [celebrity relationship](#), and has never fully gotten over him. It appears the feelings are mutual, as the [celebrity couple](#) is giving it another try. And, they aren't the only ones people are talking about when it comes to wondering about the possibility of rekindled love. Superstar Madonna and movie star ex-husband Sean Penn have reportedly been spending more time together lately, and were recently seen at a hotel bar together. All of this can be heartening for those who wonder

about doing something similar with a previous partner. Hearing these stories can make people believe in romance and the value of a shared history. But, it also raises questions.

How do you know when an old loved has the potential to come back to life, and when is it best to leave an old relationship where it is, in the rear view mirror? Here is some [relationship advice](#):

When you see old lovers like Miley and Liam, and Madonna and Sean, get back together, it might make you think about reaching out to an old, but extinguished flame. There are times when that might require a deliberate act, actually calling or contacting someone from your past, or it can happen in a more spontaneous way, such as when you run into someone you once dated at a wedding or a reunion. Either way, it is good to take stock before jumping in with both feet.

Related Link: [Miley Cyrus Is 'Hanging Out' With Celebrity Ex Liam Hemsworth Post-Split from Patrick Schwarzenegger](#)

The most important barometer for gaging what to do is to consider how and why your connection ended in the first place. It is ironic that in wondering if you should begin again, it helps to go back to where it ended, but that is where you might find the best answers. If the circumstances that broke you up didn't have anything to do with the attraction and passion you felt for each other, and might still feel, it is possible that giving it another go could be a fine idea. It is also possible that even if there were problems, you have both grown and changed, and with the wisdom and distance you now have might be better able to deal with and manage them. The

same issues that were front and center when you were first together might not bother you anymore, or might be more easily worked out.

Related Link: [10 Celebrity Couples We Never Knew Existed](#)

On the other hand, if your relationship ended badly and there is still a lot of unresolved anger, there is the chance you will find yourself returning to that unhappy place. Also, if there were behaviors, habits, or personal traits the other person had that were intolerable for you, and that person still exhibits them and has not changed his or her ways, it may be better to leave the relationship in the past with the fond memories of what you once shared.

Once you have sorted that out, it may be that you feel your ex is really your lost love. In this new time and place, where both of you have mellowed, it may be viable and pleasurable to give it another chance, as Miley and Liam seem to be doing, and as Madonna and Sean may be flirting with trying. Only time will tell if they will prove to be stronger than ever after their time apart. Madonna said it straight out in her song Stay: When you walked out my door, I knew you'd be back for more, Let's leave the past behind, True love is so hard to find.

Dating Advice Q&A: What Does Texting On A Date Say To Your Partner?



Question from Julia Y.: Because of my job, it's important that I always keep my phone handy so I can be available in case there's an emergency. Will a new guy get the wrong impression if I text during a date?

If you're looking for [dating advice](#) on what texting on a date says to your partner, then keep reading to see what our relationship experts had to say!

Dating Advice On Texting On A Date

[Suzanne K. Oshima, Matchmaker](#): Texting or taking a phone call during a date is a big "no, no!" because it sends the wrong message to the person you're out with. He may think that you're really not that interested in him or that you're texting another guy. That being said, the only exception to the rule is if there's an emergency. Here's my love advice: A

good way to avoid him thinking the wrong thing, is to tell him up front that you usually don't text on dates, but because of the nature of your job sometimes emergencies come up and you may need to handle it while you're on the date. He will most likely be understanding, but you should really try to avoid this from happening on a regular basis, otherwise he'll probably start to get annoyed and lose interest in you.

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

[Paige Wyatt, Reality TV Star](#): It's a little rude to be glued to your phone during a date and will definitely give off a bad impression. But if you absolutely must respond for a work emergency, just make sure you tell your date that it is an emergency. Also, make sure to step out, so that he's not just uncomfortably staring at you while you text! It's the 21st century, we all understand if a message just can't wait.

Related Link: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

[Robert Manni, Guy's Guy](#): When dating someone new, it's important to make the person sitting across the table feel special. That means giving them your undivided attention. My dating advice is if you're on a date and expecting an important call from a client or your boss, let your date know. We've all been there. Then discreetly place your phone off to the side and have fun. If your job keeps you in a perpetual emergency mode where you can never disconnect from the office, it's says something about your choices. Your career is important, but so is your relationship and love life. And guess what? You can have it all if you prioritize your needs and balance your work and personal life.

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.

What do you think texting on a date says to a partner? Share your dating advice with us in the comments below!

Will I Ever Find Love? Dating Advice for Women Over 40



In this week's [Single in Stiletto](#)s relationship advice video, founder and matchmaker Suzanne Oshima talks to relationship expert and intimacy coach Iris Benrubi about her best [dating](#)

[advice](#) for single women over 40. If you're wondering if you'll ever find a relationship and love, check out the video above!

Three Tips to Help You Find a Relationship and Love

Here are three pieces of expert dating advice to help you meet The One:

1. Do something different: Look at what you've been doing in your search for love and try something new. "If you're not meeting the right man and the same thing keeps happening in the dating scene...you need to start doing things differently," Oshima explains. For instance, if you haven't had any luck at a bar, head to the park or coffee shop.

Related Link: [Expert Dating Advice on Why You Shouldn't Give Up on Finding the Right Man](#)

2. Handle your anxiety: There are a lot of risks when it comes to looking for love, and it's important to handle the anxiety that comes with that risk in a healthy way. "Learn to soothe yourself so you're not depending on a man to soothe you," Benrubi shares.

Related Link: [Dating Experts Reveal How to Meet the Right Man](#)

3. Learn to acknowledge men: "They need to know that you admire and respect them," Benrubi says. It's important that he knows how he makes you feel. It's *that* simple!

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](#).

What is your best dating advice to meet the right man? Tell us in the comments below!

Dating Advice On How to Date an Introvert



By [Jared Sais](#)

As a relationship expert, I understand that dating an introvert is a different experience than dating an extrovert. If you need a quick how-to, then follow my [dating advice](#) and these three main rules when dating an introvert.

Dating Advice: Dating An Introvert

Rule #1 – Keep it simple. The date should focus on getting to

know each other. But simple does not mean boring; in fact introverts have the right idea. They would rather the fun come from the person than the venue. The idea is sound. Introverts want the person to bring at least 80% of the entertainment, the rest should be venue related (at least at first). The idea is this: If you can hit it off at a quiet bar with almost no music or dancing, and you can laugh together, talk non-stop for two hours and make a seemingly boring venue seem like the most fun place in the world then you're worth their time, commitment and devoted trust. Introverts are not boring, so though they focus on the individual more than the venue it's your responsibility to spice things up. Come up with a few date ideas like creating games and asking questions. It's okay to push them a bit out of their comfort zone but ease into that. The goal is to be intimate, fun and to get to know each other.

Related Link: [Expert Dating Advice: How Do I Know If a Guy is Into Me?](#)

Rule #2- Tell the truth and be yourself. Introverts are less forgiving than extroverts when it comes to lying and pretending to like or dislike something. Introverts want to get to know the real you. If you're an extrovert who likes dancing that's fine, but don't lie about it. Introverts hold dear to being yourself and honesty. Again, they want to know the real you. If you fake who you are or lie then chances are you won't be held in the best light. Be yourself and tell the truth and they will love you. Just because they're introverts doesn't mean they want to date an introvert. So if you're like me and a big extrovert, its okay. They will love you if you're kind, honest, and trustworthy.

Related Link: [Dating Advice: Body Language to Create Instant Attraction](#)

Rule #3 – Take your time. You don't need to rush when dating an introvert. Getting to know each other is the best part so

no need to rush the relationship and love. Introverts may take longer to warm up to you, but that's okay. Once again they have it right. Relationships need time to develop and mature, so the more time you invest the better and stronger your relationship will be. Though it takes longer, introverts are as loyal, trusting, and caring as they get. My dating advice is that if you open up to them and take your time in getting to know them they will be by your side forever.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a relationship expert in non-verbal communication, who specializes in dating advice about body language, micro-expressions, and lie deception.

Dating Advice: New Year's Resolutions To Rekindle Your Relationships and Love





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

Has your marriage lost that lovin' feeling? The same old New Year's resolutions of getting into sexy shape by going to the gym won't rekindle the once burning embers in your relationships and love. Now is the time to reignite your relationship flame. It's important to remember that you did find the right person, but somewhere along the way you lost yourself. Think back to the time you fell in love. Not long ago, you could look at each other and instantly know each other's thoughts or just the memory of your loved one made you smile. You can be that right person for each other again. As a relationship expert, my [dating advice](#) is to start by conjuring up those lost memories while you work on the five following commitments.

Dating Advice On Rekindling The Lovin' Feeling In Your Marriage

1. Respect: Aretha Franklin knew it was worth spelling out. You know respect when you feel it. It's an inner sense we all

have. If you want to be admired and held in high esteem, know that your spouse is looking for that same feeling. Respect is essential in a successful marriage. Often it manifests itself in small gestures such as the endearing name that makes you feel loved or expressing thanks for the cup of coffee your spouse makes for you every morning. These are little gestures, but how about the bigger ones? Talk to each other when making joint decisions, whether it involves accepting a dinner invitation or making a huge purchase. Recognize each other's strengths and weaknesses and encourage rather than belittle your partner. Make a conscious effort to bring back your secret looks, kind acts, and loving nicknames.

Related Link: [Relationship Advice: Why Your Dating New Year's Resolutions Fail](#)

2. Teamwork: "I'm on your side," should be your motto to each other. Author and marriage and family therapist [Tina B. Tessina](#) shared in her book, *Money, Sex and Kids: Stop Fighting about the Three Things That Can Ruin Your Marriage*, that instead of dwelling on who's right and who's wrong, the focus should be on solving the problem that the two of you are facing together. Her dating advice emphasizes on talking about your challenge long enough to understand it. Then you can move on with mutual solutions. Working together to find a joint solution will add motivation to continue working as team players both during challenges and good times.

3. Love: I love you. This phrase never goes out of style. It's a powerful statement to each other that can't be said enough. We all enjoy being loved. Love is sharing, appreciating, and admitting our mistakes. Have you heard the saying, "You attract more bees with honey than vinegar?" The more love energy you send out, the more your spouse and others will want to be around you. Write down a few date ideas, initiate a date night and spend time being a couple. Incorporate your teamwork skills to schedule a special event without your cell phones, kids or friends. It's always fun to think outside the box and

try a new activity, such as visiting a museum or a unique restaurant.

Related Link: [What Can We Learn From Celebrity Divorces?](#)

4. Commitment: “When people say they are committed to his or her relationship, they can mean two things,” said Benjamin Karney, a professor of psychology and co-director of the [Relationship Institute at UCLA](#). “One thing they can mean is, ‘I really like this relationship and want it to continue.’ However, commitment is more than just that.” A deeper level of commitment, the psychologists report, is a much better predictor of lower divorce rates and fewer problems in marriage. “It’s easy to be committed to your relationship when it’s going well,” said senior study author Thomas Bradbury, a psychology professor who co-directs the Relationship Institute. “As a relationship changes, however, you must say something like, ‘I’m committed to this relationship, but it’s not going very well – I need to have some resolve, make some sacrifices and take the steps I need to take to keep this relationship moving forward.’”

5. Forgiveness: You were the one who was harmed and feels bad—why should you forgive? Forgiveness doesn’t mean you excuse the hurtful behavior, but it does mean you can let go and move forward. Here’s the benefit: After you forgive, you’ll feel better. Your ability to forgive gives you a feeling of empowerment and the power to take charge of your happiness. Holding onto old disappointments, arguments, and hurt is a waste of your time and energy. Forgiveness will keep you healthy both physically and emotionally.

Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying “I Do”](#)

So if your relationship has lost that lovin’ feeling—take five. By focusing on mutual respect, teamwork, love, commitment, and forgiveness, you will find the keys to a new

and improved relationship just in time for the New Year.

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.

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

Expert Dating Advice About Why You Shouldn't Give Up on Finding the Right Man





On this week's [Single in Stiletto](#)s relationship advice video, matchmaker Suzanne Oshima talks to dating expert and family therapist David Steele about why you shouldn't give up on finding the right relationship and love.

Dating Experts Encourage You to Keep Looking for Mr. Right

According to this expert [dating advice](#), you shouldn't let your frustration and anger discourage you. Steele shares three important tips:

1. Believe in yourself: "Believe that you are wonderful, that you deserve to love and be loved, and that there's the perfect person out there for you," he explains. "You have to believe that." Remember that, while you're looking for your soul mate, they're also looking for you.

Related Link: [Expert Dating Advice: Top Four Places to Meet Mr. Right](#)

2. Practice conscious dating: That means being aware of who

you are and what you want and then using dating strategies to get your ideal relationship and love. "It can feel like finding a needle in a haystack, but it doesn't have to," says the dating expert, who met his wife in just three months (after 200 dates!). Say no to everyone who isn't the right fit for you.

Related Link: [Relationship Advice: How to Get Engaged in a Year](#)

3. Be the chooser: Make the choice that is right for you. If you don't see a future with someone, don't say yes to that second date!

Watch the video above for more great expert dating advice!

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

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Got any tips for someone ready to give up on their search for The One? Tell us in the comments below!

Celebrity Couple Predictions: Katie Holmes, Gigi Hadid and Miranda Lambert





By [Shoshi](#)

If you're looking for the latest celebrity news on Hollywood romances, you've come to the right place! Below, I consider the future of three new [celebrity couples](#).

Shoshi's Predictions For These Celebrity Couples

Katie Holmes and Jamie Foxx: If you believe the media, Foxx and Holmes are secretly in love with each other. The thought of that makes me giggle. I always think that Tom Cruise has sent Foxx in to be his spy to find out what Suri is up to. While they would be a weird couple, it could also work. Foxx has always been tight lipped about who he's dating and Holmes never reveals if she's dating anyone. Both of them seem to spend more time with their children than anyone else. Could they be the perfect pair? I don't see Holmes and Foxx in a steady relationship. However, I do see friends with benefits. They're both sexy and single. Why not participate in some extracurricular activities from time to time? Don't believe

the media hype, but just know that we'll be the last to know if they are officially a couple. Neither of them are going to talk.

Related Link: [Celebrity News: Jamie Foxx Celebrates 48th Birthday with Katie Holmes](#)

Gigi Hadid and Zayn Malik: All media eyes are on model and personality Gigi Hadid and former One Direction singer, Zayn Malik. It even looks like they spent New Year's Eve together. At least, that's what their photos would lead us to believe. Isn't that what "couples" do? With all of the time they've been spending together, we should file them in the couple category. At least for now. Hadid has the attention span of a gnat when it comes to her relationships and love. She is fickle, but she's perfectly entitled to be that way. She's young, hot, and figuring it all out. If I were her, I would do the same thing. This relationship will run its course soon enough. Hadid doesn't have time for a serious relationship since she tends to be busy modeling and hanging with the Jenner's. Right now she's having fun causing a stir on Instagram with Malik. Guess they don't have anything else better to do.

Related Link: [New Celebrity Couple Alert! Gigi Hadid & Zayn Malik Are Dating](#)

Miranda Lambert and Anderson East: We all know that Blake Shelton is currently dating Gwen Stefani. But it looks like his ex, Miranda Lambert, is now seeing Anderson East. A photo on Instagram captured the two of them cuddling with the caption, "The snuggle is real." As if we needed the clarification. Just who is this Anderson East? A rhythm and blues singer from Alabama. I had never heard of him until Lambert's selfie. By the looks of it, this new relationship is the most interesting thing about him. When I look at this new celebrity couple, I don't see much to the fling. I predict the main reason that she's seeing him is to keep up with Blake and

Gwen. The celebrity exes are playing a game of who can move on quicker. The media is falling in love with *The Voice* co-stars as they go on adventures around the globe. The last thing Lambert wants is to look pitiful and brokenhearted. Blake is all over the place having fun, it's time for her to start posting her own "moving on" pictures. That's not to say that she isn't generally into East, I'm just not fooled by her calculated move. Lambert will move on when she finds someone better. If the rumors about her are true, East shouldn't get to attached to her. As soon as someone better comes along Lambert will move on.

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

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

Dating Advice: How To Approach A Man Without Seeming Desperate





On this week's Single in Stilettos [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt Adams about how to approach a man without seeming desperate.

Dating Advice On Making The First Move

If you're single and looking for your next relationship and love, then you know how hard it can be to approach a man without appearing desperate. Desperation is about neediness and we all know that isn't attractive. Check out the expert dating advice tips below on how to approach a man.

1. Give value. Dating experts reveal that you need to have the mindset that you need to give the guy something. The first step to approaching a man is to bring something to the table, like being funny or having something interesting to say.

Related Link: [Dating Experts Reveal How to Attract the Right Man](#)

2. Compliments. Give out sincere compliments, because men love them and it feeds their ego. Again, you want to give the man good feelings.

Related Link: [Relationship Advice: How To Get Engaged In A Year!](#)

3. Social touching. Don't be afraid to touch him. Touching is the next phase of acceptance, so if you touch his forearm, it lets a guy know that you're accepting him into your space. Maybe even touch his triceps and compliment his strength.

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

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What's your advice on approaching a man without seeming desperate? Tell us in the comments below!

What Can We Learn From Celebrity Divorces?





By [Project Soulmate](#)'s Business Director Samantha Cohen. Contributors: *Project Soulmate Matchmakers* and *BRAVO TV's Love Brokers* Lori Zaslow and Jennifer Zucher

From [Jennifer Aniston](#) and Brad Pitt to Jennifer Garner and [Ben Affleck](#), we have seen many of our favorite Hollywood couples unexpectedly split. The reason for their [celebrity divorces](#) may vary, but many of the underlying issues are the same. While celebrities may seem to have a perfect relationship and love to an outsider, they all deal with real-life marital issues and temptations like everyone else. The main difference is that they're constantly being dissected by the media and have pressure to maintain a certain image. Keep reading for our relationship advice on what these celebrity divorces can teach you.

Relationship Advice: What Celebrity Divorces Can Teach You

It's no secret that marriage is work. As we go through life's obstacles our relationships often turn into an emotional

roller coaster, full of highs and lows. As a result, we like to turn to celebrity couples to give us hope for a perfect, flawless relationship. But the truth of the matter is that we're being deceived by the media portraying a perfect couple and celebrities are really just like us. Over the years, we have seen our favorite Hollywood couples crumble as they're forced to deal with real life marital issues such as infidelity, deceit, neglect and hardships. The main difference between celebrities and the average person is that they're forced to deal with their divorces in a very public manner where all of the details of their divorce become public knowledge. This can be detrimental for their kids, family, friends and of course, their image.

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

So the question remains: What can we learn from celebrity divorces? The answer is simple. We can learn that celebrities are just like us and that there's no such thing as a perfect marriage. Instead of looking at celebrity couples as a goal for your marriage, you should focus on improving the issues in your own love life. Because the truth is that there's no perfect relationship and every partnership has its own unique struggles. While you may admire or even envy your favorite celebrity couple like Kim and Kanye, you need to realize that a relationship isn't always as perfect as it may seem from the outside. You don't want to set unrealistic expectations of a perfect marriage based on a façade.

Just like your favorite celebrities are altered to look skinny and flawless, their lives and relationships are often attuned in the public eye to look perfect. But the truth is there's no such thing as perfection, and every person and relationship has its flaws. And while life's bumpy ride may bring couples closer together, sometimes there's no other route but divorce and moving on. It can be hard to watch your favorite Hollywood couples fall apart, but one of the benefits of celebrity

divorce is that the stigma that was once attached to ending your marriage has nearly disappeared. And celebrity couples that have made the move to publicly get divorced could be the influencing factor that gives someone the strength to move on from their unhealthy marriage and get a divorce.

Related Link: [Expert Dating Advice: How to Get Over “The Little Things”](#)

Celebrities, just like you and me, aren't exempt from the struggles in life and maintaining relationships. And when they're able to move on from marital issues, despite the fact that they might be judged or criticized by the media, they become good role models. Maybe then we'll be able to find the strength to do what will make us happiest in the long run.

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.

Relationship Advice: Why Your Dating New Year's Resolutions Fail





By Toni Coleman, LCSW

Once again it's time for that honored tradition of setting and then breaking our New Year's resolutions. Year after year we tell ourselves that this time it will be different; then armed with a renewed feeling of determination and optimism, we prepare to say goodbye to our bad habits, unhealthy lifestyle choices, and/or dead end job or even our relationship and love. Then at the beginning of February, we find that much of our resolve has been replaced with a feeling of defeat and a resignation that our life probably won't ever be what we want it to be. As a relationship expert, I know it's hard when your dating goals aren't met. Keep reading for my [relationship advice](#) on why you're dating New Year's resolutions are failing and what to do about it.

Relationship Advice On Your New Year's Dating Resolutions

1. Avoid the number one reason for failed resolutions. Essentially we set ourselves up for failure every

year. We do this by setting unrealistic goals, having too many goals, and not having a concrete and reasonable plan for how we will work toward them. This especially happens in the dating world. When we don't make any progress, our self-esteem and confidence take a hit, we feel defeated, and we abandon our plans. Our defeat contributes to a belief that this goal is just not possible for us, and if we do this year after year it becomes a self-fulfilling prophecy.

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

2. Set a maximum of one or two achievable goals. These don't have to be major goals; they can be smaller objectives that will lead to bigger changes that can happen further down the road. By approaching change in small and manageable steps, you will help ensure your success, which will provide you with continued motivation and a boost of self-esteem along the way. It's also important to think about your core need or desire—in other words, what is the key problem or desired change you want to address. By correctly identifying this and tackling it first, you will find that most other issues you think require a separate resolution are connected to the core need, and will be impacted by addressing it.

3. Write down how and when you will take your action steps. Unless you have a concrete plan for working on your resolutions, they will not get acted on. Your calendar contains a record of work obligations and tasks, social events, and other life priorities so you won't neglect or forget them. Can you imagine what would happen if you never wrote anything down? Many things would slip through the cracks, and you would be hopelessly off track. The same problem presents itself when you make an agreement with yourself to work on a resolution—if it isn't put into your schedule, it simply won't happen. My dating advice is to set small goals like making an online dating profile, going on three dates, etc.

Related Link: [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

4. If a goal proves unrealistic or unattainable, tweak it until it works. This seems to be a hard one for many people as they equate stepping back with failure. However, this is no different from when you are involved with any project that presents unforeseen issues or challenges and requires you to make adjustments and changes along the way. If you are cutting a piece of wood for a home repair project and find it is too long or short, you will either have to shorten it or start with a new piece. If you are completing a work document and find omissions or errors, you go back and change, correct and/or delete until it is correct. Applying this same approach to achieving a resolution will work in much the same way, keeping you engaged until you are satisfied with the outcome.

5. Celebrate every small win—this keeps momentum going. It's hard to sustain ourselves through long, dry spells when we aren't receiving any feedback on our investment of time and energy. This is why using short-term objectives as building blocks to success is a great way to keep up the momentum. If you resolve to lose 5 pounds over 3-4 weeks as opposed to losing 40 pounds over 6-8 months, you increase your chance of success. At the end of those few weeks, you can congratulate yourself on achieving that first objective and get a boost to your self-esteem, which will help you to remain positive and more confident that you can continue achieving your ideal weight.

Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do"](#)

The people who are successful at realizing their New Year's resolutions do not have more self-control or discipline than you. They don't succeed because they are lucky, and many or most aren't blessed with more resources or a special talent that gives them an edge. What they do have is a clear and

strong desire for change, a written and well thought out plan, and a willingness to be flexible with their process and open to making adjustments along the way. My relationship advice is to do the same thing.

[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](#).

Relationship Advice Video: Dating After a Divorce or Break-Up





On this week's [Single in Stiletto's relationship advice](#) video, matchmaker Suzanne Oshima talks to My Own Diva founder Marianne Jordan about looking for love after a divorce or break-up. Jordan knows about this challenge from first-hand experience: She married when she was 26-years-old and found herself divorced in her early 30s. The dating expert launched her company when she realized there was no support for younger women dealing with the end of marriage, and now, My Own Diva also caters to those going through a tough break-up or the loss of a loved one.

Post-Divorce Relationship Advice

Related Link: [Looking for Love? 5 Things That Belong on Your Must-Have List](#)

Here are some of the love advice questions Jordan answers in the video above: How long should you wait after a divorce to look for a new relationship and love? How hard is it to take that first step into the dating world? And what do you do if you get scared? Plus, she reveals her five best tips for how to open up your heart again.

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What is your best love advice for someone dating after divorce? Tell us in the comments below!

Relationship Advice: 10 Holiday Date Ideas For Long Time Couples



By [David Wygant](#)

Ho ho ho, merry Christmas...politically incorrect as that might be. To tell you the truth, I miss the days when Rudolph and Santa reigned and everybody wasn't as PC by saying "happy holidays," but it's the perfect season to put the focus back on your relationship and love. Even though the magic might be fading in your LTR, I have some great date ideas and [relationship advice](#) that will wake up the romance and bring the naughty and nice back into your sleepy, long term relationship.

Relationship Advice For The Holiday Season

1. Nothing's sexier than dressing as his sexy little elf. A little bit of lingerie and Santa's cap will go a long way. As a relationship expert, I strongly suggest surprising him with very naughty red lingerie and a red Santa's cap, letting him play Santa to your naughty little elf.

Related Link: [This Holiday Season, Stop Dating Your iPhone!](#)

2. Go for a walk together and take in the holiday spirit. Considering that most of the country is bathed in balmy spring weather right now, it's nice to go out at night and just walk around and see the Christmas lights. They will bring back romance from yesteryear and today. It's almost like visiting the ghost of Christmas past and seeing the ghost of Christmas future. Hold hands, reminisce, get new ideas...then go home and have some fun!

3. Hot chocolate. Nothing is more fun than sitting by a fireplace with your honey and drinking some hot cocoa. Find a little cafe where you can sit, watch the fire, sip on hot cocoa, and people watch. You will quickly realize how grateful you are to still be a team. It's wonderful when you can

reminisce and remember how great things are and can be.

4. Bedtime stories. Read him a Christmas bedtime story and it'll remind you just how magical the night can be. Couples need to reconnect, and when you reconnect to your youth, you reconnect to easy feelings of when things were fun and open.

Related Link: [Relationship Advice: Four Reasons To Be Thankful For Your Partner](#)

5. Take a sleigh ride. Even in Southern California, there are places that you can go sleigh riding. Once again, doing something that children love to do will awaken that spirit in you. These are the most exciting things to do when it comes to dating during the holidays. So take a sleigh ride together.

6. Go caroling. It might sound cheesy, but my relationship advice is to go caroling because of the closeness you'll feel with your partner. Singing songs in a group of people enables the inner child to come out and play. When a relationship gets stale, it's like old bread, or even old cookies, that even Santa's reindeer would reject. It's wonderful to just go and sing and be a kid all over again.

7. Watch *A Christmas Story* together. One of the best holiday movies out there. It's a movie that will remind you of when things were fun and easy. It's also a little spooky and life affirming. Great for cuddling.

Related Link: [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

8. Watch some holiday movies. What would Christmas be without *A Wonderful Life*? So get some good holiday movies, watch *Harry Met Sally* and *Sleepless In Seattle*. Movies that will remind you of Christmas, maybe *Home Alone*. Have a marathon and make some popcorn.

9. Get a Charlie Brown Christmas tree and bring it over to her

house. Or if you're living together, bring it home one day and decorate it with Christmas songs playing in the background. Wrap a little blanket around the tree and put up those ornaments.

10. A gift a day, goes a long way. There are 12 days of Christmas. Everyday give each other a little gift. A gift that reminds you of how much you love one another. Make it something simple and fun, even if it's just a card or a candy cane.

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 dating advice from David, click [here](#).

Dating Experts Reveal How to Attract the Right Man





On this week's [Single in Stiletto's](#) expert dating advice video, matchmaker Suzanne Oshima and dating expert Nicole Moore discuss how to attract the right man and find a lasting relationship and love.

Expert Dating Advice to Meet Someone Special

If you're ready to meet The One, consider these three pieces of [dating advice](#):

1. You have to stop hating men: Grab a friend or a journal and clear out all of the negative thoughts in your head. Remember that "good men really want women who love men because that makes them feel safe," Moore says.

Related Link: [Five Ways to Get His Undivided Attention](#)

2. You must have confidence: Every single man wants confidence in a partner. "When you're confident in yourself, he's going to trust that he's making a good choice in you," she shares. "And men want to make a good decision. They hate to fail!" To

channel your inner confidence, make a list of 30 reasons why you're a great catch.

Related Link: [Celebrity Couples: What True Love Looks Like](#)

3. Believe that you can attract the right guy: "It doesn't matter what the dating field is; it matters what *you* want," Moore says. "Hold in your mind, 'I'm the woman who only attracts high-quality men.'" Be firm and strong in that positioning.

As the dating expert explains, "I believe love is a skill, and if you learn it, you can really make it work well." We couldn't agree more!

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](#).

What is your best dating advice to attract the right man? Tell us in the comments below!

Dating Advice Q&A: How Harmless Is Sending Pictures Via Text?





Question from Carolyn R.: I've been texting this guy, and he's really nice, but he keeps asking me for pictures – not nude pictures, just pictures. It seems a bit weird to me, and I don't know if this means he's going to ask for more revealing ones in the future. Am I just being paranoid, or is this as weird as I think it is?

Keep reading to see what [dating advice](#) the relationship experts had for Carolyn!

Dating Advice: When Is It Okay To Send Pictures?

[Suzanne K. Oshima, Matchmaker](#): If you don't feel comfortable sending him photos via text, then just tell him to friend you on Facebook where there are a lot of great photos of you. If he still keeps pressuring you to send photos and he takes it one step further where he asks you to send him nude photos of yourself, then just remember you have choice. Don't let him pressure you into doing something that you don't want to do. No matter how nice he is, if he keeps up the pressure to

send nude photos, my dating advice is to move on, because it's obvious he's only interested in one thing.

Related Link: [Dating Advice Q&A: How Do I Tell My Friend She Shares Too Much About Her Relationship And Love On Instagram?](#)

Paige Wyatt, Reality TV Star: When a guy asks you to send him photos of you, revealing or not, you should know that he's very interested in your looks and maybe only your looks. If a guy asks for one or two photos of you, it may be his harmless way of wanting to put a face to the person texting him. If he is constantly asking for photos of you, he may only be interested in your looks instead of forming a relationship and love. If you really like him, my relationship advice is to tell him to add you on Facebook and creep on photos there!

Related Link: [Love Advice Q&A: How Do I Show My Interest In Someone Online?](#)

[Robert Manni, Guy's Guy](#): Without knowing for sure the kind of photos your guy is asking for, my guess is that he is most likely seeking provocative pics of you, not the ones you share on Facebook and Instagram. If so, you need to decide if this is something you're comfortable with. In the interim, I suggest spending more actual face time with him versus FaceTime, to get a better sense of his true character and intentions. If he is more interested in photos of you than being with you, that, of course is a problem and reason to move on. 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@cupidpulse.com.

Do you think it's appropriate to send pictures via text? Share your dating advice with us in the comments below!

Relationship Advice: 5 Questions To Ask Yourself Before Saying “I Do”



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

In light of John Legend and Chrissy Teigen’s exciting pregnancy announcement, I couldn’t help but take a look at when John knew he was ready to propose. In an interview with Oprah, the gushing celebrity couple gave the inside scoop on their relationship and love and John recounted exactly how he knew it was the right time to propose. Check out the [relationship advice](#) below for what questions you should ask

yourself to see if you're ready for your man to put a ring on it and start a life of bliss together.

Related Link: [Celebrity Pregnancy: John Legend Says He's Always Been Attracted to Pregnant Women](#)

Dating Expert Shares Relationship Advice On What To Ask Yourself Before Saying "I Do"

1. Do you love him? First and foremost, it's important to be honest with yourself and your significant other about your feelings in the relationship. Remember that being in love doesn't mean you think he is perfect or you never fight. It does mean you're able to talk openly with him, care about his dreams and ambitions in addition to your own, and feel a deep connection with him emotionally, mentally, physically, and intellectually.

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

2. Do you see yourself living with him? After the big 'I do' comes getting a new roommate! Do you know if you're compatible with your man's living habits? While a dirty sock on the floor is nothing to freak out about, it's important to notice how he treats his space. It's best to know this *before* you move in together so you can talk about living preferences and make any necessary compromises. Also remember that moving in together means you'll be seeing a lot more of each other. Are you ready to see each other everyday when you wake up and every night when you go to sleep, or does it feel too early in the relationship to take that step?

3. Do you want to spend forever with him? He may feel like the love of your life right now, but do you see him in the picture years down the road? As a dating expert, I know that growth

and change are inevitable aspects of life. If you see yourself growing and changing with him, then you're headed in the right direction! It's important to talk about where you see yourselves in the future and make sure you want the same things.

Related Link: [Expert Love Advice: How To Tackle That Nagging Seven-Year Itch](#)

4. Do you want to have kids with him? Asking this question is a great way to decide whether or not you have a future together. Do you want this man to raise your sons and daughters? If you envision him by your side as you play with and teach your children, then you've got a good thing going.

5. Does it feel like the right time or do you feel pressured? In the interview with Oprah, John Legend said, "She didn't pressure me, she didn't say, you know, it's time to put a ring on it...I felt like 'it's time for us to put a ring on it.'" It's important that the two of you are thinking about marriage because you both *want* to get married. If one of you feels unhealthy pressure, whether it's from you, him, or your parents, then you need to think long and hard about whether it's something you really want.

Related Link: [Relationship Advice: How Do You Know When Prince Charming Is Actually Prince Alarming?](#)

Choosing whom you marry is a big decision. It's important to feel confident about your choice before you say yes. My relationship advice is to ask yourself these questions inspired by John Legend will help you decide whether to say yes to the love of your life or wait until you're more sure of your feelings.

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