

Relationship Advice: Say 'Yes' to Terms of Endearment



By Dr. Jane Greer

So much goes into making a relationship work, and the secret ingredients that lead to success certainly vary from couple to couple. With that in mind, there are certain gestures many have in common that help them accent and cement their romance, and sharing pet or special names as well as baby talk are often among them. In fact, Kelly Ripa and Mark Consuelos recently revealed they share some naughty pet names for each other.

By choosing a nickname you use only for each other, it can allow you to express the unique affection you share. It can give you the confidence that you are truly seen and known by your partner, and it can make you feel special. Check out more relationship advice around terms of endearment:

Seductive names like this can add a lot of excitement and enhance intimacy as well as rev up your sex life. In some cases, hearing the special name can take you right back to those amorous sessions and make you feel sexy and desirable. In other words, the word itself can cause a reflex that gets your sexual energy going. Some take it a step beyond and give nicknames to their genitalia, which allows them to playfully refer to one another. There are many different types of names that can have a positive effect, and they don't have to be risqué, but can also be simple and innocent. These, too, can be emotional glue that help to keep you together, and that can also add to a shared moment of love. All of this is great, and can bring you closer to your partner, but sometimes there can be too much of a good thing. Can it ever become a problem?

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The resounding answer is yes, it can. There are those occasions when something that starts as a cute and adoring act can begin to feel like a criticism, especially if the name of choice is rooted in a trait or behavior that may potentially annoy your partner. On occasion a name is picked for that very

reason, to mitigate personality quirks that can get on each other's nerves. For example, if your partner chose to call you Slowpoke because you are always on the other side of late, or you call him Bull because he is always rushed and breaks a lot of things, these can eventually come to highlight the less lovable sides of each of you. At first they might seem charming, but over time they can take on the negative twist of reality and you may feel like you are being scolded. Also, they can become overused and grating, and can become a source of tension. The same can happen with baby talk. You might like it, and it can serve to enhance the camaraderie you share while letting your inner child out, but it can become too much and seep into too many different places in your life. If this happens it can have the opposite of the desired result and instead of turning you on it can turn you off. So what do you do when the terms of endearment become terms of negativity?

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The best thing to do is to have a direct conversation with your partner about it. Explain what you are feeling, and suggest either coming up with another pet name or taking a break from it altogether and simply calling you by your real name. If you go the route of searching for a new nickname, you might even recommend that you hunt for one together. When it comes to baby talk, it is important to express your wishes there, too. Sometimes putting boundaries in place can help – for example, maybe you want to keep it out of the bedroom, or maybe the bedroom is the only place it works for you. Perhaps you are comfortable when you are the only ones present, but once you leave the house and are in the company of others, you might want to suggest turning it off and saving it for later. With that, too, if you want to stop it completely then ask to take a break. By doing this and being honest with each other, you are keeping your verbal interaction fresh and true, and continuing the spoken intimacy you share.

It seems that Kelly and Mark are able to enjoy and balance

their naughty names, and hopefully so can you whatever your pet names and baby talk might be.

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 at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Expert Dating Advice: Why You and Your Partner are Constantly Arguing





By [Joshua Pompey](#)

I'd love to sit here and pretend that I was always Mr. Perfect when it came to relationships – I am a relationship expert after all! But I had to learn the [relationship advice](#) that I offer. When I look back at my younger days, I had one specific relationship that was not only far from perfect but downright unhealthy. The arguments would come in like clockwork. No matter how many times I would say, "This is the last fight," a new argument inevitably came around sooner rather than later.

Fast forward to the present with my beautiful wife, and I can happily say that our fights are almost non-existent. We'll have one small argument every few months – if that. So, what brought the turn-around? Here are a few reasons that my former self was always arguing in a previous relationship as well as some possible signs that you may need to end your own relationship. With this [expert dating advice](#), you too can build a healthy relationship that's free of arguing.

Relationship Expert Shares Expert Dating Advice About Arguing

1. I was with the wrong person: This may sound oversimplified, but sometimes, things are more clear when you take a step back and think about how you are living your life. My ex and I weren't right for each other, so we argued constantly. If I said a table was black, she'd argue it was brown. No matter what the topic was, we were always butting heads. We may have both been nice people at heart, but that doesn't mean we were nice people who should've been in a relationship together.

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2. My partner was resistant to change: Even during times in my life when I wasn't perfect, I was always the type of guy who wanted to grow and become a better person. During my younger years, I had some relationship habits that were ingrained in me from the experiences I had throughout my childhood. We are the product of our environment and upbringing in many ways, right?

But the key difference was that, while I was always attempting to improve, my partner never self-reflected or sought to change her own bad habits. My ability to self-improve allowed me to grow in relationships, and it even took me as far as becoming a relationship expert. When one person in a relationship is trying to change and the other person is resistant, it leads to resentment and, ultimately, to much more arguing. Life is about growth, and nobody is perfect. Both partners must acknowledge this truth and, more importantly, work on it.

Related Link: [Expert Relationship Advice: Is it Lust or Love?](#)

3. My former partners didn't know how to handle me: One of the

most amazing things about my wife is that she knows how to deal with my moods. Like all people in life, I have a bad day or react poorly. It's rare, but it happens. My wife knows how to handle me because she understands that I'm human. Sometimes, she must be firm and intolerant when she realizes the motivation for my reaction is out of line. Other times, her reaction is to just let me have my peace and not turn it into anything serious because she knows I'm just having a bad moment. Because these instances are extremely rare, these approaches work.

On the other hand, in my previous serious relationships, if I ever did something wrong or made a mistake, my partner would go on the offensive, antagonizing me and pushing my buttons. This is far from conducive to a loving relationship. It's important that our partners accept that we are human and that we will make mistakes. Remember that every mistake shouldn't lead to a massive argument.

For more expert dating advice from relationship expert [Joshua Pompey](#), click [here](#).

Dating Advice Q&A: Can Technology Make a Long-Distance Relationship Work?





Question from Jay E.: My girlfriend and I are about to be separated by an ocean and an 8-hour time difference. Technology has made it so much easier to stay connected, but how can we make it feel genuine in a romantic relationship, especially with the large time gap?

Long-distance relationships have been made easier by advancements in technology, but it's still important for you and your partner to find your groove and feel connected despite the distance. Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about how technology can make a long-distance relationship work. Check out their dating advice below!

Dating Advice for Long-Distance Relationships

[Suzanne K. Oshima, Matchmaker](#): A long-distance relationship actually takes a lot more work and effort than a relationship

where you both live in the same city. Because you can't see her in person, your only option is to connect with her through virtual forms of communication. While it can be stressful and lonely, technology offers a great way to make it through the hard times.

The great thing is, you both always have your phones on you. So texting is perfect for a quick flirt or to let her know you're thinking of her during your busy work day. However, texting should never be your sole means of communication. To keep your long-distance relationship going, phone calls and FaceTime or Skype are much better for connecting on a more intimate level. Try setting a regular time that works best to have a call. This way, you'll both have something to look forward to that helps make the time apart pass by a little easier and faster

And the truth of the matter is... When it comes to a relationship, no matter how "busy" you both are, you will make time for those things that are important to you! Sure, it may be difficult at first to get past the hurdle of the time difference, but experiment with your communication and never be afraid to try out new things.

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[Robert Manni, Guy's Guy](#): Long-distance relationships are tricky, and unique. Technology helps, but time, distance, and presence are the key variables for potential success. Circumspection is a good starting point. Ask yourself the following questions: How serious is the relationship? How far away is s/he moving and for how long? Will s/he be close enough so you can see one another on weekends? If not, how long will you be separated? Is this a permanent move? How badly do you want it to work? And what sacrifices are you willing to make to keep things going?

It's great to be romantic, and Skype certainly comes in handy with long-distance relationships, but let's be practical. If your partner is moving to Australia for five years or more, the odds of staying together are less than optimal. If s/he has been transferred to the Chicago office and you're in New York, the odds of success are better due to proximity. The old saying, "Out of sight, out of mind" often rings true in these circumstances. Long-distance relationships can work, but listen to your heart and your head before committing yourself. Good luck.

For more dating advice and to find out more about our 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.

Expert Relationship Advice: Spring Cleaning Tips for a Happier Life





By [Amy Osmond Cook, Ph.D.](#)

When the smell of spring is in the air, it can only mean one thing. No, not the spring sale at Neiman Marcus. Instead, for many of us, the end of winter ignites a passion for cleaning. But along with hauling old furniture and clothing to the curb, let's take a look at our emotional well-being and the relationship we have with others.

So, in the spirit of renewal, here are four areas where we can benefit from some mental and emotional spring cleaning. Don't miss the [expert relationship advice](#) below!

Expert Relationship Advice for Spring Cleaning

1. Examine relationships: It's time to address the negative feelings that may be lingering with others. "Releasing your grip on a gripe can free up emotional energy that you can then invest in other, more positive areas of your life," says [Julie Hanks, PhD, LCSW.](#)

This same belief also applies to people who may have a negative influence on your ability to feel good about yourself. “Feel good about who you are, how you have grown, and what you offer in your personal and professional relationships,” says [Jeffrey Bernstein, PhD](#). “If you have trouble remembering your own value, then think about what you would say to a family member or close friend who wanted to return to a toxic relationship.” Bernstein says thinking about how you may value or advise someone else can help you treasure yourself and move on.

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2. Find your passion: There’s doing things you enjoy, and then, there’s doing things about which you are passionate. “I’ve always said that passion is my drug of choice,” says [Steve Sims](#), a professional ultimate experience concierge, founder of Bluefish, and author of *Bluefishing: The Art of Making Things Happen*. “I can get further with passion than I can with any amount of money in the world. Passion is my secret weapon.”

Hey, we all have dreams: We can visualize our dream vacation, career, life experience, celebrity encounter, or life partner. But Sims often encounters clients who are afraid to realize those dreams or passions. “One of my first questions for clients is how far they are willing to go to make this passion – this experience – truly unforgettable.” If you are ready to uncover your passion, three of Sims’ many life lessons are to never underestimate the power of simplicity, to ask yourself why this matters to you, and to realize that nothing is ever going to happen if it benefits only you. “Work for win-win every time,” Sims says.

3. Make physical health a priority: Remember that New Year’s resolution to lose 10 pounds? Fewer than [10 percent](#) of us actually achieved that goal. However, it’s never too late to

adopt healthy lifestyle choices. With the warmer weather and more hours of sunlight, outdoor activities and exercise are easier. And research shows that exercise is not only good for your body but that the brain gets a healthy boost as well. “Exercise is a scientifically proven mood booster, decreasing symptoms of both depression and anxiety,” says a published article from [Walden University](#). “Physical activity kicks up endorphin levels, the body’s famous ‘feel good’ chemical produced by the brain and spinal cord that produces feelings of happiness and euphoria.”

Experts say even moderate weekly exercise can improve depression and anxiety. In some cases, doctors recommended an exercise regimen for these conditions before turning to medication, which is particularly good for older adults who are generally [more susceptible](#) to depression. “Clinical depression is a major concern for those of us working in healthcare since it is so common with older adults,” says [Derek R. Orme](#) of Mission Hills Post Acute Care. “Healthcare providers and loved ones focus on the physical needs of patients, but we also need to make sure their emotional needs are addressed.”

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4. Declutter: Whether it’s clearing out stuff in the closet, garage, or your married and gone son’s bedroom, removing the physical clutter from your surroundings is essential for your mental health. “Clutter can increase stress by distracting us and overwhelming our senses with extraneous stimuli – toppling piles and unsightly messes as well as associated smells and noises,” says [Jonathan Fader, PhD](#).

[Organizing expert Lauren Piro](#) says that when facing a cluttered space, we should ask ourselves tough questions like, “Is this item enhancing my life?” or “Is this something I’ll want my children to see one day?” Sometimes, forcing yourself

to defend owning an item can help gain a realistic perspective on the true value of that item. Keep in mind that you don't have to clear the area to gain inner peace. "Take comfort in knowing that your home and desk do not have to be pristine for optimal living and working," says Fader. "The key is finding what environment is most efficient and productive for you."

Now is the time for some personal spring cleaning. By tending to relationships, our health, passions, and the physical clutter that surrounds us, we are on the road to authentic rejuvenation and renewal.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Love & Libations: Date Ideas & Summer Loving With Rosé





By [Yolanda Shoshana](#)

With the start of spring earlier this week and summer creeping closer, it's time to bust out the rosé. While it's fun to "rosé all day" anytime of the year, there's something even more magical about sipping the pink wine during the spring and summer months. If you're looking for a fun [date idea](#), here are four rosés that you can enjoy to make you feel like the rich and famous.

Spring & Summer Date Ideas with Rosé

Related Link: [Sparkling Wine for Holiday Date Nights](#)

Château Miraval Rosé

Love didn't keep [Brad Pitt](#) and [Angelina Jolie](#) together, but their wine, Miraval, is still flowing strong. When the former celebrity couple came out with the rosé, it was such a hit that it was named "the best rosé in the world." When they split, the first question was, "What will happen with the

wine?" Luckily, the wine lives on!

Pitt once said that he tastes every barrel himself – but now, I'm not sure who tastes for him now since he is rocking a sober life. Made from four grape varietals in Provence, it's an elegant wine that works for all types of occasions. This wine is perfect for what Wendy Williams calls the "kitchen table top," when you are with family and friends sharing secrets, celebrity gossip, and the joys or oys of life.

Diving Into Hampton Water Rosé

Can you imagine Jon Bon Jovi sipping rosé by the pool? It's not a bad image at all. He just launched a new rosé inspired by the Hamptons called Diving Into Hampton Water. Rosé wine is known as "Hampton's Gatorade" because it's a big deal during the summer. Bon Jovi's son, Jesse Bongiovi, came up with the concept and name of the wine. While the name of the wine features the Hamptons, it's actually produced in the South of France by the very charming winemaker, Gérard Bertrand.

It's the kind of wine to sip by a pool when hanging out with your boo. The wine is selling out because it's shiny and new. If you can get your hands on a bottle, it will be a special treat for you and the one you love.

Sofia Rosé

This rosé by Francis Ford Coppola is named after his only daughter Sofia, who most people know as a talented director and screenwriter. With her busy schedule, I can't help but wonder how often she has her wine. This California wine is a blend of Syrah and Pinot Noir. It's an elegant wine in a sexy bottle that showcases the lively pink color of the rosé. The aromas in the wine are floral and berries, which make it wonderful to pair with fish, seafood, and cheese.

Skip the Sofia Rosé bubbles in the can and go for the still wine in a bottle. It's perfect to pair with a quiet date night

at home or when you're cooking dinner together.

Related Link: [Heat Up Your Relationship with a Date Night in the Kitchen](#)

Vanderpump Rosé

While Lisa Vanderpump is famous for being one of the stars of *Real Housewives of Beverly Hills*, she is quickly becoming known for her wine. Since she and her husband, Ken Todd, are in the hospitality business with 28 bars and restaurants, having a wine is a natural progression. The Vanderpump Rosé is produced in Provence, so it's perfect to drink when you want to feel like you are in France without hopping on a plane. As Vanderpump says, "Life isn't all diamonds and rosé – but it should be."

It's a feminine wine with a lot of personality on the palate. This wine is perfect for your summer soirees at a rooftop bar or in the backyard with your squad.

For more Love & Libations date ideas and [celebrity couple predictions](#) from Yolanda Shoshana, click [here](#).

Relationship Advice: Date Ideas For Your Significant Other's Birthday





By Lori Zaslow and Jenn Zucher for [Project Soulmate](#) //
Contributing Writer: Lauren Serrato

Planning the perfect birthday can be tough, especially when in a relationship. The date you plan can make or break your significant other's big day, so choose wisely! When planning, you should consider what would be fun and memorable for both of you. Whether you are thinking sentimental, sexy, or spontaneous, the birthday [date idea](#) should always have a touch of *you* in it. Add in something special that makes it clear that you put a lot of thought into the date, like your significant other's favorite food or something only you two would understand. Follow the [relationship advice](#) below, and you will definitely make your partner's birthday one to never forget!

Five Birthday Date Ideas for Your Significant Other

1. Plan a picnic: This is the perfect date idea if you're looking for something sentimental. The food prep, the wine,

and the location are all aspects that you can arrange based on your partner's preferences. Maybe he'd be into a picnic in the park with a perfectly-packed basket of wine and homemade comfort food as well as a cozy blanket for the two of you to share. If the weather isn't nice enough for a picnic outside, no worries! Move it indoors. A picnic in the living room is just as romantic. Set the mood with dimmed lights and some flowers and candles, and you are destined for the perfect birthday date.

Related Link: [10 Date Ideas Inspired by Celebrity Couples](#)

2. A night out on the town: If you're not into the sentimental stuff, plan a night out. Get dressed up and hit the big city! A night at his favorite bar is a great way to spend any birthday. If you're looking to make it extra special, after happy hour drinks, go to a fancy restaurant that neither of you have been to before. Trying something new together will make it even more memorable.

3. Host a brunch: Looking to include your friends and family in the birthday celebration? Hosting brunch is a perfect way to get all your favorite people together. French toast, fresh fruit, and mimosas make up a delicious (and easy!) menu. This date idea is a great way to make your significant other feel loved, and it allows the two of you to have the night to yourselves after the party is over.

4. Recreate your first date: This date idea is the perfect way to show off your sensitive side. Recreate the first date you had as a couple. If it was a movie date, rent the movie (or find it on Netflix) and set up a theater at your place. Complete the date with popcorn and candy. You can add to the night by cooking your partner's favorite meal.

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5. Plan a getaway: If you two have a favorite vacation spot nearby, book a nice hotel for the night or weekend and make

reservations at your favorite restaurant. Or you can plan a road trip to a secluded destination. It's the perfect chance for you to reconnect. Looking to make it more extravagant? Plan a few days of vacation in a different city or even a different state. If you're tired of the cold, find somewhere warmer to travel for the weekend, like Arizona or California. You can find a nice place to stay through Airbnb. Whether it is an outdoorsy vacation or a few days filled with good food and shows, you're sure to have created the perfect birthday weekend for your partner.

Don't be afraid to alter these birthday date ideas to fit your relationship. Make it personal and memorable. Your significant other will appreciate the thought and planning you put into this date, whether it's sentimental or spontaneous!

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

Expert Dating Advice: How to Handle Heartbreak





By [Megan Weks](#)

Arie Luyendyk Jr.'s point of view on negative commentary regarding his experience on [The Bachelor](#) holds a life lesson we may all be able to benefit from, especially related to finding The One. With regard to facing a backlash from viewers, the [reality TV](#) star tells *E! News*, "It's all about the ending, and finding that person for yourself. That's the important part." The takeaway, then, is that, even though he had to endure hardship, he knew it was all part of the journey to finding his soulmate. This thought process can offer us an intelligent and healthy way to approach heartbreak.

Dating Advice for Dealing with a Broken Heart

Related Link: [Checklist for Dating from Different Decades: Get Love Advice from 'The Bachelor'](#)

It seems as though Luyendyk will be seriously breaking some hearts this season, especially since he destroyed the "I love

you” rule by saying that powerful phrase to two women. Still, the expert dating advice here is that you must take a risk to get the big reward in life.

In Luyendyk’s case, he risked facing all sorts of negative commentary by living the public lifestyle that is on reality TV. Going on *The Bachelor* was, for him, the ultimate matchmaking experience. He had twenty-nine handpicked women there, all pre-screened to match his criteria. It’s a big risk, but if we look at the results, there are a lot of successful love stories created through this process. Choosing the right woman certainly was a tough choice for him, though...

The women were less fortunate, as only one out of those twenty-nine would end up not feeling disappointed. A couple of them would be severely heartbroken. And one of them might feel badly embarrassed (spoiler alert!). When we face these devastating moments in our lives, how can we handle them? What can we do to keep our sanity?

The key is to look at heartbreak as a beginning and not an ending. The more we fight the flow of life, the more pain we will endure. Look for the opportunity in everything. If you were not someone’s choice, there is a better choice out there for you.

A couple of months ago, a woman approached me for help with news of a devastating break-up. Upon working together, she decided that it could be an opportunity for her to go out and get everything she had been dreaming of in a relationship. She wasted no time in her decision to adopt the Manfunnel Method of dating: She quickly put herself back out there and reported back in exactly one month’s time that she had met an incredible man. They are now planning their summer trip together with her family. She knew what she wanted and took the action to make it happen.

Related Link: [Expert Dating Advice: How I Used a Manfunnel to](#)

[Meet My Dream Husband](#)

If you're not looking to date right away, that's okay too. What can you do to take even better care of yourself? Perhaps you commit to your yoga mat, get into that infrared sauna, and spend extra time in the steam room. Fill your body with the highest-quality foods. Take time to sort through what might have gone wrong on your end. If you sit still, reflect, and grow from your experiences, you will eventually attract higher-quality people into your world because of your heightened level of awareness.

Your break-up is an opportunity. It happened for a reason. Soon, you will find out the reason. You may end up being delighted and thankful. So for now, just allow everything to unfold as it is meant to.

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more relationship advice articles from Megan, click [here](#).

Expert Relationship Advice: Is It Lust or Love?





By [Joshua Pompey](#)

The first few weeks of dating can be so exciting: the laughter, the new experiences, and, of course, the physical connection. But how exactly do you know if the chemistry you're feeling should be attributed to blooming love versus something that is merely an intense physical attraction? If you are attempting to determine whether it's lust or love, try asking yourself the following questions:

Dating Expert Shares Expert Relationship Advice

1. How excited are you to see each other when you are outside the bedroom? Sure, it's easy to get excited when you're about to get physical. But how motivated are you to hang out when it isn't late at night or only because all of your other plans fell through? Love is when you are dying to just be *near* that person, regardless of the circumstances or whether or not there is a physical interaction on the horizon.

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[Matchmakers](#)

2. Are you having romantic thoughts? If you're in love, you will most likely go out of your way to make the other person happy on an emotional level. Your thoughts and [date ideas](#) will have a little extra romance infused into them. With love, you don't just want to make the person happy in order to get them into bed. You want to make them happy because it genuinely makes you feel good to see them smile.

3. Would you be willing to go months without sex? Ask yourself: If your partner suddenly decided they wanted to wait a few months before having sex again, would you stick around? If the answer is yes, you are definitely leaning in the direction of love.

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4. Do your conversations constantly default back to sex? When I was involved in mini relationships that were mainly focused on lust, the conversation would more often than not turn sexual or revolve around physical flirtations. On the flip side, when I genuinely connected with someone, sure, there was sexual flirtation, but there were also conversations that probed towards getting to know the other person on a deeper level. If you are moving towards love, topics that hold more weight should be a part of your daily interactions.

For more expert relationship advice from [dating expert](#) Joshua Pompey, including how many online dating photos you should have in your profile, click [here](#).

Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship



By Dr. Jane Greer

People in distance relationships, whether by choice or necessity, are able to have success with a great deal of effort and flexibility. In order to make the relationship work, there must be a strong desire to be together, and a willingness between both partners to make room for each other's respective needs. However, love does not conquer all, regardless if you are a celebrity or not.

Is it possible to find a resolution? Read on for more [relationship advice](#):

Recently, [celebrity couple Jennifer Aniston](#) and Justin Theroux announced their [celebrity divorce](#) after two years of marriage, stating it was a mutual decision to part ways. While Aniston and Theroux love and respect each other, they said they simply couldn't agree on a lifestyle that worked for each other. This is a common issue couples may face: you can love someone, and still desire to live differently than them, or even desire to live in an entirely different place than them.

Splits like the one between Aniston and Theroux are often caused by the inability to find the middle ground when trying to successfully make a home in the same place. Compromise is hard enough for two people who live under the same roof, but when partners are separated by differing work schedules or physical office placement, compromise can be extremely challenging. The key to keeping the peace is to commit to a place together, making sure that both partners are happy and do not feel as though they have sacrificed their happiness and well-being.

Related Link: [Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?](#)

So, if you're in a long distance relationship right now, what should you consider before packing up your life and moving to a new place with your significant other, to best guarantee a successful outcome? How can you be sure you or your partner are sacrificing enough, without negatively impacting your relationship?

Above all, you and your partner must be in love. This is the most important box to check, as it gives each of you the

ability to be open to change because you'll be with your loved one. While this is a starting point, it might not be enough, as we saw with Jennifer and Justin. When deciding to take the plunge, be sure to ask yourself: do you actually like the place you're moving to? Will it take away your happiness?

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Here's some food for thought. If one of you lives in a sunny place, but the other one simply hates the sun, or if one of you lives in a rural community and the other thrives on city life, where to move might not be an easy choice to make. If all your friends live in your current town, would you resent moving away from them to be with your love? Think about how all of this might affect your day-to-day life, mood, and eventually, your relationship. If, on the other hand, your partner lives in New York City, a place you've always wanted live, great! Leaving your loved ones behind won't matter as much. Talk to your partner and hash out the details. A temporary move might not be a deal breaker. A permanent one may be, though.

It is most important to think about your relationship, what it means to you, and where you can find happiness and friends in your new home. Is this decision mutual? Do each of you want it as much as the other? Does moving mean you're ready to take the next step towards engagement?

Related Link: [Relationship Advice: When Is the Old New Again?](#)

It is also important to consider the strength of your connection, especially during the triumphs and tribulations. Up until now, most of the time you've spent together was special and seemingly perfect. (It's called the honeymoon phase for a reason!) You have probably tried to be on your best behavior at all times to maintain the picturesque image. Once you move, it will be more difficult to keep up the guise.

Ultimately, if you are moving for the right reasons; for love

and for openness to adventure, it is less likely that you will feel as though you have lost yourself. What really helps is when you are connected with a partner who has similar aspirations, wants, likes, and needs. In the end it, it should not feel like either of you are sacrificing your “me” to be a “we.” This wasn’t possible for Jennifer and Justin, but hopefully they can both move forward and find happiness apart.

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 at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen





by [Yolanda Shoshana](#)

Preparing a nice home-cooked meal on a [date night](#) with your partner is one of the sexiest things that you can do together. It's also important to pair your food with the right spirit or wine. There are some [celebrity chefs](#) who have the perfect libations to add a sensual touch to your dinner table.

Ideas for Date Nights at Home

If you are a foodie, you have probably already gone to an Alain Ducasse restaurant. The celebrity chef has around 19 Michelin stars under his belt. Ducasse partnered with Grey Goose to create the first gastronomy vodka called Grey Goose Interpreted by Ducasse. Basically, the vodka was made to pair with food. Since it has notes of coffee, chocolate, and vanilla, it would be great to pair with something from the slow cooker on a night that you and your partner plan to stay in. It would be particularly wonderful with a mole sauce.

Related Link: [Romantic Cocktails for Winter Date Nights](#)

If anyone should be in the libation business, it's Martha Stewart: She shows us how to cook and entertain better than anyone. She finally got into the wine game by creating a wine club with some of her favorite picks. Joining the club could be a great way for you and your boo to plan your meal based on wines from around the world. Stewart has plenty of aphrodisiac recipes available to whip up that can go with your wine choice. Don't forget to try new dishes! It adds to the excitement.

If you are into Italian wines, then chef Lidia Bastianich has the right wine for you. Besides hosting a television show, Bastianich is a restaurateur mainly on the East Coast, but she has a spot in Kansas City too. She founded the Bastianich Winery in 1997 in the Friuli-Venezia Giulia area of Italy. Since she has various cookbooks, you and your partner could select one of her recipes and pair it with one of her wines. If white wine is your choice, the Bastianich Vespa Bianco would be great with fish. On the flipside, the Bastianich Vespa Rosso is the perfect selection for a red sauce dish – and just because red wine is sexy.

Related Link: [Date Night Ideas Inspired by Celebrity Red Wines](#)

Wolfgang Puck is known for his extravagant dinners and his work with celebrities. Did you know that Puck also has his own wine? Luckily, they're very affordable: There are both red and white selections in the 12 to 15 dollar range. The wine was created to celebrate family, friendships, and hope. If you wonder what to pair his wines with, go with pizza. Everyone knows that Puck loves pizza, and he has a pizza dough recipe that makes people salivate. Plus, pizza and wine are the perfect pairing for a night of romance.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Dating Advice Q&A: Should I Remain Friends with My Ex Online?



Question from Sonya M.: Facebook is the official/unofficial way of announcing a relationship. Is it too vindictive to unfriend an ex, or is that the right move when you enter a new relationship?

Social media is a fun way to share your relationship with friends and family, but if that relationship ends, the waters can get a little murky. Let our [relationship experts](#) help by offering their best [dating advice](#) for using social media in

the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about whether or not you should unfriend your ex after a break-up. Check out their dating advice below!

Dating Advice for Unfriending Your Ex on Facebook

[Suzanne K. Oshima, Matchmaker](#): When it comes to dating after a break-up or divorce, it's important to know that removing all traces of your ex on social media isn't about being vindictive – it's about moving on.

This is the last step at the end of your relationship, so now is the time for some “spring cleaning.” Daily reminders of him won't allow you to move forward with your love life, so remember the saying “out of sight, out of mind.” This will remove any temptation to cyber snoop or check in on what he's doing and who he's dating. All in all, if you continue to stay connected, then you're holding on – and this can hold you back from moving forward into another relationship.

Related Link: [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

[Robert Manni, Guy's Guy](#): Even though people have become too reliant on social media as their main form of communication, announcing a new relationship on Facebook can feel great and be validating. It's a nice way of putting something out there about yourself that you feel good about for the people you enjoying sharing with.

On the other hand, if you no longer have an offline connection with an ex and do not feel comfortable posting about your new relationship for them to see, it's perfectly acceptable to unfriend them. However, if you remain on good terms and

they're cool, there is no harm in staying connected with an ex on Facebook.

There are no strict rules or protocol about this. Listen to your inner compass and do what feels best for *you*. Good luck.

For more dating advice and to find out more about our 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.

Expert Dating Advice: Tips for Romance That's Just Around the Corner When You've Been Around the Block





By [Amy Osmond Cook, Ph.D.](#)

For many of us, a lost opportunity at love or the end of a long-term relationship can sometimes make us feel like a second chance just isn't in the cards. And when Valentine's Day is focused on romantic dinners for two or coupled walks on the beach, it can be a painful reminder of what we lack.

Let's face it. There's no substitute for young love, but that doesn't mean we can't enjoy being loved again later in life, especially for seniors. "Fortunately, in some ways, there has never been a better time for women over 60 to be in the dating world," says [Margaret Manning](#). "The rise of divorce among 'silver splitters' means there are more single older men – and there might be more great guys out there than you might expect at first glance, especially if you give them a chance."

Expert Dating Advice for Older Adults

Related Link: [Relationship Advice: Keys to Growing a Business](#)

[When the Marriage is Over](#)

A loving and caring companionship is a good thing, but it's also important to recognize that it's different for older adults. If you find yourself ready to take a shot at love again, here are three pieces of [expert dating advice](#) for making this experience feel as good as if it was new.

1. Instead of going for red hot, opt for a slow burn: Daters who are 50 and older tend to be less impulsive. And AARP writer [Ken Solin](#) says that's a good thing: "By now, we've collected enough life experience to know better than to fall for the first person we meet," said Solin. "We understand what works for us and what doesn't." For older adults, the belief that a fulfilling relationship is out there waiting for us still holds true. The difference is that we are willing to wait for the right person to come along.

2. Bring the [Sex-C](#) back: Instead of relying on intercourse to be the foundation for your budding relationship, a growing community is coming forward with conversations about intimacy challenges. [Laura Brashier](#), founder of RomanceOnly.com, helped ignite this conversation when she pioneered a site designed for people whose physical and emotional challenges prevent them from engaging in intercourse. "While these people are unable to have intercourse, they still crave intimacy but are unable to open up about it," says Brashier. "I've discovered that people facing difficulties with sexual intercourse still want to show love and be loved in return."

Sharing intimate moments with someone you love is an essential part of a growing relationship, but for older adults, that doesn't always require intercourse. Instead, a loving couple can explore other ways to share pleasure and develop a personal connection. It can be as simple as spending a whole day together erranding, participating in common interests, sharing meals, and everything in between – and then parting ways at sunset.

Related Link: [Expert Dating Advice: 4 Reasons Going Outside Your Comfort Zone Is a Good Idea](#)

3. Expect respect: At this stage of life, older adults know what they want and what they deserve in a relationship. Yes, we want romance and attention, but we also need respect. “We all need respect, especially from those who are closest and most intimately connected with us,” says [Peter Gray, PhD](#). “It seems to me that women, even more than men, have suffered when love directed toward them is not accompanied by respect.” It’s helpful to discover common interests, but a caring partner will also respect differing hobbies or career choices. For instance, if your partner cannot understand why you would pursue teaching as a career or insists that you give up bowling league to spend more time at the theater, these may be signs that your new squeeze is a drip. “A lack of respect is unacceptable under any circumstances, but it’s especially intolerable on a first encounter because it’s unlikely to improve with time,” says Solin.

Love certainly has its share of unpredictable twists, but there has never been an easier time to navigate those turns. For instance, with online dating sites catering to older adults and those facing struggles with intimacy, the ability to connect is offering new hope to older adults every day. By using a strategy that includes things like patience, honest communication about intimacy – and, above all, respect – you’re on the right track to finding new love again.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Relationship Advice: How to Stay Confident in a Long-Term Relationship



By [David Wygant](#)

In order to feel confident in a long-term relationship, you need to be in the *right* long-term relationship for you. If you're not safe and you don't feel like you're being heard, then you're in the wrong partnership. There's no way in the world you will ever thrive in a relationship where you feel judged and evaluated at all times. For me – and I've been in many long-term relationships – the ones that I always felt most confident in were the relationships where I was actually seen for who I am. If a woman is trying to change you, if she's trying to make you into someone you're not, you're never

going to feel confident.

Long-Term Relationship Advice from Relationship Expert David Wygant

Related Link: [Expert Relationship Advice: How Can I Change My Dating Tactics for the New Year?](#)

Long-term relationships are some of the most beautiful things you can ever experience, but the only way to have a successful one is to truly communicate who you are. As a [relationship expert](#), I believe that the beginning of a relationship is when you have the opportunity to be who you are and expose yourself. If you're going to give her a false version of yourself, then her expectations are going to run rampant. And when her expectations run rampant, you're not going to have a successful long-term relationship. That's the biggest mistake most people make.

Most people make this mistake because, over and over again, they think they need to misrepresent themselves to "get" the relationship. To me, I expose it all – *everything*. I reveal all my fears and insecurities because I'm looking for a real relationship, a long-term relationship where I'm able to grow.

A strong long-term relationship is a relationship that's a mirror. You literally reflect each other each and every day. By doing so, you will show each other exactly what you need to learn. A great relationship will reflect that right back at you. The best relationships are when you grow and when you get out of your own story and are able to create new stories together.

Related Link: [Dating Advice for Dealing With the Break-Up Blues](#)

So my best [relationship advice](#) for feeling confident is to be

ready to express yourself. If you're not able to talk about who you are and what you want, then you're not in the right long-term relationship. Now, I can sit here and write another 25 pages on this topic, but the reality is, in life, we need to keep things more simple. And the simple dating advice that I can give you today is that you need to communicate all your needs, your wants, and your desires at the start of a partnership to be fully accepted and heard. Once you do, you'll feel confident in your long-term relationship.

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](#).

10 Valentine's Day Date Ideas Inspired by Celebrity Couples





By Lori Zaslow and Jenn Zucher for [Project Soulmate](#)

February is right around the corner, and we all know what that means: Yes, Valentine's Day is almost here, the one day of year when couples get to celebrate their love and singles get to eat Ben and Jerry's guilt-free. This day is really magical. It's when romance can finally express itself, and those in a relationship can really show their gratitude for one another.

However, the day doesn't get cut much slack, mostly because a lot of people don't know what to do to celebrate. That's where expert matchmakers Lori Zaslow and Jennifer Zucher can help! They are at the helm of the luxury matchmaking company Project Soulmate, and with their combined expertise, they know how to craft a [date idea](#) that's fit for any type of relationship.

This year, with their expert relationship advice, we have crafted 10 date ideas inspired by [celebrity couples](#). These duos all have one thing in common: their strong bond with their soulmate. By taking inspiration from their love lives, we hope you can find a date that will bring you and your partner even closer together.

Related Link: [New Year, New You! Expert Relationship Advice to Revamp Your Love Life](#)

Look to Your Favorite Celebrity Couples for Valentine's Day Inspiration

1. Beyoncé and Jay-Z: This Valentine's Day, we want you and your partner to spend it *Crazy in Love*. We want you to forget all of your *99 Problems* and put your *Love on Top*. Yes, those puns mean what you think they do: a Valentine's date idea inspired by the iconic duo Beyoncé and Jay-Z. This celebrity couple has been together for over 15 years. They've written dozens of songs together and now have three beautiful children – who wouldn't want to spend a day emulating them?

Why not go to a concert for Valentine's Day? It doesn't have to be a big one; it could be a small band that you and your loved one both enjoy. Singing and listening to music with your partner on such a romantic day is sure to hit some right notes. Or, if you want something more low-key, a karaoke bar could be great. Enjoying music together is perfect for couples who already have a passion for the industry –and obviously, a shared musical interest has served Beyoncé and Jay-Z well.

2. Victoria and David Beckham: When you think of inspirational celebrity couples, who comes to mind? If it's not Victoria and David Beckham, then you've had a lapse in memory because no couple is more #goals than them! These two are the textbook definition of class, and we heard that, if you look up "posh" in the dictionary, you'll find a picture of the two of them surrounded by their four children. We're joking, of course, but this celebrity couple is the inspiration for our next Valentine's Day date idea: a swanky dinner.

Going to a posh, new restaurant with your significant other is

a classic idea and a tried-and-true Valentine's Day date. So throw in a David Beckham-twist, and head to a sports game or bar before the two of you dress up for your five-star meal. It may be a fun way to release some nerves before your dinner plans.

3. Kristen Bell and Dax Shepard: Two of the most underrated people in Hollywood also happen to be happily married and have a relationship that shows that shared humor is a blessing. [Kristen Bell](#) and Dax Shepard have proven that a love for comedy leads to the purest of partnerships and makes for some great laughs that help you and your loved one grow even closer. Taking inspiration from these two, go to a comedy club or an underground stand-up night. Take your partner to a place where you both can laugh and enjoy a fun time that's bound to be memorable.

Related Link: [Celebrity Couple News: Kristen Bell and Dax Shepard Rent a Roller Skating Rink for Date Night](#)

4. Rose Leslie and Kit Harington: You and your partner have a solid relationship, and you guys aren't the going out type. The two of you have no plans for Valentine's Day, except that Chinese takeout you want to order, and you're not really sure what to watch. Take a cue from stars Rose Leslie and Kit Harington, who fell in love while on set together for *Game of Thrones*. Find shows and films where the couples are married in real life, and watch their romance blossom on-screen, all the while knowing that they're still in love off-camera. Start by rewatching (or watching for the first time!) those early episodes of *GoT* where Jon and Ygritte fall in love, and don't miss the true magic that is being filmed between these two soulmates!

5. Rita Wilson and Tom Hanks: Another date night idea that doesn't involve going out and dealing with the madness that is Valentine's Day takes inspiration from power couple Rita Wilson and Tom Hanks. These two have been happily married for

almost 30 years and have two sons together, but as a couple, they're probably best-known for their ability to keep to themselves. They've managed to stay under the radar when it comes to paparazzi, and that's because they're both as down-to-earth as celebrities can get. They prove that you don't have to be glitz and glam to enjoy being with your loved one.

Take inspiration from them and stay home and make dinner together. Spend a low-key night bonding with each other and with your family rather than making a big scene. Their love has proven that it's not about *what* you do; it's about who you do it with.

6. Sarah Jessica Parker and Matthew Broderick: Valentine's Day doesn't strictly mean that you and your partner have to spend time alone together. It's a day about love, but it doesn't have to be spent isolated from your closest friends. This Valentine's Day, take inspiration from Sarah Jessica Parker and Matthew Broderick and host a group dinner at home. This celebrity couple is known for their incredible group of friends; they know how to be loving with their spouse while also maintaining a healthy social life. So why not have a Valentine's Day dinner party and avoid the hassle of making plans at a fully-booked restaurant? Afterwards, you all can play cute couple games and end the night on a fun note.

Related Link: [Expert Relationship Advice: The Stages of Soulmates](#)

7. Mila Kunis and Ashton Kutcher: [Mila Kunis](#) shared that her first kiss ever was on the set of *That 70's Show* with her future husband Ashton Kutcher. If that isn't one of the cutest stories ever, we don't know what is! The two of them have two children together and are always pictured smiling ear-to-ear at basketball and baseball games together.

That's why our next date idea was easy: Take your loved one to a sporting event. Watching sports together makes for some

great moments – from the pre-game tailgate to the first minutes after a big win, a game is bound to make the two of you feel closer. Plus, this celebrity couple seems to really enjoy watching the game together, so if it works for them, it can't hurt to try it with your significant other.

8. Jada Pinkett-Smith and Will Smith: The next inspiration for a Valentine's Day date idea comes from a famous couple that exemplifies trendy. Jada Pinkett-Smith and Will Smith have been together for nearly 21 years and have two children who have both thrived in the artsy-alternative community. This is a family of trendsetters and artists, so a date inspired by them needs to be on the same thread.

That's why we suggest that you and your soulmate go to a modern art exhibit or a jazz club – something that stimulates your minds but is visually or musically pleasing too. Afterwards, go to a cute little place for dinner for a well-rounded date. You can talk about the art or performance during your meal, so you don't have to worry about any awkward silences!

9. Sarah Michelle Gellar and Freddie Prinze Jr.: From *She's All That* to *Cruel Intentions*, Sarah Michelle Gellar and Freddie Prinze Jr. ruled the silver screen of 90's romances, and now, they have championed a new field: long-term celebrity relationships. They have been married for almost 16 years and have two children together, and there has never been a rumor of them getting a celebrity divorce or threatening to split.

A great date idea for the couple who loves a little bit of 90's romance is a night out at a retro theatre watching old rom-coms. Snack on some buttery popcorn and soda for a throwback Valentine's Day date night!

Related Link: [Celebrity News: Find Out Details About Meghan Markle's Upcoming Bachelorette Party](#)

10. Meghan Markle and Prince Harry: We couldn't end this list

without including the celebrity couple whose engagement has dominated headlines for the past month or so. Yes, we're talking about the much anticipated royal wedding of Meghan Markle and Prince Harry. Taking inspiration from this couple, we decided that the best date idea would be to get fancy and take your loved one to high tea. Enjoy the cute little hors d'oeuvres and classy tea rituals before heading to a spa for some much-needed rest and relaxation. End the day with a bath bomb or a bubble bath from Lush's collection of rose-scented goodies, and enjoy some romantic tub time as a couple.

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

Checklist for Dating from Different Decades: Get Love Advice from 'The Bachelor' Star Arie Luyendyk, Jr.





By [Megan Weks](#)

There is a bit of a buzz going on about the age gap between some of the contestants and the leading man on season 22 of *The Bachelor*. Is it really a big deal? After all, significant age differences are often common in [celebrity relationships](#). A notable one is Mary-Kate Olsen and French businessman Olivier Sarkozy, who is seventeen years older than the fashion designer. Celebrity couple Hugh Jackman and Deborra-lee Furness also seem to be handling the test of time: She is thirteen years his senior, and they have been married for nearly two decades.

Love Advice from *Bachelor* Star Arie Luyendyk Jr.

What should we look out for if we are dating someone from a different decade? Since Arie Luyendyk Jr. seems well-prepared to qualify the candidates on *The Bachelor*, we might be able to get some great [love advice](#) from his experiences. He has self-proclaimed “baby fever” and is therefore seeking a match who is ready to tie the knot and start a family.

Related Link: [Celebrity News: 'Bachelor' Star Arie Luyendyk Jr. Justifies First Impression Rose Pick](#)

A good relationship starts with good intentions – which means, if both people know what they want out of life and have similar values, there is a much better chance for success, regardless of a difference in age. Luyendyk knows what he wants, which will make it easier for him to see if the intentions of the women he meets match his own. When people do not have clarity on what they want out of life, they can easily veer away from one another on the path to self-discovery.

Regarding his decision-making process with regard to age, according to *The Hollywood Reporter*, Luyendyk said, “I only really addressed that if I felt it was an issue – if there was some immaturity or if I questioned whether they were really ready for marriage. It’s more about readiness and about being able to take that next step.”

Realize that, if you choose a mate from a different decade, there will be things you don’t have in common. My husband, who is ten years older than me, has different musical interests and grew up knowing different movies and shows. However, since I had an older sibling and am a person who likes all the arts, we find similarities among our tastes. This difference could become frustrating, however, for those who cannot connect through the arts because inevitably, you’ll be spending time listening to music and watching movies and shows together. Therefore, it’s ideal to be able to find some common ground in media that you can enjoy together.

Related Link: [Expert Love Advice: How I Used a Manfunnel to Meet My Dream Husband](#)

Another thing to look out for: Either you or your partner will be aging at what seems like a faster rate. Your partner may be reaching the next stage of life – middle age or elderly –

before you. This difference might start to be more noticeable for you if you're the younger half. You'll want to be sure you have enough of a soul connection that this situation won't matter to you.

Overall, if your goals, values, and soul connection are intact, then age truly is just a number.

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more relationship advice articles from Megan, click [here](#).

Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?





By Dr. Jane Greer

Choosing a partner for life is a big deal under any circumstances. There's enough pressure on yourself to ensure that you're making the right decision and meeting all your needs. So what happens when you come up against a thumbs down from a parent, sibling, or friend who has been weighing in on your choices all your life? Why is it that the people you love take a contrary position and see your partner completely unsuitable for you? Why can't they just welcome the people your care about with open arms? If this sounds like a familiar situation, you are not alone. This is a very common experience for many people, and it happens for a lot of reasons. It speaks to declaring your independence, freedom of choice, autonomy, and, most importantly, trusting your own judgement to know what is best for you, rather than what others think is best.

Here are some key pieces of

relationship advice as you work to stay true to yourself and your commitment, without allowing conflict to tear apart your family:

It has been reported that [Selena Gomez](#)'s mother is not happy about her rekindled [celebrity relationship](#) with pop star [Justin Bieber](#). Considering how distraught Selena was in the aftermath of their much-publicized breakup, it makes sense that her loved ones would worry about her this time around. Whatever the reasons may be, Selena's mom has assured the public that she just wants her daughter to be safe, healthy, and happy. While the approval of your parents is always a plus in any relationship, is it crucial to the success of your union? What can you do, then, if you find yourself in a similar situation?

It is important to begin with an open conversation with the person criticizing your partner. Ask them to spell out their concerns and explain why they feel the person is not right for you. This isn't always easy to do. You might start from a defensive position, (especially if this is a continuous pattern) but it is worth hearing what's on their mind because their thinking is valid and you might be missing something. Keep an open mind while you are talking and consider what they have to say. If, for example, your romantic partner exhibited bad behavior in the past and your parents call that out, think about what has changed and what is different now. You have likely allowed yourself to fully trust that person and move forward with them. Explain the changes and describe why the previous behaviors are no longer something to worry about.

Related Link: [Relationship Advice: Is a Bad Boy Good for You?](#)

If, on the other hand, your family members or friends raise

issues about a difference in race or religion, this may be a fork in the road where you choose to go your own way. It becomes a step toward independence, and a move away from the ideals of the family you grew up in. It is a time when you can take responsibility and voice your own values, even though they may differ from your parents, siblings, or friends. It can serve as an emotional emancipation and where you start to embrace what is important to you. When this happens, you acknowledge that they have criticisms, while asserting that they are not your personal beliefs.

Related Link: [Relationship Advice: When Is the Old New Again?](#)

Whatever the case, if you continue to meet disapproval tell your loved ones that you would like them to “agree to disagree” and accept that you have clear differences of opinion in order to stay together as a family. This is also a time to put boundaries in place. Note that you are aware they don’t like your choice, but you do not want to hear anything more from them unless you specifically ask for an opinion. You can even warn that if they broach the subject, you will simply end the conversation. This will help you keep some control and prevent being blindsided.

The ultimate goal is to avoid getting into a power struggle that could make you feel controlled and judged by a parent or other loved one. It’ll also avoid lots of arguments, too! Try not to become defensive or feel you have to justify your choice. The only thing that matters is that you are happy, excited, and comfortable as you move forward with your partner with your eyes on the future. Hopefully Selena and Justin will be able to do this and find peace even with the family discord. And, in time, Selena’s mother will also come around and embrace her daughter’s rekindled romance.

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 at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on *Facebook*, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Love & Libations: Valentine's Day Cocktails for February Date Nights





By [Yolanda Shoshana](#)

As soon as January 1st hit, the Valentine's Day decorations, chocolates, and teddy bears are out. Now that February is only a few weeks away, it's time to prep. February is known as the month of love. Besides Valentine's Day on the 14th, there are 27 other days to show love to your partner, friends, and, of course, yourself.

That being said, here are three libations to help you show love next month:

Cocktails for February Date Nights

Related Link: [Love & Libations: Sparkling Wine for Holiday Date Nights](#)

Gin & Dubonnet

Celebrate yourself and drink like a queen. Queen Elizabeth II has a Gin & Dubonnet every day at lunch. In fact, it's part of her four-cocktails-a-day routine. It's perfect to enjoy while

having some “me time.” There’s a good chance that the Queen will sip on one of these at Prince Harry and Meghan Markle’s [celebrity wedding](#) reception!

Ingredients:

- 1 1/2 oz. gin
- 3/4 oz. Dubonnet Rouge
- Lemon or orange twist for garnish

Directions:

Add all the ingredients to a glass and fill with ice. Stir. Garnish with a lemon or orange twist. Sip as you are wearing your favorite tiara.

Chocolate Martini

A chocolate martini is an aphrodisiac in a glass. Believe it or not, two Hollywood legends created this cocktail: none other than Rock Hudson and Elizabeth Taylor. They invented it one evening when they lived across the street from each other while they filmed the movie, *Giant*.

The following recipe uses Sean “Diddy” Combs’ Ciroc Vodka. Maybe he will make one for his long-time love Cassie – or she will make one for him. After all, it’s the perfect cocktail for lovers on a February [date night](#).

Ingredients:

- 1/2 oz. Ciroc Vodka
- Dash of Madagascar vanilla extract
- 1 1/2 oz. Godiva Chocolate Liqueur
- 2 1/2 oz. half-and-half
- 1 oz. Kahlua
- Ice
- Shaved chocolate and/or fresh strawberries for garnish if desired

Directions:

Add all of the ingredients to a cocktail shaker and shake. Pour into a chilled cocktail glass that is rimmed with chocolate syrup. Garnish with dark chocolate and/or strawberries.

Related Link: [Love & Libations: Autumn Date Nights Inspired by Celebrity Red Wines](#)

Flirtini

February would not be complete without a Flirtini. Most people remember the Cosmo being a big part of *Sex and The City*, but the Flirtini was also in the mix. All it takes is three ingredients. Enjoy with your girl squad while binging on the show.

Ingredients:

- 1 oz. vodka
- 2 oz. champagne
- 2 oz. pineapple juice

Directions:

Combine vodka, champagne, and pineapple juice in a highball or collins glass filled with ice. If you are making it for a viewing soiree, multiply the recipe by six, and mix it up in a pitcher.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Dating Advice from a Seasoned Vet: 4 Reasons to Avoid Matchmakers



By [Joshua Pompey](#)

I've been in the game of helping men and women find relationships for a long time – almost a decade to be exact. And while I have learned a lot as a [dating expert](#), if there is one fact I'm certain of, it's that single men and women should steer clear of traditional matchmakers. Why? Well, I could go on for pages with [dating advice](#) about this topic, but here are four reasons why I strongly advise that you avoid going down this path.

Dating Expert Shares Why You Should Avoid Matchmakers

Related Link: [Dating Expert Reveals Why Online Dating Is Better Than Meeting In Real Life](#)

1. They give you false promises: Over the years, I have met a lot of men and women who were promised nothing but wonderful, high-quality matches when they initially contacted their matchmakers. Remember that when something sounds too good to be true, it usually is.

It turns out that it's a game of bait and switch. More often than not, the quality members you are promised when signing up are suddenly unavailable once you have made your first payment. That's when the bait and switch occurs, leading many clients to feel extremely disappointed, frustrated, and scammed.

2. Chemistry can't be determined on paper: Let's use online dating as an example. If I were to log on right now, at least 50 percent of the profiles I read would seem like great matches for me. If I were to then meet them in person, the odds of having face-to-face chemistry, let alone everlasting love, fall off a cliff.

Even if matchmakers had other members that seem like great matches on paper, the odds of you hitting it off one-on-one are still very slim. The problem is that most memberships only provide you with a handful of dates (or less), making it extremely unlikely that you will be a success story.

3. There's a lack of real world success stories: You know how we know that Apple products are great? Because millions of people use them and rave about them. You know how we know that Match.com works? Because there are statistics and studies that show a vast amount of members finding love.

Matchmaking on the other hand? Well, how many couples in your life have actually met through a matchmaker? That says a lot about how relevant the industry is in today's world.

Related Link: [Dating Advice: The Do's and Don'ts of Online Dating First Dates](#)

4. The cost is high: Matchmakers will do anything to get you on the phone or meet with you in person. I actually know some wealthy men and women who've told me that matchmaking recruiters flew overseas just to pitch them because they could smell the money potential. Many of them went through with it due to the excessive flattery, only to regret it later on.

Once these recruiters fill your head with hope and incredible promises, the fees are anywhere from 1,000 dollars to as high as 75,000 dollars, depending on who you use. Even worse, I've had clients who told me the highest-priced services are no better than some of the lower-priced services.

At the end of the day, you just have to ask yourself: Does throwing mass sums of money towards a relationship equate to a better chance of success? When it comes to love, the answer is usually no.

Want a great solution to matchmaking and finding live? Visit [my website](#), where we combine traditional matchmaking with the modern world of online dating for the ultimate recipe of success. Click [here](#) to learn more.

For more advice from dating expert Joshua Pompey, including how to write [online dating emails](#) with 300 percent higher response rates, visit [this page](#).

Dating Advice Q&A: How Do I Get My Husband to Disconnect From His Phone?



Question from Rachel S.: My husband is a general manager, so even when he leaves work, he's still working from his phone. He doesn't mean to, but lately, he's been so wrapped in his phone that he ignores me when I talk. He seems genuinely apologetic and interested when I get his attention, but it's getting it that's hard. How can I get him to disconnect from his phone at the end of the day?

Technology makes our lives better in so many ways, but it can also be a distraction, especially if you or your partner has trouble unplugging at the end of the work day. Let our [relationship experts](#) help by offering their best [dating](#)

[advice](#) for using technology, like your cell phone, in the right way. Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question on how to politely encourage your significant other to disconnect from their phone. Check out their dating advice below!

Dating Advice About Unplugging

[Suzanne K. Oshima, Matchmaker](#): When it comes to technology, its biggest strength is also its biggest weakness: It connects us, but it also disconnects us from the ones that are standing right in front of us. Your husband may not be intentionally trying to hurt or ignore you, but in this age of technology and mobile phones, it's easy to get lost in multitasking.

My recommendation is to share with him how his constant connection to his phone makes you feel unimportant and disconnected from him. Then, just ask him to put away the phone on date nights so that the two of you can spend quality time together, uninterrupted by a flurry of notifications and messages. It's the perfect way to reconnect with each other emotionally and romantically after working all day.

Related Link: [Dating & Technology Q&A: Is It Weird If He Doesn't Call Back After a Date?](#)

[Robert Manni, Guy's Guy](#): It all comes down to communication. In today's culture, we are are tethered to work 24/7, and you may not be aware of some job pressures your husband is experiencing but not sharing. Getting him to open up about work may be a good way of broaching the phone issue.

Another angle is stressing the positives – how much you and your family value your time with him and how important it is for your husband to invest as much energy in you as he does in his job and his phone. A healthy balance between work and home life is critical to any marriage.

A third, wild-card approach is planning a night planned by you featuring some good old-fashion seduction. If that doesn't get him to put his phone down, you may have a bigger issue on your hands. Good luck.

For more dating advice and to find out more about our 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.

Expert Dating Advice: How Can I Change My Dating Tactics for the New Year?





By [David Wygant](#)

This is going to be the shortest article I've ever written because, if you are like most people, you're going to think that next year will be different because it's a different year. In reality, it will be exactly the same *unless* you change the way you do your life. So how do you change your dating tactics for the new year?

Relationship Expert Shares Expert Dating Advice for 2018

It's really simple. You actually start to date. Because if you need to change your dating tactics, it means you're not dating enough, and if you're not dating enough, it means you're not putting enough energy or effort into your search for love.

Related Link: [Expert Dating Advice: Should I Drop All The Other People I'm Interested In?](#)

As a [relationship expert](#), I've always believed dating is massive action, massive results. The more you put yourself out

there, the better chance you're going to have of actually meeting somebody fantastic. But how do you do this massive action, massive results?

Well, first off, you've got to get dates. In order to get dates, you've got to get on the apps. From Bumble to Tinder to any other app, you need to put yourself out there. And you need to accept the fact that it's going to take you a lot of un-swipes or swipe lefts to find a mutual swipe right. Don't take anything personal.

The dating apps are only part of it. You also need to go and join a dating website. Join a site like match.com and go out and meet people. You can even make one night per week a "going out" night. Don't just have text or e-mail relationships.

You should also keep another night free for any potential dates that may pop up. Why? Because if you free yourself and you allow yourself to go out on dates, you're going to meet people. And if you meet people, you're going to be more successful when it comes dating.

Related Link: [Relationship Advice: Don't Let Him Be the One Who Got Away](#)

I'm not asking for a lot from you right now because I know you're crazy busy during the holiday season. What I truly want to do is wish all of you a very merry Christmas and a happy New Year. Get ready for prosperous 2018!

Keep it simple. The above information I gave you is uncomplicated, and I did it for a reason. Uncomplicated [expert dating advice](#) is what you truly need. Just remember: Without massive action, you won't get massive results and find your next great relationship.

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: Keys to Growing a Business When the Marriage is Over



By [Amy Osmond Cook, Ph.D](#)

Hollywood certainly has its share of dramatic endings –

relationship endings, that is. Stars like Laurence Fishburne, Fergie, Chris Pratt, Jennifer Hudson, and Danica Patrick, to name a few, were invested in a long-term [celebrity relationship](#) and either personally or professionally called it quits. But what happens when a couple's livelihood relies on maintaining a relationship after the marriage is over?

Christina and Tarek El Moussa can relate. After becoming household names as co-hosts of HGTV's hit reality TV show *Flip or Flop*, they publicly announced their [celebrity divorce](#) just over a year ago. Despite moving on in their personal lives, both are committed to working together to make their successful business grow.

Related Link: [Celebrity Divorce: Christina & Tarek El Moussa Announce Break-Up](#)

It's not uncommon for former partners to maintain a business relationship. There are an estimated [3.3 million businesses](#) in the U.S. that are jointly owned by spouses. In some cases, a partner buys out the remaining portion of the business. But in a growing number of cases, the former married couple opt to remain invested in the business long after the divorce is final.

"I worked with one business where, actually, [the ex-spouses] were better business partners and got along better after the divorce and stayed together within the business for a while," says [Dann Van Der Vliet](#), executive director of the Smith Family Business Initiative at the Samuel Curtis Johnson Graduate School of Management at Cornell University. Van Der Vliet believes that, when the divorce relieves the anxiety in a relationship, the partners can focus on the strengths they contribute to the business.

Reality TV Stars Open Up About Celebrity Divorce & Share Relationship Advice

I talked with Christina and Tarek about their transition from a blended life to one that is now exclusively professional. They shared five rules they follow to maintain a positive and supportive professional relationship, even though they now lead separate personal lives:

1. Be professional: Part of their success derives from their ability to separate professional obligations from personal responsibilities. “We believe in this company, and that means keeping our personal lives separate,” Tarek explains. “When we’re on set, it’s like a different life than what we live outside of the set. When we’re doing our job, we’re doing our job.”

Related Link: [Relationship Advice: Is Your Job Killing Your Relationship?](#)

2. Focus on the ultimate goal: Whether it’s personal or business, staying focused on your goals can help minimize distractions. “Every day that we film, I remember why I’m there,” says Tarek. He says his priority is to support his kids and family. “Second, I remember how I worked my entire life to build this thing. I don’t want to throw it away because of a divorce. We are good at what we do,” he adds. “We love flipping houses, and we enjoy delivering a great TV show that helps change people’s lives.”

3. Put kids first: Tarek and Christina understand that it is in everyone’s best interest to get along. “Children come first, and that means doing things that are best for them,” says Christina. “In our children’s case, it was in their best interest to do things together.” Often that decision requires some sacrifice and adjustments on the parent’s part.

4. Don't sweat the small stuff: When tensions are high, it seems everything is a big deal. Immediately after a divorce, no matter how amicable, there is going to be a transition period. "Take time apart in all areas to better understand what you want," says [Kate Taylor](#). "As you redefine your relationship, you should draw clear lines around your roles and responsibilities at work."

Christina quickly discovered that not everything is worth fighting about. "When you're not with that person, you're not entitled to have those disagreements anymore," she shares. "When Tarek and I first separated, if there was a disagreement, it was important that we walk away from it." When disagreements happen, her rule is: Don't react, because that is the moment when you need to think more clearly.

Related Link: [Relationship Advice: Six Ways to Keep Work and Life Demands in Balance](#)

5. Keep it fun: Tarek and Christina make sure to contribute to a positive work environment. Their professionalism means everyone feels happy and comfortable when they are at work. "We have a great crew," says Christina. "We've been friends with all of them for a long time. Because of that, it makes everything much easier because it's such a great workplace."

There are those who are skeptical that this type of relationship can work, but Christina is unfazed by the criticism. "Business is what we've always done best together. Tarek and I both agree that we work great together regardless of whether or not we are married," she explains. "We make a great co-parenting team as well. There is nothing I would have done differently."

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Dating Advice: The Sex-C Single's Guide to Confidence in Holiday-ting



By [Amy Osmond Cook](#)

Hello, holidays! Aside from the huge boon this season is to retailers, there's no other time of year when online dating sites see their [biggest spikes in activity](#). Romance-seekers start wondering: Who do I bring to my company party? Who should I enroll in my family's festivities? Who's my plus-one to my coupled best friends' snowsport weekend? And who'd be in for the ride if they knew I couldn't have intercourse?

Make no mistake: There are [millions](#) of people who remain silent and grapple with that question, and it's confidence-shattering enough to cause them to dodge dating altogether. Health problems such as diabetes, heart disease, cancers and related treatments, traumas, congenital abnormalities, and even PTSD can preclude individuals from engaging in sexual intercourse – as would be expected in the course of a romantic relationship.

Dating Advice for the Holidays

Related Link: [Expert Relationship Advice: First Comes Love – Now What? Creating Intimacy Without Intercourse](#)

This makes modern-day dating especially tough. There is one online dating site, [RomanceOnly.com](#), that completely eliminates the need to disclose this dilemma. After all, Sex-C (sexually-challenged) men and women are no different from anyone else in their needs for affection, companionship, and attraction-based physical connection. Sex-C individuals are also in the same holiday-ting quandary as the rest of singledom. Rather than sidelining the pursuit of someone special, here is some [dating advice](#) to improve the Sex-C adult's chances of kindling a real connection this season.

Jingle, Jingle: Get Out and Mingle!

A person who sees themselves as different in a shameful way can experience crushed self-confidence, which in turn can cause them to [avoid social interactions](#). But in truth, getting outside of oneself, if even just to [smile at a stranger](#), can really make a difference in restoring self-confidence. Talk to that person in line next to you at the grocery store. Accept invitations to parties – and don't hesitate to go alone! Join a local Meetup group. You'll not only meet fascinating people, but by being open to being out there, you'll increase your chances of meeting someone special.

Related Link: [Expert Relationship Advice: Four Survival Tips When Bah Humbug Meets Father Christmas](#)

“Remember it’s a numbers game,” says Laura Brashier, the visionary behind the world’s premier Sex-C dating website. Any measure that helps you to be open and upfront from the beginning about the awful quandary of “when and how do I share my secret” serves as one less stressor in dating. But it all starts with building confidence, and that starts with meeting people and finding a common interest. Shared commonalities are the cornerstone of any fulfilling relationship. “True pleasure can be found in a variety of social connections and relationships.”

Spread Holiday Cheer: Go Volunteer!

When people desire a deeper and more satisfying relationship, character counts. You’re not defined by your inability to have intercourse! The holidays abound with opportunities to work alongside other volunteers looking to help those in need. It’s another wonderful chance to get out and do something good for others that will make you feel even better about yourself. If the person next to you is attractive or interesting, don’t hold back in asking them out! Start with something simple, like a coffee date – you’ll know in 30 minutes if there’s a connection.

[Date ideas](#) like hiking, dancing, attending concerts, pairing up to take an art or cooking class, spending a couple hours at a museum together, or trying a restaurant that’s new to both people are all ways to gauge common interests. They’re great avenues by which two people can share interesting and meaningful things together, which are building blocks for a solid relationship – friendships and romantic partnerships alike!

“The benefits of such activities extend beyond the immediate pleasure of being together,” says [HealthyWomen.org](#). “The new

interests will stimulate your brain and provide numerous new opportunities for conversation.” Finding things in common makes for a nice beginning.

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

Naughty or Nice: Sex-C Delights

Once you feel you've found that special someone to take beyond the mistletoe, there are plenty of options for physical delights outside of intercourse. When you think about sexiness, the authentic allure of a desired person goes beyond the temporal desire of sex itself and rests on a physically sensual connection. It's a spark, an undeniable urge to share yourself physically with another. RomanceOnly.com offers [articles](#) that cover alternatives to intercourse that can spice up any couple's physical connection.

According to Michael Castleman, M.A., [great sex without intercourse](#) means experimenting, which can feel strange. But he says, “Novelty is key to sexual zing. Doing things differently stimulates the brain to release dopamine, and dopamine heightens erotic intensity. Once you get on board with sex without intercourse, it's pretty easy. It involves the same leisurely, playful, whole-body touching, caressing, and massage that sex therapists recommend to all lovers.”

So for all you Sex-C people, make your holidays merry and bright by putting yourself out there. You have nothing to lose but being alone! Go to some of your local community events, listen to music, and just put yourself out there. Say yes even if you're tired! When you do meet someone, and even if that the person doesn't seem like The One, go and just have fun. Always date safely with exit options. The bottom line is that you deserve the companionship you're after, and you can't find it until you connect with others.

Cheers to 2018!

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Love & Libations: Sparkling Wine for Holiday Date Nights



By [Yolanda Shoshana](#)

December, a month packed with festive holiday gatherings, is the perfect time for sparkling wine. It's also a great way to pop into 2018. Bubbly is known for special occasions, so whichever holidays you celebrate, there's a bottle that will pair perfectly for your situation. Honestly, it's always a

good time for sparkling wine. Even if you are having a quiet [date night](#) at home, you can break out the bubbles!

Enjoy Celebrity Sparkling Wine on Your Next Date Night

Related Link: [Love & Libations: Palate Pleasing Pairings & Celebrity Couple Inspiration for Thanksgiving Day](#)

If you are looking for a sparkling wine to keep on hand, Giuliana Prosecco is the way to go. Most people know [Giuliana Rancic](#) from her days on *E! News*. Besides being a host, she also owns a few restaurants with her handsome husband, Bill Rancic. This year, Giuliana launched her Prosecco at their Chicago-based restaurants as an affordable and quality wine. Now, you can enjoy it with your friends and family for some added holiday cheer. It's like inviting this celebrity couple over for a good time!

When you want an elegant sparkling wine, pick up a bottle of Christie Brinkley's Bellissima DOC Brut. Brinkley is all about clean living, so it's no surprise that her wine is made with organic grapes. Produced in the beautiful region of Treviso, let your palate travel to Italy as you enjoy the aromas of green apples and baked bread. If you and your boo are having a quiet night in for New Year's Eve, let this choice be your go-to.

Former NBA player, Yao Ming, got into the wine game in 2011. The Napa-based winery is known for producing stellar wines. If you are planning a grown and sexy night with your partner, the Yao Ming Napa Valley Brut will add a special touch to your evening. Made with Chardonnay and Pinot Noir grapes, this crisp sparkler is flirty on the palate. It will add a touch of seduction to your evening. Yao brings in the meow.

If you want a sparkling wine that comes with a sassy attitude,

you can always go with Myx Classico Sangria by Nicki Minaj. There's something about bubbly sangria that screams "good time." The best part about this wine is that it's ready to go. No need to mix up anything – just open the bottle and sip! This Spanish wine-based sangria is a good one to drink while binging on romantic Christmas movies with your girl squad or with your partner (who may act like he doesn't want to watch, but secretly, you know he does).

Related Link: [Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines](#)

When Steve Amell isn't charming viewers as *The Arrow*, you can probably find him at his winery, Nocking Point, in Washington. Their limited edition Pacific Coast Pink sparkling rosé is a must-have for the holidays. It pairs perfectly with just about every holiday treat or meal. The sparkler is produced in New Mexico, which is such a fabulous area for sparkling wines that you may get hooked. This wine is perfect for that holiday party you're hosting later this month.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

New Year, New You! Dating Advice to Revamp Your Love Life in 2018





By Lori Zaslow and Jenn Zucher for [Project Soulmate](#)
// Contributing Writer: Shelby King

In just a few short weeks, we'll be entering 2018 (ah!). The past year has been one for the history books. From the presidential inauguration to the total eclipse of the sun, this year has been one of fast-paced news cycles and memorable moments. It's hard to imagine leaving 2017 in the past; however, when it comes to an unsuccessful love life, we can hope for nothing more than that in the coming year. Or maybe you have a good love life, but it's a new year, and you and your partner want to shake things up. Either way, here at Project Soulmate, we have matchmakers and [relationship experts](#) Lori Zaslow and Jenn Zucher to supply you with [dating advice](#) on how to start the New Year with a bang.

Follow the dating advice below if you want a successful love life in

2018!

Try New Date Ideas

One sure fire way to revamp your love life in the New Year is to explore unique dating scenes. No more boring coffee or dinner dates – and let's try to drop the bland movie dates, which are terrible if you're trying to communicate with your partner. Instead, try stepping out of your comfort zone with these new and fun date ideas:

Related Link: [Dating Advice: When to Say I Love You](#)

1. Head to a jazz bar: Going out to see live jazz will let you live your *La La Land* fantasy while also giving you an excuse to dress up. This date idea is for all those cool cats out there that want to sip on their Manhattan and snap their fingers along to a good ol' saxophone.

2. Try a comedy show: Unlike a movie, a live performance allows for you to have time to sit and talk and enjoy each other's company. Plus, going to a comedy show can reveal your compatibility. If both of you are dying laughing, you may have found yourself a keeper!

3. Go rock climbing: This one is for you daring romantics. Head to a rock climbing wall at a nearby rec center, and take your relationship to all new heights. This date idea is adventurous and unique, bringing some excitement to any relationship.

Shake Up Your Routine

We are all human, and we all have a tendency to get stuck in a routine. In order to revamp your love life for 2018, it's important to mix things up. There's no need to drop everything you're doing. Rather, focus on implementing small changes in your schedule in order to spend more time on those special relationships in your life.

For those who want to totally revamp their love life and experience more successful dates, try a matchmaking service. At Project Soulmate, the stress of finding someone is alleviated, and you are able to cut down on the time swiping and focus more on finding a true match for you.

Another way that you singles out there can shake up your current routine is by adding some self-love rituals. Make your love life more successful by first loving yourself. Take a few minutes to write some positive mantras on a sticky note for yourself. If you're already in a relationship, you can even do this for your partner! Positive affirmations are a great way to show you care for yourself and for others.

Related Link: [Expert Relationship Advice: The Stages of Soulmate](#)

Create New Traditions

Creating new traditions is a third way to shake up the New Year, but where do you start? The first thing you need to do is choose a regular date night. Whether it's bi-monthly or an annual event, make sure you can stick with it. Then, pick a passion you have: Do you love animals? Or are you a sucker for time spent exploring a museum? Pick something that you feel like you never have time to do. If you're currently single, this tradition is a great opportunity for you to meet people with similar interests to you. If you're in a relationship, it's a great way for you to get to know your partner better.

May you find love and happiness in 2018!

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).