

# Relationship Advice: Does Time Apart Heal Betrayal?



By Dr. Jane Greer

Tiger Woods opened up about his relationship with ex-wife Elin Nordegren this week. The couple ended their [celebrity relationship](#) and marriage in 2010 after Tiger's cheating scandal, but now they have managed to build an amicable friendship. With time, Elin seems to have gotten past the betrayal of her ex-husband's infidelity, which is a challenge for many couples. Tiger and Elin share two children, so this must be a welcome development for all of them.

**While some couples are able to find higher ground and continue to make their marriage work after an affair, others realize that the intensity of the pain of the incident is just too much and that they are better apart, as was the case for Elin and Tiger.**

Either way, initially there can be so much anger that it takes effort to not drag the children into it. This can be especially difficult if the spouses have parted and find themselves alone. The one who was betrayed feels that their whole world is turned upside down, and wants to get back at the person who did this to them and caused so much unhappiness. It is tempting to say terrible things about them to the people who are closest to you – your kids. The natural inclination is to want to get them on your side and have them take up arms against the person who caused this upheaval. The impulse to have the children understand what you are going through and why can be powerful.

How, then, can you avoid this urge, and instead let them know they still have two solid parents they can continue to depend on? How can you protect them from your own fury, and the negative energy that is coming from both sides, while navigating your way to a place of, if not forgiveness, at least of tolerance and understanding? How can you lead them to a solid foundation of security so that even if there is trouble between parents, they know they can count on the fact that both mom and dad will continue to be stable forces in their lives?

Consider this [relationship advice](#). To begin with, understand that they are not the ones who should be supporting you through this. They need your support, so the goal is to try not to burden them with your rage. Of course, that is easier said than done. The first step is to find an outlet elsewhere because you will need to talk about it, and choosing people other than your kids to unload on is a great start. You can find solace and confide in anyone from a therapist or counselor to friends and other family members. Work to insulate your children so they don't have to go through the raw emotion that you are going through. Steer clear of sharing the bad things your spouse did to you with the kids as much as you can. Finally, give yourself time which will hopefully lessen the sharpness of the betrayal, and eventually allow you to share at least a cordial relationship.

The hope is to find a way to provide a harmonious family environment despite the rift in your marriage. When both parents can come back together and share an affable connection, as Elin and Tiger have done, this can become easier to do. The distance between Tiger and Elin may have been just what they needed to move past their relationship as lovers, then fighters, and eventually continue forward in a solid friendship.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://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](mailto:askdrjane@drjanegreer.com).*

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# Relationship Advice: When Your Partner Sings The Blues, It May Be Something More



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

Depression is so much more than sadness. And for those who love someone battling depression, the effects are all encompassing. "It's like this thing that engulfs you," said legendary music artist Bruce Springsteen in a celebrity interview with *CBS Morning News*. "I got to where I didn't want to get out of bed," he said. Springsteen credits his celebrity relationship with wife Patti Scialfa for giving him the



motivation to rise above it. “She’d say, ‘You’re going to be OK. Maybe not today or tomorrow, but it’s going to be all right.’” With the following [relationship advice](#), I’ll provide you with tips on recognizing signs of depression and how to support your partner through this troubling time.

## Relationship Advice On Coping With Depression

The World Health Organization reported that 350 million people worldwide suffer from depression. It’s the leading cause of disability. To better identify depression, a standardized method was devised by relationship expert ,Dr. Carey Gross, and used by psychiatry residents at Massachusetts General Hospital. “These eight neurovegetative symptoms of depression can be easily remembered with the mnemonic SIGECAPS,” wrote Daniel J. Carlat, M.D for the American Academy of Family Physicians.

If you see these signs emerging in your loved one, he or she may be suffering from more than the blues; it could be a sign of depression. Learn to spot the difference with the following relationship advice.

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**Sleep Changes:** Should your loved one’s sleep patterns increase during the day, or if he or she stays up most of the night, this may be an indicator that your loved one is suffering from depression.

**Interest:** A loss of interest in the hobbies and activities your partner once enjoyed may mean there’s an emotional struggle emerging. This isn’t about changing interests. Instead, your loved one won’t be interested in doing anything at all.

**Guilt:** This behavior has more to do with feelings of worthlessness, particularly in older couples, where a depressed loved one devalues themselves. "We believe social and emotional health play an important role in maintaining overall physical health," said Shiloh Sorensen, activity director at Parke View Rehabilitation and Care Center. "Positive and supportive social interaction and relationships are important factors in a person's well-being. It's a need people never outgrow."

**Energy:** A lack of energy coupled with a declining interest in activities is a sign for concern. It could be a matter that your loved one wants to get involved but doesn't have the energy or feels too fatigued to do anything.

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**Cognition/Concentration:** Life is loaded with its share of distractions, but if your loved one, who once carried a razor sharp focus when performing tasks, now struggles with concentrating on those things, it's time to talk about it.

**Appetite:** While an increase in appetite does occur, it's a rapid decline in weight and an interest in eating that indicates possible depression.

**Psychomotor:** If your man becomes easily agitated, or your girl lacks energy or interest in things she once enjoyed, it's time to talk about how they are feeling.

**Suicide:** Many people suffering from depression will share signs of their despair. This preoccupation with death compels them to give away valued possessions or talk about life without them around, among other things. If your loved one seems to have given up on the value of life, seek professional help immediately.

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Remember, your loved one didn't request for depression to be a part of your relationship. But, this unwelcome visitor can be controlled with treatment accompanied by the love and support of a committed partner. By seeing the signs and recognizing the onset of depression, you and your partner can change your tune from singing the blues to enjoying an old-fashioned love song.

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

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## **Dating Advice Q&A: Why Do Men Ask for Photos?**





*Question from Emily O.: I've noticed on a lot chat or IM apps, one of the first things guys ask for is a picture of yourself, even if you have a profile photo displayed or albums filled with photos. It seems like "Can you send a pic," is the norm now? Why is that? And why will some even write you off completely if you're not willing to send a photo right away? I'm not comfortable sending pictures of myself to strangers only 2 minutes into a conversation.*

Dating can be complicated. Add the internet, social media and electronic devices into the mix, and it can get tricky real fast. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online dating is here to stay, after all, so don't be afraid to jump in and catch up with the times! Take time to learn some valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here you'll have your questions answered on whether or not you should send a photo of yourself to a potential beau.



# Technology Dating Advice On Whether You Should Send a Pic Online

[Suzanne K. Oshima, Matchmaker](#): The **good** reason: Men are visual creatures, so they may want to see more pics to make sure you actually look like the photos on your profile. The **bad** reason: Men will ask you to send a pic and if they're looking for something more sexy, then it will turn into asking you for a naked pic in the future. If a man writes you off for not sending another photo, then thank him for eliminating himself. He's probably just looking for one thing and he's not worth your time... So, just move on. Next!

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

[Robert Manni, Guy's Guy](#): Guys are visual and they enjoy looking at photos of pretty young ladies; and there's lots of photos of good-looking women online. But, at the same time, men get spoiled and some even ask women they've barely connected to- to send more pictures. Unfortunately, sharing more photos will not move a potential relationship forward. My advice to any young woman put into that position is to politely decline. If the guy presses or asks you why not, consider telling him that if he wants another photo of you he can take you out to a nice restaurant and maybe you'll let him snap a photo of you in person. The bottom line is that if a guy needs more photos of you to make a decision, or prefers looking at pictures of instead of spending time with you in person, he's probably not someone you want to invest your time in.

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

*If you have any questions you would like answered by our relationship experts, please e-mail them to*

# Dating Advice: Do Pick Up Lines Actually Work?



By [Joshua Pompey](#)

There she is standing at the bar. Tall. Beautiful. Long flowing blonde hair. Think. Think. There must be a pickup line that will work... Okay, I've got it!

*"Damn girl. Are you okay?"*

*"Yes, why?"*

*"Because damn it must have hurt when a beautiful Angel like you fell from heaven."*

Cue the eye roll, the grabbing of her closest friend's arm, and the immediate exit. And just like that, bye bye beautiful blonde. If you've used cheesy pick up lines at any point in your life, odds are this may have happened to you at some point. While this may have been a terrible pick up line for the sake of the overall argument I'm about to get into, the question is, can pick up lines ever actually work? Well, that depends on a number of factors that I'll explain to you in the following [dating advice](#).

## Dating Advice On Whether Pick Up Lines Work

For the most part, in terms of quality dating advice, the answer is almost always a resounding no. Pick up lines come across as lame, cheesy, and pre-mediated, making the other person not only think that you are corny, but will also communicate that you lack the basic social skills that it would take to approach someone in a conventional way. Using a pick up line communicates to the other person that you don't have enough wit and originality to be interesting on your own accord, which isn't exactly a compelling advertisement for why someone should talk to you. With that said, pick up lines *can* work. But only if you are in on the joke and have a pick up line that you know will make the other person laugh.

**Related Link:** [Relationship Advice: So When Exactly IS It Time For Sex?](#)

Here's an example, way back in the day, during Mr. Pompey's younger years, long before I became a relationship expert, I once read a pick up line that I thought women would find to be rather cute. I would approach a girl that looked friendly in a

bar, and walk up to her as if I were trying to set my friend up. "Hey you see my friend sitting over there..." He would then wave. "Well... (long pause) he wants to know if you think... (long pause)... this is kind of embarrassing... (another pause)... he wants to know if you think *I'm* cute." Cue flirtatious smile by me. Almost every time I delivered this line I would be met with a smile or a laugh, and then the woman would excitingly engage in conversation. The little twist and mis-direction at the end of the line, combined with the fact that this line is also somewhat funny, results in a highly effective pick up line.

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In addition to my arsenal of dating tips, I'd like to point out my use of that line showed confidence and avoided the typical pitfall of being a pick up line that is lame and cheesy. Being clever can go a long way, even if they know it's a line. But perhaps most importantly, my body language and delivery shows I'm in on the joke. I'm not walking up to a woman all serious as if I am really hoping I pick her up with these smooth skills of mine. I'm just having fun and delivering the line in a way that makes it clear I'm just here to make her laugh and help her have a good time.

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At the end of the day, nearly all pick up lines will come across as lame. But if you find a clever one and deliver it in a manner that shows you're just having fun, you just might wind up in some good company and a potential date night.

*For free online dating articles and advice from Joshua Pompey [click here](#), or [visit this page](#) to learn more about his world famous profile writing service and free profile evaluations.*



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# Celebrity Couple Predictions: Angelina Jolie, Sharon Osbourne and Tori Spelling



By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention, one of which is a high profiled split that no one saw coming between Angelina Jolie and Brad Pitt; while two other long term marriages are fighting to survive after celebrity cheating scandals (Sharon and Ozzy Osbourne, and Tori Spelling and Dean McDermott). But who's stepping out this time around hand in hand? Join me as I look into the

crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

## Celebrity Couple Predictions: Celebrity Relationships That May or May Not Last

**Angelina Jolie and Brad Pitt:** When it was announced that Angelina Jolie had filed to divorce Brad Pitt, gasps were heard around the world. The fairytale was officially over. But was their relationship really as wonderful as everyone thought it was? While most people were surprised that their marriage is ending, I was surprised that it's lasted as long as it did. There were clues that their marriage wasn't filled with unicorns and rainbows. Anytime a couple gets married due to pressure from their children, it isn't a good sign. This relationship should have ended a long time ago. Jolie is so ready to move on. Their pack of kids can beg and plead for her to go back to Pitt, but it's a wrap. Rumor has it that she has already moved into a private residence in Los Angeles that cost \$30,000 per month! It's time for both of them to move on. While Pitt is a bit devastated now, he will see that this is for the best. Don't be surprised if Angelina's next lover is a woman. Brad will be fine, women are already getting information to swoop down and grab him. My relationship advice to him is to stop picking high maintenance women.

**Related Link:** [Find Out How Angelina Jolie Told Brad Pitt She Wanted a Celebrity Divorce](#)

**Sharon and Ozzy Osbourne:** Look's like Sharon and Ozzy Osbourne are having a real lovefest after Ozzy's alleged affair with a celebrity hairstylist earlier this year. He recently surprised Sharon by showing up on *The Talk* and giving her a diamond ring for her birthday. Ever notice how men like to make things better with diamonds? There are those who feel like their

happiness is staged. Maybe it is, but then again what hasn't their relationship been through at this point? I don't see anything that will actually cause this celebrity couple to break up for good. Their marriage has been a bit of a rollercoaster since day one. Sharon is a ride or die when it comes to Ozzy. They will continue on with their sweet gestures in the press. It is what it is. They are basically a famous couple that at the end of the day is just like everybody else.

**Related Link:** [Celebrity News: Find Out Why Sharon Osbourne Took Ozzy Back](#)

**Tori Spelling and Dean McDermott:** Remember all the drama that Spelling went through with her husband McDermott. It looked like their marriage was going to end, but Spelling took one for the team and stuck with it. The couple recently announced that their fifth child is on the way. There is still conflict in their relationship that stems back to the Dean's 2-day affair when he was working in Canada. Let's not forget that Tori actually got together with Dean because they had an affair while filming a Lifetime movie. McDermott also recently proposed again to Spelling right before their tenth anniversary with their kids in attendance. That's all good, but I say this marriage is still a hot mess. Spelling can do so much better than him. When will she see the light? With baby number five on the way, she may never leave. Being a single mother with five kids doesn't sound so sexy when it comes to dating. McDermott is sneaky and it looks like he just may bring more heartbreak to Spelling; that may be just the thing that she needs to let him go and find love with another. Let's just say that he is the lucky one in the relationship.

**Related Link:** [Celebrity Couple Tori Spelling & Dean McDermott Celebrate His Bday at Spa Getaway](#)

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

**What celebrity couples do you want to see predictions for**



next? Tell us in the comments below!

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# Relationship Advice: 6 Ways to Keep Work & Life Demands in Balance



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

How does she do it? You know who I mean. She's the one who makes achievement look easy—and her hair looks great in the process. As women, our relationship with the demands of work and home have been a historically tenuous balance. More often



than not, we lose sight of our anticipated goals for the day and end up whipped by daily demands. But it doesn't have to be this way, and we are surrounded by influential women who demonstrate that strength every day. While their personal strategies may differ, the most common game plans for keeping our work and home life in balance include the following six pieces of [relationship advice](#).

## Relationship Advice That Will Help You Balance Your Work & Home Life

**1. Be the boss of your time.** For women whose schedules are often dictated by the needs of others, maintaining control over time is a constant challenge. But it's necessary. Set boundaries establishing clear work and personal times, then enforce it with colleagues and family. Unless it's an emergency, family must recognize that your attention must be focused on work. The same is true with demands from work. In her book, *Year of Yes*, Shonda Rhimes admitted she now signs off her emails with this signature: "Please note: I will not engage in work emails after 7 pm or on weekends. If I am your boss, may I suggest: Put down the phone." If you don't stay firm on setting clear boundaries, your ability to stay productive in both areas will be compromised.

**2. Set priorities.** "It's the person with the passion who get it done," said writer, director, and producer Autumn McAlpin. Her award-winning film, *Waffle Street*, is based on the true rags to riches tale that follows the life of a financier who loses his job on Wall Street but finds redemption and true friendship as a waiter in a 24-hour diner. Her success as a writer relies on disciplined organization and project management. "And, a lot of phone calls," McAlpin added. Life will deliver a hearty portion of distractions. Enforcing balance between work and personal demands by setting firm priorities will help you stay focused on your goals. "To this

day, I keep a schedule that is almost minute by minute; Grabbing a power nap to facilitate recovery instead of wasting an hour online,” said Olympic gymnast legend Shannon Miller. “Focus on those things that bring you further to your goal each and every day. Every moment counts.”

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**3. Focus and avoid multi-tasking.** Business philosopher Dr. Stephen R. Covey once said, “The main thing is to keep the main thing the main thing.” As tempting as it is to celebrate the art of multitasking, in truth, we are robbing ourselves of achieving excellence in both arenas. Health contributor and relationship expert Amanda MacMillan wrote, “Research shows that it’s not nearly as efficient as we like to believe, and can even be harmful to our health.”

**4. Recruit help.** “If there’s one thing I’ve learned over my career as an entrepreneur, it’s good things are rarely accomplished alone,” wrote *CorpNet.com* CEO Nellie Akalp. “Success often hinges on getting the right advice or support from the right people.” This could mean finding help with household chores or childcare. Or, it could mean emulating an admired mentor. Shonda Rhimes is candid about her dependence on Jenny McCarthy, her family’s nanny. “I am proud to say that I do not do this alone,” Rhimes wrote. Having someone to help you with your duties at home will curb resentment and any potential relationship problems.

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**5. Don’t forget to play.** Having something to look forward to that doesn’t include the demands of work or home keeps you motivated to stay on track. “With vacation days left at the end of last year, the principals of my firm encouraged me to take time off between Christmas and New Year’s; time they took

off as well,” wrote Kristine Scotto, director of Strategic Planning. “And when we all arrived back at the start of the year, everyone was fresh, and the vibe of the team was more energetic than I’ve seen in months.” Take a break from the work and home routine. Buy tickets to a concert for date night, spend Saturday morning walking on the beach, visit a temporary exhibit at the museum. Make plans at the beginning of the week, then stick to them.

**6. Schedule time for exercise.** A healthy diet and regular diet is essential for energy. “Even when we’re busy, we make time for the crucial things in life. We eat. We go to the bathroom. We sleep. And yet one of our most crucial needs – exercise – is often the first thing to go when our calendars fill up,” wrote Forbes contributor Deborah Jian Lee. Despite her busy schedule, supermodel Cindy Crawford makes fitness a priority every day. “If you stick with it, even if it’s just a small amount, it becomes part of your life,” she said. Crawford incorporates dance and Pilates into her daily schedule, and she has been known to jump on the trampoline with her kids as a way to get in some exercise.

**Related Link:** [Balance Work and Love Like a Celebrity Couple](#)

Life doesn’t guarantee it won’t throw interruptions in your path. But by establishing a routine that includes the relationship advice we’ve provided you: setting boundaries and priorities, focusing on each task, recruiting help, and scheduling time for play and exercise, can offset the imbalance in your work and life schedules and make room for the unexpected joys in your life- both of them.

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

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# Relationship Advice on What Not to Do: Bad Dating Advice from Romantic Comedies



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

Who doesn't love a great romantic comedy? They're perfect for date night or spending quality time with your girls and a bottle of wine. Though the plot lines can be entertaining, romantic comedies are unrealistic and offer poor [relationship advice](#). However there are a few dating tips you can learn from romantic comedies about what not to do, according to relationship experts.



# Relationship Advice That Goes Against Romantic Comedies

**Be Yourself, Not Like In *How to Lose a Guy in 10 Days*.** First thing's first, always be yourself! *How to Lose a Guy in 10 Days* has taught us how to be the best and only version of ourselves. Throughout the whole movie Kate Hudson tries to push Matthew McConaughey away by being the bananas crazy, clingy girlfriend, who most guys would run as far across the country as they could. If a guy is interested in you then they're looking for the real you, they don't want to get to know the pretend, "of course I'm okay" type of girl, when deep down you're really not. You should never have to pretend to be someone else just to impress a guy. In contrast, if they seem uninterested then, as Beyonce would say, "Tell that boy bye!" Our high end matchmaking relationship experts say dating should be a fun experience as long as you get out there and do your thing. You should never be afraid to express yourself. Moral of the story, always be yourself because the best version of you is always yourself.

**Related Link:** [Relationship Advice: Stay True to Yourself](#)

**Don't Jump into Marriage for The Wrong Reasons, Not Like In *The Proposal*.** Ah *The Proposal*, a classic movie where Sandra Bullock is going to be deported unless she becomes a U.S. citizen through marriage. Of course the closest person she can force into marrying her is her dreaded assistant, Ryan Reynolds. In this movie she attempted to marry because she felt like she had no other choice. When you find the one you truly love, you should do it because it's YOUR choice. When you marry someone, do it because you found your true love, not because you're about to be deported! That's settling, or just plain lazy and throwing in the towel. Marrying for the wrong reasons, like "settling down" is not the resolution; instead of quitting on the dating scene, push yourself to find the

one. If you just settle for an average Joe, you may never experience full happiness or a potentially happy marriage. The average Joe may make you regret the biggest decision of your life. Wouldn't you rather search for the prince charming that Cinderella found than settle for the boring Joe? Our matchmakers suggest never giving up on love, and never settle for the wrong reasons.

**Related Link:** [10 Celebrity Couples Who Have Made Marriage Work](#)

**Don't Make Drastic Decisions After Heartbreak, Not Like In *Crazy Stupid Love*.** It's *Crazy Stupid Love*, you know the one, with the eminent, sexy Ryan Gosling. In this case Ryan Gosling helps the heartbroken Steve Carell, get over his ex wife, while he goes through a divorce. Steve transforms into a player with relationship advice provided by Ryan Gosling. As a result, Carell picks up girls on different nights at the same bar. In this case, changing your persona 180 to recover from heartbreak can be more damaging to your health expected. You're heart and emotional self need time to recover. Splitting up is never easy and it takes time to fully recover; you don't instantly get over a person with the snap of your fingers. Elite Daily's Alexia LaFata, states there are seven factors that affect how long it'll take you to get over your past relationship, "the length of the relationship or marriage, how recently you split up, how 'intense' or even 'obsessive' the relationship was, how important it was to you, how it ended, whether there was any domestic violence, whether or not the relationship was an affair." If you instantly start going out as an attempt forget about your ex, your bank account and body will regret it the day after. Dating in NYC is a great way to experience and meet people but our matchmakers suggest giving it at least, the duration of the relationship before going out and spending all your money at the bars. Besides, going out 24/7 will not only hurt your bank account but your body will feel the effects as well. Losing your figure over heartbreak is simply not worth it. Just

remember to give it some time before jumping to conclusions like *Crazy Stupid Love*.

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**Don't Have Sex with Your Friends As a Last Resort, Not Like In *Friends with Benefits*.** A very modern twist to a rom com occurred in *Friends with Benefits*, the movie depicting how sex can ruin friendships or workplace environments. Justin Timberlake and Mila Kunis proved to the world that the phrase "just sex" doesn't always work out as planned. It's like the old saying your parents always said when you were play fighting with a sibling, "someone is bound to get hurt." Sex isn't just a physical thing; it's emotional and mental. It's almost impossible to tell yourself it's "just sex" because after a while you start to become physically and emotionally attached to that person. Then in worst-case scenarios, the opposite person doesn't share the same feeling and someone gets hurt. Then there's always awkward tension, knowing you saw one of your friends naked. Or that awkward moment when things have sizzled out and you see them in the coffee shop and you have word vomit. SO instead of having to go through that awkward stage, friends are just friends. Sex with friends just may not be the best idea. That doesn't mean you can't think about what your colleague looks like after he is about to shower. But if there's anything you can take away from *Friends with Benefits*, is that friends should remain friends, not sex friends.

**Related Link:** [How to Turn a Friendship into a Relationship](#)

In conclusion, always BE YOURSELF because the best version of you is always the you. Also marry for the right reasons not because you're about to be deported or feel like giving up and settling for the average Joe, instead follow your heart and find your prince charming. Remember emotional heartbreaks take time to fully recover, and don't go buck wild right away by changing who you really are. Lastly, don't make a friendship

awkward by adding sex into it. Or in other words, don't follow relationship advice from romantic comedies!

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

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## Relationship Advice: What Do You Do When There's More Take Than Give In Your Relationship In Life?







By [David Wygant](#)

There is nothing worse than being in a relationship with a “taker.” I’ve been down this road before and let me tell you, it’s a pretty challenging battle to win. First off, takers never think they’re takers. They don’t see their behavior at all. As a matter of fact, they think what they’re doing is okay. I was once with a woman that was not affectionate at all. For those of you who have read the *Five Love Languages*, my love language equals words of affirmation and physical touch. So when your love language is not being fulfilled, you feel like you’re absolutely dying inside. You don’t feel loved at all. Heed this [relationship advice](#) so you can avoid being taken advantage of by a taker.

## Relationship Advice On How To Handle A Stingy Or Greedy Partner

The woman I was with, I had to beg and ask for affection. Imagine that, asking for affection whenever you needed it. And I had to tell her that I needed affection all

the time. When she physically touched me, I'd be very happy, but she never felt the urge at all. As a matter of fact, in an ironic twist, she loved to be touched. So she took, and took, and took! And never gave back! Aside from this specific person, I've been in other relationships where women have taken my generosity and given nothing back. You see, relationships like these never work, and I believe we've all been in relationships with takers, whether it's affection, money, time; whatever you have, they will take.

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You see, the issue goes back to you. You are a big part of the relationship problems you're facing. You chose the wrong person in the first place, and chose to tolerate their negligence. The taker was always a taker and never a giver, but you decided not to see the warning signs in the beginning (because there's always an opportunity to notice these things). As a relationship expert, I take a look at someone's behaviors and actions in the very, very beginning. I tend to spend a lot of time now looking at someone's behaviors and actions. Do they walk the walk? Do they talk the talk? Are they a giver as I am? Are they nurturing and loving? If there is one thing you keep in mind out of all dating tips, I want you to get rid of the story and the fantasy about what you think the relationship is, and allow the person you're with to show exactly who they are.

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If you're already in a relationship with somebody, the best relationship advice I can offer is that you're going to need to sit down and actually have a tough conversation. More importantly, you can't just accuse somebody of being a taker. What you need to do is fully explain what you need, want, and desire in a relationship. Say what makes you feel fulfilled

and happy, and how your partner can achieve this through their actions. It's very important how you phrase this, because when you tell them it makes you feel love when they do those actions, it's a reward. They're going to want to do it again and again. Tell them all the things you love about what they do and ask for more. It really is that simple.

*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](#).*

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## Relationship Advice: How to manage your business when you're sleeping with the CFO?







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

When viewers tune into HGTV's *Fixer Uppers* each week, many wonder how TV hosts and real-life [celebrity couple](#) Chip and Joana Gaines manage to balance their personal life and professional careers. When considering the challenges of running a business, you want to surround yourself with people who share your vision and provide a comforting degree of trust. Many entrepreneurs turn to their spouse. Though the number has likely increased, in 2007, the U.S. Census Bureau's Survey of Business Owners reported there were 1.4 million firms "jointly owned and equally operated by a husband and wife." And while the organizational chart for your business venture may appear standard, the fact that a member of the executive board has seen you naked presents a unique set of challenges and rewards. How can husbands and wives go into business together and still like each other? It's something that my husband, Jeff, and I are managing carefully. Here are four pieces of [relationship advice](#) that have worked for us.



# Relationship Advice On Handling Business With Your Significant Other

**1. Recognize the difference between business and personal mode.** Once you acknowledge that a business is going to dominate the majority of your time, your business will settle into a pattern. Thus, the number one dating tip relationship experts offer is to establish boundaries that honor both a business and personal arena. "Running a business is difficult and stressful enough. Add marriage to it? That's quite the challenge," wrote contributor H. Lerner. "When a couple knows how to turn off the business switch and enjoy their personal lives, they are one step ahead of the game." Once those two worlds emerge, it's up to you and your partner to respect them. My husband and I might be in a heated discussion about something I bought that I didn't run through the "finance department"—then our favorite show comes on, and we move into "married" mode. As difficult as it is, you have to make the mental switch.

**Related Link:** [Dating Advice: Balancing Your Career & Relationships and Love](#)

**2. Acknowledge that business and personal conversations are going to spill into each other.** Things happen. The office manager runs off to Vegas to be an Elvis impersonator, or your teenager returns from soccer camp with a tattoo of Messi on his calf. You're going to have to discuss it ... urgently. "Trying to separate work and family when your work is your family is pretty much impossible," wrote contributor Valentina Zarya. She referred to Julia Hartz, CEO of the ticketing site Eventbrite. As a co-founder with her husband Kevin, she admitted she doesn't even try to separate the two worlds. "We focus on Eventbrite and our family. That's how we spend our

time, full stop. The nature of business today is that the lines of 'work' and 'life' are a little more blurred." Zarya added that when you include kids in the mix, things get even more complicated. Admittedly, Jeff and I aren't very good at this. We can't always compartmentalize the daily events of our personal or professional lives. But when one of us needs some time and attention on a personal level, we are pretty good about communicating it to each other. And we can also make it work for us. "Ok, let's discuss business for five minutes so we can expense this dinner," is commonly heard at our house.

**Related Link:** [Relationship Expert Shares Must-Dos for Career Women](#)

**3. Share the housework... or hire it out.** Regardless of whether you're running a business together, it's likely that both husband and wife work. Somebody has to mind the store at home, but nobody wants to do it— and for good reason. Work schedules have never been more stressful, and the distinction between public and private life is blurred with the additional flexibility that many businesses offer. If you're just too busy to do the dishes, it might be time to hire some help. I knew it was time when I came home from work to a dirty house and started blaming Jeff for it— when he had been working all day. While hiring help was expensive, it was cheaper than hiring relationship experts for marriage therapy, and was worth every penny.

**Related Link:** [Expert Love Advice: What to Do If Your Job Intimidates Your Partner](#)

**4. Master the bedroom.** When it seems as if the major parts of your day are regimented into "to-do" lists and schedules, there is one area where time and titles shouldn't matter. Your bedroom is a refuge from reality, so use it — a lot. "Appreciate your unique relationship," wrote David and Carrie McKeegan, writers and co-founders of Greenback Expat Tax Services. "The entrepreneurial lifestyle can be intense and

having someone to share it with help make it more manageable but also rewarding – sharing your passion for the business with the one you love can be powerful.”

Running a business with your trusted partner can be an exciting and rewarding experience—or, not. By establishing clear boundaries, relying on loving trust while treating this endeavor as a serious business, and sharing duties while being generous with private time, you can design an exciting future in entrepreneurship without scrapping a promising future with your spouse.

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

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## Relationship Advice: NYC Matchmaker Tips On How to Deal with Jealousy





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

We all get jealous from time to time, it's part of being human. However, how can one overcome it and not let it ruin their relationship? Our relationship experts from **NYC matchmakers** have come up with three key pieces of [relationship advice](#) that will help you overcome your jealousy, and prevent it from ruining your relationship or date night.

## Relationship Advice To Help You Deal With Jealousy

**1. Write it down.** By writing your feelings down, you can express your exact thoughts and emotions. This is a great option if you don't feel comfortable sharing with your friends or partner because writing it down is an easy and private way to express how you're feeling about a situation. Keep it all written down in a journal or diary so it will be in your sacred possession that will only allow you to have access. If you feel uncomfortable keeping a journal, you could always try



writing it down and then throwing It away. In a sense, you're throwing out your jealousy!

**Related Link:** [Relationship Advice: Listen With Your Heart](#)

**2. Vent to your friends.** Our [New York Matchmaker](#), **Lori Zaslow**, recommends venting to your friends. Venting to your friends helps relieve all the anger and frustration you are feeling. Essentially when you vent you're talking out loud to let it out instead of keeping your emotions bottled up and letting them eat you away, which should help prevent unwanted stress and anxiety. Everybody gets frustrated over relationships, because in relationships people often put themselves before their partner. Venting is like an actor's breathing exercise. Another great way to vent for example, in the movie *High School Musical*, the main character Sharpay, relieves stress by performing breathing exercises. Maybe not as dramatic as Sharpay but in hindsight your friends are always a great way to relieve how you're feeling.

**Related Link:** [Dating Advice: Don't Let Jealousy Impact Your Friendships](#)

**3. Change your perception.** Another way to not let jealousy control your relationship is to change your perception. View the situation from a different lens, put yourself in your partner's shoes. Our relationship experts recommend mindful listening. Mindful listening is along the lines of venting except, the person who is listening to you doesn't intrude or comment until you're done speaking.

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

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# Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?



*Question from Natalie L.: I was seeing a guy a while ago. It didn't work out in the end since he was too immature, but during the brief relationship he said something that stands out in my mind today. He said he had been checking up frequently for months to see if I was still with my boyfriend at the time (and jumped at the chance to be with me once he saw I was single). I didn't think much of it then but now I see it was kind of creepy. How can I tell red flags from online dating ideally sooner than later to avoid situations like this?*

Dating has always been complex dance between couples. Add our

modern technology into the mix, and it gets even more tricky to find a partner who is best for you. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online dating isn't going anywhere, so let's learn how to date properly in this technological age! Here you will learn a few dating tips that will help you avoid online dating red flags before it's too late.

## Dating Advice On Deciphering Red Flags Online

[Suzanne K. Oshima, Matchmaker](#): When it comes to online dating, you don't really know someone until you "know" someone. If you rush into the first and subsequent dates, and then a relationship, then you may miss all the red flags along the way. So, it's always best to proceed slowly and get to know him. Dating advice I always recommend is to exchange a few emails, then move it to texting, then a phone call. Then if he seems okay, move it to the first date. And then as you go on more dates, really get to know him, ask questions and get curious. He will start to reveal more and more about himself. And with each step in the process, you will get to know him a little better and either the red flags will start to appear... or you will see that you have a great guy on your hands.

**Related Link:** [Dating Advice Q&A: How Has Technology Changed the Way We Date?](#)

[Robert Manni, Guy's Guy](#): This is a tricky area. What may have seemed like creepy behavior could have simply been be a young man waiting his turn for a chance to connect with a lady who sparked an interest. Or, it could be creepy. How can you know? And how can you spot red flags with potential suitors? There is no perfect method to address this common issue. However, deploying a combination of your intuition, common

sense, and due diligence will help. When meeting a new guy, ask him for his full name. If he hesitates or gives you incorrect information, it's definitely a red flag. You probably want to Google him, too. If you have mutual connections, get their take on his character. You might also ask him his thoughts about dating, his likes and dislikes, and why he's single. If any of his answers seem shaky, it's a possible red flag. But again, your most important tool when deciding if a new guy "feels" right for you is your gut instincts. Pay attention and good luck!

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

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

**How has technology affected your dating life? Share your stories in the comments below.**

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## **Relationship Advice: So When Exactly IS It Time For Sex?**







By [Joshua Pompey](#)

I'm ready. At least I think I'm ready. No, I'm definitely ready. Ugh, I'm sorry, but I'm just not ready! Does deciding when to have sex sometimes feel like a ping pong match in your head that ends with nobody scoring? Or perhaps, people scoring a bit too much? Well, maybe I can be of help as a relationship expert. If you aren't sure if you should have sex or wait, let's take a long look at some solid indicators with the following [relationship advice](#).

## Relationship Advice On When It's The Right Time To Have Sex

**1. You feel comfortable *without* the assistance of liquor.** First and foremost, it's all about how comfortable you feel when those 5 drinks aren't helping you to make your decision. Sure, most of us want to rip off our clothes when liquor is involved. Especially if we are extremely attracted to that person. But how do you feel when you're sober? If you aren't completely comfortable in intimate situations when your



clothes are on, you probably won't feel comfortable with your clothes off either.

**2. Silence feels normal.** This might sound like a strange dating tip for an article about sex, but being able to be feel comfortable in silence around someone you're dating is a very strong indication of just how close the two of you are. Just don't stay that quiet when things get intimate!

**Related Link:** [Dating Advice: Should A Woman Split The Bill On A Date Night?](#)

**3. You have talked about your relationship goals.** Keep in mind that everyone is different. Some people are content with multiple partners. Some people prefer monogamy. To each their own. But regardless of your preferences, you should know what your partner is all about with his or her intentions before taking it to that next level. Or at least have a very strong idea.

**4. The chemistry is undeniable.** Sometimes this happens on the first date. Sometimes it's after several dates. Sometimes several months. But you will know when the chemistry is too strong to stop. When this happens, just let go and enjoy it. There is nothing to feel guilty about if you are two willing partners, because let's face it, those feelings don't come around often.

**Related Link:** [Relationship Advice: How Do You Know When It's Right To Move In With Someone?](#)

**5. When it doesn't interfere with your relationship goals.** You may feel perfectly normal having sex on the first night. But will the other person question who you are as a person if you do? Could it put a long term relationship in jeopardy? It's important to consider these questions before taking things to the next level. If you want to play it safe, having sex within the first couple of dates is risky if you're seeking out a long term relationship, unless you're absolutely certain your

new partner shares your views. Otherwise, hold off until you are sure you won't be labeled or judged for your actions.

Keep an eye out for these indicators and consider my relationship advice next time you're faced with the decision on whether or not to have sex. Don't succumb to pressure, and remember that you're in charge of your body. Good luck!

*For more information from Joshua Pompey, including why matchmaker's for women over 50 are a dangerous proposition, click [here](#).*

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## Celebrity Couple Predictions: Kendall Jenner, Nicki Minaj and Minka Kelly





By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention, two of which are celebrity relationships that are just getting started, such as with Kendall Jenner and A\$AP Rocky, and former exes Minka Kelly and Wilmer Valderama. In terms of more serious relationships, one of Hollywood's most anticipated marriages involve rappers Nicki Minaj and Meek Mill. But who's stepping out this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

## Celebrity Couple Predictions: Celebrity Relationships That May or May Not Last

**Kendall Jenner and A\$AP Rocky:** I'm convinced that Kris Jenner had a secret meeting with the Kardashian/Jenner kids where

she told them they could only date black people associated with rap music. It appears that Kendall Jenner is now following the family trend by allegedly dating rapper A\$AP Rocky. Jenner and Rocky been spotted having dinner together as they creep out during the late night hours. While they're doing the "date thing," don't call them boyfriend and girlfriend just yet. Jenner is taking it slow. She wants to enjoy herself. Basically, she is testing him out to see if he's worth her time. If Rocky wants Jenner to take him seriously, he is going to have to step it up. Kendall tends to be a little more "low key" and drama free with her relationships. She won't flaunt her love affair like Kylie or Kim. But only time will tell if they officially become a couple. Don't be surprised if Jenner is on mystery dates with someone else.

**Related Link:** [Kendall Jenner Says Parent's Split 'Sucked'](#)

**Nicki Minaj and Meek Mill:** Everyone seems to be wondering when Nicki Minaj and Meek Mill will walk down the aisle. That wedding may be getting closer. The celebrity couple just moved in together in fancy crib in Beverly Hills. In April, Minaj said she was single on the Ellen Show, so this move is a big step. Minaj looks all the way into the relationship, but there is something about Mill that looks shady for lack of a better word. I'm not saying that he's cheating on Minaj, but he leaves the door open for other women. He likes to get his flirt on which could lead to trouble down the line. If they don't get married soon, it may never happen. There is a big chance that they will simple crash and burn after the relationship runs it's course.

**Related Link:** [Celebrity Couple: Nicki Minaj & Meek Mill Spark Engagement Rumors Again](#)

**Minka Kelly and Wilmer Valderrama:** Didn't Wilmer Valderrama and Demi Lovato break up like five minutes ago? Well Valderrama is not wasting time crying about it. He has already

hooked back up with his ex Minka Kelly. The two dated in 2012, so this is their second time around. While they will have some fun, the relationship is not for the long haul. Kelly will want more than what Valderrama can give her, which is marriage or at least a nice long term commitment. She will eventually have to move on. Valderrama is always dating a hot actress or singer. What is it about him that is hard to resist? He will continue to woo the ladies and probably won't be ready to settle down until he hits his 40s.

**Related Link:** [Celebrity Exes Wilmer Valderrama & Minka Kelly Are Dating Again](#)

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

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

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## Relationship Advice: Listen With Your Heart







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

How many times have you said this to your partner? “You never hear what I say! Aren’t you listening to me?” Or maybe they’ve accused you of not hearing or remembering what was said. The longtime celebrity couple Kurt Russell and Goldie Hawn credit listening as a secret to a successful relationship. “Learn to listen and live in the moment. Don’t over plan your future; focus on being the best partner you can be in the present moment, and the rest will follow.” Listening is key to building and maintaining a healthy relationship, but it’s not easy. The skills of a good listener require dedication and a heart with ears. You must have the ability to give yourself totally to the person who is talking. It’s not easy because we are constantly inundated with outside distractions, such as our thoughts, cell phones, and social media. In his book, *Wherever You Go, There You Are*, Jon Kabat-Zinn, professor of medicine emeritus at the University of Massachusetts Medical School, defines mindfulness, or active listening, as paying attention in a particular way, on purpose, in the present moment, and non-judgmentally. We listen to understand, to obtain information, and for enjoyment, but researchers and

[relationship experts](#) at the University of Minnesota found that “the average person only remembers half of what he or she has immediately heard said by another person.” Over time, that result can have a devastating effect on your relationships. A key factor in a successful relationship is to become a pro in active listening. Active listeners make an effort to hear what has been said and understand the message. To accomplish this, you must master four of these dating tips.

## Relationship Advice On Active Listening

**1. Create a listening ritual and space.** Find a comfortable place to sit and listen to each other, particularly when the conversation is important. Your special place should be free of distractions thereby giving yourselves total attention to each other. Unplug, de-clutter, shut the door, do whatever it takes for some priceless listening time. My husband and I have created a morning coffee time on our patio. The morning sounds of birds, the tranquility of mountains in the distance, and the early neighborhood sounds provide us with a peaceful space to share stories daily.

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

**2. Pay attention.** Give yourself to the speaker with a nod of your head, a slight gesture, or smile. Maintaining eye contact demonstrates you are in the moment. Most importantly, try to focus on hearing with your heart. “Wisdom is the reward you get for a lifetime of listening when you’d have preferred to talk,” said relationship expert Doug Larson.

**Related Link:** [Relationship Advice: What Makes a Marriage Strong?](#)

**3. Put yourself in your partner’s shoes.** Don’t be afraid to be

empathic. Recognizing your partner's perspective will give you the opportunity to think beyond yourself. You'll be surprised as you discover their hopes, dreams, fears and expectations. These discoveries will lead to you honing in on your listening skills as you begin to know your partner more intimately.

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

**4. Collect moments and be prepared to retell the story.** When your partner shares a story with you, it's important to them. The story is their moment, and it has now become yours. How many times have you and a friend retold the story of running through the airport together or the time you celebrated your anniversary at a special restaurant? "One of the best ways to remember something better is to know that you are going to tell what you learned to someone else," said writer Henrik Edberg. "Then you'll be more alert, naturally start asking more questions to understand and what is said – in my experience – simply seems to stick better." My best relationship advice is to learn from retelling your special moments, remember the eye contact, gestures, and emotions. With so many distractions vying for our time, the ability to listen is a quality often longed for in today's relationships. By creating the ideal atmosphere, paying attention, showing empathy for our partner, and being fully engaged in listening, you can show your loved one how much you care by not saying a word.

*Debbie is a Certified Grief Recovery Specialist. She is an author, an inspirational speaker, and a relationship expert. For more information about and articles by our Divorce Support Center relationship experts, click [here](#).*



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# Relationship Advice: Why Isn't It Easy to Say Goodbye?



By Dr. Jane Greer

Some say [Ben Affleck](#) is waiting to find out if his [celebrity ex Jennifer Garner](#) wants to reconcile with him. Despite their [celebrity divorce](#), they have remained close. According to a source, many people feel Jennifer is stringing Ben along and “making him jump through hoops.” They say she’s acting hot and cold, and he has no idea where they stand as a couple or a family. It can be very frustrating to remain in limbo and not know what to expect. Many people find themselves in this situation after a break-p or an attempted break-up.



**Sometimes the road to splitting up permanently isn't clear, and there can be lots of fits and starts before either reaching the final end of a relationship, or deciding to give it another solid try. Why is it so hard for people to let go, sometimes even if they are officially divorced? Check out the following relationship advice:**

The most compelling reason people continue to hold on is the fact that they have a shared history. The person who might be an ex-partner has a sense not only of who you are, but who you were with them and during your time together. To then say good-bye to them can also feel like saying goodbye to who you were during your relationship. Another thing that can keep you hopeful, even if you aren't happy right now, is the possibility that something will change and the good times you once shared and the positive aspects of the relationship will resume.

**Related Link:** [Jennifer Garner Source Says Ben Affleck's Alleged Celebrity Affair Was the 'Ultimate Betrayal'](#)

Another thing that can keep the glue between you from completely giving way is if one of you wants to hold on more than the other. When this happens, the one who isn't ready to finally end it might persist with calls, emails, and texts which can increase the doubts the other might feel as well as any guilt feelings he or she might have about ending the relationship in the first place. The partner who wants to

continue to be together might also make assertions that they will change whatever behavior may have led to the unhappiness between you. They might even start to do it, which can make the other person stick around with the hope that the negative behaviors will disappear completely. As a result, a couple can often seesaw because even small changes can increase optimism and give someone the stamina they need to be willing to try to give it another shot. In the case of a betrayal, when the initial and intense anger diminishes, there can be a willingness to give the person a chance to rebuild your trust. Also, when there are children involved, as there are with Jennifer and Ben, there is often a desire to keep the family together for their sake. That can be one of the strongest driving forces of all. Whatever the case, certainly if a lot of loving feelings remain it is hard to imagine life without them in it.

**Related Link:** [Lessons From Jennifer Garner and Ben Affleck](#)

The question becomes, how do you know if you are wasting your time, holding on with the hope that the happiness will be rekindled or the bad behaviors will change when there is the chance that neither of those things is likely? How can you know how much time to give it before reaching the decision to finally call it quits? Are there any strategies to employ for ending a relationship?

If you are moving forward with the intent to give your relationship a try and see if things can work out, it's good to be clear about what specific changes you are looking for and how long you are willing to wait to see if they actually take place. For example, if you are looking to see if you can trust your partner again, the only real way to do that is to give them enough time to show through their actions that what they say and do is worthy of your trust. But if months go by and you continue to be disappointed because the promised changes aren't happening, or they have happened once but were never followed up on, that can be a good indicator that things

aren't really going to be different from what had been upsetting you all along, and if you want to be happier it is time to let go. Ideally, you or your partner can look for counseling, which can help you either get your relationship back on track or help you reach the difficult decision that it really is time to say good-bye to each other.

It appears that Jennifer and Ben continue to share loving feelings, as well as children, and therefore remain open to the possibility of reuniting as a couple. Here's to hoping for the best!

*Please tune in to the 'Doctor on Call' radio hour on [HealthyLife.net](http://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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://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.*

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## Relationship Advice: Turning Your Summer Fling Into Something That Lasts Longer





By [David Wygant](#)

*Summer loving, have me a blast. Summer loving, happened so fast. I met a girl crazy for me. I met a boy cute as can be. Summer days drifting away to oh oh the summer nights.*

You remember those lines from that iconic song in the movie *Grease*, *Summer Nights*? Well for those of you lucky enough to find a special someone during the hot months, you've just had a little summer loving, or you're experiencing it now. The days are winding down, nights are getting cooler, the sun getting weaker, and Labor Day is almost upon us! What are you going to do about your summer romance? Will it last? As a relationship expert, I'm here to tell you that summer isn't hunting season. Fall actually is! Whoever you met in the summer is thinking the same thing you are. They're thinking, "Have I met somebody that I'm actually going to be able to celebrate Christmas with? Will they be able to cuddle and snuggle all warm by the fire with me?" So how do you actually turn this summer fling into something long-lasting? My [relationship advice](#) is very simple, just continue with the fun!



# Relationship Advice On Turning Your Summer Fling Into Something More

In the beginning of a relationship, it's all about having a good time, getting to know one another, learning each other's love language, figuring out who each other is. So what you want to do is continue this relationship by being the same person. Maybe you won't be taking walks on the beach or around the lake anymore. Maybe you'll be doing things in your hometown. It doesn't matter where you are, or how you met. The bottom line is, summer flings can turn into long-lasting relationships, so you should treat it just as that. Continue doing things that were fun.

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Summer may be ending, but if you want a serious relationship, keep courting him or her. Court this person because you've been courting them the whole time in the summertime. Court them so they knows exactly what you're talking about. The best dating advice I can offer is to be open, loving, and present to continue this relationship. To me, summertime is a great time to meet, but now it's time to get down to the nitty-gritty, and get down to the beauty of what you can actually co-create together. Bring back memories of the summer. Take lots of pictures now as summer winds down to an end. Take time to text your special someone these photos throughout the fall so you both can be brought back to that moment. There's no reason for summer flings to end. It can easily continue into the fall. Follow my relationship advice and dating tips, and I assure you, you'll be able to sing *Summer Nights* this same time next year.

*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](#).*

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# Dating Advice: Should A Woman Split The Bill On A Date Night?



By [Joshua Pompey](#)

The moment has come. The bill arrives. Sweat trickles down the back of your neck once the server drops the checkbook at your table. What do you do? Do you let him pay for the meal? Or do you sit there awkwardly while he reaches for his wallet? Ah, the age old question that relationship experts love to answer. If you're looking for [dating advice](#) that will help you navigate this dilemma, take into consideration the different scenarios that can arise on a first date.

## Dating Advice On Splitting The Bill With Your Date

The dating advice that I provide you will vary depending on the context of the situation. Suppose a man invited you out to an expensive restaurant or took you somewhere that costs a lot of money, without you being aware of the situation ahead of time. In this case, you really shouldn't be reaching for your wallet. It's not on you to cover an expensive bill that someone else imposed upon you.

But in any other situation, you should at least reach for your wallet at the minimum. This motion is less about the actual act of paying, and more about what it reveals about you as a person. When you reach for your wallet, you aren't just letting him know that you are willing to pay. You are communicating that you are considerate, interested, and trying to do the right thing. A man will notice and process this, even if he quickly waves you off.

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Back when I was single, this was something that I always looked for on a first date, and I know for a fact that most men do as well. When we're on dates and someone sits there as the check comes without even flinching, we start to wonder if

she expects to always be taken care of, and even worse, will wonder if she is innately selfish. This may not be you at all, and maybe you've mentally planned on paying for something on a second date, but remember, it's a first date and he still doesn't know you very well. A man's perception of you is based solely on the limited amount of time that they're engaged with you on a first date. In the event that the man waves you off, just smile and say, "Okay, but next time the first round is on me!" And in the event that he doesn't wind up waving you off, that shouldn't be a big deal either, even if you don't like him. As a rule of thumb, don't accept a date if you can't afford to partially contribute. And if him not paying bothers you, then maybe it's a sign he's not your type anyway.

**Related Link:** [Relationship Advice On Financial Infidelity](#)

At the end of the day, what most quality men want (pending they don't have unresolved mommy issues) is a woman who is down to earth and considerate. The more you make this clear with the things you say and the actions you do, the easier it will be to avoid unnecessary relationship problems in the future regarding finances. You don't want to start any partnership with unequal footing. Having a guy shoulder the bill all the time is a sure way to stir some resentment. The best dating tip that I can offer is to at least give it a try.

*Joshua Pompey is an online dating and relationship expert. If you need help getting to that first date, visit his world famous profile writing service and sign up for a free profile evaluation [here](#).*

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# Dating Advice Q&A: How Has Technology Changed the Way We Date?



*Question from Sandy L.: I'm a recently divorced mom of three who is jumping back into the wonderful world of dating. I can already tell that things are very different than when I was last single! How has technology changed the way we date? Should I definitely try online dating?*

Dating can be complicated. Add social media and electronic devices into the mix, and it can get even more tricky to find a compatible partner. This feat is especially challenging for new singles leaving failed marriages. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online

dating is here to stay, after all, so don't be afraid to jump in and catch up with the times!

## Technology Dating Advice After Divorce

[Suzanne K. Oshima, Matchmaker](#): Dating after divorce can be scary, exciting and challenging all at the same time. But wait, don't let that scare you... because while things have completely changed since the last time you dated, it's also a really great time to be single. Meeting men has never been easier, especially with the advent of online dating. And while it can seem a little scary to put yourself out there so publicly, online dating is actually one of the best ways to meet someone. Just put together a profile with great photos (men are very visual, so you need to attract him) and an essay that shows your fun personality and what you're passionate about...soon your calendar will be booked up with dates! And if you need more dating advice on how to get back into dating after divorce, you can grab a free copy of my eBook: "Dating After Divorce: A New Beginning."

**Related Link:** [Q&A: Is It Okay If My Boyfriend and I Text Each Other to Stay in Touch?](#)

[Robert Manni, Guy's Guy](#): Technology has had a huge impact on dating, and it can be a great tool for meeting prospective partners. So, the answer is a resounding "yes" for trying online dating. Here are a few tips to help you get started. Before signing up for any sites or apps, decide what you want from the experience. Save time, psychic energy, and money by limiting your initial foray into the online dating world by signing up for only a few services. Talk to your single friends about their experiences and ask them for dating tips in setting up your profile. Most importantly, don't limit your dating life to the online world. Meeting other singles the old

fashioned way—through friends, at work, by taking a class, and just by living your life still works. After all, no matter how successful you are at meeting people online, the real chemistry test for a new relationship happens when you meet face-to-face.

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

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

**How has technology affected your dating life? Share your stories in the comments below.**

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## **Relationship Advice: True Love or Rebound?**







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

It's a familiar scene; we watch a friend wallow in a doomed relationship for a while only to hear him or her declare their true love was found in a brand new relationship. For example, as fans watched multi-platinum recording artist Taylor Swift switch from her [celebrity relationship](#) with Calvin Harris to cozying on the beach with new squeeze Tom Hiddleston, it makes one wonder if this truly was perfect timing for a new love to grow, or simply a rebound relationship? Sometimes it's hard to know for sure. But if your new relationship feels a little too good to be true, here are some dating tips and [relationship advice](#) to determine if you could be somebody's rebound.

## Relationship Advice On Rebounding

**1. Your partner just got out of a long-term relationship.** Following a failed relationship, it's always wise to take some time alone to realign one's goals and evaluate lessons learned from that experience. This time is valuable to ensure you don't make the same mistakes in



future relationships. But if you are involved with someone who has recently left a long-term relationship, you need to determine if your new partner was ready to move on, or are you simply filling in as the emotional gap? “If you’ve met someone you like that recently got out of a relationship, take it slowly,” advised relationship expert and blogger Alina. “Even if he or she says they are completely over their ex and have moved on, it is in your best interest to take your time getting to know this person a little more before giving yourself the green light to emotionally dive in.”

**Related Link:** [Relationship Advice: 3 Ways To Scratch The Seven-Year Itch](#)

**2. The relationship is moving at a fast pace.** You may have dated for a short time, but the relationship has already escalated to a highly physical and committed relationship. While you are spending every moment together and talking about your future, consider how well you know this person. If this relationship is moving at rocket speed despite the fact you know very little about your partner, you may be the rebound for your partner’s crushed heart. “I think I married for the wrong reasons. Instead of following my heart and doing something that made me really happy, I just did it for the idea of everything,” said [Britney Spears](#) of her failed marriage to Kevin Federline. She talked about her decision to wed in a 2008 *For the Record* documentary.

**Related Link:** [Five Ways To Cope With A Relationship Breakdown Just Like The Celebs](#)

**3. The former flame is the third member of your relationship.** It’s common for people to share stories of old relationships. But if a past love is a common component to your romantic dinners, this could be a sign that he or she hasn’t moved on from that former relationship. It’s likely you are a vehicle in helping your partner get back with the person they truly want to be with. The staff at *eHarmony.com* offered

relationship advice with the following scenario as a warning: “He talks about his ex all the time. He mentions that you look like her, or that your mannerisms or interests remind him of her. He takes you places he once took his ex – and tells you so. If he’s still preoccupied with someone else, he’s not ready to fully move on.”

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

**4. Friends are surprised your partner is dating again.** You and your partner’s friends are helpful in determining if the person you’re sharing your time with is worthy of that commitment. If you see outsiders shaking their heads at the relationship, it may be a warning sign. The staff at *eHarmony* warn that the new relationship “may be poorly timed and concur that sometimes it’s wise to trust the red flags coming from others.” Finding someone to share your life with is a gift. But if the foundation for that new relationship is sitting on shaky ground, it is destined to fall.

By being aware of your new love’s past, keeping control of the pace, ensuring former partners are out of the picture, and measuring the reactions of others who care about you and your partner, you are lined up to score big on the relationship front rather than being sidelined as a rebound.

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

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## Celebrity Couple Predictions:

# Pauly D, Leonardo Dicaprio and Chloe Grace Moretz



By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention, two of which are celebrity relationships that have been in the works for some time now, such as with Pauly D and Aubrey O'Day and Chloe Grace Moretz and Brooklyn Beckham. But one of the newest Hollywood couples is Leonardo Dicaprio and Nina Agdal. Who's stepping out in Hollywood this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

# Celebrity Couple Predictions: Celebrity Relationships That May or May Not Last

**Pauly D and Aubrey O'Day:** Pauly D and Aubrey O'Day are definitely an interesting pair. It's a rollercoaster kind of love. The latest celebrity news is that Pauly is abstaining from sex with O'Day to slow things down. At this point, it might be a very good move so they can figure out where their relationship is going. This famous couple works because they are both a hot mess when it comes to relationships. Either they will continue to break up and get back together or they will have a secret wedding then divorce quickly. Eventually, O'Day will decide that she can do better because she can. Pauly can't give her the kind of love that she craves. Let's just say, it's a learning experience for both of them. The best partner option for O'Day is actually an older gentleman who is stable with a nice bank account. I ain't sayin' she's a gold digger, but she likes to be pampered. What lady doesn't?

**Related Link:** [‘Jersey Shore’ Star Pauly D Welcomes Baby Daughter with Ex](#)

**Leonardo Dicaprio and Nina Agdal:** It's no surprise that Dicaprio has found another model to cozy up to. This time, it's *Sports Illustrated* model, Nina Agdal. They have recently been spotted frolicking around Greece together. Right now it's looking like a regular Leo, love 'em and leave 'em relationship. In several photos, he already looks bored with Agdal. She is beautiful and all, but don't expect to see Agdal at many events with Leo. Basically, the best thing about their relationship for her is more attention for her career. She should bask in the photo opportunities and trips while she can. Unless she has some tricks up her sleeve, their celebrity relationship will be a short one. Dicaprio likes his freedom



which is why he continues to select the women that he does. When he does find his match, he is going to pull a George Clooney move by putting a ring on it quickly and walking down the aisle.

**Related Link:** [Celebrity Couple News: Leonardo DiCaprio & Nina Agdal Get Cozy on Malibu Beach](#)

**Chloe Grace Moretz and Brooklyn Beckham:** Slowly but surely Moretz and Beckham are becoming the cutest Hollywood couple. They have been dating since May of this year and Moretz's mom has posted on social media that she approves of their relationship. Moretz recently spoke at the Democratic National Convention, while Beckham made the smooth boyfriend move of showing up as a surprise. Then Beckham's mom, Victoria Beckham, praised the speech on Instagram! It looks like a major love-fest is going on. Beckham is clearly smitten. He is consistently declaring this love and support for Moretz on social media. If they weren't so young, I would say to be on the lookout for wedding invitations. It's nice to see young love without the drama. They compliment each other in the best possible way. I can see them walking down the aisle in the future.

**Related Link:** [Celebrity Couple Chloe Grace Moretz & Brooklyn Beckham Make Red Carpet Debut](#)

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

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

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# Relationship Advice: 3 Ways To Scratch The Seven-Year Itch



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

If you listen to the relationship experts, the seven-year itch can just as easily be called the three-year itch, four-year itch, or the twelve-year itch. "There's no consensus among experts as to why the seven-year itch may occur," explained relationship expert Jennifer Nagy. Experts identify irritating contributors like hasty marriage proposals (Pamela Anderson or Khloe Kardashian), declining interest in his or her's partner, and growing family responsibilities. But with married couples facing a 50-50 chance at success, it makes one wonder how to extend the rather short shelf life of a marriage, despite the

growing needs of maintaining a life together.

Fortunately, society is filled with [celebrity couples](#) who have defied the odds. Will and Jada Pinkett Smith will celebrate twenty years together next year, Bill and Melinda Gates have been married over twenty years, and Billy Crystal and his wife, Janice, have been together forty-six years. If you and your partner are truly committed to making a marriage work, here is my [relationship advice](#) where I provide three ways to scratch that seven-year itch. Follow these dating tips to increase the longevity of your marriage.

## Relationship Advice On How To Have A Lasting Marriage

**1. Search for the things you first loved about each other.** “I just love him more and more,” said Reese Witherspoon about her five-year marriage to Jim Toth. “I want so much for him to be happy, and he wants me to be happy.” Life is filled with distractions that make it difficult for those once-endearing traits to present themselves. Between family, changing interests, and work, we have many things demanding a portion of our time. Remember: You committed to share your life, dreams, and your whole self with this person. Don’t take that promise lightly, and don’t search for perfection—you won’t find it. Instead, uncover the things about your partner that make you feel secure, more focused, and better able to grow and expand your evolving interests as a couple.

**Related Link:** [Dating Advice: How To Go From Single To Married](#)

**2. Make the private moments meaningful.** “For us,” explained Chrissy Teigen about her marriage to John Legend, “it’s exciting to have time away and then be together and make up for that lost time.” As a mature relationship grows, the opportunities to share alone time are few and far between, but

the need to find that time becomes so important. “When the sexual intimacy in the marriage can be nurtured and given the time to grow, then the marriage will be successful,” wrote Dawn Michael. “The problem, of course, is that many couples lose the closeness that brought them together in the first place.”

**Related Link:** [Relationship Advice: Keeping The Fireworks In Your Relationship](#)

**3. Leaving is not an option.** “At our facility, it is not uncommon to see a loving spouse sit with his or her aging partner while illness, dementia, or frailty robs them of meaningful twilight years together,” said Scott Hanson, executive director of Lake Ridge Senior Living. “Even though the loved one may no longer recognize him, the thought of leaving or loving her any less is simply not an option.” That kind of commitment through good times and bad is what strengthens the bond Gisele Bundchen shares with her husband Tom Brady. “My father always said, the quality of your life depends on the quality of your relationships, and I think, no matter how challenging it was, we’ve always been supportive of one another. I think that’s the most important thing you can have in life.” With the array of circumstances that continually take shots at a relationship, it’s hard to know whether or not a marriage will be strained at any specific time. According to Nagy, “The studies do seem to agree that couples need to put in the extra effort every day in order to sustain happy marriages. If a couple doesn’t prioritize their relationship, their marriage will fall by the wayside – no matter how long they’ve been together.”

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



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# Dating Advice: How To Go From Single To Married



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their [dating advice](#) for those who wish to go from dating to marriage. Follow these dating tips if you're interested in finding the love of your life.

## Dating Advice On Getting Married

1. **Keep your word to yourself.** Know what you want and go for

it. Don't go against your initial intention of getting married. The experts dating advice is to understand commitment and don't send mixed messages to the men you're seeing. This is how you'll make space for your husband.

**Related Link:** [Dating Advice: How to Create an Irresistible Online Dating Profile](#)

**2. Watch your behavior.** Stop doing things that wouldn't serve you well if you were married. Act like a wife and develop that mindset. This will ensure that you behave well when you actually get married. Your future husband will surely appreciate it.

**Related Link:** [Dating Advice For Women: What Are Men Attracted To?](#)

**3. Go out and be curious.** Don't be afraid to ask questions in the beginning stages of dating. This is how you find out if you're in alignment with the man you're out with. Talking about what you want will save you from wasting time and it won't feel so personal if it doesn't work out.

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

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

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## Relationship Advice: From Website to First Sight



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

Dating in today's world is complicated since most people choose to make the first move from behind cellphone screens. With dating apps and social media sites that offer personal messaging options, you can reach anyone at any time. But when it comes time to finally meet the man from behind the screen, it can get scary really fast. How can you be so sure that he isn't faking it? As relationship experts, we understand that this is a nerve-wracking situation, but don't be too afraid because you might just miss out on a great catch! Follow our [relationship advice](#) to make sure you aren't getting catfished anytime soon.



# Relationship Advice For Those Who Want To Meet Their Online Crush

**1. Do a thorough background check.** Before taking the first leap of faith, you want to make sure you are definitely going to meet the person you think you're meeting. This might seem crazy, but your first step should be to Google him. See if any links come up for Facebook, Instagram or LinkedIn, and take a look at his profiles. This gives you an insight into both his personal and professional lives and gives you the assurance that he actually exists. If his profile says he works at a law firm but his Facebook says he's a bartender, you might want him to clarify this info before deciding to go on a [date night](#).

**2. Look for tagged pictures.** Make sure he's tagged in pictures from friends and family, and that these pictures are from multiple events. If he only has pictures of himself, chances are he stole the pictures from another person and is catfishing you. It's much easier to copycat pictures that someone uploaded of themselves than it is to take pictures from others' profiles.

**Related Link:** [Relationship Advice: When to Share Your Passwords](#)

**3. Make sure you're talking to the guy you see in the pictures.** Try talking on the phone with him, FaceTiming him, or maybe even using an app like Snapchat to catch a live picture of him before deciding to meet up. The more proof you have that he is the same guy, the more comfortable you're going to be when it's time to meet up.

**4. Pay attention to your interactions.** If he keeps rescheduling your first date or doesn't actually make any effort to go on a first date, chances are he's not who he says he is online. Try not to allow too much time between a



cancelled and rescheduled date, or else you both may lose interest altogether.

**Related Link:** [Dating Advice Q&A: How Can You Know If Someone is Being Honest Online?](#)

**5. Have an escape plan.** Just like any date, a date with an online match can easily turn sour quickly. The best dating advice we offer new online daters is to keep your first date short and sweet – maybe grab coffee instead of dinner. And make sure you tell a couple of friends where you will be so that they can keep tabs on the situation if he turns out to be someone other than the guy in the pics. If anything does go wrong, you will be able to remove yourself from the situation quickly.

**6. Once you've decided that you feel comfortable, go for it.** It's not uncommon for people to choose the online dating route. This means that there is a pretty good chance that the guy you are planning to meet is totally normal. Don't forget – you found him on a dating site, so if you think it's weird then maybe that's not the place for you to be looking for potential dates. If you've followed our relationship advice, are comfortable with everything he says and portrays online, then it's definitely time to try it out.

Happy swiping!

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

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# Expert Relationship Advice: You're in the Dog House...Now What?



By [David Wygant](#)

There's nothing like being in the doghouse. As a relationship expert, I can assure you it's the worst part of getting into a fight with a woman. Getting sent to the doghouse without our favorite toys is never any fun. The next time you're in the doghouse, make sure you bring your iPad or have your phone with you so you can sit there and play on your phone and text your friends to figure out exactly how to get out of the mess you're in. Sounds fun, doesn't it? Well, I've got a better idea. An idea that's based on something called communication and is a sure way to help you avoid future

relationship problems. So now with the following [relationship advice](#) let's try to do things differently and stay out of the doghouse.

## Relationship Advice To Get Out Of The Doghouse

As with most dating advice that's given, communication is the most crucial key to any relationship. However, there's another important key to having a great relationship, and that is ownership. When you learn how take ownership of something, you'll no longer be in the doghouse. I truly believe that fighting can be avoided in any relationship, as long as you have open communication and take responsibility for all your actions. When you stop blaming the other person or stop getting triggered by what they're doing, you're going to be more in the present moment, so that when a fight happens, you'll be able to have fight management skills right away.

**Related Link:** [Dating Advice: How to Know When You've Found the One](#)

I was once with a woman whose nickname was "Perfect." Whenever we fought, which was regularly, I would always get so frustrated with her. I was open to apologizing and hearing another viewpoint, but she was always focused on proving her side, twisting my words around, and making me feel like I was always the one at fault. I would tell her that she was blaming me and she would insist that she wasn't. She never took responsibility for anything! In the time I was with her, she said sorry maybe once, and we fought probably every two weeks about something. It's not in my personality to fight, but it sure was in her personality. She was looking for it; she craved it because she loved drama. So with her, I couldn't do a thing. But with most sane, rational people, I have learned the art of saying "I'm sorry," and you can too if you see my

relationship with Perfect as a cautionary tale.

Next time when you're in the doghouse, I want you to think about what happened or triggered inside you to go into the fight mode. I want you to clearly understand her point and listen to it carefully as you review the fight. I don't want you to come out of the doghouse if you're not keeping this relationship advice in mind. I want you to look at her and say, "Listen, I love you. I totally hear what you had to say the other day. I respect your feelings and the way you feel, and I understand that my actions may have triggered you to feel a certain way, and I apologize for that." It really is that simple. It's apologizing, talking with kindness, and making the other person know that you understand where they were coming from. It's what we all want, to be in a relationship where we are understood and heard.

*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](#).*