

Relationship Advice: Have You Been a Victim of Cyber Bullying?



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

Typically, I don't spend much time on the computer. However, the past several months have been different. I started experiencing insomnia, fatigue and headaches because I was consumed by the internet when I no longer felt safe. I was outsmarted by a woman that I've known for years. I'll call her Lena. Lena insisted I participate in a group discussion about personal matters, but I declined her meeting. I felt it was not appropriate for me to be involved. Nevertheless, Lena continued to pursue my involvement, claiming I was unsupportive. One day I dialed Lena's number and left a voice

mail, explaining why I wouldn't attend the group. Lena asked for me to follow up with a text message, claiming she couldn't hear the recording. Lena forwarded my text message to members of the very group I declined to attend. The message was used to embarrass, humiliate, and alienate me from her supporters. Rude comments appeared on my Facebook, Twitter, and other social media accounts. Many of these messages were from people I didn't even know. I became a victim of cyberbullying. And sadly, I received only a taste of what cyberbullying is like in the online dating world. Long-term relationship problems can arise as a result of cyberbullying if not properly dealt with. As a relationship expert who has gone through it, I offer my [relationship advice](#) on how to get over cyber bullying.

Relationship Advice On Dealing With Cyber Bullies

What is Cyber Bullying? Cyber bullying is not beyond the realm of adult intellect and responsibility, nor is it limited to young people. The cyberbully uses technology to intentionally mistreat others. Computers, cellphones, and other electronic devices become weapons to cause fear, distress, or harm. But the bully is not driven by revenge alone. According to Violence Prevention Works, "Cyberbullying, like traditional bullying, involves an imbalance of power, aggression, and a negative action that is often repeated." In other words, a cyber bully needs an audience to be fully satisfied and therefore takes the bullying to social media, where humiliation is up for public viewing and twice as shaming.

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Cyber Bullying Can Take Several Forms. According to Violence Prevention, cyber bullying is achieved through these means:

- Offensive, rude, and insulting messages.
- Posted derogatory information, and/or digitally altered photos.
- Arguing online, often with the use of vulgar language.
- Hacking another's email or social media to post embarrassing material.
- Sharing of secrets to cause embarrassment.
- Repeated threats or online activity that makes a person afraid for his/her safety.

My husband and I were both profoundly affected by this woman's actions. We joined the ranks of other victims and suffered the many emotional and physical symptoms that are common after such an attack.

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How Cyber Bullying Can Affect You. As celebrity news often shows, many of today's stars, such as LeAnn Rimes, Ciara, and Adele can attest the emotional toll of cyberbullying on one's health. A few of the psychological health conditions that are brought on by bullying include stress, low self-esteem, depression, mood swings, fatigue, embarrassment and feelings of shame. Your physical health can also suffer with reduced immunity to infection, stress headaches, elevated blood pressure and post-traumatic stress disorder. Lena's assault forced my husband and I to escape to our private little island to cope with the pain and grief caused by the loss of trust and expectations from this woman. Like so many grieverers, we were embarrassed, ashamed, and depressed. The unrealistic expectations of this woman awakened my skills as a relationship expert and helped me uncover necessary tools to address my unresolved grief and negative feelings.

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Have You Been A Victim of a Cyber Bully? Here is some relationship advice to help you cope: Your first step is to acknowledge that you need to take care of yourself. If you are experiencing many of the same symptoms—don't ignore them. Your pain and the side effects of the attack are not going to go away by themselves. Don't fall into the trap of developing a lifelong relationship with your pain. You were a victim, but don't hang around waiting for the cyber bully to apologize like I did. It's not going to happen. I never received an apology. Understand that you need to forgive, not condone. To forgive means to cease feeling resentment against an offender. To condone is to treat as if trivial, harmless, or of no importance. Forgiveness is not condoning the situation. How do you forgive the cyber bully? NOT directly! Here's what I finally told myself: "I acknowledge that the things you did or did not do, hurt me, and I'm not going to let my memory of those incidents hurt ME anymore."

Don't be embarrassed, ashamed, or depressed about your grief. It's more exhausting to stay on the pain island than it is to admit you are filled with grief. In the long run, I must thank the cyber bully for showing me the path to helping others. I'm now confident I can be a lifeline to many by offering relationship advice.

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

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Dating Advice: Are You Repelling the Right Man Away?



On this week's episode of [Single in Stiletto](#)s, founder and matchmaker Suzanne Oshima talks to relationship expert Nicole Moore to offer her [dating advice](#) for those who might be repelling the right man away. Follow these dating tips to attract a good man and keep him in your life.

Dating Advice On How To Avoid

Repelling Men

1. Get honest. If you're not meeting good men, the problem might just be you. Experts agree the best dating advice for a woman attracting problem men is for her to acknowledge that she is the common denominator and also has the power to fix it.

Related Link: [Dating Advice: Do I Need to Be Happy Before I Can Be With a Man?](#)

2. Don't be afraid. Showing fear contributes to your poor luck in finding men. If you're approaching relationships afraid and guarded, you'll attract men who aren't good for you. Your fear is a magnet for men who are also afraid. Shift your thoughts to something positive.

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3. Change your outlook. Find positive qualities in the men that you encounter, even in situations that appear negative. For example, a man who is upfront about his intentions should be appreciated as honest. Also, keep in mind that it's unrealistic to find a perfect man.

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Dating Advice: How to Know When You've Found the One



By [David Wygant](#)

We are all about finding “the one.” What do you think we are all dating for? We’re dating to find the one of course! But the thing is, there’s really no such thing as the one. Life is just a series of ones. Throughout our entire existence, dating and relationships, everybody you’ve ever fallen in love with, you’ve thought was the one. You thought the one from high school might have been the one, the one from college might have been the one, the one that you found in your 20s might have been the one. It doesn’t really matter what age you’re at. As a relationship expert, I can tell you with certainty that whoever you’re looking at is the one for right now, and

hopefully this is the one that will take you through the end of time. So with that in mind I want you to realize that every other person you thought was the one, was not. So now with the following [dating advice](#) let's do things differently.

Relationship Expert Gives Dating Advice On Finding The One

Let's go through how to really find the one. The one is really important after all. What you need to do is take your time! First off, you need to know exactly who you are, what you want, and how you want to show up for love. That is probably the most important journey to knowing you've found the one. You see, we all fall under the spell of love, or under the influence of a new person. But in reality, what you need to do is you need to start looking carefully at who you're with. Every time we rush into a relationship it tends to never work. So you need to take a moment to reflect about who you are, what you desire in a relationship and how you're willing to make it work.

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The best dating advice I can offer is to ask yourself what you need from the other person. How you want to be held, how you want sex. When you start dating somebody, you need to start realizing how they feel. Are they considerate? Do they show up? Are they good at communicating? You get the idea. The one takes time. Real love takes time. Rushing into something never works. But how do you know if you've found the one? Well, here's what you need to do. You need to take it slow. You need to spend time with them. You need to spend at least a year with somebody to know whether or not they're the one. You need to see them in all aspects of their life in order to avoid relationship problems. How they handle conflict, how they act

when they're around family. You want someone who is consistent. Someone who consistently loves you more every single day. You want to know what it's like when you have your first fight, your first conflict with them. You see, life is not about rushing into things. So my relationship advice to you is to take your time. Because when you take your time, you'll start to realize if somebody is the one or just another one that you need to push aside.

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

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

Dating Advice: How to Make A Man Initiate The First Move?





By [Joshua Pompey](#)

There he is, standing at the other end of the bar. He's tall. He's handsome. He's the first man in a month that has made you remember you actually have an interest in the male dating pool. He's looked over at you twice since you first arrived. The question is, how are you going to get him to make the first move? As a relationship expert, I have some [dating advice](#). Let's take a look at a few ways to make this happen with the use of the following dating tips.

Dating Advice: Get Him To Make The First Move

1. Smile as much as possible. Most men want do want to walk over and say hello. But just about every man alive has had that brutal experience of being instantly dismissed the second he walks over to introduce himself. This is a fear that we all face. So make it clear that you are a friendly face and that he has nothing to worry about. My dating advice is that smiling will go a long way towards making him comfortable.

2. Go out in groups of three. When you are with just one other person, a respectful man may feel awkward attempting to interrupt the pair, or will feel too much pressure knowing he has to entertain the both of you. On the other hand, more than three people can be very intimidating. Groups of three are a perfect balance. It's not too intimidating, and when a man hits on you, your other two friends are still there to entertain each other without anybody having to feel left out.

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3. Hold that gaze. "I think she was looking at me, should I go for it?" I've heard this phrase uttered hundreds of times in my life among male friends. Don't just look at a guy you are interested in and quickly turn away. He may not be sure, or may think the only reason you looked over is because he looked first. Hold the gaze for a solid second or two, look into his eyes, and smile. Then look away. This will make it clear that you want him to come over.

4. Wear something that is easy to comment on. It could be a necklace, a sports jersey on football night, or a funny t-shirt. Whatever the case may be, the easier you make it for a man to think of something to say without having to think of a lame pick up line, the more likely he will actually say something.

Related Link: [Dating Advice: The Secrets to Attraction](#)

5. Don't half ass it. Happy hour is one of the best times of the week to meet someone who is successful and interesting. Happy hour running straight from work looking like a hot mess is not. You never know when you will have the opportunity to meet the man of your dreams. It could be at happy hour, a social group, or just walking the streets. If you want a man to make the first move, always look your best self and your chances will improve dramatically.

Want more information from Joshua Pompey? Joshua Pompey is an

online dating and relationship expert. For some free online dating advice, visit this [page](#) and learn how to write a world class profile. Check back for more dating 101 tips from the relationship expert!

Dating Advice: Do I Need to Be Happy Before I Can Be With a Man?



On this week's episode of [Single in Stiletto's](#), founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley

Bradford to offer her [dating advice](#) for those questioning whether they should be happy with themselves before meeting a man. Follow these dating tips to help find a happiness that isn't dependent on a man.

Dating Advice On Being Happy Before Settling Down

1. Take time for yourself. You need to find someone that complements you rather than completes you. Focusing on what makes you happy will make you feel fulfilled and help attract someone who admires your happiness.

Related Link: [Dating Advice: 3 Tips to Turn Around Your Dating](#)

2. No settling. Don't settle for less than you deserve. If you're complacent with a mate that isn't right for you, there is no way you can be happy later on. Also, if you aren't happy with yourself, you will end up resenting the man you're with because you aren't satisfied with where you're at in life.

Related Link: [Relationship Advice: How to Find Real Love](#)

3. Find balance. You must be present in your relationship. Men seek out attention the same way women do. So if you're pursuing your dreams or career, make sure to follow this dating advice and take time away from work to be with your significant other.

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Dating Advice Q&A: How Can You Know If Someone is Being Honest Online?



Question from Chelsea R.: I met a guy online who seems really great, but because I've been burned in the past (one too many times!), I'm hesitant to totally trust him. How can I know if he's being honest online? I don't want to move our relationship to the real world until I'm sure that he's trustworthy.

Online dating isn't always easy, especially with "catfishing" becoming extremely common. Leave it up to the relationship

experts who have [dating advice](#) that may provide some comfort while you date online.

Dating Advice: How To Tell If They're Being Honest Online?

[Suzanne K. Oshima, Matchmaker](#): I completely understand your concerns about trusting a man you met online. As women, we always need to be somewhat on guard with new men, so we don't get taken advantage of physically or emotionally. However, that being said, you can also put up too many walls, where it blocks any man (including a good man), from getting to know you! My dating advice is to have a few email exchanges, then move it to the phone. If he seems genuine on the phone, then move it to meeting him in person in a public place. If he seems great and you would like to see him again, then just take it slow in getting to know him. If he's genuine, then his words will match his actions. And if his actions don't match his words, then move on.

Related Link: [Q&A: Can You Tell by Someone's Social Network If They're the Relationship Type?](#)

[Robert Manni, Guy's Guy](#): Although trust is a critical aspect of romantic success, it's not easy to prove that someone is completely trustworthy online. You can Google a new guy and check his LinkedIn profile to compare what he's told you to what turns up, and if he passes muster on those sites, it's a good sign. But even that is no guarantee of his trustworthiness. Whenever we decide to get to know someone new, there is always risk involved. My dating tip? After checking Google, LinkedIn and any other site, if you still have doubts, trust your instincts before deciding to meet him in person. After all, the most important person to trust is yourself. 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.

What's your best piece of dating advice when it comes to online dating? Share in the comments below!

Dating Advice: 3 Tips to Turn Around Your Dating Life



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Iris Benrubi to offer her [dating advice](#) to those that want to turn their dating life around.

Dating Advice To Improve Your Future Dates

1. Look for patterns. If you want to get different results, you need to determine what your type is and date people who are outside of that type. The qualities you think you like might just be the reason why things haven't worked the way you wanted them to. The experts dating tip: Your type might not be the best type for you.

Related Link: [Dating Advice: The Secrets to Attraction](#)

2. Know your needs. Don't compromise on your important wants and needs. Being clear on what you want in the very beginning will weed out the ones who aren't right for you and save you from wasting time with those you aren't compatible with.

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3. Get feminine. Expert dating advice says to show that you're open and need someone. For men especially, it's important to show that there is a place for him in your life. Asking a man to contribute is one way to show that he is needed and will keep him interested since he'll know for sure there is a role for him in your life.

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Relationship Advice: The Power of Touch



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

A dim room, calming oils, quiet music, two masseuses, you, your significant other, and a few hours away from the world: A couples massage sounds hard to beat. While couples massages are known for being a relaxing and romantic date idea, have you ever considered the real health advantages of them? It turns out the power of touch plays a very important role in massage therapy and health. Follow my [relationship advice](#) and learn how a couples massage can provide you and your love with real health benefits that can ultimately

strengthen your relationship.

Relationship Advice: Strengthen Your Relationship Through A Couple's Massage

1. Physical touch. Physical touch is a vital part of any relationship. "Touch is important for sustaining a healthy relationship, but it's also necessary for our feelings of connection, safety and overall well-being," says Dr. Justin R. Garcia, Associate Director for Research and Education at The Kinsey Institute. Receiving a couples massage with your partner will not only satisfy a need for physical touch but also remind you both of the need for physical touch in your relationship. As a relationship expert, I always hear about couples who have been together for a long time, perhaps growing out of the stage of passionate love to companion love who tend to touch less. A couples massage presents an opportunity for you both to feel a renewed sense of satisfaction and peace. You can pick up on a few massage techniques to use on each other at home. Relationship advice: Take time to make touch a priority so you can become closer as a couple and give you both a greater sense of love and security.

Related Link: [Relationship Advice: 10 Tips for Couples from 'The Energies of Love'](#)

2. An anxiety reliever. Every relationship goes through tough times, whether caused by a difficult life event or lack of communication. A couples massage can help alleviate some of this stress and anxiety. Regular massages can decrease cortisol while increasing frontal delta brainwaves, causing you to feel more relaxed. After a couples massage, you and your partner will not only feel less stressed but will also

handle challenges better. Releasing anxious feelings together can bring you closer and set the tone for a better week.

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3. Improved overall health. A healthy couple is a happy couple. Massage provides a variety of overall physical health benefits, including heart health. “Studies show massage therapy can immediately lower blood pressure, decrease heart disease risk, and improve circulation,” said Dr. Candice Hall, D.C., an expert in Functional Medicine with Next Advanced Medicine. “We often use massage therapy to help our patients control anxiety and common digestive disorders.” If you and your partner are looking for ways to become healthier together, this is the perfect solution. Another added health benefit of a couples massage is how well it accompanies chiropractic care. Whether you or your partner have chronic back pain or are just in need of some TLC, massages can be a great way to get the most out of your chiropractic appointments. While a chiropractor can adjust your joints, massage therapy can help relieve stiffness and discomfort. If your loved one is suffering from back or joint pain, offering a couples massage is a great way to show you care. When you both feel good, you’re less likely to be irritable and more able to enjoy spending time together.

A dating tip for this weekend? Surprise your significant other with a couples massage and you’ll not only enjoy spending quality time together but could leave feeling healthier and more relaxed than ever.

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Dating Advice: Use The Law of Attraction to Attract the Right Man



On this week's episode of [Single in Stiletto](#)s, founder and matchmaker Suzanne Oshima talks to relationship expert David Steele to give his [dating advice](#) for attracting the right man using the laws of attraction.

Dating Advice On How To Attract The Right Man

- 1. Be ready.** When approaching a relationship, in order to avoid relationship problems, make sure you're ready to

transition from single to dating. To find the love of your life you need to be available in order to meet him.

Related Link: [Dating Advice: The Secrets to Attraction](#)

2. Don't settle. Accepting less means you'll get less. Settling for someone you know isn't right for you is setting yourself up for failure much like a self-fulfilling prophecy.

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

3. Take risks. You have to put yourself out there and take a chance. The experts dating advice is that getting out of your comfort zone will expose you to much more. Strictly sticking to what you're used to can be limiting.

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Celebrity Couple Predictions: Drake, Eva Longoria and Lea Michele





By [Shoshi](#)

In the latest [celebrity news](#), three famous couples have caught the public's attention, whether it be Drake and Rihanna's rumored celebrity relationship, Eva Longoria's third celebrity wedding, or Lea Michelle's next shot at love. 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

Drake and Rihanna: It seems like nobody believes that Drake and Rihanna are just friends. Who doesn't twerk their booty on a friend any chance they get? It's time to let this rumor go! They aren't a secret couple, contrary to the anonymous sources that keep popping up in the press. Recently Drake was asked point blank if he was dating RiRi and his answer was that they

are just friends. That is not to say that they do not practice being friends with benefits from time to time. Why shouldn't they? They are both attractive adults, so why not help each other maintain pleasure when necessary? It would be nice to see these two in a relationship with each other, or with whoever makes their heart skip a beat. It looks like Drake and Rihanna aren't making time for romance, though. They are both working, traveling, and involved in their careers. However, look for Rihanna to be in the relationship by the end of the summer.

Related Link: [New Celebrity Couple? Rihanna & Drake Spotted Getting Cozy at Concert Afterparty](#)

Eva Longoria and Jose Baston: Looks like the third time's the charm for Eva Longoria. She walked down the aisle with Jose Baston, President of Televisa, Latin America's largest media company. This is Longoria's third marriage and it looks like her last. The celebrity couple was married in Mexico in front of A-list guests. It would seem Longoria has hit the jackpot with Baston. He sees her as his equal and loves that she is a strong and passionate woman. After two failed marriages, Longoria knew exactly what she was looking for in a partner. She has definitely found the right one this time around. Before the wedding, they had already been calling each other husband and wife. I see a new dog in their future and a discussion about children. Right now a baby is a possibility, but if Longoria is not pregnant by next year, more than likely the couple will not have children together. Either way, they will continue to be just as happy as ever.

Related Link: [Eva Longoria Marries Jose Baston in Romantic Celebrity Wedding in Mexico](#)

Lea Michele and Robert Buckley: Lea Michele has not been so lucky in love. That is not to say that she isn't trying. She dated that so-called model/actor and ex-gigolo Matthew Paetz, who allegedly broke her heart. Then there was her boyfriend

and *Glee* co-star, Cory Monteith, who died of a drug overdose. Most women would have locked up their heart and thrown away the key. Despite these negative experiences, Michele is currently dating actor Robert Buckley, and says that she is very happy. That's definitely good news. It's nice to see her find love again. Where is it all going? That remains to be seen. Michele wants to be married with kids but not necessarily right now. It looks like it's on her mind. Buckley may not be the guy she walks down the aisle with, but he is getting her ready for when the time is right.

Related Link: [New Celebrity Couple: Lea Michele Is Dating 'One Tree Hill' Star Robert Buckley](#)

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

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

Relationship Advice: How To Handle Single-Shaming





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

For one reason or another, there is an undeniable stigma that is attached to being single. As relationship experts, we know that sometimes your friends and family constantly ask why you're still single and nagging you to meet someone. During times like those, dating can become more of a chore. Here are 3 dating tips to handling single-shaming. Our [relationship advice](#) will help you focus on yourself, surround yourself with single friends, and dress to impress.

Relationship Advice On How To Handle Single-Shaming

1. Focus on Yourself. Use this time that you're single to be a little selfish and focus on yourself. Whether it is finding a new hobby, getting in shape or even searching for a new job – use this time to find your happiness. In order to find love, you have to be happy and secure with yourself. Once you're feeling your best, your new-found confidence will help you go

out there and meet the right person. Our relationship advice is to love yourself before you can find love.

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2. Change Crews. If all of your friends are in relationships or married, it might be time to get out there and meet some new friends. When you're single, it's important to have a few single friends who can go out for a night on the town with you. The reality is that prince charming is not going to show up at your doorstep, so going out and being social with a few girlfriends is a great way to meet people. Even if you are going out with the intention to just have a girls date night, going out and having fun is a must when you are single. Plus you never know where you will meet your soulmate!

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3. Dress to Impress. Being single is a great excuse to revamp your look. Sometimes change is a good thing, use this time of being single to experiment a little...with a new hair color, lipstick or even just nail polish. And no matter where you're headed put a little effort into your look. Even if you're not looking to meet someone at the moment, everyone wants to feel pretty- it will boost your confidence.

Embrace being single and use this as your time to focus on yourself and have fun with your girls. Dating should be fun, not something that you're forced into from your family or friends. And when you love yourself and feel the most confident, the right person will come along.

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

Relationship Advice: Managing Your Adult Child's Return To The Nest



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

It's that time of the year when young adults are graduating from college, returning home for the summer break, or have decided they want to step back from their lives and return to their parent's home to rethink their options and future direction. During their absence parents often have a nice rhythm going and fear their life and relationship may be upended and they will end up back in parenting mode now that

their adult kids will be under their roof again. If you are facing this challenge right now, the following [relationship advice](#) and parenting advice could help you transition to this new adult-to-adult relationship and avoid falling back into old ruts, conflicts, or dysfunctional dynamics.

Relationship Advice On Managing Your Child's Return Home

1. Start with an open and frank discussion. As the custody battle between [Madonna and ex-husband Guy Ritchie](#) concerning their teenaged son, Rocco, rages on, their circumstance illustrates this relationship advice that you need to be upfront that this is your house, and you will have the final say on what is acceptable and appropriate. Your child is being given permission to live with you, and they will need to adapt to your way of doing things and not the other way around. This does not necessarily mean they will have no input or say or that there will be no room for negotiation around differences. It just means that after talking everything through together, and hearing them out—you will make the final determination on any issue in dispute. In order to avoid relationship problems, you need to be clear that their acceptance of this is a contingency of their living with you.

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2. List your expectations upfront. This is how we handle relationships with peers, isn't it? Therefore, when you speak directly and candidly with your adult child, you are saying that you see them as a peer now and will treat him with the same expectations as you would any other adult. Expectations regarding the handling of household chores, finances, shopping, cooking, and the usage of common space should be aired with the goal of reaching a firm agreement on each.

Anything that is shared by or impacts all members of the household would apply here.

3. Discuss boundaries and any rules you want in place. As a relationship expert, I know that boundaries are necessary and important to healthy relationships. Within all households, there are subset relationships—such as parents, children, children and significant others, and any extended family that may be members of the household. Each subset needs to have a boundary around it that distinguishes it from the others. When your young adult comes home, they will need to respect your couple time and privacy, and you will need to acknowledge and respect theirs. If they have a significant other who visits, establishing rules for where and when they will interact in your home will be important to your privacy and theirs, and if not addressed, disharmony and resentment can flourish. If you are concerned about late night noise and arrivals home, it may be necessary to establish a curfew if these disruptions can't be handled in another way.

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4. Don't forget they are adults and need to be treated as such. Don't treat your young adult like you would a minor child or younger teenager. This includes how you speak to them, avoiding attempts to control or dictate their behavior, or making threats about what you will do if they don't comply with your expectations/rules. Instead, present your expectations and any rules in a direct and non-confronting manner. Remind them that it is their choice to live under your roof and that your expectations are a part of that decision and that they are free to change their mind at any time.

Remember that the adjustment to returning home will be as much of a challenge for your adult child as it is for you. Therefore, it is important to remain focused on their feelings and needs along with your own. After all, you put a lot of effort and care into raising them and want them to be well-

adjusted and competent adults, right? Helping them to handle this important step towards adulthood may be the last hurdle and one that if handled successfully could pay great dividends for all of you down the road.

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

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

Dating Advice On Why Men Pull Away





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to give their [dating advice](#) on what to do when men pull away.

Dating Advice On What To Do When Men Disappear

1. They need to reevaluate. In every relationship, a man will pull away after the honeymoon phase in order to reevaluate and make sure they want to go to the next level with you. Expert dating tip: Give them their space and time to evaluate, then when they come back be happy and receptive.

Related Link: [Dating Advice: Online Dating Tips To Find Your Soulmate](#)

2. There's something going on in their life. They're evaluating a crisis at work, or something is going on with their friends or family. Maybe they're scared or not able to take the relationship where they want to go. Be happy and

accepting if this happens.

Related Link: [Dating Advice: The Secrets to Attraction](#)

3. They're done. For some reason or another, they've decided they aren't interested anymore. The experts dating advice is to not pursue him because you aren't desperate.

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

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Dating Advice: Online Dating Tips To Find Your Soulmate





On this week's episode of [Single in Stilettoes](#), founder and matchmaker Suzanne Oshima talks to relationship expert Dr. Diana Kirschner to give their [dating advice](#) on the secrets of attraction.

Relationship Experts Talk Online Dating Advice

Trying to find your soulmate is rough, especially after experiencing bad break-ups or relationship problems. But have no fear, because the experts say that everyone has a soulmate. Your soulmate has to be willing to grow and meet the basics. Try online dating if you want to find someone who has the same value system, wants the future you want, and feels like it's coming home.

Related Link: [Dating Advice: The Secrets to Attraction](#)

In order to find love online, there is simple dating advice that you could try to find great guys. First, your online profile should feature a great photo. Men are visual, so

pictures count. Wear red, smile, make eye contact with the camera and wear moderate makeup. Also, be proactive about messaging men online, especially if you're not getting the responses that you want.

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

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Dating Advice: How A Masculine Guy Can Get In Touch With His Soft Side





By [David Wygant](#)

Are you one of those guys who thinks getting in touch with your soft side makes you a wimp? Do you feel like you're a wussy if you get in touch with your soft side and actually show people that you have a heart? Well, let me tell you something: I've been the masculine guy my whole life and I can honestly say I've got a soft side. I'm proud of it. Now granted, I'm probably not the guy who's going to go and build the barbeque grill, put furniture together, or say, put a car up on jacks and change the oil myself. But, I've always been a man. I don't really cry at anything. And when I do cry at a sappy movie, I make sure no one sees me doing it. Without our soft sides, we're really out of balance and when we're out of balance, a woman's not going to show up in our life. Have you ever heard the term 'being a big mush'? Well, in my experience as a relationship expert, being a big mush is actually a pretty good thing. I like to be a big mush. I think being a big mush is really important. And if you want my [dating advice](#), I think a lot of people need to really start understanding that that's what a true, masculine man is all about.

Dating Advice: Embrace Your Soft Side to Make Deeper Connections

When I'm with my daughter, I'm a big mush. I'm very connected to her. I'm connected to her and understand her needs, wants and desires. When I'm out with a woman on a date night and I'm listening to her, I tend to be a big mush. I want to hear what she's all about. But I do so in a very masculine way. I do it so she feels safe, secure, protected and honored. So how do you go about getting in touch with that soft side? Well, it's simple. My dating advice: You allow yourself to feel. It's a good thing to feel. It's great to admit that you feel something.

Related Link: [Dating Advice: Chivalrous Acts For The Modern Man](#)

It's great to admit that you feel connected to the sensitive side of yourself. I strongly suggest that you spend some time really thinking about what makes you emotionally happy, and spend some time trying to really understand that it's good to feel. Spend time looking at your kids, if you have them. Spend time looking at the people in your life, right down to things that really make you feel. It's not good just to be a masculine ape, over and over again. It will cause you many relationship problems. That's what I think about opening yourself up and being a more sensitive kind of guy.

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

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

Dating Advice: 5 Steps To Securing A Second Date



By [Joshua Pompey](#)

You've met the man of your dreams. He was tall, handsome, fun, and somehow managed to avoid making you question the male species. A true dating rarity these days. You can't wait to have another date night. The question is, how do you secure that coveted second meeting once the first date is over? As a relationship expert, I have some [dating advice](#). Below are five steps to take to ensure a second date.

Dating Advice On Securing A Second Date Night

Step 1: Send a thank you text after the date. If you had a good time, don't keep it to yourself. Text your date an hour later that you had a good time and thank him for taking you out. Men who are serious about finding a relationship will not be scared off by this. They will like you that much more if they know you have a good heart and are a kind person.

Step 2: Don't play games. In an era of unlimited distractions and short attention spans, playing games will put you on the fast track to being forgotten. These days everyone carries their phone on them twenty-four seven. Avoiding contact for long periods of time after a great date won't come across as playing it cool, it will just come across as rude or disengaged. If you like a man, do all the things you did prior to the first date. Stay interesting, fun, and don't be afraid to flirt a bit over your texts.

Related Link: [Dating Advice: Does A Man Really Have to Call?](#)

Step 3: Don't come across as *too* eager. There is a fine line between showing interest and acting as if you are suddenly his girlfriend. No, you don't want to start playing games. But you also don't want to start hitting up his phone around the clock asking trivial details about his life. Play it cool and just go with the flow.

Step 4: Never send a panic text. If he goes a few hours without answering your text, don't send a follow-up text that wreaks of desperation and insecurity. He may have just become busy, but that doesn't mean he is no longer interested. However, if you send an unwarranted panic text, he may just lose the interest he previously had. My dating advice: If it gets to a point where a day has passed and he clearly isn't responding, he may have simply just forgot about the text. It

happens. So shoot him a new text the next day as if nothing ever happened. Don't comment on him ignoring your previous text.

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

Step 5: Attempt to meet sooner rather than later. If you are asked out for a second date with a really great guy, don't put off the date because you have a yoga class or made plans to meet up with your friends later in the week for happy hour. We all get busy these days, but when you run into potential love, that needs to take precedence in your life, as nothing is more important. My dating tip: Postponing a date for more than a week for trivial reasons will quickly cause the momentum to fade.

Want more information from Joshua Pompey? For more information from Joshua Pompey, please visit this [link](#) where you can receive a free profile evaluation. Or visit [here](#) for free profile writing advice. Check back for more dating 101 tips from the relationship expert!

Dating Advice: The Secrets to Attraction





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to give their [dating advice](#) on the secrets of attraction.

Dating Advice: Relationship Experts Reveal Secrets of Attraction

The expert dating advice is simple. Practice, practice, practice. Check out their dating tips below.

1. Eye contact and smiling. Women don't realize how important this is! Hold eye contact and smile, it makes you approachable.

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

2. Tone of voice. Sometimes women come across as bossy and demanding, even when they don't mean to. Take a breath, soften your voice, slow down.

3. Confidence in body language. Throw shoulders back and bring the energy down into your body. Lean back into things instead of leaning into them.

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Relationship Advice: Mending a Split Like Megan Fox and Brian Austin Green





By Dr. Jane Greer

After five years of celebrity marriage, Megan Fox and Brian Austin Green had decided to call it quits. However, apparently their differences are reconcilable – the [celebrity couple](#) has reunited and is moving back in together. Sometimes it can be very helpful when two people take some time apart to evaluate how they feel about each other, and to sort out what is really important to both of them.

In the face of baby number three on board, it looks like Fox and Green have decided to join forces to work on their marriage and see if it can, in fact, work on take two.

Similarly, Patrick Dempsey and his wife recently put the brakes on their [celebrity divorce](#). And you don't have to be

married to give love a second chance. Courtney Cox and her boyfriend are back together after calling off their engagement late last year.

Related Link: [Megan Fox Reveals Third Pregnancy](#)

There are many things that can drive a couple toward a breakup. Underscoring most separations are feelings of disappointment, anger, and the idea that there was something you couldn't get beyond, some impassable issue, an irreconcilable difference for which there is no clear middle ground or answer. The anger itself can make it impossible to get along, either leading to too much fighting or a cold war distance between you, both of which can bring your sex life to a complete stop. For some people, the decision to end the relationship seems like the only path out of the hopelessness and unhappiness one or each partner is experiencing. Breaking up can appear to be a way out of the stress and on the road to a better place.

That said, love is a funny thing. Just because you aren't getting along doesn't necessarily mean you have stopped loving or feeling attracted to your partner. In addition to that, some space might infuse those feelings with new life while giving you a fresh perspective on what you can and can't tolerate in your life. In other words, even though an end to your connection might seem freeing at first, it might ultimately prove to be complicated, difficult, and lonely. Suddenly those weekend trips to see his mother don't seem like that much of a sacrifice, or the fact that she chooses to go to the gym most nights instead of eating dinner with you might not leave you feeling so abandoned as long as she comes home after. Time apart allows you to evaluate what is important, and can give you the chance to decide if what once felt untenable and unacceptable might suddenly become manageable in the face of what you really have to lose. Taking a break can give you a chance to get a new outlook, while letting the anger subside. You can cool down and bring some objectivity

back into your relationship.

Related Link: [Are Celebrity Exes Emma Stone and Andrew Garfield Back Together](#)

If your relationship feels like it is at a standstill and is steeped in feelings of resentment and disappointment try this [relationship advice](#): instead of making the decision to end it for good, consider ending it for now. Give yourselves some time apart so you can see that you actually might want to stay together – just as so many celebrities are doing lately.

Please tune in to the 'Doctor on Call' radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are 'Shrink Wrap on Call', second Tuesdays are 'HuffPost on Call', and the last Tuesday of the month is 'Let's Talk Sex'! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Dating Advice Q&A: Is It Weird If He Doesn't Call Back After A Date?





Question from Luci M.: I met a guy online who seems really great. We went on a date and everything went well! We even planned our second date. It's been three days but he hasn't called me yet. Is it weird if he hasn't called yet? Should I call or text him?

Online dating isn't always easy, especially when it comes to the etiquette of calling back. Leave it up to the relationship experts who have [dating advice](#) that may provide some comfort.

Dating Advice: When Should He Call Back?

[Suzanne K. Oshima, Matchmaker](#): It really depends on when the second date is planned for. If it's next week, then I don't think it's a big deal that he hasn't called you yet. But if the date is tomorrow, then that could be an issue. The most important thing to know is that if a man is really interested in you, he will pursue you. My dating advice: You shouldn't have to call or text him. He will call or text you and he will make proper arrangements for the second date. If he's not

calling/texting you soon after the first date, he might just see you as a “filler.”

Related Link: [Dating Advice Q&A: Is He Hiding Something When He Turns His Phone Off?](#)

[Robert Manni, Guy's Guy](#): When a guy is interested in a woman he's just met, he'll get in touch with her ASAP to see her again. Let's assume this one time there were extenuating circumstances that prevented this guy from contacting you. It could be work or a personal situation. There is nothing wrong with texting or calling him once. If he's interested, you will definitely hear back. If he doesn't respond, my dating tip is that it's probably time to move on.

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

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

What's your best piece of dating advice when it comes to a man calling back after a date? Share in the comments below!

Dating Advice: Gifts For the Heart





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

Most would agree that Seattle Seahawks Quarterback Russell Wilson is the picture of good health. When paired up with his beautiful fiancée, Ciara, they are the image of a healthy celebrity couple. Finding the perfect gift to celebrate your loved one, however, never gets any easier, even for famous couples. Do you go with chocolates or flowers? How about a fancy dinner? When you do find the perfect token of love, it will most likely cost you a pretty penny to celebrate your beautiful mate. With summer love heating up, my [dating advice](#) is to make your heart the focus of your enduring love. Here are five ideas that stem from the heart – for the heart.

Dating Advice: Making Your Heart The Focus of Your Relationship

1. Adopt a heart healthy diet as a couple. By incorporating fresh fruit and vegetables, lean proteins, whole grains, and limiting your fat intake, you are taking healthy steps toward a loving and lasting relationship. According to the Mayo

Clinic, "Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease." My dating advice is to put your heart where your mouth is and make healthy food choices that will create long-term benefits for you and your loved one.

Related Link: [Dating Advice: Spring Cleaning For The Soul](#)

2. Exercise for Deux. "If you don't make time for walking together, you'll never work it into your busy days," warned relationship expert Sheri Stritof. We all can benefit from daily exercise. A great way to stay motivated to exercise daily is to share your exercise routine with your sweetheart. Creating a daily walking ritual with your loved one is a great exercise for your heart, and the emotional connection that can come from daily conversations is good for the soul.

3. Learn CPR. According to the American Heart Association, sudden cardiac arrest is the leading cause of death in adults. When an individual is able to start CPR, the survival rate increases to over 40 percent. By contrast, each minute that treatment is delayed, the chance of your loved one surviving reduces by 10 percent. For information on CPR training, you can contact your local branch of the American Red Cross, or you can contact city hall for information on community courses. By learning CPR, you just may give the best gift of all to those you love—the gift of life.

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

4. Follow up on physical exams. Both males and females are encouraged to undergo physical exams every year. Experts agree a key to overall good health is prevention. One way to prevent disease is to build a comprehensive medical history. Early detection of common diseases is a strong defense should disease occur. According to Health Contributor Treacy Colbert,

we should have cholesterol checked every five years, blood pressure checked every two years, and mammograms and cancer screenings every year. While you are focusing on your internal health, don't forget your cover. Colbert reported that the rates of melanoma continued to climb in the United States despite increased awareness of the dangers of skin cancer. "Check your skin every month for moles that have changed or look abnormal," wrote Colbert. "You should also look out for sores that won't heal. Have your doctor check your skin thoroughly as part of your physical— melanoma is highly curable when diagnosed early."

5. Share expressions of gratitude. For the United Health Group, good health is more than just measuring pressures or pounds: "It means taking an integrated approach to well-being that includes not only our physical health but our emotional health, our sense of purpose, our connections to our community and our overall quality of life." Experts say when you vocalize positive phrases and express appreciation to your loved one, it has a positive impact on your health as well as the mental well-being of your loved one. You will always avoid a few relationship problems. So share your feelings about your sweetheart. Tell him how much he means to you.

When you find someone you want to spend the rest of your life with, why not share gifts that are meant to last as long as your love for that person endures? With gifts such as a better diet, exercise, learning CPR, physical exams and phrases of gratitude, your gifts from the heart can be good for your heart. I "heart" that idea.

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

Dating Advice For Women: What Are Men Attracted To?



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Tripp to give their [dating advice](#) on what attracts men.

Dating Advice On Attracting The Right Man

Tripp has worked with thousands of men to help them find the woman of their dreams. Now he gives his dating advice to women so they can avoid relationship problems and find the man of their dreams. Below are the top 10 things that men are

attracted to in a woman.

1. A man is attracted to a woman who's not "crazy."
2. A man is attracted to a woman who's emotionally stable.

Related Link: [Relationship Advice: How to Find Real Love](#)

3. A man is attracted to a woman who is independent.
4. A man is attracted to a woman who can take care of herself but still needs a man.
5. A man is attracted to a woman's feminine energy.
6. A man is attracted to a woman who is put together.

Related Link: [Dating Advice: How To Attract A Man Through Your Body Language](#)

7. A man is attracted to a woman who has a life
8. A man is attracted to a woman who he's attracted to physically, but every guy is different
9. A man is attracted to a woman who takes care of her body
10. A man is attracted to a woman with confidence

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

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Dating Advice: How to Deal with Heartbreak



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House gives dating advice on how to get over a heartbreak and move on from your ex and those relationship problems.

Dating Advice On Dealing with Heartbreak

1. Write down why he or she is a jerk. Don't fantasize about your ex. Dating tip: Remember why you broke up in the first

place.

Related Link: [Relationship Advice On How To Fall In Love](#)

2. Burn the fantasy. Literally, write down your fantasy and burn it. Instead, do something for yourself. Take yourself out, show yourself love.

3. Would you date yourself? If you wouldn't date yourself, then get a life. Take control of your life again. Find yourself, go back to your passions, go back to your old friends.

For more relationship advice videos from House, click [here](#).

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

How do you handle heartbreak? Tell us in the comments below!

Relationship Advice: How to Find Real Love





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant-Johnson to give their [relationship advice](#) on how to find real love, even if you've been in the dating world for awhile.

Relationship Advice on Finding True Love

1. Clarity. It's important to have clarity about what you want in terms of a relationship in your life. One dating tip: This doesn't mean having a huge list, but there is a power in being able to say what you want.

Related Link: [Dating Advice: How To Attract A Man Through Your Body Language](#)

2. Conviction. The experts relationship advice is to have conviction and belief that finding love is possible for you.

3. Compassion. Have compassion for yourself and recognize that

all you've been trying to do is get one of your deepest needs met. Also, approach potential dating partners with compassion as well.

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Celebrity Couple Predictions: Megan Fox, Trai Byers and Selena Gomez





By [Shoshi](#)

In the latest celebrity news, these famous couples have made headlines, whether it be Megan Fox's rumored divorce, the *Empire* stars secret wedding, and Selena Gomez's not-so budding relationship. Whose stepping out in Hollywood this time around hand in hand? Check out my predictions for these three [celebrity couples](#) and find out what's next in their love lives.

Celebrity Couples Predictions: Celebrity Relationships That May or May Not Last

Megan Fox and Brian Austin Green: When Megan Fox started showing a baby bump, the press went crazy speculating over who the "baby daddy" could be. Since Fox filed for divorce from Brian Austin Green last August, technically, the baby could be anybody's. But I never doubted that the baby was Green's. This famous couple has been on a roller coaster ride since they got

together. Fox and Green used to break up and get back together all the time before they got married. The new addition to their family was not planned, but they say all is good, they're happy now and plan to see where it all goes. Neither one of them were dating anyone else and they still lived in the same house. My prediction is that Fox and Green will not file for celebrity divorce. It may be bumpy between them every now and then, but their spiritual connection remains. My relationship advice to Fox is take a month or two vacation from Green every so often. That seems to do the trick when it comes to rekindling their love.

Related Link: [Celebrity Baby News: Megan Fox Reveals Third Pregnancy](#)

Trai Byers and Grace Gealey: Two stars from *Empire*, Trai Byers and Grace Gealey, got married in a quiet ceremony in the Cayman Islands. You could say that it was a whirlwind romance since they had a short and quick courtship. Will they last? Right now it looks good. The Hollywood couple have the same ideals when it comes to marriage and family. Around their fifth year of marriage will be a time of make it or break it. Oddly, none of their co-stars from *Empire* were invited to the celebrity wedding, because they wanted to keep the wedding small. That lets me know that the rumors are true. Byers is not happy to be on the show and there have been rumors circulating that he wants to quit. By the end of the year, let's say around November, there will be celebrity news that the pair is expecting their first child. They will have two kids together, a boy and a girl. After *Empire*, Gealey will focus on being mother and wife while Byers brings home the bacon.

Related Link: [Celebrity Divorce: Terrence Howard Splits from Wife No. 3](#)

Selena Gomez and Charlie Puth: Anytime Selena Gomez talks to anyone of the opposite sex, it causes a stir. This time around

she is being paired with Charlie Puth. Puth does not have nearly enough swagger for Gomez. She likes bad boys and men with an edge. Puth is as wonder bread as they get. He's talented but a bore. Gomez needs a guy that matches her fire and passion. If anything is going on with Puth, it's simply a friends with benefits situation. This rumored relationship has no steam. I actually see Gomez involved with an actor a little bit older. This new celebrity couple should blossom during the summer. Puth will keep having make out sessions with starlets.

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

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