

# Relationship Advice: From Cheater to Keeper – How to Make Amends



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

Cheater – someone who is in a committed relationship and breaks the trust of his or her partner by physically or emotionally involving themselves with another person. We’ve all been there, either in the form of the cheater, or as the cheated. The cheater is generally remorseful, claiming they “made a mistake” and “are willing to go the extra mile to mend what’s broken.” The cheated generally experiences emotional chaos as they decide between swallowing the heartbreak and moving forward, or letting the heartbreak crumble the

relationship. Studies have shown that over 50 percent of men and women alike admit to being unfaithful at least once. With this statistic being so high, cheating has become a commonality, or an expectation, for most relationships. Some couples have the maturity to overcome infidelity scandals through in-house methods. However, most of us are guilty of spilling our heartbreak to any and all individuals with ears and time. Here's where the majority of the problem lie; everyone has their own opinion regarding how to handle a cheater. Most [relationship advice](#) includes conducting a dramatic breakup, followed by an overt exit, and finalized by the removal all social media posts hinting at the existence of any form of a relationship. Realizing that at time colleagues, friends, family members, and even complete strangers are quick to give their relationship advice and [dating tips](#) before taking into account your thoughts and feelings. Professional [matchmakers](#) and [relationship experts](#) Lori Zaslow and Jennifer Zucher, founders of Bravo TV's *Love Brokers* and Project Soulmate, are here to provide an outside perspective on the situation, giving you three scenarios that will hopefully allow you to decipher between a cheater and a keeper.

## Relationship Advice On Handling Cheating Scandals

**Friend advice #1 – “Don’t fall for a dog who has eyes for every bitch. If he really loved you, he wouldn’t be tempted to stray.”** The art of checking out another person. Men think they’ve mastered it; women don’t think they’re actually doing it. Either way, your partner always seems to catch you mid check. At this point, no physical cheating has occurred, however, everyone can admit even a glance at another person stirs the insecurity pot. Feeling insecure, an immediate text is sent to the first group chat in your phone. Your friends, siding with you obviously, return advice strikingly similar to

the quote above. Yes, there is some truth to their advice, however, they may be premature in their responses. You must keep in mind that your partner is human, and it is a natural human instinct to look at things we find beautiful or attractive. The act of simply looking at another person does not mean your partner is not happy with you, wants you to look like them, or wants to be with them. Your partner will most likely look at them, recognize some form of harmless attraction, and then move on with their day, completely forgetting the interaction. In this particular situation, your partner is guilty of human behavior, not infidelity, labeling him or her as a keeper.

### **Relationship Advice:** [Relationship Advice: How to Handle Your Significant Other's Family](#)

**Friend Advice #2 – “Once a cheater, always a cheater.”** So you're in a new relationship. You ask your friends what they know, what they've heard, or how they feel about your new partner. They inevitably reply with the cliché, “A cheating scandal ended the last relationship. Once a cheater, always a cheater.” This is the most common cop-out for anyone trying to not get hurt in a relationship, and provides an excuse to not trust their partner. Unfortunately, this is too easy, and cheating is never that easy. Ultimately the most important thing to understand is why your partner cheated previously, or why people assume they cheated. Trust after affairs in previous relationships or in your current relationship lies in your own hands. It is your choice whether you want to trust your partner again. If your partner has yet to cheat on you personally, but you've heard he or she has cheated in the past, you must make the decision to trust them or not. You must also keep in mind that there are two sides to every story. Although they may have cheated in the past, they may not have been as stable as they are now, or they may have felt insecure with the person they were with. The fact of the matter is that you do not know. In this situation especially,

you must ask yourself the right questions, find out the full story, and decide if you have a keeper.

**Relationship Advice:** [Relationship Advice on What Not to Do: Bad Dating Advice from Romantic Comedies](#)

**Friend Advice #3 – “Stop holding on to what hurts, and start making room for what feels good.”**

You’ve been cheated on. It doesn’t matter what form, how it went down, or who caught who. Someone in the relationship is now labeled as a cheater. Every affair has two sides to every story, and overcoming an affair takes time to dissect both sides. Both sides will give an insight to what state the relationship was in, as well as the story behind the unfaithful partner. Unfortunately, cheating has a purpose. It doesn’t happen “just because” or “by mistake.” All behavior is purposeful. What’s important, however, is finding the purpose behind the act. If you chose you want to overcome the affair, you must become your own relationship detective- collecting data and evidence to solve the infidelity crime. You must ask both yourself and your partner the right questions in order to fully understand and comprehend the situation. This won’t be easy. This will hurt. This will take time. But, time heals. And with that time you have the ability to both work on your relationship and yourself. Finding the ability to forgive and trust your partner again is the most important part of overcoming an affair, and will help you turn a cheater into a keeper.

*Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV’s Love Broker and founders of Project Soulmate, a high-end New York-based matchmaking company.*

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# Relationship Advice: How to Handle Your Significant Other's Family



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

So there's a new someone in your life. They're the bee's knees, the cat's meow, the best thing since sliced bread. You're so head-over-heels in love with your new partner. You two have gone through almost everything as a couple- the laughs, the tears, the fights. Unfortunately, you have yet to cross off one of the leading causes of breakups: the family. You decide it's time to mention the forbidden four word phrase, "Mom, I've met someone." You set the day, time, and place for the big reveal. You eat, talk, laugh; all seems to

be going well. After several attempts to reunite are turned down due to “last minute obligations,” you begin to question your confidence regarding your family’s approval. So what do you do? Potentially hinder the future of your relationship by molding yourself into the ideal candidate the family wants? Or risk furthering the divide between you, your significant other, and your significant other’s family by remaining true to who you are, making uncomfortable family outings few and far between? [Relationship experts](#) Lori Zaslow and Jennifer Zucher share insightful relationship advice on how to maintain a steady, healthy relationship with the family by understanding and accepting the situation and remaining yourself within your relationship. If you think your significant other’s family aren’t fond of you (or vice versa), take heed of the following [dating tips](#) and avoid relationship problems.

## Relationship Advice on How to Handle Your Significant Other’s Family

**1. Don’t force it :** Just because you’re in a new relationship, don’t expect your significant other to perfectly fit into the family dynamic right away. In some cases, the significant other is exactly what the family expected. However those cases have made their way onto the endangered species list. Don’t get offended if your significant other doesn’t want to take part in, or isn’t invited to every family outing. Allowing both your family and your significant other to ease into the family relationship at their own pace is healthy for a long, successful relationship. As the significant other, don’t patronize the family, or act differently in an effort to impress them. Any fake personalities will just come off as awkward and uncomfortable, and give the family more excuses



not to like you.

**Related Link:** [Celebrity Breakovers: Kardashians Breakups That Have Broken Necks & Other Helpful Relationship Advice](#)

**2. Understand and learn to accept the outcome :** Sometimes no matter how hard you try, two people just don't click. It doesn't mean either one is right or wrong. It just simply means that these two particular people weren't meant to get along, and it is up to you to learn to accept this. The sooner you accept the fact that your knight in shining armor may not be the hero your family was looking for, the sooner you can learn to navigate the situation. Make the best of a not-so-favorable mix through compromises, such as agreeing to attend family gatherings but keeping the house an outside family free zone. Remember, in these situations, compromises are made not for one person, but for the relationship as a whole. Therefore, if the compromise doesn't exactly go in your favor, take a step back and remember the real reason you're in this situation, because you love your significant other unconditionally want things to work out between the two of you.

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**3. Remain respectful:** As soon as the situation has been accepted, the people involved can begin working on a relationship that works for everyone. The most important thing to remember, however, is to remain respectful and rid of any hostility felt towards one another. Learn to respect boundaries and control your emotions when in familial situations. However, if you ever feel guilty or pressured into choosing between your family and your significant other, it may be wise to re-evaluate the relationship from other points of view, or consider if their requests are fair. Your family or your significant other should never put you in the situation to choose one over the other. Instead, all parties involved should respect one another's decisions and remain as

positive about the situation as possible.

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# Celebrity Breakovers: Kardashian Breakups That Have Broken Necks & Other Helpful Relationship Advice



By Lori Zaslow and Jennifer Zucker for [Project Soulmate](#) with



contributing writer Hana Gilbert

As healthier lifestyles have become a steady trend across the nation, the next generation grows more comfortable bringing health and fitness into their relationships. The latest craze that is catching fire is the breakover. What on earth is a breakover you may ask? Well, a breakover, otherwise known as the “revenge body,” is a complete reinvention of oneself. By changing one’s image through the transformation of mind and body as they shed both the pounds and people holding them back. If there was an award ceremony for Hollywood breakovers, spots one, two, and three belong to, yep, you guessed it, Khloe, Kourtney, and Kim Kardashian. Not only did their breakovers that focus on being fit, but also on staying fabulous, and falling back in love. In other words, the Kardashian sisters turned their breakups into breakovers and started breaking necks. Here’s some [relationship advice](#) that can help you achieve your own breakover.

## Relationship Advice That Will Encourage You To Turn Breakups into Breakovers!

**Be Fit Like Khloe:** [Khloe Kardashian’s](#) breakover is probably the most significant of all time. Since her split from husband Lamar Odom in 2013, she has shed 35-pounds and transformed herself from “the fat, chubby, unhealthy sister of Kourtney and Kim,” to a gym enthusiast with a commitment to healthy living. Her breakover focused on finding self-love and independence after a devastating divorce, and she managed to break the bank as it inspired both her own book *Strong Looks Better Naked* and her own TV series, *Revenge Body*. Getting a “revenge body” after a breakup is one of the best ways to move on. Yes, you have the ability to show your ex what he or she is missing. More importantly, however, you gain the confidence

you need to get through one of the most humiliating, insecure times in your life. Exercise has the ability to transform from the inside out. A breakover that focuses on fitness and healthy living not only improves how others view you, but how you view yourself. Trimming the fat includes both the extra relationship weight and the negative attitudes, vibes, and opinions surrounding the breakup. Breakups can leave you with a lot of free time. Instead of wallowing in self-pity and a pint of ice cream, do yourself a favor and sweat out your negative energy, thoughts and feelings. Your future self and significant other will thank you for it.

*“Fitness is not about being better than someone else... It’s about being better than you used to be. I’m not where I want to be, and who knows if i ever will be.” – Khloe Kardashian*

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**Be Fab Like Kourtney:** Back in 2015, [Kourtney Kardashian](#) called it quits with long time love Scott Disick. After nine years and three children, Kourtney decided it was best if the couple spent some time apart. As Scott continued to spiral, Kourtney continued to squat, making her, hands-down MILF of the year. Although Kourtney flaunted her post-baby abs and cellulite-less tush, she gained most of her recognition from her Kylie-like fashion statements. The eldest of the three sisters had no shame in her game as she flaunted her revenge body in stylish crop tops, daisy dukes, and bodycons while rocking bold lips and eyes. How you dress after a breakup speaks volumes about how you’re handling the split. It is important to critique your style so that, although you’re an emotional mess on the inside, you project a classy lady who hasn’t lost her grace and dignity. Just like Kourtney, don’t be afraid to step outside your comfort zone and wear something you feel sexy in. Heels are also a breakover essential. Heels transform the way you look, from your legs up to your shoulders. You’ll

be amazed at the level of confidence of few inches adds. Transform your normal makeup routine with sparks of glamour. Don't be afraid to test a new lip color, or a sultry smokey eye. The glam additions will only further your confidence, helping you to love the new you in your new single life. The strong, confident face you see in the mirror now is the perspective you need to move on in the future.

*Khloe – “Who calls you Queen?”*

*Kourtney – “Every single person on Twitter, Instagram, and anyone that meets me.”*

**Related Link:** [Celebrity News: Kourtney Kardashian & Justin Bieber Hang at Club After Fling](#)

**Be Fallen Over in Love Like Kim:** Although Kourtney and Khloe used physical attributes to motivate their breakovers, [Kim Kardashian's](#) breakover focused more on an emotional makeover. After her disastrous, 72-day marriage to Kris Humphries ended, Kim, just like the rest of us, was left heartbroken and humiliated. Opinions swirled regarding the two, adding to the emotional turmoil of the split. We all are aware of the drama that followed the split, and later Kanye's proposal of the century, so I'll just skip right to the most important part of Kim's breakover: Time... Time to heal, and time spent alone. Breakups, separations, and divorces are all nasty and affect all parties involved. All incur lingering heartache, while some experience a degree of guilt, issues and questions. None of which can be fixed or answered immediately. Yes, rebound hookups and dates make you feel uplifted in the moment, however those feelings are only temporary and don't resolve long term sorrow. A breakover that focuses on regaining independence, finding self-love, and taking the time to grow a friendship with your prospective partner is more important than jumping back in the saddle with the bartender at Chili's. Instead, try a slow burn relationship like Kim and Kanye to see your relationship from a different perspective. You meet,

hangout, build a friendship, experience things separately, and then realize this person is actually your lifelong partner. Give yourself enough time to heal from your previous relationships, and realize that you can stand on your own two feet. Get to know the friends you already have; you never know when one might just be “the one.” The honeymoon stage will wear off, but the passion from knowing your best friend on a deeper level never will.

*“I used to think, well, can you really have it all? The truth, the excitement, and the passion? Now I know you can.”*  
– Kim Kardashian

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