

Celebrity Interview: E!'s 'Famously Single' Dating Coach Laurel House Says "Every Episode Has Drama!"



Interviewed and Written by [Cortney Moore](#).

Last month, *E!* debuted its newest reality TV show, *Famously Single*, which features one of Cupid's own, Laurel House. As an experienced relationship expert, House has had the opportunity to work closely with celebrities to fix their love lives, so it was only natural that *E!* selected her as one of the dating coaches to bolster their celebrity cast. In our exclusive [celebrity interview](#), House opens up about her experience on the show and the [relationship advice](#) she offered the celebrity

cast members.

Celebrity Interview: Laurel House Talks E!'s Newest Star-Studded Reality TV Show 'Famously Single'

Famously Single explores the dating lives of eight celebrities: Brandi Glanville, Aubrey O'Day, Pauly D, Jessica White, Willis McGahee, Somaya Reece, Calum Best and Josh Murray. With House's expertise and guidance, each celebrity is able to examine their behavior and past experiences in order to understand why their relationships have failed. But why do celebrities often experience failed relationships in the first place? House says, "The reality is that just because they're celebrities, doesn't mean that they're really all that different when it comes to entertaining difficulties and insecurities." She went on, saying, "Anyone can relate to the dating problem the celebrities are struggling with." In her expert opinion, celebrities are relatable because their insecurities stem from fear. Their careers require them to have both public and private personas, which sometimes conflict and are damaging if revealed.

Related Link: [Celebrity Interview: Reality TV Matchmaker Carmelia Ray Says, "Take Actions That Are Consistent With Your Commitments"](#)

Prior to meeting the cast, House expected the celebrities to be "high maintenance or catty," but was pleasantly surprised when she was able to work with them. "They were all truly amazing human beings, with the most gigantic hearts," she says. She also expressed how delighted she was to see these stars open up and reveal their more vulnerable sides. Two celebrities who stood out in her mind when discussing authenticity and kindness were Pauly D and Calum Best, both of

whom are known for their wild party sides. "There is so much more than that," she reveals, referencing who they truly are. As far as which cast member inspired her, House says it was Somaya Reece who opened her eyes. She adds, "She's been through a tremendous amount of pain and difficulty in her life, and she's overcome it more than anyone I've ever seen." House believes the challenges in Reece's life made her fragile, which is similar to the stories of many celebrities. "There is some fragility with these celebrities. Yes, they're very strong and put up strong exteriors, but that's for public consumption. They *do* have a very fragile and soft side, and that's the beauty of them."

Though House was able to get most of the celebrities to open up, her experience as their dating coach was not all smooth sailing. A number of the celebrity cast members gave her a difficult time at some point or another while filming. Two such celebrities were Willis McGahee and Josh Murray, both of whom she met in episode 2 during the cast's outing to a club. "I was personally very surprised by Willis's request to join him in the bathroom," House admitted when asked about the incident. Although she was surprised by his invitation, she wants audiences to understand that a situation like this isn't uncommon for a professional athlete. "In the sports industry, women are throwing themselves at you," she explains. "So while it was surprising to me, it's not a surprise that it happened. And it's not reflective of Willis as a human being because he's a really good man; it's just that he has been shown that this is the norm throughout his life as a football player." Murray's standoffish behavior towards her, on the other hand, was very disheartening. "Instead of taking the connection that we had and turning that into a conversation, he took the connection and immediately thought that I was conniving," House says about their interaction at the club. Despite Murray's harsh treatment, she understood where he was coming from. "He's the newest celebrity in the house and he's not used to all this additional attention," House says. She went

on to explain that many celebs are defensive because they're unsure of people's ulterior motives.

Another challenge House faced while trying to mentor the celebrities were changed personas when the cameras were rolling. With Calum Best in particular, House's skills were tested in getting him to show his real self while the cameras were on. Aside from changing personalities, House reveals that the most challenging and fun celebrity to mentor was Aubrey O'Day. "She didn't just take my advice and do what I said. She wanted to discuss it and really come to wrap her head around it and understand the theory behind it and why," House explains in our celebrity interview. "The questions that she asked showed me that she was invested in making change and analyzing herself so she could be in a real sustainable, loving and happy relationship, which she found in Pauly D." And O'Day isn't the only celebrity who has found love through the show. According to House, Reece has also found love with a woman where there is "mutual respect and mutual adoration," which were essential pieces she was missing in her past relationships.

Related Link: [Celebrity Interview: Virtually In Love's Kansas Discusses Falling In Love Online](#)

House hopes the other, currently single, celebrity cast members will be able to find love through the [relationship advice](#) she provided for them during the show. The piece of advice she believes is crucial to their success is having real and substantive conversations. For celebrities, she says it's important "to get away from the 'I'm a celebrity' conversation and get into the real conversation where the celebrity no longer feels like a celebrity, but feels like a normal person." Aside from valuable love advice, House assured us that *Famously Single* is still a reality TV show packed with entertaining drama. "Every episode has a big surprise, every episode has drama. Truly every single day I could not wait to get into that house and see what was going on." But despite

having fun on set, cast members on the show took their roles very seriously. There was not a single person House doubted and she hopes viewers will see how pure everyone's intentions were. "Everyone at their core is looking for love and connection. No matter what they say, that's the desire."

Famously Single airs Tuesdays on E! at 10 p.m. EST.

You can keep up with Laurel House on [Cupid's Pulse](#) or find more information on her Twitter [@DatingLaurel](#) and [website](#).

Relationship Expert Talks Taylor Swift, Tom Hiddleston Falling in Love Too Fast





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

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House gives relationship advice for how to fall in love. Check out the video above for more details!

Relationship Expert from E!'s *Famously Single* On Why People Fall In Love Fast

Have you ever had a time when you felt that you had fallen in love too fast? Did you find yourself having a Taylor Swift and Tom Hiddleston moment? Don't worry, most people have had a moment like this and relationship expert Laurel House discusses why people fall in love quickly. Falling in love requires chemistry and has no time limit. The dating expert featured on *E!'s Famously Single* reveals the three core needs for falling in love.

Related Link: [Don't Just Drop Hints When You Want Commitment](#)

Safe. Sexy. Seen. These are the key ingredients for falling in love. Healthy adult relationships make you feel secure and attractive. If your new partner provides these needs, and both your hearts are open, the speed of the relationship doesn't matter. House's relationship advice for heading into the right direction, is knowing what you need in a relationship. Knowing what to look for makes your dating journey so much simpler, and can consequently make the relationship progress quicker. Watch the video above to find out how to fall in love fast and correctly!

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

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

Do you think it's possible to fall in love too fast? Tell us in the comments below!

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 On How To Fall In Love



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Relationship Advice from E!'s *Famously Single* Dating Coach On Falling In Love

Have you ever thought of falling in love as a decision, rather than the spontaneous, exciting chemistry that's often shown in the movies? Most people haven't, however, relationship expert Laurel House shares that people need to stop waiting to fall and instead make the decision to open your heart and let your guard down. The simple act of falling in love is called chemistry, which is actually a drug, and it fades. The dating expert featured on *E!'s Famously Single* reveals that chemistry shows itself in the brain in the same location as cocaine and even shows similar attributes.

Related Link: [Expert Dating Advice: How To Find The Good Guys Sexy](#)

While the high of falling in love feels good, it also fixes blinders to your face that makes it hard to see the warning signs that would prove that your relationship and love won't lead you to happily ever after. If you want to truly experience love, House's relationship advice is to make the decision to open your heart and date smart. With a clear head and minus the facade, you can make the decision to find love. The decision includes being vulnerable because if you aren't, you won't feel their love and you won't love them either. Watch the video above to find out how to fall in love correctly!

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

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

Do you think falling in love is a decision or a feeling? Tell us in the comments below!

Online Dating Advice: When To Jump Back Online After A Breakup



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

In this week's relationship advice video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) gives online [dating advice](#) for when to get back online after a nasty breakup

Online Dating Advice After A Breakup From E!'s *Famously Single* Laurel House

If you're recently heartbroken and don't know when to get back out in the dating world, then this dating advice is for you. Relationship experts reveal that getting back out there doesn't always mean looking for a new relationship and love. You need time to be alone and heal, but going out, flirting, and feeling sexy is a necessary reminder that you're a hot commodity.

Related Link: [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

Moving on isn't always easy, so check out what steps to take after a breakup. First, you need to end social media relationships, because you don't want to see what your ex is up to. Then, you need to list all of the bad things about your former romance. It's too easy to fantasize about what used to be. Next, you need to refresh your look and do something that will make you feel good about yourself again. For the rest of the steps from E!'s *'Famously Single*; star Laurel House, check out the video above!

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

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

When do you think you should get back online after a breakup?

Tell us in the comments below!

Relationship Expert Talks Striking Up Party Conversation



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

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about how to start a conversation at a party. Her dating advice is simple: Dig in and reveal yourself.

E!'s *Famously Single* Dating Coach Gives Top Tips For Party Conversation

When you go to a party and see someone really hot standing across the way, how do you casually start a conversation? The relationship expert empathizes that finding a point of entry can be difficult. The first step is to overcome your nerves! Harness them and get your adrenaline pumping so it empowers you. You want to walk up confident in how interesting you are.

Related Link: [Dating Expert Says Look For What You Need, Not Want!](#)

Once you find the confidence to approach the hottie across the way, you'll want a few topics to discuss. For example, if you're a foodie, talk about the food being served at the party. Or be a bar fly and talk about cocktails. Either way, relationship experts, whether from *E!'s Famously Single* or not, say you'll want to show a passion of yours and reveal something about yourself. Remember to dig deep and get past the surface if you want a relationship and love.

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

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

How do you start up conversation at a party? Tell us in the comments below!

Dating Advice: Don't Let Jealousy Impact Your Friendships



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](#) talks about how jealousy impacts your friendships. Her dating advice is simple: Just because you're in a relationship and love doesn't mean you have to drop your opposite sex friends.

Dating Advice from E!'s *Famously*

***Single* Dating Coach Laurel House That Will Help Your Friendships**

Being in a committed relationship is not a single gender jail, where your partner is the bodyguard. The relationship expert offers everyone a reality check: Friends often last longer than new lovers. Your BFF's have been there through the good times and the bad. So don't disengage with your friends when you're spoken for and decide to go back when you're single. You'll most likely lose a lot of friends that way.

Related Link: [Dating Expert Says Look For What You Need, Not Want!](#)

House also reveals that you *can* be friends with people of the opposite sex! Her dating advice? As long as you both have an understanding that you're just friends, then it shouldn't impact your love life. There should be no lying or hiding your friends from your partner. But make sure you have a conversation with your honey to talk about your comfort levels.

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

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

Do you think you can be friends with people of the opposite sex? Tell us in the comments below!

Dating Expert Says Look For

What You Need, Not Want!



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](#) shares the secret on how to be happy in your relationship and love for the rest of your life! Her expert love advice is simple: Make sure you're looking for what you need versus what you want.

E!'s *Famously Single* Dating Expert On Wants Vs. Needs

If your love life isn't where you want it to be, then you may be searching too hard for what you want, instead of what you need. The list of "must-haves" that you judge every potential

partner by, is actually just a list of preferences and aren't essential to a lasting relationship. "You need someone who makes you feel like a priority and communicates with you," the dating expert shares. But you don't necessarily need that person to be tall, dark, and handsome.

Related Link: [Expert Dating Advice: How To Find The Good Guys Sexy](#)

Start looking at your needs as sexy. It's sexy when your honey shows up physically and emotionally for you. It's sexy when your love is kind to you and respects you. It's attractive when you share the same core values. If you don't have your needs met, the connection won't last. "Get your needs met and your wants will be fulfilled," House says.

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

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

How do you know your wants versus your needs? Tell us in the comments below!

Relationship Expert Reveals The Secret To A Great First Date



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](#) shares the secret on how to never have a bad first date again! Her expert dating advice is simple: Always pre-qualify your dates.

Relationship Expert from E!'s *Famously Single* Says to Pre-Qualify Potential Matches Before a First Date

We all know that relationships and love can be tricky. Whether you meet through work, friends, or even online, you must pre-qualify all of your dates before you give them any personal information. With online dating in particular, if you move too

quickly, you may realize how weird or creepy they are too late. "You're afraid, and now, they have your phone number," the relationship expert shares.

Related Link: [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

To avoid having a bad first date, pre-qualify your potential matches by asking strategic and substantive questions. Be vulnerable and remember to go down before you go up. Even share your core values and ask for their's to ensure a positive outcome. "Online dating can be the most amazing and easy way to meet people," House says. "But it can be exhausting, confusing, and a waste of time if you don't pre-qualify."

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

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

How do you pre-qualify your dates? Tell us in the comments below!

Dating Expert Gives Love Advice: Is It Okay To Fake It?





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](#) shares great love advice on whether or not it's okay to fake it! Her expert dating advice is to communicate and ensure that your man knows how to please you.

E!'s *Famously Single* Dating Coach Talks Faking It

It's no surprise that dating experts want to make sure that you're communicating in your relationship and love. If your honey doesn't know how to please you, "that's a real problem in the relationship!" House explains. But when your styles clash, you're not in the mood, and it's simply not going to happen, what do you do? You have three options:

1. You fake it and give the guy a break: Sure, you've given him the false confidence that he's doing a great job,

but you've also missed him. You even rewarded him for a job poorly done and did yourself a disservice. Don't make this mistake!

Related Link: [Expert Dating Advice: How To Find The Good Guys Sexy](#)

2. You feign suddenly remembering that you're busy: You were supposed to call your mom, or maybe you're too tired or really stressed. This is alright because at least you haven't missed him, but your avoidance isn't helping your cause either. Don't put off the conversation.

Related Link: [Screwing the Rules Video Dating Tips: Dress Up for Your Man](#)

3. You fess up in a nice way: You tell him that it's not going to happen like that, but if he did *this* instead, it would feel so amazing. He needs to know that just because a certain technique worked on someone else doesn't mean it'll work on you. We have different experiences and preferences. Styles don't always mesh up at first, but that doesn't mean that they won't eventually. Don't be afraid to let him know what you like!

If he's paying attention and he cares, he'll make adjustments for you. Don't forget to also pay attention to his styles and make sure he's happy as well. Communication is key for maximum pleasure.

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

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

What do you think about faking it? Tell us in the comments below!

Relationship Expert Reveals What to Do Before You Begin Online Dating



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](#) talks about how to prepare for online dating.

Expert Online Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Before you begin online dating, you need to turn your focus inward. "Do some soul searching and figure out who you truly are at your core, what you stand for as a person, what you actually enjoy doing, what your dating purpose is, and what you truly need as opposed to what you want," says relationship expert Laurel House. She believes that the answers to those questions are essential when it comes to being authentic and attracting the right person for your next relationship and love. This idea holds true whether you use online dating or another method to meet someone special. Otherwise, according to this expert dating advice, you may end up in a partnership that doesn't suit you.

Related Link: [Love Advice: What Makes a Great Online Dating Profile](#)

"This is something that I work on with my clients every single day, and it's really hard – being honest with yourself first," she adds.

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

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

Expert Dating Advice from Laurel House: First Date Conversation Tips



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](#) shares great first date conversations tips to help you land that second date. Her expert dating advice is to forget the small talk and open yourself up to deeper conversations.

E!'s *Famously Single* Dating Coach On What To Talk About On A First Date

You may be wondering how to get passed the small talk on a first date in order to form a lasting relationship and love. "Be revealing, be vulnerable, be you," says the relationship author. The biggest mistake you can make is to view the first date as merely an opportunity to see if you're chemically drawn to each other. Doing so will set you up for a fast burn out of fireworks rather than a lasting flame. Remember that the initial hit of chemistry can be exciting but also blinding.

Related Link: [Dating Experts Give First Date Tips](#)

The first date is the perfect time to see if your core values align. Talking about shared interests is great, but you need to dig even deeper. The conversation should reflect your desire to have a substantive relationship. House's expert dating advice is to ask the most important question: Why? The first date is about learning new things, and the answer to that question will help you understand each other and your points of view. So pull your walls down! By sharing first, you're creating an environment of safety and trust.

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

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

What do you think is the best way to move beyond the small talk on a first date? Tell us in the comments below!

Love Advice: What Makes A Great Online Dating Profile



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

Most dating experts agree that, when it comes to online dating, creating your profile is of the utmost importance. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) says, "Online dating isn't a game!" Her best love advice is to have a strategy to invite the right people into your life and eliminate the wrong people.

E!'s *Famously Single* Dating Expert

Laurel House Talks About Online Dating

It's no surprise that the relationship expert believes that photos play a major role in your online dating profile. "This is especially true for a woman's profile because men are visual creatures, while women are emotional creatures," she shares. Make sure that your photos are high quality and that they show your best self-living your best life. Your pictures should be a visual biography of where you hang out, what activities you enjoy, and who you like to hang out with. "All of these things reveal who you are," House explains.

Related Link: [Dating Expert Shares Number One Rule of Successful Online Dating](#)

However, the most important element to your profile is that "it's an authentic depiction of who you are. Your profile should make the reader feel like they're getting a good sense of *you*." In order to do so, you may need to hire someone to write it for you – and that isn't a bad thing! House's love advice can teach you how to create your best profile and also how to evaluate the profiles of potential dates.

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

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

What elements do you think make a great online dating profile? Tell us in the comments below!

Dating Expert Gives Love Advice On When To Date After a Break-up



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](#) knows how important it is to jump back into the dating world after a break-up and the questions that come up after a break-up. "Getting back out there isn't always the purpose of getting into a relationship," the dating expert explains. "You need to be alone, focus on yourself, and move on in a healthy way. But going out, flirting, feeling sexy, and being picked up in the

early post-break-up stage can show you that there truly are lots of fish in the sea.”

Dating Expert From E!’s *Famously Single* Talks About Dating After a Break-Up

In this week’s relationship advice video post, the *Screwing the Rules* dating expert shares the six steps that you should complete before you start dating again after a break-up:

Related Link: [Dating Expert Shares Number One Rule of Successful Online Dating](#)

1. Put an end to social media friendships: You don’t want to see what your ex is up to. You don’t want the temptation nor do you want to reach out. That means you might need to block them on Facebook and unfollow them on Instagram.

2. Write down the bad: It’s way too easy to fantasize about the amazing moments you shared. Instead, remind yourself of all of the bad things. Write down a list of why you broke up in the first place and then read it whenever you need a reminder.

3. Refresh your look: It’s time to make yourself feel attractive again. Get back into the gym. Get a facial. Do *something*. Just think it through before you dramatically alter your hairstyle!

Related Link: [Relationship Expert Shares Best Love Advice for How To Break Up Over Email](#)

4. Reconnect with yourself: Break-ups are all about bummers with benefits, so extract the good from the bad. Think about what lessons you learned, how you changed, and what you’re going to do differently next time.

5. Explore your passions: Indulge in a class that you've always wanted to take. Join a group and go on hikes with like-minded people. Sign up for a cooking class and learn how to make Spanish tapas. You have time to spare now and maybe even some money, so start working on yourself again.

6. Stop crying and start online dating: This is a chance to window shop your future options. It also simultaneously keeps you busy late at night when you're feeling the most lonely, sad, and tempted to reach out to your ex.

For more love advice from Laurel House, click [here](#).

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

When did you start dating again after a break-up? Tell us your story below!

Dating Expert Shares Number One Rule of Successful Online Dating





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](#) discusses the rules of online dating.

Dating Expert Laurel House, part of E!'s '*Famously Single*' Talks About Being Honest In Your Online Dating Profile

If you've ever tried online dating, then you know how hard it is to create the perfect profile. But don't worry, because relationship author and dating expert Laurel House shares her best love advice about the number one rule of successful online dating. "Make sure your online dating profile is honest!" she shares. In this week's relationship advice video, the dating expert will help you understand how to turn off the wrong partner while simultaneously turning on the right one.

Related Link: [Relationship Expert Shares Best Love Advice for How To Break Up Over Email](#)

The relationship expert believes that “the most essential but often ignored strategy when it comes to online dating is elimination.” This means that you need to focus on turning people away who you would never be interested in to begin with. “You can try to narrow your reach within the preferences section, but many people don’t actually look at those preferences,” House shares. They also don’t address some of the more important particulars, including the personality traits. If you have a sarcastic side, be sure to mention that! Honesty is the number one rule of online dating.

One of the benefits of online dating is that you are able to expand your reach, but you don’t want to attract the wrong people. “You need to take a proactive approach,” the dating expert says. “If you say you are a lover of the finer things in life, guys who can appreciate and afford those things will find that a turn on. Men who are turned off by a woman who likes expensive things will not contact you. And that’s a good thing.” At the end of the day, you want to find somebody who understands and shares your lifestyle preferences. “You’re not there to please everyone,” House says. “You’re there to weed out the ones who might take issue with elements of who you are and what they’re expectations are of you.”

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

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

What do you think the number one rule of online dating is? Tell us your story below!

Relationship Expert Shares Best Love Advice for How To Break Up Over Email



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](#) shares her best love advice about how to break up with someone over email. "An email break-up doesn't have to be a bitchy break-up," she explains. "It can be the preferred way of breaking up because you're able to truly express how you feel." In this week's relationship advice video, the relationship expert

helps you understand when it's necessary to break up over email and what type of relationship and love you need to have for it to be the preferred method.

E!'s *Famously Single* Laurel House Shares Love Advice On Breaking Up Over Email

The dating expert believes that, if your relationship meets these three qualifications, then an email break-up is the way to go: You've been dating for less than six months; you're not living together, and you haven't said I love you. Or if your relationship can be described by one of these circumstances, email is the best way to end it: It's a long-term digital relationship; you're unable to connect with your partner in another way; he's truly an asshole who cheated on you or conned you; or he's dangerous.

Related Link: [Love Advice Video: How To Say Goodbye To Your Ex For Good](#)

An email break-up is best for these romances because "you have the opportunity to explain yourself without being sidetracked." Most likely, the person you're dating is a good person, but you're just not into it. They don't "deserve a hasty brush off because you feel bad." When you write the email, remember that you need to be honest and vulnerable and tell them what's happening in your mind and why it's not working for you. End your email by saying that you'd be happy to discuss it over the phone if they want to.

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

Have you ever broken up with someone over email? Tell us your story below!

Love Advice Video: How To Say Goodbye To Your Ex For Good



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

No matter how nasty the break-up was or how badly your ex treated you, you constantly find yourself thinking of him and missing him. Don't worry – you're not alone! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers love advice on how to

say goodbye to your ex for good.

Related Link: [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

E!'s *Famously Single* Dating Expert's Love Advice On How To End Your Obsession with Your Ex

Having an obsession with your ex and being trapped inside of the toxic cycle of wanting to get back with him is unhealthy. With her love advice, House stresses the importance of realizing that "it's time to unhook your heart from his." You shouldn't allow him to continue to have a hold on you or your self-worth. In order to find true love and happiness, you must break free from the vicious cycle by "removing yourself from the triggers that tempt you to go back." Once you do that, you will be able to experience a healthy and real romantic relationship.

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

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

Relationship Expert Shares

How To Get Over a Breakup



By [E!'s Famously Single dating coach, Laurel House](#)

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers her best dating advice post-breakup. If your relationship and love affair just ended you may be stuck in a vicious cycle of crying, hating him, and missing him. "You're heartbroken and you don't know what to do," the relationship expert said. "You can't function. All you feel capable of doing is crying. Is that extreme? Maybe. But it's not uncommon." Her expert dating advice will help you go through what she calls a breakover. A post-breakup makeover.

Relationship Expert from E!'s *Famously Single* Shares Relationship Advice Post-Breakup

In this week's relationship advice video post, the *Screwing the Rules* relationship expert elaborates that there are 12 steps for a breakover:

Related Link: [Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up](#)

1. Realize the reality of the relationship. Face your contribution to the breakup.
2. Bummers with benefits. What did you learn from the experience?
3. Write down why he's an asshole.
4. Dig in. Address some deep-seeded issues and excavate them.
5. Would you date yourself?
6. Get to know yourself. What are your core values? Do you know your needs vs. your wants?

Related Link: [Dating Advice: Create The Person You Want To Be](#)

7. Go out and online. No, you are not ready to date, but you can go out and see that there are plenty of fish in the sea.
8. Flirt. Feel sexy and have fun.
9. Renew you. Get a life, pursue your passions and get hobbies.
10. Refresh your look. DO NOT chop off and dye your hair. Just think about highlighting it, a new outfit, a day at the spa.
11. Feel and look sexy and strong.

12. Now you're ready to start dating.

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

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

How do you get over a breakup? Tell us in the comments below!

Expert Dating Advice: How To Find The Good Guys Sexy



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](#) finally explains why women are so attracted to the bad boys and never want the good guys. "It's not that they're bad that makes them attractive," the dating coach shares. "Women are actually attracted to men, and the bad boys are often more masculine." Her expert dating advice will help you tell your good guy what you want and need in a relationship and love.

Laurel House From E!'s *Famously Single* Shares Expert Dating Advice About How to Find A Good Guy

The *Screwing the Rules* relationship author elaborates that nice guys are often times more gentle because they don't want to offend or disrespect you. They come off as Prince Charming. But here's a secret, fellows: "We don't always want Prince Charming; we're more turned on by Tarzan," House says. If you always find yourself with a bad boy who isn't good for you, then follow this expert dating advice about how to find a good guy sexy:

Related Link: [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

1. Pre-qualify your dates so you can get to know him *before* you go out with him.
2. Shift your focus from want to need. Define your needs in a relationship and love – things like communication, respect, mutual adoration, shared core values, and trust.
3. Change your perspective of what a good guy is and focus on the positives rather than the negatives.
4. Communicate! Let him know you want him to take control; let

him know your boundaries; let him talk dirty to you; and let him know it's annoying when he texts or calls too often.

5. Don't mistake nice for annoying. Then, you'll end up wondering why you dumped a guy for a stupid reason when you see him get married and live happily ever after with someone else.

For more expert dating advice from House, click [here](#).

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

Are you usually attracted to the bad boys and want to find a good guy instead? Tell us in the comments below!

Expert Dating Advice: Why You Should Talk About Your Ex on a First Date





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

Other relationship experts may discourage you from talking about your ex on a first date, but in this week's [dating advice](#) video, relationship expert, and E!'s *Famously Single* dating coach, [Laurel House](#) says otherwise. "More than revealing your past, it can also set the standard of expectation for your future," she explains. "It can even make him feel good about himself!"

Related Link: [The Best Dating Question to Ask on a First Date](#)

Laurel House From E!'s *Famously Single* Shares Expert Dating Advice for Your Next First Date

The *Screwing the Rules* relationship author elaborates, "The key to ex talk is that you *both* reveal. Once you bring up your ex, encourage him to chime in about his too." Before discussing your past relationship and love, consider this

expert dating advice:

DO talk about the most interesting men you've dated, but don't go on and on.

DO express regrets but explain that you learned from those mistakes.

DON'T sound bitter, broken, jaded, or angry.

DON'T talk as though you're still in love with him.

DON'T mention things that no guy wants to hear about (like your sex life) or things that you wouldn't want to get back to your ex.

The relationship author then shares her best tips for *how* to bring up your ex. "Do it strategically. Don't go on and on. Don't talk about them for more than 20 minutes total. Don't make it a sob session, a therapy session, or a show-off session," she says.

For more expert dating advice from House, click [here](#).

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

Have you ever brought up an ex on a first date? Tell us your story in the comments below!

Screwing the Rules Video Dating Advice: 5 Lies Guys

Tell on Facebook



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](#) shares the five most common lies that guys tell on Facebook.

E!'s *Famously Single* Dating Coach Laurel House Shares Dating Advice for Facebook

1. His relationship status: Be wary of an “undeclared” status. “It means nothing, and it’s the go-to for many guys who are playing the field of this free dating site called Facebook,” she says. She also warns you not to trust a guy who says he’s “single” on his profile; he may keep it that way for business

purposes despite being married or in a committed relationship.

Related Link: [Dating Red Flags Revealed on Facebook](#)

2. Your shared connections: He may have a friend or two in common with you, but remember that he can request *anyone* to be his friend. Don't let your common connections give you a false sense of comfort and trust.

3. His age: "Age is one of those hidden facts on Facebook that is revealed on other online dating sites," the relationship author explains. If you're unsure, check out his friends, education history, and favorite activities to determine if they all add up and make sense with what he told you.

4. His occupation: It's easy to use vague titles like CEO, entrepreneur, or producer. "People can assign themselves pretty much any fancy label despite the fact that they have nothing to show for it or back it up," House shares.

Related Link: [Laurel House on Her New Book: "I'm Pretty Nervous for My Ex-Boyfriends to Read It!"](#)

5. His lifestyle: Don't completely trust his photos and locations. Instead, ask his specific questions about a particular restaurant, gym, or hotel. After all, he may be strategizing and promoting a lifestyle that he doesn't actually live.

Don't let these common lies scare you off of Facebook. As the dating expert says, "Just like you do in everyday life, be aware of your environment and your surroundings and who you let get close to you. Facebook isn't a place to drop your guard."

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

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

How do you avoid falling for deception on Facebook? Tell us in the comments below!

Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks



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](#) explains why you might be to blame for dating losers and jerks.

Expert Love Advice from E!'s *Famously Single* Dating Coach Laurel House: You Get What You Give

According to House, if you're not in a "healthy headspace and living the life you want to live," you may be unknowingly attracting the wrong type of partner. "You need to look inside yourself and think about who you are," she explains. "You attract how you act and get what you give."

Related Link: [Screwing the Rules Video Dating Tips: Busting the Soul Mate Myth](#)

After all, you are the one consistent thing in all of these relationships and love. "Take a beat. Inhale into your belly. Fully exhale out the stress and the fears and the emptiness," House advises. "Now, think about it: How have you been acting? What patterns have you been experiencing?" If you follow this expert love advice and figure out *you* first, you'll find a good guy before you know it!

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

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

What's the best way to understand your own needs and desires when it comes to relationships and love? Share with us in the comments below!

Dating Expert Laurel House on How to Break Up Via Text Message



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](#) is here to tell ladies how to break up with a guy over text.

Dating Advice from E!'s *Famously Single* Dating Coach

No, it's not cold, she reassures us. House says that if you're

an active dater, there is no need for a dramatic conclusion every time you don't think a guy is a good fit. And it's totally okay to politely let him know that you don't think you two are romantically right for each other. House's expert love advice is always getting you out of sticky situations!

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

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

What did you say to a guy when ending your relationship and love via text message? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Never Listen to THIS Relationship Advice





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

Does your best girlfriend, your mom, your sister, or any other female in your life try to give you relationship advice? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares three pieces of love advice that you should ignore, despite what they may tell you.

Related Link: [How 'The Bachelor' Is Changing the Reality of Dating](#)

Dating Expert from E!'s *Famously Single* Says to Ignore This Relationship Advice

1. Don't sleep with him too soon: This timeline will vary for each couple. For some, it may be the first date, and for others, it may not be until three months into a committed relationship. "The only person who gets to be the judge of

that is *you*,” House explains.

2. Dump him – immediately: Even if your guy is acting like a jerk, don’t assume that the only solution is to break up with him. “Take a minute to think about if it’s a real problem in the relationship or if it’s a deal breaker,” she shares. “If you cut the line because your friend said you should, you might quickly regret that decision.”

Related Link: [Busting the Soul Mate Myth](#)

3. Follow the dating rules: Your friends may tell you not to call him first or to pretend you’re busy when he asks you out. They may encourage you to keep your cards close and not reveal too much of yourself to him. As the dating expert says, “You might not even realize that the rules you’re following are actually games.” Instead, “screw those rules! It’s time to get real.”

If you’re looking for a love that lasts, stop listening to these three pieces of relationship advice from your friends and family. “Your loved ones aren’t in your situation, so they don’t know exactly what you’re going through,” House reveals. “It’s *your* life. Live it the way you feel in your heart, your gut, your soul, and your mind.”

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

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

What piece of relationship advice from your family and friends do you ignore? Tell us in the comments below!