

Celebrity News: Find Out What's Going On Between Former 'Bachelor' Colton Underwood and Lucy Hale



By Alycia Williams

In latest [celebrity news](#), former [reality TV star](#) Colton Underwood appears to be moving on from his split with Cassie Randolph. According to *EOnline.com*, Underwood has been going on casual dates with actress Lucy Hale. It's nothing serious yet, but they are both interested in each other. Underwood has spent time at Hale's house the past couple of weeks as they've been going on dates. Although it's very new for them, they've known each other for a while through mutual friends. Halle has always been interested in Underwood and she was happy to learn that the feeling was mutual.

In celebrity news, Colton may be moving on with actress Lucy Hale. What are some ways to ease into a new relationship?

Cupid's Advice:

Starting a new relationship is leaves you feeling warm inside and eager to rush into your relationship. If you're looking for ways to ease into a new relationship, Cupid has some advice for you:

1. Try new things together: When you're taking it slow, you have all the time in the world to actually enjoy dating. That's because you're probably going on more legit dates with your person, so you have more opportunities to make them fun and exciting, not dinner and a movie. And trying something new together can place you both in a position where you're newbies to the activity, and you can bond over how 'out of place' or natural the new activity feels.

Related Link: [Celebrity News: Colton Underwood & Madison Prewett Get Friendly on IG After His Split from Cassie Randolph](#)

2. Share something you love with your new partner: Figuring out compatibility is pretty important, so sharing your interests whether it's rock climbing, comedy, trying new foods with the person you're dating to help you decide if it's a match. This will help you feel more comfortable on a date, while helping your partner get to know you and your world.

Related Link: [Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph](#)

3. Don't use texting as a crutch: Sure, texting is super

convenient, but it's not the best form of communication when you're just getting to know someone. If you both can't meet up try talking on the phone or using video chat.

What are some more ways to ease into a new relationship? Start a **conversation in the comments below!**

Author Dan Ribacoff Talks Relationship Advice & 'Pretty Little Liars'



By [Michelle Foti](#)

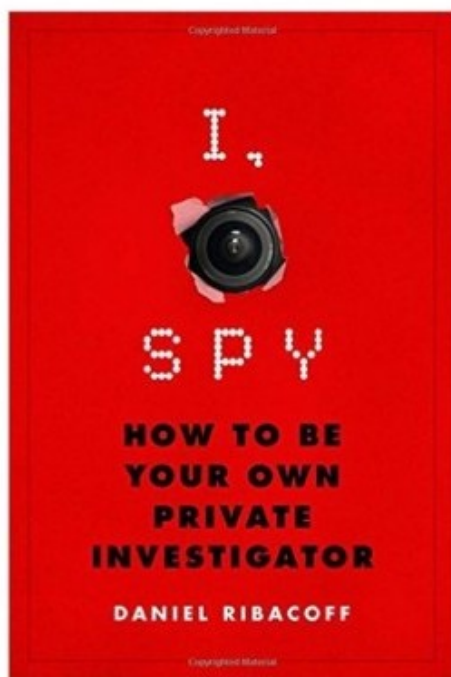
When eyebrows are raised and suspicion arises, men and women stop what they're doing and transform into investigators. If

her man did something wrong, you know she is going to find it; she's unstoppable, even relentless. Yet, should this be the way she pursues the truth? Is it healthy? We talked to polygraph expert and private investigator Dan Ribacoff in our exclusive author interview where he lays out some [relationship advice](#) on seeking the truth from his book *I, Spy: How to be Your Own Private Investigator*. Ribacoff also put the *Pretty Little Liars* to the test – the lie detector test, that is.

Author Shares Relationship Advice For Seeking Truth In Your Relationships

To start, what was the inspiration for your book *I, Spy: How to be Your Own Private Investigator*? Why do you think knowing how to be your own “private I” is an important skill?

I wanted to help people who are concerned and looking for simplicity. I feel bad for charging people. They don't have money and I don't want to leave people out there. It's an important skill everyday, with everyone. In everyday life you have to think like a Private Investigator.



Let's get into some specifics. What's the first step someone should take if they suspect that their significant other is cheating?

The book gives people investigative skills to go through step by step:

1. Don't confront them. It will tick them off and make them think "they're on to me."
2. Look out for changes of habit such as dress, health, and intimacy.

These are signs to look for. You need probable cause and you can get that through surveillance.

Of course, we have to ask: What are three easy ways to tell if your partner is lying?

My dating tips include steps of detecting lies:

1. Repeating Deception. Guilty people have a hard time saying no. If they over explain that is a significant sign of

deception.

2. Visual Cues. If someone crosses their arms that's a sign of defense, protecting themselves. Shifting in their seat, touching their nose: it is a physiological response that something doesn't seem right.

3. Grooming. If your partner comes onto you, acts a little bit seductive, uses physical attributes, if they're flirtatious, that means they want you to like them and go easier on them.

Related Link: [Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't Be Reckless With Other People's Hearts"](#)

After a surprising break-up, what is the best strategy for people to employ to get the closure they need?

It depends on how the breakup occurs. If it doesn't make sense, people are curious and that's when they start an investigation. If the partners are willing to take a polygraph test for fidelity, that's the way to go. Some people become obsessed, they have to know. People can't move on.

Shifting gears, you have a long resume of appearing on popular shows and working with celebrities, most recently the cast of *Pretty Little Liars*. What would you say has been your most exciting celebrity polygraph experience?

Pretty Little Liars (as seen in the video above) and *Impractical Jokers*. We embarrassed Murr on stage at his old school.

Related Link: [Celebrity Wedding: 'Pretty Little Liars' Star Sasha Pieterse is Engaged](#)

As a polygraph expert, what relationship situations are you most often called into?

When there are relationship problems and situations of

cheating and infidelity. It's emotional. I'd much rather do a criminal investigation. Relationship investigations get volatile. A woman had called me and said I had ruined her relationship, but it was the results. The brain cannot lie, the mouth does.

What are these situations like? What are you thinking/feeling as relationships crumble before you?

It's not a great feeling. I try to broker a deal and offer relationship advice. I try to chat with the wife, encourage a marriage counselor. It's better to be the referee than to see them fail the polygraph test. If they fail, they go to therapy and periodic testing for monitoring. With no one writing speeding tickets, everyone is going to speed.

Related Link: [13 Most Shocking Celebrity Couple Affairs](#)

What would you say is the key to a happy, successful relationship?

Be best friends. Be open. Be honest. It's a two way street. If you ignore the needs and the love of your partner, they'll find someone to fill that role. Take care of one another.

Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?

I recently signed a contract to host my own show in the United Kingdom in Great Britain about exes and current couples delving into their relationships. It will be on channel 4 in England. So far I've committed to 10 episodes. We begin filming in May and the show is to air in September.

I, Spy: How to be Your Own Private Investigator is available now on [Amazon](#). To learn more about Dan Ribacoff, visit his [Twitter](#).

Celebrity News: Lucy Hale & BF Anthony Kalabretta Split



By Abbi Comphe1

Former [celebrity couple](#) Lucy Hale and Anthony Kalabretta have called it quits. According to [UsMagazine.com](#), an insider told them the two broke up. Hale was seen posting Taylor Swift lyrics on her Instagram and Twitter. This [celebrity news](#) is sad! Luckily, there was no bad blood with this [celebrity relationship](#); it “just kind of happened,” according to a source.

This celebrity news is a downer. What are some ways to know your

relationship is headed for Splitsville?

Cupid's Advice:

Relationships can be hard to handle sometimes. They may take a lot of patience and work. Cupid has some advice about when you know your relationship is headed for a break-up:

1. Arguing: You no longer laugh and are silly together. Most of your time is spent arguing and fighting about the little things. You can no longer keep a conversation without something negative happening.

Related Link: [Celebrity News: Camille Grammar Says Relationship with Celebrity Ex Kelsey Grammar is 'Terrible'](#)

2. Space: You want your space. You feel like it would be so much better if you both took a break from each other and see what is like having time away from each other.

Related Link: [Celebrity News: Scott Disick Has Breakdown Post-Split from Kourtney Kardashian on 'KUWTK'](#)

3. Exhausted: You feel like this relationship is sucking all the life out of you. You don't smile anymore and you forgot what it's like to laugh with your significant other. It is time for you to not be tired anymore, so maybe it is time to end it.

What are some ways you know your relationship is heading the wrong direction? Comment below!

'Pretty Little Liars' Actress Lucy Hale Dating Joel Crouse



By Sanetra Richards

In actuality, she's no "pretty little liar." According to UsMagazine.com, Lucy Hale is dating country singer Joel Crouse and is not afraid to tell all. "They are seeing each other. He is in L.A. right now to visit," a source reveals.

"It isn't anything serious just yet." The 24-year-old actress and her 21-year-old lover were recently spotted courtside at a Lakers game, in which Hale Instagram'd: "First lakers game. Was really great teaching this one the rules of the game. And seeing him looking like a kid in a candy store @joelcrouse." The two were photographed again on May 8th at LA's restaurant Crave Café.

The *Pretty Little Liars* star has also dated actors David Henrie, Chris Zylka, Graham Rogers, and The Cab keyboardist Alex Marshall.

In an interview with *NYLON* in December 2012, Hale made it know that she has “learned something good and positive” throughout all of her relationships. “I’m a woman, but I’m not fully the person that I think I will be. We’re all just trying to figure it out. Some of us just have to do it publicly.”

What are some ways to take your new relationship slow?

Cupid’s Advice:

You are excited about your new relationship and want to shout it out to the world, on top of Mount Everest. You have all of these plans lined up and cannot wait to execute each one of them. However, you have learned from past relationships that this is not always the best idea. Cupid has a few tips to help you take this one slow:

1. First comes love: Then comes marriage. It is perfectly OK to fantasize about a dream future with your significant other—who knows, it could possibly come true! However, do not be so quick to start making wedding plans. Give yourself (and your partner) time to actually be in the relationship before jumping the broom.

Related: [Kesha Has a New Man](#)

2. Hold off the family & friends: You can never be too sure on how long a relationship will last, but you can be careful on what is done throughout that period. Introducing your partner to your family and friends is not always the best idea. Yes, feel free to tell them about the person who has your interest, but save the meeting until a later date.

Related: [Khloe Kardashian and French Montana Go Public with New Relationship](#)

3. Actually date: A major part of a new relationship is dating. This is the time used to go on dates and getting to know each other while having fun. Take full advantage of these

moments and let the relationship take its course, instead of planning everything out.

How do you take a new relationship slow? Share your suggestions below.

Lucy Hale Insists She's Not Dating Colton Haynes



By Erin Minty

Lucy Hale, the 23-year-old star of *Pretty Little Liars*, puts the rumors to rest about dating the hunky *Teen Wolf* actor Colton Haynes. After the two arrived at Mr. C Beverly Hills September 15, reports UsMagazine.com, many people suspected that the friends had become more. However, Hale denies these rumors, saying, "He's jut a friend here tonight. Although, I would be very lucky to have him on my arm! We're just

friends.” She adds that Haynes, who is currently single, “could have anyone!” Hale herself is taken, though, as she’s dating *American Horror Story* actor Chris Zylka.

What are some ways to keep your relationship under wraps at first?

Cupid’s Advice:

Sometimes, you may want to keep a new relationship away from the public eye. Cupid has some advice on how to keep your relationship under wraps at first:

1. Be discrete: Having a relationship in secret can be hard work, but there are ways to keep it out of the public eye. Meet in private locations, don’t act too lovey in front of others and don’t talk about your mysterious partner to anyone until you want them to know.

2. Don’t ignore your friends: If you are repeatedly busy whenever your friends want to hang out, it will be a huge warning sign. Make sure you leave equal time for your relationship and your family and friends.

3. Be on the same page: in order for any secret to stay a secret, you need to make sure you and your partner both agree. If someone tells one person, who tells another, and so on, the secret is out and it will be too late. Make sure you are both on the same page regarding who to tell and not tell.

**How did you manage to keep your relationship under wraps?
Share your advice below!**