

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](#).

Celebrity Couple Predictions: Rob Kardashian, Miley Cyrus and Keisha Knight Pulliam





By [Shoshi](#)

Join me as I look into the crystal ball of relationships and love. Below, I predict the future of three new [celebrity couples](#).

Shoshi's Predictions for these Celebrity Couples

Robert Kardashian and Blac Chyna: It's always amazing when two people who are a hot mess get together in the name of love. Then again, can we really call Rob and Blac Chyna a celebrity couple? If memory serves me correctly, a few months ago, Blac Chyna was in love with the rapper Future. Her love was so deep, she had his name tattooed on her hand. Now with the celebrity news that Blac Chyna and Kardashian might be together? There's something about this relationship that makes me give it a side eye. I just don't see this as the real deal. It appears to be all for show. Blac Chyna is desperate for attention and this is the best way for her to get it. It's a shame that Kardashian has seemed to just let himself go. He just doesn't care about anything at all. Kardashian needs love

and affection from somewhere since his family does not seem to be giving him any at all. Looks like Blac Chyna is the only one filling the void. This relationship will be just as dysfunctional as all of the Kardashian relationships. It will run its course, because Blac Chyna's heart has the attention span of a high school student.

Related Link: [Celebrity Couple News: Rob Kardashian Resurfaces with Beard and Blac Chyna](#)

Miley Ray Cyrus and Liam Hemsworth: It's now safe to say that Cyrus and Hemsworth have quietly gotten back together. Cyrus has put her engagement ring back on. Wouldn't you? Don't look for an invitation to this celebrity wedding just yet. They have a habit of breaking up and getting back together. My crystal ball says they are on a trial basis. Basically, giving it another go round to see if they can make their relationship work. Hemsworth probably did cheat on Cyrus the last time they were together. When someone cheats it's a sign that something is wrong in a relationship. It looks like both parties are acknowledging their part in the breakup. If they can repair what was broken, there's an opportunity for them to be one of the hottest couples in Hollywood. We just may see a much tamer Miley Ray. Time for her to keep that tongue in her mouth. One of two things will happen, either they will get married or they will end their relationship for good this time.

Related Link: [Celebrity Couple Rumors: Is Miley Cyrus Engaged to Liam Hemsworth?](#)

Keisha Knight Pulliam and Ed Hartwell: Keisha Knight Pulliam best known as Rudy on *The Cosby Show* announced that she was engaged in December. Less than a month later, she announced on her podcast "Kandidly Keisha" that she married Ed Hartwell, a retired NFL player on New Year's Eve. This came as a surprise to a majority of her fans since no one knew that she had broken up with Big Tigger, who she had dated for three years. Right now this couple is doing just fine. Will they be

together for the long haul? That's questionable. Most people don't think this marriage will last. They will have a baby or two and some projects together. I see trouble in their marriage around the third year. If they can get through that, they should be fine.

Related Link: [Relationship Advice: Love the Second Time Around](#)

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 Make This Valentine's Day Special for Your Loved One





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

In 1653, a Mughal emperor shared with the world a token of his tragic yet enduring love for his favorite wife Muntaz Mahal, who died during childbirth. Today, the emperor and his wife have all but blended into the annals of ancient history, but the symbol of his love remains as the gleaming white marble 42-acre structure known as the [Taj Mahal](#). While most public expressions of affection don't end up being a timeless wonder, many of today's celebrities make their mark in different and extravagant ways. As a relationship expert, I wanted to give you some unique ideas to celebrate Valentine's Day. Here's some [relationship advice](#) on how to say "I love you" to the special person in your life, like these celebrity couples.

Relationship Advice: Making Valentine's Day Special Like The Hollywood Stars

1. Share a little bit of nature. I'm not talking about cut

flowers or baskets of posies. With a little bit of creativity, you can find a bit of nature that symbolizes the unique relationship and love you share. For example, [Angelina Jolie](#) purchased an olive tree to give to her husband, Brad Pitt. Angie may have spent \$18,500 on this olive tree, but you can find something just as special but much more affordable. Aloe Vera plants, palms, fruit trees, and flowering plants are excellent alternatives to cut flowers. Also, some companies manufacture innovative bouquets made out of alternative materials that last forever and offer unique scents. [Ecoflower.com](#) designs arrangements using environmentally friendly and recycled materials like wood, paper, recycled jewelry among other things, and they will provide any scent you like such as raspberry, musk or lemon.

Related Link: [Celebrity Couples and Their Most Extravagant Valentine's Day Gifts](#)

2. Share a wardrobe indulgence. For [Jessica Simpson](#), that meant getting a \$15,000 Birkin bag from her husband, Eric Johnson. For the rest of us, receiving a smart jacket, a silk scarf, a sparkling bracelet, or snazzy boots can generate the same feeling of confidence at one-third of the price. I recall a young newlywed presented his wife with a necklace made of aquamarine. It wasn't the most valuable of gems, but the color reminded him of his wife's eyes.

Related Link: [Valentine's Day Special: How To Have An Irresistible Online Dating Profile for Valentine's Day](#)

3. Share an experience. Angelina Jolie bought Brad Pitt flying lessons. Of course, she threw in the helicopter for good measure. [Beyonce](#) found a million-dollar token to share with husband, Jay-Z, when she presented him with a Grand Sport, reportedly one of the top performing and most expensive cars on the market. For you, a shared experience may be a hike to a cherished location, or a picnic in a secluded spot. Most people will tell you the things are nice, but sometimes it's

the thought behind the gift that counts the most. A friend who lived by an Olympic training site bought her husband a ride on the bobsled track used in the 2002 Winter Olympics. It was an experience he will never forget.

Related Link: [Celebrity News: Check Out Rebel Wilson's Video Valentine's Day Message to Justin Bieber](#)

With Valentine's Day approaching, it seems the extravagant gifts is what makes the news. The relationship advice to remember is that Valentine's Day doesn't have an audience nor does it need a giant price tag. It's an opportunity for you to share a moment, a knowing exchange, a personal connection that is meaningful for the two people that matter the most—you and your loved one.

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

What has been your most meaningful Valentine's Day experience? Comment below!

Expert Relationship Advice: Travel 101 for the Guys





By [David Wygant](#)

What should a man know before going on vacation with his significant other for the very first time? Well, there are a couple of things to keep in mind. You're going to see your significant other in a whole different way when you go away with her. If you follow my expert [relationship advice](#), I strongly suggest you engage her to see how she handles certain situations.

Follow This Expert Relationship Advice on Your First Vacation as a Couple

The first thing you are going to learn is her level of flexibility. When you take a person out of their everyday surroundings, they need to become a little more, let's just say, flexible. Whether you spend three or four days with her walking around a city or vacationing in paradise, you are going to see how flexible she is outside of her day-to-day routine. How does she roll with the punches when the person in

the next hotel room is loud at night? Or when she doesn't have any cell service and can't check her e-mails? What about when you guys get into a little tiff? Because those things are bound to happen when you go on vacation with somebody.

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Another thing you're going to learn about is her habits. When you're dating somebody, they tend to be on their best behavior. For instance, they won't check their phone as often as they usually do. But when you take them out of their environment, you'll get an idea of her *real* social media and texting habits. How often does she look at her phone? How often is she checking her e-mail or Instagram? Is she answering texts and phone calls from friends when she is away with you? You're going to quickly figure out how her attention is spent. Is she present in the moment? Or is she constantly thinking about work?

You get an idea of who somebody is because, when you take them away, you'll start to learn about how well they can relax. One time, when I took somebody away for the first time, I realized after that three-day trip that it would be our last vacation ever. She couldn't get out of work mode. She was constantly checking her phone, constantly worried about things back at home. She wasn't present at all, and it taught me a lot about her and about the type of relationship and love I was going to have with her. You see, when we were together on a Saturday night, it was easy for her to hide all of those things...but when we were together for five days straight, she couldn't hide those neurotic behaviors.

Another great thing you can learn about somebody is their sleeping habits. Most of the time, when you take someone away for the first time, you spend a night or two together. Imagine spending a week with them and taking a look at their *real* sleeping habits. For instance, how long does she spend in the bathroom before bed? I was dating an awesome girl once, but

after our first trip, I realized that she spent 90 minutes in the bathroom every night doing who knows what. I couldn't believe that was how her days always ended!

Related Link: [Expert Love Advice: Why Getting to Know Her Friends Is Like a Football Game](#)

Traveling with your partner is really an amazing experience. It allows you to see somebody for exactly who they are. Here's my best expert relationship advice: Go away together for a week. That length of time will allow you to get an idea of their habits and of their flexibility when they're out of their comfort zone. It's easy for a woman to pack a bag and come to your house for a night, but it's a challenge for her to come and hang out with you for a full week. You will learn so much about who she is.

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.

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Breaking Up: Dating Advice for the Breaker and Breakee





By Jim Hjort, LCSW

Humans are wired to thrive on close interpersonal connections, so when a relationship and love life comes to an end, often at least one of the parties will hold hard feelings. Perhaps blame, regret, vulnerability, disappointment, fear, or any number of others. This is when dating advice becomes the most important.

If there's an impulse that's stronger than the one to seek close connection, it's the one to protect ourselves from injury.

Temporary empowerment.

As a result, when intensely negative breakup feelings arise, their cousins—anger and self-righteousness—often follow close behind. Those feelings can provide a temporary feeling of empowerment, as opposed to feeling helplessly stuck in an

unpleasant situation. Unfortunately, the fireworks that anger and self-righteousness can induce tends to create even more lasting animosity, which provides fertile ground for negative thoughts and feelings to multiply.

Prevention of Openness.

That, in turn, can prevent both people from having the psychological and emotional openness necessary to recognize the next relationship opportunity that comes along—and nurture it. Not to mention, such a negative state of mind impacts your ability to generally enjoy life and function in healthy ways.

A breakup is a stage of your relationship.

In order for both parties to emerge from a breakup as healthy as possible, you need to remember something that is simple, but easy to forget in the presence of strong emotions: the breakup is a stage of your relationship, just like any other. That means that all the rules of healthy communication and respect for your partner still apply.

For starters, recognize that any partnership exists through a interaction between each party's need for something from the other, and the other party's willingness and ability to fill it. Fundamentally, a breakup happens when sufficient numbers of these pairings can't or won't be made.

Be open and honest.

Therefore, the healthy approach is the open and honest one: let the other person know what need of yours isn't being met, or what need of theirs you are unwilling or unable to meet. (The "it's not you, it's me" speech isn't really accurate: it's both of you whose needs and willingness and ability to fill them have to fit together, like two pieces of a jigsaw puzzle.)

When you're doing this, be sure to use "I" statements to own

your perspective, instead of attributing thoughts, feelings, and motives to the other person. (For instance: “When you disappear for days without calling, I feel like I don’t matter to you.”)

Own your decision.

If you’re the breaker, own your decision and explain it. If you’re the breakee, try to devote your mental resources to listening and comprehension, rather than formulating a rebuttal while the other person is speaking. The breaker has made a decision; try to understand it. And then, restate what the other person has said in your own words, both to make sure you’ve understood them and to convey that you’re trying to do so.

Arrive at a mutual understanding.

Approaching a breakup with the goal of arriving at a mutual understanding tends to defuse the natural, defensive anger response. It also provides both of you with clear information and a matter-of-fact perspective on what happened, eliminating the unknown, which tends to spawn negative rumination and feelings just as much as animosity.

This thoughtful, healthy approach certainly won’t eliminate the pain of a breakup, but it can greatly reduce your suffering about it, which is different. With a solid understanding of what happened, you can also move forward with less “baggage.” Best of all, you might even come to understand your needs (and shortcomings) better, so that your next relationship has a better chance of success.

Jim Hjort, LCSW, is the founder of the [Right Life Project](#), where he helps people overcome roadblocks to self-actualization as a licensed psychotherapist, RightLife Coach and mindfulness meditation instructor. The Right Life Project helps people understand the ways they can manage the different dimensions of their lives (psychological, social, physical,

and vocational), in order to be happier and more fulfilled, and to reach their full potential.

Relationship Author Jamye Waxman Shares Love Advice in New Book 'How To Break Up With Anyone'



By Mackenzie Scibetta

Breaking up is hard to do. Jamye Waxman's latest [self-help relationship book](#) puts a unique spin on ending a partnership,

whether it be with your significant other, a family member, or even your hairdresser. The book provides the tools, encouragement, and wisdom needed to get through rough patches in your relationships and allows you to handle a split in an honest way. In our exclusive interview, the relationship author tells us why it's okay to throw yourself a pity party and shares more [expert love advice](#).

Relationship Author Opens Up About 'How To Break Up With Anyone'

Can you give us some background on why you decided to focus on the end of relationships in your new book?

I had this idea years and years ago when my relationship with my high school best friend came to an end. I was really distraught over the fact that it ended, and I thought something was wrong because I was so torn up over a non-romantic relationship. The friendship mattered so much to me, and now, it was over. I wanted to write the book because I felt like there were a lot of books that focused just on romantic relationships and not on other types of break-ups.

There's a lot of information in the book on being broken up with as well. Over time, we experience both sides of the break-up process, so it's important that you accept and understand why and how relationships end. You also need to know that it's *okay* that they end – it's a common experience.

Related Link: [Relationship Author Dr. Brandy Engler Breaks Down 'The Women on My Couch'](#)

Why did you include both romantic and non-romantic relationships in your writing?

We tend to have a lot more non-romantic relationships in our lives, and when those relationships end, we aren't taught culturally that it's okay to have the same break-up experience

that you feel in a romantic relationship or that it may even hurt *more* than a romantic relationship. I felt that, if I didn't talk about relationships that weren't sexual and also about the relationship you have with yourself, then it was a disservice to my readers. I wanted to give the full picture. So much of the time, it's relationships with our family, friends, or community that we're questioning, and we don't have permission to question them the same way we would a romantic relationship. I wanted to explore the idea with a broad scope.

You talk about breaking up versus taking a break, so I have to ask: What *is* the difference?

I like to tell people that, when you're going into a break-up, it's hard to think of it as taking a break because then the break-up doesn't usually happen. When it comes to romantic relationships, 50 percent of adolescents get back with someone or give it another go. Breaking up doesn't mean you won't have a relationship down the road; it just means the relationship will be different.

Breaking up means you never want to see them again. Taking a break is not seeing them for a while and then, in your head, reassessing and deciding if there's something you can fix down the road. Taking a break is a thought process that happens after the break-up that shows you may not be completely done, that you may have ended it for the wrong reasons.

During the writing process, did you have any profound moments or epiphanies about your own life that really shook you?

I learned that I don't do break-ups well most of the time. Sitting face-to-face with someone and saying, "Here's what's not working, and I want to walk away from it" is difficult. It's so much easier to text them and never answer or even just disappear. For me, just being aware that I don't do break-ups well is the first step to reevaluating how to end a

relationship better.

I also learned that there are a lot of easy break-ups to have without having a real break-up – and they're not always good. We end things with negative ideas in our heads, but if we can turn it around and end on a positive moment, we would be more okay with the idea of it being over.

Jamye Waxman Gives Expert Love Advice

What message do you have for readers who are struggling to break up with their partner, even though they know it's the right thing to do?

For starters, you need to follow your gut. If you're feeling in your gut that it's over, then you need to find the best way to take care of yourself and get out of the relationship. This might mean you need to take your time. It's not a bad idea to find support through a therapist or a third party who's not involved. It's okay to seek outside help because hearing back what you're thinking is a good way to make it become more real.

Related Link: [Relationship Author Dr. Tara Fields' Love Advice: "The Happiest Couples Don't Necessarily Have More or Less Conflict"](#)

Any tips for coming across as confident when you feel anything but after a break-up?

It's okay to not feel confident! One piece of love advice I share in the book is to throw yourself an actual pity party. Invite people over and have a sign-in book where they can write empowering ideas or activities you can do together. That way, you have this book to look back on and laugh at when you feel sad. Allow yourself to cry and be angry. However, once the party is done, start the moving on process. If you're

having a hard time, set aside five minutes per hour where you can be upset and distracted. Then, when the five minutes are up, stop and focus on something else for the remaining 55 minutes. I think setting aside the time to not feel confident is going to help you have that space that is acceptable.

What advice would you give to couples who are struggling to make time for romance and their booming careers?

Have a schedule for sex. We're at computers so much of the day, so set-up separate emails for each other to check when you get to work and leave work. This way, you can communicate openly, sexually, and privately in a way that no one else can see. You can create ideas that you couldn't do elsewhere.

I'd also say be open to trying new workshops. Whether it be a sex workshop or spiritual workshop, find something new to do for both of you.

You can buy How To Break Up With Anyone on Amazon. To learn more about Jamye Waxman or to read more relationship advice, you can check her out on her website, <http://gasm.org/>, [Twitter](#) @jamye, or www.facebook.com/jamyewax/?ref=ts.

A Hole in My Heart





By Patricia Bubash for [Hope After Divorce](#)

A June wedding invite came in the mail for my husband and me this week. Ahhh, I think June is still the month for weddings, although I have read that October is quickly matching it for the month chosen by brides.

I met the groom-to-be a couple of years ago at a film festival where the documentary produced by him was being previewed. Dan and the other two creators of the film *Give a Damn* had decided in their mid-twenties to travel to one of the poorest countries in Africa. This film was to bring awareness to the world, to encourage those who saw the film to be proactive, to become involved in whatever manner they chose to be involved.

The three filmmakers would make their way from the Midwest to Europe feeding themselves on only \$1.25 a day for each. When they could, they hitchhiked; flights to Europe and Africa came out of fundraising money. Once there, they shared lodging, food, living arrangements with the poorest of poor, constantly filming, telling a story for the world. I watched in amazement, awe, and great respect what they had documented,

their immersion into extreme poverty.

At an age when most young adults are just beginning their careers, these three chose to live in uncomfortable, unpleasant, inconvenient, and even horrific circumstances and conditions. I wanted to hear more of their story, so I arranged to have breakfast with the two who were available. Dan arrived before David, and as we chatted, we discovered that he had attended a school where I had counseled part-time. He told me that he had also attended Rainbows, a divorce group for kids within the school. It was a program that all the counselors in the district utilized.

He went on to share that he was an only child, and in the fifth grade, his parents divorced. Not an unusual story, but what has transformed a first time meeting, a casual relationship, into an ongoing friendship, a wedding invite, is Dan's following words: "I was very close to my mother, and when she divorced my dad, she just left, went away. It left a hole in my heart."

Although Gwyneth Paltrow has been getting a lot of publicity with her "conscious uncoupling" approach to divorcing when children are involved, it does not take away the pain and sadness that kids feel when their parents breakup. They have feelings too, and their feelings are often not considered nor are their voices heard.

Related Link: [The REAL Reason that Gwyneth Paltrow and Chris Martin Split](#)

I have listened to many children's stories, wiped their tears, and reminded them that "things would get better" as they coped with their parents' divorce. Dan's words reached such an emotional cord with me. Before me sat a young man who had been part of an extraordinary project, was way past fifth grade, did not know me, and had shared something so personal.

I felt that I had been gifted with his openness. He went on to

tell me that he had participated in counseling beyond the Rainbows into his adult years. He had found his niche through church and his church friends. They were his support and his family.

Finding a faith, friends, a church family, and a cause had been Dan's personal "hope after divorce." I have always been bothered by adults who express that kids are resilient, that they will be just fine with the divorce, remarriage, or blending families. No matter what age, children are emotionally affected by the end of family composition as they have known it. It shakes their sense of security and stability.

They often fear that one parent will no longer be in their life. They worry that they will have to move, lose their friends, will have to change schools, and like Dan, feel a hole in their heart.

Related Link: [To Move or Not to Move? Why This Decision Is Tough on Kids](#)

I have often reflected back on our conversation, as a counselor and a divorced mother. I wondered if my kids were in conversation with Dan, would they share the same feeling of loss at the time of my divorce from their dad? What I do know is that I am so grateful for my relationship with Dan and for the compliment of an invitation to his wedding. I think Dan is quickly – and effectively – filling the hole in his heart.

The sharing time I had with Dan really did touch my heart so deeply. He is marrying a young woman who has a child – and I think he will be good at filling her little boy's heart.

For more information about Hope After Divorce, click [here](#).



Patricia Bubash received her M.Ed. in Counseling from the University of Missouri, St. Louis. Working with students and families has been her true calling for over thirty years. For more than twenty years she has presented workshops at the community college on a variety of topics relating to parenting issues, self-esteem and issues relative to divorce. Patricia is a Licensed Professional Counselor in the state of Missouri and, a Stephen Minister. She submits a variety of articles related to relationships, marriage and divorce to several internet sites, and, frequently, is interviewed on internet radio stations. Volunteerism, writing and family are most significant in her life. Patricia writes for DivorceSupportCenter.com, HopeAfterDivorce.org, CupidPulse.com, and FamilyShare.com. She can be reached at patriciathecounselor@successfulesecondmarriages.com. Follow Patricia on www.facebook.com/patriciathecounselor.