

Love & Libations: 'Tis The Season For Punch



By: [Yolanda Shoshana](#)

'Tis the season made for entertaining. Whichever holiday you invite people to celebrate with you, a punch is the way to go. It's a great way to imbibe with family and loved ones, plus it saves you the hassle of having to continuous drinks during the night. Put out a punch bowl then pop a ladle in it, you will be good to go.

Must-Try Holiday Punches!

Blackened American Whiskey

As we know, celebrities love being in the booze game. Who

would have thought that award-winning Master Distiller, Dave Pickerell, and Metallica would collaborate to create a bourbon. Maybe their song, "Whiskey In A Jar" was a big hint. Blackened American Whiskey is a marriage of the finest bourbons, ryes & whiskeys, however, it's mainly bourbon. The whiskey gets finished in black brandy casks. Does it get any sexier than that?\

This is all to say that the whiskey would be perfect in a punch. The first time I had Blackened was in a cold toddy. It's the sibling cocktail to the hot toddy. It's refreshing and is a holiday treat in a glass.

Related Link: [Love & Libations: Autumn + Red Wine = Love](#)

Cold Toddy

Ingredients:

- 1 medium orange
- 5 medium lemons
- 4 cinnamon sticks
- 4 Earl Grey tea bags
- 1 tsp. whole cloves
- 2/3 cup honey
- 2 cups Blackened Whiskey
- 1 tsp. orange or regular bitters
- Orange twists (for serving)

Directions:

Using a vegetable peeler, remove zest from orange and 1 of the lemons in strips, leaving white pith behind; slice fruit in half. Squeeze juice from orange into a small bowl. Squeeze juice from lemon into a measuring glass. Slice remaining lemons in half and squeeze juice into glass to measure 1 cup total; save any remaining lemon halves. Set orange and lemon juice aside.

Place zest in a small saucepan. Beat cinnamon sticks with the side of a chef's knife to break up a little and add to saucepan along with smashed ginger, tea bags, cloves, and 1 3/4 cups water. Bring to a boil and remove from heat; let sit 5 minutes. Remove tea bags, then stir in honey; let cool completely, about 15- 20 minutes.

Strain tea mixture through a fine-mesh sieve into a pitcher and add whiskey, bitters, and reserved orange juice and lemon juice. Add 2 cups ice and stir until ice is melted and the toddy is very cold.

To serve, pour toddy into glasses filled with ice and garnish with orange twists.

Related Link: [Love & Libations: Holiday Cocktailing Like A Celebrity](#)

Próspero Tequila

Another spirit that should make a guest appearance at your holiday table is tequila. You can make a yummy libation that pairs with your autumn dishes. I've recently discovered that tequila deserves more credit when it comes to pairing with food.

Did you know that Rita Ora has a female-driven tequila called Próspero Tequila? It's a relatively new libation and a new area for Ora. The distiller of tequila is one of the few women in the industry. It's smooth, elegant, and sassy, we couldn't expect anything less from Ora.

What should you make with this tequila? The Texas Punch is a good way to go since it's the perfect addition to any gathering. It's a drink that your friends and family will love. It's also a drink that you can make for you and your boo to keep in the fridge for after a hard day at work.

Texas Christmas Punch

Ingredients:

- 1 cup sugar
- 1 cup water
- 4 cups pomegranate juice
- 3 cups Próspero Tequila
- 1 cup lime juice
- 2 cups cranberry juice
- 1 750-ml bottle sparkling wine (recommend Crémant or Cava)
- fresh cranberries to garnish

Directions:

In saucepan combine the sugar and water and bring to a boil, dissolving the sugar. Remove from heat and cool completely. This will create what is known as simple syrup.

In a large punch bowl stir together the simple syrup, pomegranate juice, tequila, lime juice, and cranberry juice. Chill for 2 hours. Stir in the sparkling wine and serve for a very good time.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Read more on [Cupid's](#).

Ask the Guys' Guy: How Do I Know My Boyfriend is Serious

About Me?



By [Robert Manni](#)

Question from Amy K. San Jose, CA: "I've been wondering lately if my boyfriend really loves me. We haven't been together that long, but how do I know things are serious? How do I know he REALLY likes me? Thanks, Robert!"

Is your relationship *serious*?

Hi Amy:

With all the activity taking place in our lives, occasionally we slip into the dreaded "self-doubt" zone, whether it is about love, work, or who we are and our value as a human beings. Before tackling your specific question about love, always remind yourself that you're a divine being deserving of

love.

Related Link: [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

Concerning your sense of doubt about your boyfriend's feelings, start by asking yourself why you feel this way. Is your intuition telling you he does not share the same feelings for you as you have for him? Or, is he not as emotionally available as you'd like and you simply want him to be more open about his feelings. If that's the case, ask yourself why he's not more open about expressing himself. Whatever the case, it sounds like you need reassurances concerning his feelings.

My advice? Ask him straight up how he feels about the relationship. Pay attention to the signals he provides in his response, both verbal and non-verbal. For example, if he's unsure about his feelings, he will probably act unsure when responding. You can also ask if he loves you, assuming that you have expressed this previously and simply need reassurance. If you have not had the "are we in love" conversation, that's a different story, but there is no reason why you should hold back on having this conversation. When couples are in the right relationship, it's easy talking about anything with their partner. Again, when someone is uncomfortable expressing their feelings, it's usually because they're unsure about how they feel.

Related Link: [Ask The Guy's Guy: Should I Follow My Boyfriend To Where His Job Is?](#)

As a guy, I can tell you that when a man is happy in a relationship, he doesn't say much about it. He simply enjoys being with his partner and it usually shows. When dudes have an issue on their mind, they usually bring it up to find out how their partner feels. Unfortunately, many guys (and women) who are unsure about their feelings often stay in

relationships. It's not a good thing, but it often happens, so it's good to check in on how he is feeling on a regular basis.

The bottom line is if you want a sense of your partner's feelings, have the conversation, but do it in a casual way. When people, and guys in particular, feel cornered, they get defensive. That said, it's your right to know how he feels, and regardless of the response, it's always better to get to the truth. After all, the truth, for better or worse, will set you free.

Hope this helps. Good luck.

Guy's Guy

Robert Manni

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email gillian@nvmediainc.com

More about the Guy's Guy:



Robert is the host of Guy's Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly "Guys' Guy's Guide" exploring current guy-focused topics.

His novel, THE GUYS' GUY'S GUIDE TO LOVE, praised as the "men's successor to Sex and the City," has been developed into two feature-length adapted screenplays, a scripted television

series (pilot and treatment), and a series of non-scripted Guy's Guy show concepts.

Robert has appeared on broadcast television (NBC's Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio programs and podcasts, as well as a contributor to Huffington Post, Thought Catalog, Cupid's Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by DatingAdvice.com.

Robert developed the Guy's Guy Platform to help men and women better understand each other and bridge the growing communication gap between the sexes. He continually creates a fresh, robust palette of timely Guy's Guy [content focused on life, love and the pursuit of happiness](#). Whether it's navigating the challenges of dating, relationships, friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.

Read more at [Cupid's](#).

Love & Libations: The Love Of The Negroni





By [Yolanda Shoshana](#)

When you ask someone which cocktail they love, the Negroni may be the first thing that comes to mind. It's such a phenomenon that you can find one on pretty much any menu, or simply request it at a bar. As I mentioned in an earlier column, Anthony Bourdain loved this drink so much that he called it "the perfect cocktail". There's even a Bubbly Negroni that was invited for Valentine's Day; the sex appeal can't be denied. This drink is perfect for [date night!](#)

The Sexiest Drink for Date Night: Negroni

This year, the cocktail turns 100 years old. We have two guys to thank for the libation with a love story at the heart of it all.

The Negroni is named after Count Camillo Negroni, who was known for being quite a character. The Count went into his favorite cafe and wanted an Americano (created by Gaspare

Campari) with a bit more alcohol. That's when a bartender replaced the soda for gin, and just like that a famous cocktail was born. There are three main ingredients to make a Negroni: Campari, gin, and vermouth. While you can use any gin or vermouth, there is only one Campari.

Related Link: [Love & Libations: Celebrity Pink Sips for the Summer](#)

Most people know the liqueur because it's in almost every bar and restaurant around the world. Did you know that behind it all is a love story? As you know back in the day, people named everything after themselves, which is why you probably won't be surprised to find out that in 1860 a man named Gaspare Campari started a small family business to make aperitifs. When he died, his two sons took over the business. It was David Campari who started using celebrities in the Campari posters. Basically, Campari was rocking with celebs before it was cool.

Related Link: [Love & Libations: What to Sip & Binge, That Is the Question](#)

In the midst of it all, Davide Campari fell in love with a famous Italian opera singer, Lina Cavalleri. She was also known as the "greatest beauty in the world". She was definitely a lovely lady; in regard to singing, let's just say her looks probably got her hired. Davide fell madly in love with Lina and followed her on a world tour. Today, we might call that stalking, whereas during their time it was thought of as "charming". As they traveled to Milan, Moscow, and New York, Davide started selling his families products to bars and restaurants. The small family business grew into a worldwide sensation. While the business became a success, it's sad to say that Lina wasn't really feeling Davide. She married someone else, while he would pine for her until the day he died.

The love story started off between a man and woman, but grew into the world's love for a bitter liqueur. I guess that's what makes the story so bittersweet.

May your love story turn out much better. Enjoy a Negroni or two with your boo during Negroni Week. If you are rocking the single life, get together with your squad and celebrate the single life.

Classic Negroni

1 oz. gin

1 oz. Campari

1 oz. sweet vermouth

Orange twist

Stir ingredients in a mixing glass with ice, then strain into a chilled cocktail glass, and garnish with an orange twist.

Expert Dating Advice: 5 Reasons to Hire A Online Dating Assistant





By [Joshua Pompey](#)

As the head of Next Evolution Matchmaking, I am hired by busy and successful professionals to serve as their very own online dating assistant. But I don't just assist them with the process, I take complete control of the process. If you don't have the time to build an online profile, keep reading for some [dating advice](#) from [relationship expert Joshua Pompey](#)

Have Someone Find You Matches!

As their online dating assistant, I'm not only finding them matches, but I'm also writing all their emails and lining up dates as well. While this may sound a little extreme to some, I believe that the birth of online dating assistants has only just begun. Below are several arguments as to why we should embrace the idea. Keep reading to find out more from our [relationship expert](#)!

1. Hiring an assistant is nothing new

Need someone to clean your house? You hire a housekeeper. Are

you a busy career mom? You hire a babysitter. Too busy to find love? Why not hire an online dating assistant? People have sought help from skilled professionals since the beginning of time. Hiring a professional to handle what is arguably the most important component of your entire life, finding love, sounds like a worthwhile cause to me.

Related Link: [5 Steps To Securing Second Date](#)

2. There just aren't enough hours in the day.

Online dating is a full time job if you are going to fully dedicate yourself to the process in a meaningful way. Being busy and successful shouldn't require love and happiness to be put on the back burner. A professional online dating assistant can complete all the time consuming aspects that you might not otherwise have the time to pursue on your own.

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

3. Online dating assistants can save you months, or years of loneliness

Want to know one the biggest reasons people quit online dating? It's because they just aren't successful at it. After a few weeks or months of bad dates, they eventually quit, but it doesn't have to be this way. A professional online dater will bring experience and skill to the table, navigating the online world for you in a way that yields quality results.

Not being an expert at online dating shouldn't mean that you have to waste months, or even years of your life navigating these dating sites without finding the happiness you deserve.

Related Link: [The Do's And Don'ts of Online Dating First Dates](#)

4. Nobody is being deceived on a massive scale

If this was the 1993 Sleepless in Seattle version of online dating, where two people are pouring their souls out over

dozens of emails and getting to know each other on an intimate level over the computer, than yes, this would be very deceiving and immoral.

Fast forward to the present and the email exchanges on dating sites are about as harmless and lighthearted as it gets. Sure, when I work on a client's account at Next Evolution Matchmaking, I am writing emails as my clients. But these are mainly just superficial exchanges where I help to facilitate the exchange of phone numbers. Once that's complete, it's entirely up to the client to take things from there.

5. Online dating assistants take over the tedious aspects of online dating.

Let's face it, online dating just isn't fun! Sure, you could endlessly swipe right, chase down other singles, and write repetitive emails day after day. Or you could hire a pro and be free to do things you actually like to do! At the end of the day, sometimes pampering yourself is just plain worth it!

Joshua Pompey is the founder of Next Evolution Matchmaking.

For information about how Joshua Pompey helps online daters, visit [this](https://www.nemvip.com/next-evolution-matchmaking) page.

<https://www.nemvip.com/next-evolution-matchmaking>

Dating Advice: Why Do I Attract Men I Don't Want...And Repel Men I Desire?



By Gillian Lee

In this week's *Single in Stilettos* [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Duana Welch. Watch the video above and read the article below for some good tips in your dating life!

Why Are We Repelling Men We Desire?

1. Not right for each other: Us women need to remind ourselves that just because you think you're attracting the wrong ones, doesn't mean you are doing the dating game wrong. Welch brings up the dating app, Bumble and explains that men loves this app because it shows that women show that they're sexually interested.

Related Link: [How to Be More Desirable](#)

2. Showing you are available: This one might sound strange that you're showing that you're available. But, Welch states, "When women pursue them, what they hear is that I am sexually available to you and please don't make a commitment to me because I am sexually available to everyone." People tend to send the wrong signals when trying to pursue someone, and this often leads to repelling people you desire.

[Related Link: Fearless Flirting Formula](#)

3. Send proper signals: On dating sites, make sure to have the guy reach out first. Have a presence on the site, and show that you are single, but let him do the talking! Welch states, "Men are anywhere between 6-10x more likely to reach out for that first contact than women are."

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

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Dating Advice: 3 Things Men Wish You Knew





By Gillian Lee

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Cheyenne Bostock about three things men wish you knew but will never tell you. Watch the video above and read the article below for some good tips in your dating life!

Dating Advice On What Men Wished You Knew!

Related Link: [Dating Advice: How to Attract a Strong Man Who Takes the Lead](#)

1. Men Don't Like To Date: According to relationship expert Bostock, "If there's two things that men value, it's time and their money." He believes that when it comes to dating, a man thinks it's a waste of their time and money. When dating, it's important to see that going out to dinner takes a decent amount of money, especially for several dates. Bostock explains that before the first date, find out as much as you

can about the other person so that when you do get to the first date, you're already invested. When you get to know her before the first date and already feel like you want to date her, then that date won't feel like a waste of time and money. You will have that feeling that they are "always wanting you around."

Related Link: [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

2. Food Is The Way To a Man's Heart: Bostock said some men would tell their women this tip, but most women don't truly understand the gravity of this. For example, if your date is uninterested in going to an event you want to go to, tell him there will be great food and he will change his mind. Also, if a woman wants to talk to a man about something, a good idea would be to bring up food, instead of saying, "We need to talk." He will be concentrated on the food while you are concentrated on the talk. It's a win-win!

Related Link: [Relationship Advice: How To Build a Lasting Love](#)

3. Affirming a Man: This is the most important [love advice](#) out of all of them because it defines the difference between a boyfriend and a husband. Bostock states, "There is nothing more valuable than a man feeling like he's needed, he's wanted, he's valued, he's appreciated." There are many terms that you can say on daily a basis that will make him feel wanted such as, "I love you" or "You are important." Make sure you make your man feel good, because it'll make him want to stay and love you. Bostock explains that if you aren't the one affirming him, then there will be someone else out there who will.

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Dating Advice: Fearless Flirting Formula



By [Rachel Sparks](#)

In this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to sensuality coach Patty Contenta about how to master flirting! Watch the video above and read the article below for some feel-good tips to improve your dating life!

Dating Advice to Help You Flirt Fearlessly!

Related Link: [Dating Advice: How to Be More Desirable](#)

1. Chemistry through charisma: Successful flirting is all about creating chemistry between you and someone else. A lot of times, flirting is intimidating because it may encourage unwanted sexual attention. “We all want to be respected for our minds and not our bodies,” Contenta admits. Charisma, or the ability to verbally connect with someone, is a fun way to boost both your confidence and that of the person on the receiving end.

The foundation of charisma is ACES. A: appreciation, C: commonalities, E: elevation, S: self-expression. When you appreciate a specific detail about someone, you show that you both pay attention and admire a trait about them. Sharing something in common is the foundation of any relationship, friendly or romantic. To be able to elevate the mood means that people will naturally want to be around you, so break out your sense of humor or share what you love about the present moment. And always, be yourself. When you bring your true self to a conversation and express your quirks, people are more likely to find you charming.

Related Link: [Dating Advice: How to Flirt with a Little Touch](#)

2. Chemistry through sensuality: Embrace your feminine energy ladies! If you feel connected with someone on an intellectual level, take it up a notch with your body language. Sensuality is physical expression, but it doesn't have to be risqué or involve touching. How you sit or lean into a conversation can show the other person you're interested and they will subconsciously lean in as well. Touching yourself, such as your hair, arms, or neck, opens up a new playing field for your person of interest. “Women need to take responsibility,”

Contenta says. She mentions the #MeToo movement and says, “Men are becoming more careful about flirting and touching. Give him permission!”

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Dating & Technology Q&A: How to Win a First Date After Meeting Online





Question from Andrew L: It's easy to look good online. There's photo editing and time to plan what to say. When you finally meet someone in person after connecting online, there's only one chance to impress. How can I make sure a first date is a win?

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours talking to your match and find that you're both interested in each other. But how can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship experts](#) Suzanne Oshima and Robert Manni!

Dating Advice to Help You Successfully Transition from Online Conversations to a Killer First Date!

[Suzanne K. Oshima, Matchmaker](#): Online dating can seem like a major convenience for people that are too busy to get out there and meet people, but technology can be a setback when it comes to actually meeting someone face to face. In order to win that first date after meeting online, it's important to be

the best version of yourself– both inside and out. When you're able to achieve that level of confidence and self-love, that's when the right man will ask you out.

Having high self-esteem, knowing your self-worth, and understanding exactly what you have to offer a man is key. If you believe it, then he will see it, too. You'll be on your way to that first date in no time! And if he can't see that an amazing woman is right in front of him, then he's probably the wrong man for you!

Related Link: [Relationship Advice: Can You Fall in Love Just By Chatting Online?](#)

[Robert Manni, Guy's Guy](#): There are so many dating apps and websites that today's singles often overanalyze things after making an online connection, sadly never scoring an actual date. When I was single and dating online frequently, I became comfortable approaching women online and responding to the ladies who contacted me first.

If I felt attracted to how a woman presented herself online, I'd send a short note and ask an open-ended question about her profile. If she responded, I'd send my digits. If the woman was still interested, she'd invariably send me her number and I'd make sure to call her by the next day. I'd keep the conversation short and, if things felt right, I'd suggest meeting. This usually led to a first "date" over a beverage. After that first face-to-face meet up things either moved forward or went nowhere. It was that simple.

So, if you see someone you like online, be cool, but make your move. Don't overanalyze. Trust your gut, but keep an open mind. There are a lot of cool people out there just like you. Remember, dating is a fun sport. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

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

Relationship Advice: You're Scaring Men Off!



By [Rachel Sparks](#)

The [relationship advice](#) from this week's Single in Stiletto's [dating advice video](#) will stop you from scaring off any more men! [Relationship expert](#) Suzanne Oshima interviews

Bex Burton on ways that women run men off. Watch the video above to learn more!

Relationship Advice to Stop Scaring Men Off!

1. Stop future pacing: Women tend to think farther ahead than men when it comes to relationships. On the first date, you shouldn't be thinking about whether or not he's husband material; you should invest your energy in the present moment so you can get to know your date. "When we communicate from this place...we base our beliefs on our pasts," Burton says. We don't make expectations for the future based on the person in front of us, but rather on what we've experienced before. Men can see through this and they often run. Think about it; it's intimidating to have your whole life planned out already when you don't even know your date's last name.

Related Link: [Relationship Advice: How to Attract a Strong Man Who Takes the Lead](#)

2. Stop shape-shifting: "When the images, words, and ideals that we use both online and in person aren't representative of who we are in that moment, how is a man supposed to know who he is facing?" Burton asks. No one is the same person every day, but we do allow ourselves to act a certain way based on what we think the other person wants. When it comes to being a strong and independent woman, you don't want to seem sheepish to placate a man's ego, but you also don't want to be so dominating that the man doesn't feel like he will be valued. Flopping between the two personas is confusing; strive to find balance.

Related Link: [Relationship Advice: The Secret to Attract a Commitment-Minded Man](#)

3. Stop criticizing: Here's a scenario: you're in the car with

your date and he asks what you want for dinner. How many of you have said you don't care, but then get annoyed when he chooses a burger joint? "Don't criticize a man for the choice you just empowered him to make," Burton advises. If you do have preferences, state so. Phrasing your desires as a question will give your date direction and make him feel valued that he can care for you. Try saying something like, "I want healthy and fresh, what would you recommend?" Oshima adds, "Men hate women who don't have an opinion." It's great to share your desires, but if you really don't have an opinion, appreciate what your date does choose.

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Relationship Advice: The Secret to Attract a Commitment-Minded Man





By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stiletto's [dating advice video](#) will help you attract the man who wants to stay in your life. Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Sandra Fidelis, for dating advice!

Relationship Advice to Help You Attract a Commitment-Minded Man

1. Discover your core beliefs: "There are certain things that you pick up throughout life that shape your reality," Fidelis says in her relationship advice. "When it comes to love, whatever you believe is possible for yourself is what you will attract." If you don't believe that you are worthy of a long-term relationship where a man is committed to you alone, then you won't attract someone of this mindset. Core beliefs don't just mean what you believe about the world; they very often relate to what you believe about yourself.

Related Link: [Single in Stiletto Show: He's Great, But...](#)

2. Discover what you want: Once you discover your core beliefs, you have the power to change them. "What you believe is what you create," Fidelis says. Focus on what it is that you want out of a relationship. Fidelis advises, "When searching, focus on the energy of the relationship you want to create together." Avoid superficial traits that you may think you want. Height or aesthetic preferences lose significance to the energy of a healthy relationship. Oshima adds, "You limit yourself when you focus on superficial wants." What is more important: how tall a man is or how he makes you feel?

Related Link: [Single in Stiletto Show: Do You Push for Commitment Too Soon?](#)

3. Open your channels: Now that you've identified what you want, how do you bring that into your life? You have to put yourself in situations where the person you want to attract could be. That means you need to mix up your routine! "You need to put yourself in front of the type of guys you want to attract," Fidelis states. Open up the opportunities to meet new people. Try online dating if you haven't before. Waiting around for someone to come into your life is ineffective and just won't happen. Get out there and have fun!

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Dating & Technology Q&A: Should You Delete Pictures of a Long-Term BF?



Question from Mara S.: My ex and I broke up after having a long-term relationship. Should I take pictures of us down from social media now that I'm seeing someone new or should the new guy in my life understand that my ex and I had a long history together?

Technology makes it so easy to share with the world the things that matter to you. It's normal to post memories that you want to hold onto, but beware of what message your social media is sending. When you are interested in someone, you devour everything online about them in hopes of learning something new. That's true for someone interested in you. What do you

want someone to learn about you from your photos online? Read below for [dating advice](#) from [relationship experts](#)!

Technology Dating Advice that Helps You Know When to Delete Pics of Your Ex

[Suzanne K. Oshima, Matchmaker](#): While you and your ex had a long history together, it's time to take the pictures down and move on with your new guy. There's a great quote by T.D. Jakes that best sums it up, "You can't drive forward looking in the rearview mirror."

[Robert Manni, Guy's Guy](#): My answer is a resounding yes. When it's time to move forward, take down all photos from social media of you with your ex. If you want a new beginning, especially with someone new, you need to send him the right signals about your availability. The past has merit. We live, we love, and we learn, but there must be a reason your former boyfriend is now your ex. If you're having a hard time deleting photos of him off social media, perhaps you are not quite ready to move on. If you truly want a new beginning, then start fresh on social media and give your new suitors the opportunity to see who you are right now. If things work out, they could be the luck one in your pictures. Good luck!

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

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Relationship Advice: How to Overcome Dating Burnout



By [Rachel Sparks](#)

This week's [relationship advice](#) will help you overcome dating burnout! [Relationship expert](#) and Single in Stiletto's founder [Suzanne Oshima](#) talks to relationship coach Cyndi Olin about how to persevere in dating when you want to give up. Watch the [dating advice video](#) above to learn how you too can make it through a dating dry spell!

Relationship advice to help you

through a dating burnout!

1. Monitor your attitude: Olin says, “What we resist persists.” If you approach dating with a negative attitude, dreading the next time you have to haul yourself out of the house to meet someone new, you’re not in a headspace to promote new relationships. Viewing dating through a negative lens puts you in “comparison mode.” Olin says, “If you’re constantly looking critically [at your dates], then the evidence will mount that he’s the bad guy.” Looking at dating with dread will only attract negative people and can destroy opportunities with the potential to make you happy.

Related Link: [Dating Advice for Women: How to Break Your Dating Patterns](#)

2. Set aside date nights: “Dating burnout stems from doing too much,” Olin says in her relationship advice. Setting aside certain days for date nights frees up the rest of your schedule to do the things you need and want to do. When someone new asks to set up a date, you don’t have to worry about shifting your schedule around. On the designated date days you don’t have dates, take yourself out on a date instead. Maintaining regular date days will foster a positive mindset towards the times you do have dates.

Related Link: [Dating Advice: How to Get Him to Commit to You!](#)

3. Pamper yourself: “Having things to look forward to in life are really important,” Olin says. “A woman who can overcome dating burnout has a life that is full and that she is passionate about.” Begin enjoying the rest of your life again. You’ll forget about your frustrations with dating and will be more likely to get back out there with a positive attitude. What’s more, people are drawn to happy, positive people. As Oshima says, “Don’t give up before the miracle happens.”

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

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Dating & Technology Q&A: How to Use Technology to Prevent Your Relationship Going Stale



Question from Kirstie W: When my boyfriend and I first started dating, our texts were fun and exciting. When we saw each

other at the end of the day, we still had a lot to talk about even though we had been texting all day. After being together for six years, texting is non-existent and when we do see each other all we talk about is work. Conversation is getting stale; help!

Long-term relationships face unique challenges. Conversations can be much more in depth because you know each other better. At the same time, conversations can run dry because you already know so much about each other. After awhile, talks are less about discovery and more about supporting each other. This [dating advice](#) from [relationship experts](#) Suzanne Oshima and Robert Manni will help bring excitement back into any relationship!

Dating Advice for When Relationships Go Stale

[Suzanne K. Oshima, Matchmaker](#): Ironically, the effectiveness of our communication with our partners can be damaged by the technology that we surround ourselves with every day. When you're both busy and working throughout the day, it can be difficult to keep in touch and talk about work over technology. When you get home, try to make it a rule to only talk about work for the first 30 minutes of your conversation, and make sure it's about something you need advice or insight on from your spouse.

After that, focus on your relationship and the fun things about your life together, whether it be date nights, your love, or future plans. This way, you'll be able to foster an environment at home with your relationship as the focus without the noise and distraction of technology between you. Keep things real by engaging in face-to-face conversations, and you'll feel much more connected with your partner as a result.

Related Link: [Dating & Technology Q&A: How Do You Handle Dating Someone with an Internet Persona?](#)

[Robert Manni, Guy's Guy](#): The issue here transcends technology. It seems that your day-to-day relationship has become expected and you're counting on technology to solve your problem. Technology can be a helpful tool for keeping the connection strong, but it's a means to an end. I'm sure your partner would welcome fun and sexy text exchanges throughout the day, but the real issue is finding ways of maintaining true intimacy when you are together.

I suggest making it a priority to live in the moment when in each other's company. That means being present: verbally, physically, and even spiritually to maintain your loving connection. Try discussing more than your work when you meet up, even after a hard day. Make it a priority to share meals, drinks, physical intimacy, and your true selves on a regular basis. Technology provides a way of staying connected during the work day, but the most important way to keep the embers glowing is to make the most of your time when you are face to face. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

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

Relationship Advice: How to

Build a Lasting Love



By [Rachel Sparks](#)

This week's [relationship advice](#) from Single in Stilettoes showcases founder and [relationship expert Suzanne Oshima](#) interviewing relationship author Wendy Newman. If you get stuck in the dating cycle, Newman's tips in this [dating advice video](#) will help you work past the dating stage into a successful long-term relationship, teaching you how to maintain a lasting love.

Relationship Advice to Help You Maintain Love

Newman's three nuggets of wisdom will help you build that

long-term relationship you've been after:

1. No one is in trouble: Ever heard of the phrase “the dog house?” Yeah, we're all pretty familiar with that one. Newman's relationship advice is that we no longer make our S.O. feel like they're in trouble. Instead of attacking each other, this mindset gives you and your partner the opportunity to attack the problem together. Newman asks, “Wouldn't that be an amazing place to come from – where we never put someone in trouble and instead create that best friend feeling?” We sure think so!

Related Link: [Relationship Advice: The Biggest Dating Pitfalls!](#)

2. Schedule monthly relationship check-ups: “There is never a good time to talk about unpleasant things,” Newman says. It's important to tackle things that aren't working in a relationship. Newman and her love meet every month (they make a date of it on the full moon, but you can choose whenever works best for you) and ask each other a regular set of questions. They start with, “Is there anything you need from me that you found hard to get this month?” Another question they always ask is, “What did you make up about me this month?” Ask questions relevant to your relationship. No matter what you ask, we can all agree that a wellness check-up has its benefits.

Related Link: [Relationship Advice: Be a Fantastic Date for Anyone!](#)

3. Have autonomy: “When we collapse our own individuality into another's world, we lose ourselves in the relationship,” Newman shares. Resentment and the blame game ends up following. Oshima adds, “When your life is great, and your partner's life is great, eventually, your life together will be great.” That means you don't need to feel bad for girls' night! Pursue your own interests and encourage your partner to

do the same. Happy lives individually mean an even stronger relationship and sense of happiness together.

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Dating Advice for Women: How to Break Your Dating Patterns



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and dating coach Cyndi Olin about three ways to break your dating patterns – and every woman has them, so don't think that you don't! Listen to their expert dating advice in the video above.

Relationship Experts Discuss How to Break Your Dating Patterns

1. Date more than one person: “A lot of women don't date,” Olin warns. “They just get into relationship after relationship.” Instead, date more than one person at a time. Men often do the same thing, but they may not share it with you. Stand in your power and explain your motivations. Say something like, “I like to take my time in important areas of my life, and getting to know someone takes time.” Remember that the wrong guys will walk away, but the right ones will stick around. “Be committed to dating and opening up that journey,” she adds.

Related Link: [Dating Advice Video: Beware of These Relationships](#)

2. Ask for help when it comes to your blind spots: “You need to get really clear about what you deeply desire in a partnership and what you're not willing to accept,” the dating coach explains. Think about those fabulous five must-haves that you want in a partner. It doesn't take a lot of time to figure out if someone aligns with you, but asking someone who supports you for help will make it even easier to see the truth. “It can be very difficult to unfold on your own – it can take some dissecting when it comes to getting clear,” she says. It's even more difficult if you have a lot of chemistry with someone – you become blinded by your emotions!

Related Link: [Dating Advice Video: What Men Want You to Know](#)

3. Focus on what you want: If you want big love and a partnership that lasts a lifetime, set that intention, take the inspired action to move forward, and let go of the outcome. “That can be easier said than done, but if you’re following the first two steps, you really can let go,” Olin shares. “Look at what worked well for you in the past, what didn’t work well. Is there a golden thread in your past relationships?”

“We all have patterns – I guarantee it,” she says. “And they can all be broken.”

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Dating Advice Q&A: Can Technology Make a Long-Distance Relationship Work?





Question from Jay E.: My girlfriend and I are about to be separated by an ocean and an 8-hour time difference. Technology has made it so much easier to stay connected, but how can we make it feel genuine in a romantic relationship, especially with the large time gap?

Long-distance relationships have been made easier by advancements in technology, but it's still important for you and your partner to find your groove and feel connected despite the distance. Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about how technology can make a long-distance relationship work. Check out their dating advice below!

Dating Advice for Long-Distance Relationships

[Suzanne K. Oshima, Matchmaker](#): A long-distance relationship actually takes a lot more work and effort than a relationship

where you both live in the same city. Because you can't see her in person, your only option is to connect with her through virtual forms of communication. While it can be stressful and lonely, technology offers a great way to make it through the hard times.

The great thing is, you both always have your phones on you. So texting is perfect for a quick flirt or to let her know you're thinking of her during your busy work day. However, texting should never be your sole means of communication. To keep your long-distance relationship going, phone calls and FaceTime or Skype are much better for connecting on a more intimate level. Try setting a regular time that works best to have a call. This way, you'll both have something to look forward to that helps make the time apart pass by a little easier and faster

And the truth of the matter is... When it comes to a relationship, no matter how "busy" you both are, you will make time for those things that are important to you! Sure, it may be difficult at first to get past the hurdle of the time difference, but experiment with your communication and never be afraid to try out new things.

Related Link: [Dating Advice Q&A: How Has Technology Changed the Way We Date?](#)

[Robert Manni, Guy's Guy](#): Long-distance relationships are tricky, and unique. Technology helps, but time, distance, and presence are the key variables for potential success. Circumspection is a good starting point. Ask yourself the following questions: How serious is the relationship? How far away is s/he moving and for how long? Will s/he be close enough so you can see one another on weekends? If not, how long will you be separated? Is this a permanent move? How badly do you want it to work? And what sacrifices are you willing to make to keep things going?

It's great to be romantic, and Skype certainly comes in handy with long-distance relationships, but let's be practical. If your partner is moving to Australia for five years or more, the odds of staying together are less than optimal. If s/he has been transferred to the Chicago office and you're in New York, the odds of success are better due to proximity. The old saying, "Out of sight, out of mind" often rings true in these circumstances. Long-distance relationships can work, but listen to your heart and your head before committing yourself. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

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

Relationship Advice: Date Ideas For Your Significant Other's Birthday





By Lori Zaslow and Jenn Zucher for [Project Soulmate](#) //
Contributing Writer: Lauren Serrato

Planning the perfect birthday can be tough, especially when in a relationship. The date you plan can make or break your significant other's big day, so choose wisely! When planning, you should consider what would be fun and memorable for both of you. Whether you are thinking sentimental, sexy, or spontaneous, the birthday [date idea](#) should always have a touch of *you* in it. Add in something special that makes it clear that you put a lot of thought into the date, like your significant other's favorite food or something only you two would understand. Follow the [relationship advice](#) below, and you will definitely make your partner's birthday one to never forget!

Five Birthday Date Ideas for Your Significant Other

1. Plan a picnic: This is the perfect date idea if you're looking for something sentimental. The food prep, the wine,

and the location are all aspects that you can arrange based on your partner's preferences. Maybe he'd be into a picnic in the park with a perfectly-packed basket of wine and homemade comfort food as well as a cozy blanket for the two of you to share. If the weather isn't nice enough for a picnic outside, no worries! Move it indoors. A picnic in the living room is just as romantic. Set the mood with dimmed lights and some flowers and candles, and you are destined for the perfect birthday date.

Related Link: [10 Date Ideas Inspired by Celebrity Couples](#)

2. A night out on the town: If you're not into the sentimental stuff, plan a night out. Get dressed up and hit the big city! A night at his favorite bar is a great way to spend any birthday. If you're looking to make it extra special, after happy hour drinks, go to a fancy restaurant that neither of you have been to before. Trying something new together will make it even more memorable.

3. Host a brunch: Looking to include your friends and family in the birthday celebration? Hosting brunch is a perfect way to get all your favorite people together. French toast, fresh fruit, and mimosas make up a delicious (and easy!) menu. This date idea is a great way to make your significant other feel loved, and it allows the two of you to have the night to yourselves after the party is over.

4. Recreate your first date: This date idea is the perfect way to show off your sensitive side. Recreate the first date you had as a couple. If it was a movie date, rent the movie (or find it on Netflix) and set up a theater at your place. Complete the date with popcorn and candy. You can add to the night by cooking your partner's favorite meal.

Related Link: [Dating Advice to Revamp Your Love Life in 2018](#)

5. Plan a getaway: If you two have a favorite vacation spot nearby, book a nice hotel for the night or weekend and make

reservations at your favorite restaurant. Or you can plan a road trip to a secluded destination. It's the perfect chance for you to reconnect. Looking to make it more extravagant? Plan a few days of vacation in a different city or even a different state. If you're tired of the cold, find somewhere warmer to travel for the weekend, like Arizona or California. You can find a nice place to stay through Airbnb. Whether it is an outdoorsy vacation or a few days filled with good food and shows, you're sure to have created the perfect birthday weekend for your partner.

Don't be afraid to alter these birthday date ideas to fit your relationship. Make it personal and memorable. Your significant other will appreciate the thought and planning you put into this date, whether it's sentimental or spontaneous!

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

Dating Advice: Something's Off About Him – Should I Trust My Intuition?





By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about whether or not you should trust your intuition when you feel like something is off with your new partner. The short answer is, "Yes." Watch the video above to understand why!

Relationship Author Duana Welch Is Interviewed in Dating Advice Video

Related Link: [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

"I recently heard that there's research that shows that we actually have a nerve that connects our stomach to our brain that gives us a true 'gut feeling,'" Welch shares. "And what I know for sure is that people *report* that feeling and that their intuition leads them to good things." Expanding on this idea, the relationship author says that we have a side of our brain that is unconscious and gives us information that we

don't have access to when we're conscious.

We also have an adaptation. "An adaptation is something that has evolved," Welch explains. "It's a spontaneous genetic change that happened in antiquity and was favorable enough that it gave that organism's offspring better odds of surviving, creating, or both." For example, all bucks have antlers – because if they don't pass that gene along, they won't be able to survive.

Related Link: [Dating Advice Video: Why Smart, Successful Women Can Fail at Love](#)

So the question, then, becomes: Why would nature give us all of these gifts and not give us a way to be able to tell when we are going to be prey? "I think we can all think of a time when we thought, 'Oh, this guy – there's something off about him, but I'm not being fair right now. I'm just going to learn more about him until I find out if my intuition is right,'" she reveals. "Well, some women don't survive to find out that their intuition was correct." In fact, the number one cause of murder or violent death to women between the ages of 15 and 50 is a male partner who got jealous or was controlling.

Welch concludes, "If your gut is telling you that this guy is dangerous, do not collect more data. *Don't*. Just stop seeing him."

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Expert Dating Advice: 3 Dating Myths Busted



By [Whitney Johnson](#)

On this week's [Single in Stiletto's dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to prove three dating myths wrong and offer their best [expert dating advice](#). "I think a lot of people believe things that just aren't true," Oshima shares.

Relationship Author Wendy Newman Shares Expert Dating Advice

1. Women only date to find a partner, and men just date for

fun: “The root of this myth comes from the idea that women and men approach dating differently – and I’ve got to tell you, I think men have it right,” Newman explains. Women lead with the end game in mind, while men just want to figure out if they want to spend time with their date. It’s that simple for them! “Men will talk about who they are as an interesting person, usually highlighting something fun – and they wish that we would do the same thing,” the relationship author adds. Before they jump ahead to the future, men just want to know if the two of you will get along – not because they’re not serious but because that’s really the most important thing early on.

Related Link: [Expert Dating Advice: Be a Fantastic Date for Anyone!](#)

2. Men are non-committal: “They commit all of the time!” Newman says with a laugh. It does take men longer to commit than women, but there’s a good reason for that: Men are naturally accountable, so they’re not going to say “yes” unless they’re willing to be on the hook for all of it. “Women will commit to a partner, but there are going to be things about him that they want to change,” she explains. Men, however, will sit back and assess the situation first; when they commit, they’re committing to the whole package.

Related Link: [Dating Advice Video: Don’t Be a Rules Girl!](#)

3. You slept with him at the wrong time and blew it: It’s tempting to think you waited too long and he lost interest or you did it too soon and he thought you were easy, but know that men don’t think like that. “They think sex is a fun thing to do with someone they really like, care about, or love. They don’t think it’s the hinge that makes the relationship happen or not happen,” Newman reveals.

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Expert Relationship Advice: Is It Lust or Love?



By [Joshua Pompey](#)

The first few weeks of dating can be so exciting: the laughter, the new experiences, and, of course, the physical connection. But how exactly do you know if the chemistry you're feeling should be attributed to blooming love versus something that is merely an intense physical attraction? If you are attempting to determine whether it's lust or love, try

asking yourself the following questions:

Dating Expert Shares Expert Relationship Advice

1. How excited are you to see each other when you are outside the bedroom? Sure, it's easy to get excited when you're about to get physical. But how motivated are you to hang out when it isn't late at night or only because all of your other plans fell through? Love is when you are dying to just be *near* that person, regardless of the circumstances or whether or not there is a physical interaction on the horizon.

Related Link: [Expert Relationship Advice: 4 Reasons to Avoid Matchmakers](#)

2. Are you having romantic thoughts? If you're in love, you will most likely go out of your way to make the other person happy on an emotional level. Your thoughts and [date ideas](#) will have a little extra romance infused into them. With love, you don't just want to make the person happy in order to get them into bed. You want to make them happy because it genuinely makes you feel good to see them smile.

3. Would you be willing to go months without sex? Ask yourself: If your partner suddenly decided they wanted to wait a few months before having sex again, would you stick around? If the answer is yes, you are definitely leaning in the direction of love.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

4. Do your conversations constantly default back to sex? When I was involved in mini relationships that were mainly focused on lust, the conversation would more often than not turn sexual or revolve around physical flirtations. On the flip side, when I genuinely connected with someone, sure, there was

sexual flirtation, but there were also conversations that probed towards getting to know the other person on a deeper level. If you are moving towards love, topics that hold more weight should be a part of your daily interactions.

For more expert relationship advice from [dating expert](#) Joshua Pompey, including how many online dating photos you should have in your profile, click [here](#).

Dating Advice Q&A: Should I Remain Friends with My Ex Online?





Question from Sonya M.: Facebook is the official/unofficial way of announcing a relationship. Is it too vindictive to unfriend an ex, or is that the right move when you enter a new relationship?

Social media is a fun way to share your relationship with friends and family, but if that relationship ends, the waters can get a little murky. Let our [relationship experts](#) help by offering their best [dating advice](#) for using social media in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about whether or not you should unfriend your ex after a break-up. Check out their dating advice below!

Dating Advice for Unfriending Your Ex on Facebook

[Suzanne K. Oshima, Matchmaker](#): When it comes to dating after a break-up or divorce, it's important to know that removing all traces of your ex on social media isn't about being vindictive – it's about moving on.

This is the last step at the end of your relationship, so now is the time for some “spring cleaning.” Daily reminders of him won’t allow you to move forward with your love life, so remember the saying “out of sight, out of mind.” This will remove any temptation to cyber snoop or check in on what he’s doing and who he’s dating. All in all, if you continue to stay connected, then you’re holding on – and this can hold you back from moving forward into another relationship.

Related Link: [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

[Robert Manni, Guy’s Guy](#): Even though people have become too reliant on social media as their main form of communication, announcing a new relationship on Facebook can feel great and be validating. It’s a nice way of putting something out there about yourself that you feel good about for the people you enjoying sharing with.

On the other hand, if you no longer have an offline connection with an ex and do not feel comfortable posting about your new relationship for them to see, it’s perfectly acceptable to unfriend them. However, if you remain on good terms and they’re cool, there is no harm in staying connected with an ex on Facebook.

There are no strict rules or protocol about this. Listen to your inner compass and do what feels best for *you*. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

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

Dating Advice Video: How to Get Men to Pursue You Like Crazy



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and coach Cyndi Olin about three ways to get men to pursue you like crazy. Listen to their expert dating advice in the video above!

Relationship Experts Discuss How to Get Men to Pursue You in Dating Advice Video

1. Smile: With this piece of expert dating advice, Olin reminds us of the saying, “Your presence is a present.” Walk out the door, be present in your body, and smile – and you can attract men like crazy. Eye contact and compliments pair well with a smile. “That’s like a ‘come over’ signal,” she explains. “90 percent of the time, a man will approach you and at least start talking to you. It’s all about your energy.”

Related Link: [Dating Advice Video: Beware of These Relationships](#)

2. Engage with them: “There’s a lot of advice out there, including to let a man lead,” Olin shares. “While I believe that, men are confused when it comes to modern dating.” Men are often very careful as a way to ensure that they’re respecting you. Have a belief deep down in your soul that men are good people, and make an effort to get to know them. Remember: Your vibe attracts your tribe.

Related Link: [Dating Advice Video: What Men Want You to Know](#)

3. Let go: After you smile and engage with them, let them be the one to pursue you, to call you more. “You’re not pursuing. You’re a friendly receptor of light,” Olin says. “You want him to pursue you, and he’s looking for permission to do that.”

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Relationship Advice: How to Stay Confident in a Long-Term Relationship



By [David Wygant](#)

In order to feel confident in a long-term relationship, you need to be in the *right* long-term relationship for you. If you're not safe and you don't feel like you're being heard, then you're in the wrong partnership. There's no way in the world you will ever thrive in a relationship where you feel judged and evaluated at all times. For me – and I've been in many long-term relationships – the ones that I always felt

most confident in were the relationships where I was actually seen for who I am. If a woman is trying to change you, if she's trying to make you into someone you're not, you're never going to feel confident.

Long-Term Relationship Advice from Relationship Expert David Wygant

Related Link: [Expert Relationship Advice: How Can I Change My Dating Tactics for the New Year?](#)

Long-term relationships are some of the most beautiful things you can ever experience, but the only way to have a successful one is to truly communicate who you are. As a [relationship expert](#), I believe that the beginning of a relationship is when you have the opportunity to be who you are and expose yourself. If you're going to give her a false version of yourself, then her expectations are going to run rampant. And when her expectations run rampant, you're not going to have a successful long-term relationship. That's the biggest mistake most people make.

Most people make this mistake because, over and over again, they think they need to misrepresent themselves to "get" the relationship. To me, I expose it all – *everything*. I reveal all my fears and insecurities because I'm looking for a real relationship, a long-term relationship where I'm able to grow.

A strong long-term relationship is a relationship that's a mirror. You literally reflect each other each and every day. By doing so, you will show each other exactly what you need to learn. A great relationship will reflect that right back at you. The best relationships are when you grow and when you get out of your own story and are able to create new stories together.

Related Link: [Dating Advice for Dealing With the Break-Up](#)

Blues

So my best [relationship advice](#) for feeling confident is to be ready to express yourself. If you're not able to talk about who you are and what you want, then you're not in the right long-term relationship. Now, I can sit here and write another 25 pages on this topic, but the reality is, in life, we need to keep things more simple. And the simple dating advice that I can give you today is that you need to communicate all your needs, your wants, and your desires at the start of a partnership to be fully accepted and heard. Once you do, you'll feel confident in your long-term relationship.

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](#).

Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit





By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about two things that make a man fall in love and commit to a relationship. Watch the video above for their best expert relationship advice!

Expert Relationship Advice to Make a Man Fall in Love & Commit

First, it's important to note that it's not really "things" that make a man fall in love and commit. "They're traits – traits that you can develop in yourself," Sabourin explains.

Related Link: [Expert Relationship Advice: How to Emotionally Connect with a Man](#)

1. The first trait is your high-value status: "It's your job to present and project and create this perception that you have a high value," the dating coach says. "And how you do that is to accept yourself." Don't turn over your significance

to a man – your personal value needs to come from within. She adds, “Of course, any man who is looking for a woman to spend his life with wants a woman who has a high regard for herself.”

2. The second trait is vulnerability: You need to balance your strong sense of self-worth with vulnerability to avoid coming across as too masculine, aloof, or conceited. “You have to create a space of openness with a man so he can come in,” Sabourin says. “Vulnerability is really about sharing things about yourself, not being afraid to show who you really are.” Tell him things that will inspire him to take care of you.

Related Link: [Relationship Advice: How to Get Men to Fall Into Your Lap](#)

What about a woman who thinks being vulnerable will make her appear weak? “Ladies, look at that, because that tells me you’re protecting your heart and you have a defense up,” Sabourin shares. “When you have a defense up, it’s like a wall, a fence, that keeps the love and relationship you want out.” There’s so much power in vulnerability: It shows that you love and accept yourself, that you’ve been hurt but that you’re open to something new.

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