

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



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

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

Relationship Expert from

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

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

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

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

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

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

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

Relationship Advice On How To Fall In Love



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

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

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

On Falling In Love

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

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

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

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

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

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

Dating Advice: Don't Let Jealousy Impact Your Friendships



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about how jealousy impacts your friendships. Her dating advice is simple: Just because you're in a relationship and love doesn't mean you have to drop your opposite sex friends.

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House That Will Help Your Friendships

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

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

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

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

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

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

Dating Expert Says Look For What You Need, Not Want!



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares the secret on how to be happy in your relationship and love for the rest of your life! Her expert love advice is simple: Make sure you're looking for what you need versus what you want.

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

If your love life isn't where you want it to be, then you may

be searching too hard for what you want, instead of what you need. The list of “must-haves” that you judge every potential partner by, is actually just a list of preferences and aren’t essential to a lasting relationship. “You need someone who makes you feel like a priority and communicates with you,” the dating expert shares. But you don’t necessarily need that person to be tall, dark, and handsome.

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

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

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

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

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

Relationship Expert Reveals The Secret To A Great First

Date



By [E!'s Famously Single Dating Coach, Laurel House](#)
In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares the secret on how to never have a bad first date again! Her expert dating advice is simple: Always pre-qualify your dates.

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

We all know that relationships and love can be tricky. Whether

you meet through work, friends, or even online, you must pre-qualify all of your dates before you give them any personal information. With online dating in particular, if you move too quickly, you may realize how weird or creepy they are too late. “You’re afraid, and now, they have your phone number,” the relationship expert shares.

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

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

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

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

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

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



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares great love advice on whether or not it's okay to fake it! Her expert dating advice is to communicate and ensure that your man knows how to please you.

E!'s Famously Single Dating Coach Talks Faking It

It's no surprise that dating experts want to make sure that you're communicating in your relationship and love. If your honey doesn't know how to please you, "that's a real problem in the relationship!" House explains. But when your styles

clash, you're not in the mood, and it's simply not going to happen, what do you do? You have three options:

1. You fake it and give the guy a break: Sure, you've given him the false confidence that he's doing a great job, but you've also missed him. You even rewarded him for a job poorly done and did yourself a disservice. Don't make this mistake!

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

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

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

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

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

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

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

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

Expert Dating Advice from Laurel House: First Date Conversation Tips



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares great

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

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

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

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

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

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

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

What do you think is the best way to move beyond the small

talk on a first date? Tell us in the comments below!

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



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) knows how important it is to jump back into the dating world after a

break-up and the questions that come up after a break-up. "Getting back out there isn't always the purpose of getting into a relationship," the dating expert explains. "You need to be alone, focus on yourself, and move on in a healthy way. But going out, flirting, feeling sexy, and being picked up in the early post-break-up stage can show you that there truly are lots of fish in the sea."

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

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

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

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

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

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

Related Link: [Relationship Expert Shares Best Love Advice for](#)

[How To Break Up Over Email](#)

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

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

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

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

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

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

Dating Expert Shares Number One Rule of Successful Online Dating



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses the rules of online dating.

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

If you've ever tried online dating, then you know how hard it is to create the perfect profile. But don't worry, because relationship author and dating expert Laurel House shares her best love advice about the number one rule of successful online dating. "Make sure your online dating profile is

honest!" she shares. In this week's relationship advice video, the dating expert will help you understand how to turn off the wrong partner while simultaneously turning on the right one.

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

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

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

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

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

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

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



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her best love advice about how to break up with someone over email. "An email break-up doesn't have to be a bitchy break-up," she explains. "It can be the preferred way of breaking up

because you're able to truly express how you feel." In this week's relationship advice video, the relationship expert helps you understand when it's necessary to break up over email and what type of relationship and love you need to have for it to be the preferred method.

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

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

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

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

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

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

[channel](#).

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

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



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

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

Single dating coach, [Laurel House](#) offers love advice on how to say goodbye to your ex for good.

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

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

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

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

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

Relationship Expert Shares

How To Get Over a Breakup



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

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

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

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

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

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

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

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

12. Now you're ready to start dating.

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

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

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

Expert Dating Advice: How To Find The Good Guys Sexy



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

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

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

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

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

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

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

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

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

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

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

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





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

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

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

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

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

expert dating advice:

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

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

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

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

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

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

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

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

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

Screwing the Rules Video Dating Advice: 5 Lies Guys

Tell on Facebook



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, [Laurel House](#) shares the five most common lies that guys tell on Facebook.

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

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

“single” on his profile; he may keep it that way for business purposes despite being married or in a committed relationship.

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

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

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

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

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

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

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

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

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

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

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



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) explains why you might be to blame for dating losers and jerks.

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

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

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

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

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

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

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

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



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is here to tell ladies how to break up with a guy over text.

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

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

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

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

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

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

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





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

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

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

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

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

that is *you*,” House explains.

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

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

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

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

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

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

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

Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses how *The Bachelor*, particularly season 19 with [Chris Soules](#), and other similar reality TV shows are changing the reality of dating.

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

"They're helping to shape the way we view what is desirable, what is sexy," she explains of the reality TV franchise. "With Farmer Chris from Iowa as America's current leading man, the dating landscape has dramatically shifted." House reveals five ways that Soules is changing the reality of dating: Women no longer want bad boys like former *Bachelor* Juan Pablo Galavis; we see farmers as marriage material; we're going back to the basics and forgetting about the rich and famous; we want a true gentleman; and we (finally!) think nice is sexy.

Related Link: [Screwing the Rules Video Dating Advice: Find the Love of Your Life](#)

Funny enough, a reality TV show is helping us redefine real love. "It's being authentic; it's being our true self. It's looking down deep and thinking, 'What do I need in a relationship and love? What do I need in a relationship? What will sustain a relationship long-term?'" the relationship expert shares.

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

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

How do you think *The Bachelor* is changing the way we date? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Make Your New Year's Goals a Reality



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

Dating Expert from E!'s *Famously Single* About New Year's Resolutions

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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is here to

make you succeed the list of goals you have for 2015. "According to Forbes, only 8% of people follow through with their New Year's resolutions goals," she reveals. "And that sucks!" With that thought in mind, she shares five realistic resolutions that you can easily accomplish this year. Listen up and don't disappoint yourself with failure.

For more information about our dating mentor, click [here](#).

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

How will you achieve your goals this year? Tell us your tips in the comments below!

Dating Coach Laurel House on Her New Book: "I'm Pretty Nervous For My Ex-Boyfriends to Read It!"





By [Sarah Batcheller](#)

You know her, and you love her. She's Laurel House, and she's the queen of all things "powerfully feminine," as she encourages women to be in her new book *Screwing the Rules: The No-Games Guide to Love*. This California cutie is an international dating coach with clients ranging in age from 16 to 82. She was also featured on MTV's *Made* as an "It Girl" mentor. Listening to House's advice is like talking to your best friend but with more expertise, or maybe a therapist but with a better sense of humor. If you want to learn to embrace your true self and subsequently find your true love, then *Screwing the Rules* is for you. Here at CupidsPulse.com, we had the chance to interview the love expert on all things flirty, fun, and for-real.

First, what inspired you to write *Screwing the Rules*?

I have been a prolific dater for a very long time. I was first married at the age of 21, and that lasted for six months. I was married again at the age of 23; he proposed after three months, and we were married for three-and-a-half years. Since

then, I've been engaged a third time and proposed to nine times.

From those experiences, I have made a lot of mistakes. I used to "follow the rules." I had an idea of what you're "supposed to do" in order to play the dating game, which meant keeping my information close to my chest, not being vulnerable at the beginning, being picture perfect, and putting on the facade of what I *thought* the guy would want. I got a lot of guys to fall in love with me, but I wasn't being true to myself, and therefore, I wasn't being true to them. I ended up hurting people because they were in love with "perfect Laurel" and I didn't love them back.

I started to analyze my mistakes and people's responses to them, and I realized there was a pattern, so I came up with a strategy to change it. I started coaching...and people started taking my advice and having different results for the first time. That led me to write *Screwing the Rules*.

Related Link: ['The Bachelorette' Way to Date Lots of Guys](#)

How would you say your personal experiences and past loves influenced your writing?

The publishers basically wanted me to reveal my vulnerabilities, insecurities, mistakes, and shame in this book, and I realized, "I'm asking my readers to reveal the same things to me, or at least to themselves, so I need to set the expectation." I wrote the whole thing, and then afterward, I injected my personal stories. I'm actually pretty nervous for some of my ex-boyfriends to read it!

While writing it, I felt like Diane Keaton in the movie *Something's Gotta Give*, where at the end she's sitting at her beach house typing and sobbing. It was hard to go back and remember the bad relationships, the hurt, the things I've been called, and all of the things I went through in order to get here.

What are some commonalities you've noticed as a dating coach?

First, women consistently struggle with voicing their needs. In the beginning of a relationship, even the women who are super successful, strong, entrepreneur types don't voice their needs in a way that is pointed, direct, and authentic but simultaneously loving. Often times, we don't have our needs met because we set the precedent early in the relationship: "Where do you want to go to dinner?" "I don't know. Where do you want to go to dinner?"

Even when it comes to making online dating profiles, we don't focus on our needs; we focus on our wants, like "I want him to be hot; I want him to be rich; I want him to be funny; I want him to like hiking." Well, what do you *need*? "I need him to respect me; I need to respect him; I need him to admire me; I need to admire him; I need him to show up when he says he's going to." The problem with not voicing your needs is that it causes resentment.

Second, we're afraid of our vulnerability. We believe it's weakness, but it's not. Look at the people you're closest with and most connected with. Do you love them because they're pretty, rich, or funny? Probably not. You love them because you have a mutual connection and understanding, often due to hardships. You love them because of their quirks that they often see as weakness. So what you're doing by not being vulnerable is withholding that.

Women often say, "He hasn't proven himself yet." Okay, how much more time are you willing to waste? In the book, I talk about the "U Strategy," which refers to this idea of "up, down, up." On a date, you talk about the good things (up), then the depth and vulnerability (down), and then how you came out of it a better person (up).

Related Link: [How to Make a Guy Fall in Love with You](#)

We love that you encourage your readers to be "powerfully

feminine.” Why do you feel that this idea is so important for women as they date? How can women channel this sort of femininity?

There are three types of femininity: the needy feminine, the masculine feminine, and the power feminine. The power feminine is the most powerful because you’re being true to your core values, your needs, and your femininity. You can be a woman and be soft and nurturing but also say exactly how you feel. We tend to couch things because we’re trying not to hurt other’s feelings, but when we do that, it comes off as manipulative. Instead, just be you. Be your beautiful, feminine self. Allow him to take care of you. As much as I am a feminist, I also believe in gender roles.

You can learn more about Laurel on her website screwingtherules.com and keep up with her on Twitter: @QuickieChick and @NoGamesLove. Don’t forget to pick up a copy of [Screwing the Rules: The No-Games Guide to Love](#), out today!

Screwing the Rules Video Dating Tips: ‘Tis the Season to...Breakup?





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

Dating Expert from E!'s *Famously Single* Talks About Breaking Up During the Holidays

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House discusses breaking up during the holiday season. Sure, the holidays are all about kissing under the mistletoe, snuggling by the fire, and walking hand-in-hand as the snow falls. But that's not all: "From now until Christmas, breakups are steadily on the incline," dating coach and *Screwing the Rules: The No-Games Guide to Love* author Laurel House reveals. "In fact, it's the most popular time of year to breakup. Thankfully, on Christmas, that number actually plummets and picks up again in March." So why does heartbreak happen so often over the

holidays? We want to be surrounded by the people we love; if you don't truly have those feelings for your partner, it'll become even more apparent during this busy and stressful time. Listen up for the other reasons that House shares and find out why it's important to say goodbye now instead of waiting until the new year.

For more information about our dating mentor, click [here](#).

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

Have you ever dealt with a breakup during the holidays? Share your best advice below!

Screwing the Rules Video Dating Tips: Busting the Soul Mate Myth





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

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

Related Link: [Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House chats with *Expectation Hangover* author Christine Hassler about soul mates and why she believes you don't have only one. "Soul mates are anyone that we learn a lesson from," Hassler explains. "We think our soul mate is this person who's going to come and make our soul feel whole and complete, but that's not the case." She adds, "Your true soul mate is *you*. Anything you want from someone else is something you're really yearning to give yourself."

For more information about our dating mentor, click [here](#).

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[channel](#).

What do you think about the soul mate myth? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Do THIS When Meeting His Family Over the Holidays



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

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

Related Link: [Laurel House on Meeting Your Partner's Family Over the Holidays](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about what to do when you meet your partner's parents. "There are several things you can do to make that greeting less stressful and actually fun for everyone," she explains. "You just have to remember to keep the romance and connection alive." Listen up to find out everything you need to know before your beau joins your family's Thanksgiving table!

For more information about our dating mentor, click [here](#).

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

How do you prepare for meeting your significant other's family over the holidays? Tell us in the comments below!