

Shiri Appleby Dishes about New Web Series 'Dating Rules From My Future Self'



By [Lori Bizzoco](#)

It's easy to ask others for dating advice, but sometimes you have to listen to your gut and do what makes you happy. Shiri Appleby (*Roswell/Life Unexpected*) shared that tip with us as we discussed her role on the new web series, *'Dating Rules From My Future Self'*. The series, also starring Taylor Kinney (*Vampire Diaries* and Lady Gaga's current beau), is about a young 27-year-old woman named, Lucy Lambert who starts getting text messages from herself 10 years in the future. The messages warn her about her dating strategy. She soon realizes that the man she is about to marry, isn't the one for her and she must change her life. If only there was an app that would allow us to get advice from our older, wiser self! Well, according to Appleby that may not be a good thing.

Below Appleby gives us the scoop on her new series, and how it relates to her personal life. She also shares some great dating advice with our visitors.

Tell us more about the show. How does a web series differ from television?

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It doesn't feel any different from my end. The good thing is that people can watch it at their leisure from their computer and there's an opportunity for it to go viral.

Does 'Dating Rules' compare to your current love life? Do you relate to Lucy?

Yes, I relate to Lucy because as I've gotten older, I've realized that if I stop asking everyone else what they think I should be doing with my love life and I just ask myself, I always end up the happiest. For example, when I think about choosing between A and B, I stop and ask myself what do I really need in my life? If I'm really honest with myself I always pick the choice that makes me the happiest. When you doubt and ask everyone else what to do, you get really confused and end up in situations that don't make you feel comfortable. In the show, Lucy starts to understand herself and you see how she blossoms as a woman.

Do you wish that you had the opportunity at one point to get future text messages like Lucy does?

No, I don't think so. It would be great, but at the same time you learn a lot from your mistakes and why you chose to date someone. Going through the experience is important because whether it's positive or negative, it helps you to understand what you want in the future.

What message do you think the show is trying to send out to

viewers?

It's a show about friendship and realizing how great it is to grow up with true girlfriends that you can ask honest questions to. It's also telling woman that it's okay to ask for what you need and to figure out what it is that you need.

And, how do you get that? You usually get that from listening to yourself.

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What do you think was the motivation to create a show like this?

It's important to create something that people will be entertained by, but if you have the opportunity you want to put a good message out there also, especially to young woman.

Do you have any relationship advice you can share with our visitors?

Yes. My advice is that it's not supposed to be as difficult as we make it out to be. The best thing you can do is to kill the idea of what you think you need or want. If you get rid of those preconceived thoughts, then you will be able to find the thing that you actually do need vs. what you think you need. Once that happens, you will discover that what you need is a best friend and the list you once had for finding a partner will feel like nonsense.

How about your own dating life?

Yes, I'm in a great relationship – it's really nice.

Before we go, can you tell us about the book you're writing?

Yes, it's really exciting. I am writing a book about how I've found myself and I tell it through all of the guys I've dated. I'm taking it to publishers at the end of this month. Hopefully it will be a good read.

For more information about Shiri Appleby you can find her on Facebook or follow her on Twitter @shiriappleby. Dating Rules From My Future Self premiered on January 9, 2012. New episodes will air every Monday, Wednesday and Friday.

CupidsPulse.com wishes Shiri lots of luck on your new show and book! Would you want to get messages from your future self? Tell us in a comment below.