


# Ashton Kutcher and Mila Kunis Spend a PDA-Filled Weekend Together



 By Jennifer Ross

It appears that love is still in the air. The PDA sightings of Ashton Kutcher and Mila Kunis last week in Central Park continued on through the weekend and were photographed throughout New York City. From holding hands through dinner at The Lion on Friday night to matching blue T-shirts and jeans while watching football in a sports bar on Sunday, Kutcher, 34, and Kunis, 29, could not go long without a hug or a kiss from each other. As reported to [People](#) by an observer, the love birds even had a cozy dinner with another couple at Spasso restaurant on Saturday night and were “all lovey-dovey.” It looks like the love that began April is still holding strong.

**What are the benefits of being affectionate in public?**

## **Cupid's Advice:**

We've all done it. At one point in our lives, we have all either participated in a little PDA or watched from a distance. That feeling you get inside that makes you want to hold their hand or give them a sweet kiss, regardless of where you are, is a wonderful feeling. However, have you ever thought why do we do this? Here are a few reasons to understand what's good about PDA:

**1. Confirming your feelings:** Reaching out to hold your mate's hand, or give them a kiss, in public is a great way to confirm your feelings for them, if they are insecure about the

relationship. It boldly states that you care and you what you don't care about is who knows. So the next time your partner questions your love for them, show it in public to get the message across.

**2. It can boost a person's mood:** Against what most people might think, being affectionate in public can have a positive effect on the people watching. A scientific study has shown that whether you are actively involved in PDA or simply watching, both have a strong and positive effect on your brain. So give your partner that extra kiss; it may lift someone else's spirit.

**3. It just feels good:** Let's not forget about ourselves. As the initiator of PDA, we do this simply because it feels good to us. With all the stresses of our world, why not allow ourselves to indulge in a little positive action with our loved one? After all, we are attracted to them and we genuinely care. So, if your urge is to give your mate a hug or kiss out in public, do it! Just remember to keep it "family friendly" for the little ones that may be watching.

**What benefits do you get from being affectionate in public? Who initiates it more? Comment below.**