

Garth Brooks Gives Teen Dating Advice on Oprah



As a father to three girls, country crooner Garth Brooks took time to dole out some good ol' fatherly advice to women everywhere on the *Oprah Winfrey Show*. "The truth is, it's the reflection in the mirror. That's the one. You can't lie to that voice inside of you." After confessing "the only thing better than playing music is being a dad," CMT reports that Brooks made sure to convey that he understands the pressure girls face when dating, especially when it comes to older boys. "As a junior, if you're dating a senior boy, sometimes that pushes you ahead of things you're ready to handle." **How do you avoid becoming a reflection of your partner?**

Cupid's Advice:

It's easy to get caught up in keeping the peace in a relationship. However, a relationship is between two people.

Here are some ways to stay true to yourself:

1. Keep some space: Before your partner, you had your friends. Getting swept away by love is easy, but don't forget to spend some time with the people who have always been there for you.

2. Adjust and adapt: Some people believe you have to change yourself to make a relationship work. Chemistry and compatibility isn't about change, but rather adjustments and compromise.

3. Maintain self-awareness: You know yourself best. Go with your gut if you're starting to feel like you're losing touch not only with yourself, but with the other parts of your life that make you happy.