

# Single in Stiletto Show: Where Are ALL the Good Men?!



On this week's [Single in Stiletto](#) show, dating coach Jonathon Aslay talks to founder Suzanne Oshima about the five best places to meet men. If you're ready to find a new guy, he recommends that you: think about what you like to do and what you're passionate about; head to high-end business seminars; go to your church or synagogue; try online dating; or look more closely at other forms of social media, like Facebook or Twitter.

**Related Link:** [Jonathon Aslay on Why Men Disappear](#)

Of course, the most important thing is that you put yourself out there. Open yourself up to love, and it will come to you!

For more information about Single in Stiletto shows,

click [here](#).

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

Where do you go to meet men? Share in the comments below.

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# Zoe Kravitz Dating Noah Becker Spotted Hand-in-Hand in NYC



By Louisa Gonzales

It seems like Zoe Kravitz has a new man in her life. According to [People](#), **Zoe Kravitz dating Noah Becker**, 20, was spotted in New York City on Thursday afternoon hand-in-hand. The newly formed couple, may in fact be new, but already have history thanks to the Divergent actress's dad, Lenny Kravitz, who served as best man when Becker's mom, Barbara Feltus, tied the knot with Belgian artist Arne Quinze. Kravitz last relationship was with the former Gossip Girl actor Penn Badgley and the two haven't been linked together since 2013 at a New York party.

**How do you know when you're ready to move on after a breakup?**

**Cupid's Advice:**

Everyone moves on from a breakup at their own pace, like Zoe Kravitz, and most of the time it depends on how it ended. Moving on can be hard, especially if the split really devastated you, but it's something we must all do. Cupid has some advice on how to know when you're ready to move on after a breakup:

**1. You've stopped thinking about it:** You usually have already moved on once you stopped thinking about the person and breakup. Once you have done this your heart has a better chance of being open to finding new love. Sometimes people start dating and move on without realizing it,

**Related:** [Are Penn Badgley and Zoe Kravitz Back Together?](#)

**2. You're ready to let go:** Letting go is one of the biggest steps in being ready to move on. It's good to let go and not let the ghost of relationship past haunt you in your new relationships. Yes, it's okay to keep some memories or things, but if you want to give your new relationship a chance you have to let your ex go and not hold onto the past, otherwise you're never truly be able to move on and start dating .

**Related:** [Zoe Kravitz and Penn Badgley Engage in Poolside PDA](#)

**3. You find yourself falling in love again:** If someone new is making your heart flutter, is catching your attention and the mere thought of them is making you smile, you're probably ready to move from your ex. Love is complicated, it can change, evolve, or disappear, but it's always good to give it a chance and let your heart decide what's best for you. When you're ready to move on with someone new, you'll feel it.

**How do you know if you're ready to move on after a breakup? Share in the comments below.**

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## Divorce with Dignity



By Tammy Greene for [Hope After Divorce](#)

It would be hard to ignore the latest buzz in celebrity couple news. There has been little else talked about than the separation and impending divorce of Hollywood darling Gwyneth Paltrow and front man rock star Chris Martin. This marriage of 10 years has been closely protected and kept out of the public eye, so news of the breakup has come as a surprise and a blow to their adoring fans.

There has been endless speculation on what went wrong in their relationship, but it is, at this time, just speculation. After recent news of many Hollywood breakups, it certainly would seem that celebrity status puts an added stress on a marriage that many are not able to rise above. Although no divorce is easy, it does appear that this illustrious couple has figured out the ever-elusive secret of how to have a diplomatic and uneventful dissolution. Even as they head for divorce, this celebrated couple has much to teach us about relationships and separation.

### **What You See Is Not Real**

The actress has built her brand on having it all together. We admire her for her strong family bonds, her pulled together style, her clean eating and healthy lifestyle, and up until a few weeks ago, her seemingly fairytale marriage. But here is the truth: What you see on the outside is not what is real. What has been portrayed through magazines, commercials, and movies is not reality. Celebrity or not, we all are dealing with our own private stuff. Everyone from your next-door neighbor to Oprah Winfrey has their own inside struggles of which we are not privy.

The lesson here is don't believe everything you see. Celebrities are people, too. Like the rest of us, they, too, are just trying to get through each day with the appearance that they have it all together.

**Related Link:** [Maintaining a Positive Image After Divorce](#)

## Children Come First

The biggest tragedy in most divorces is its effect on the children. There is the very real concern that there will be long-term effects on the well-being of the kids. With two children, Apple, age 9, and Moses, age 7, this is sure to be among the top concerns of this A-list couple too, and it seems they have not taken this responsibility lightly. Martin and Paltrow announced that they have come to an agreement to share custody of the children. They have made it clear that it is top priority that the children's transition is as easy as possible.

Granted, while not all relationships can end as amicably as this one seems to have, there is a lesson to be learned about ensuring that their children are made the priority in the midst of divorce. Though not always possible, the goal should be to make sure that the children still have both their parents in their lives. Even though Mom and Dad don't live together, they are still a team when it comes to parenting. Though surely difficult, couples like Paltrow and Martin show us that it can be done.

**Related Link:** [How to Cooperatively Co-Parent After Separation or Divorce](#)

## Maintain Your Dignity

These two stars have been known for protecting their personal lives fervently. Even in the face of divorce, they are keeping the reasons and terms behind the decision for separation private and personal. In a country where divorces have become increasingly ugly and cruel, it is certainly a breath of fresh air to see two people maintaining their kindness and dignity in what is certain to be a challenging time. It is understandable that not all relationships come to an end in such a civil manner. Certainly, there are reasons for a split where maintaining a polite relationship of any kind is

impossible.

That being said, it is important to always aim to be the bigger person. So many divorcees allow the process of separation and divorce to turn them into someone that they are no longer proud of. As of yet, it doesn't appear that this superstar couple will be among that list. We look to celebrities to help guide us through parenting, aging, trends, diets, exercise, and relationships. Even though many relationships in the spotlight end in a whirlwind of drama, it is nice to see that some Hollywood couples work hard to ensure their separation is done with privacy, compassion, and dignity. Paltrow and Martin appear to be shining examples of just that.

**Do you think it's possible to remain friends after a divorce?  
Let us know in the comments below!**

*For more information about Hope After Divorce, click [here](#).*

*Tammy Greene is a graduate of the University of La Verne. She has worked as a Child Life Specialist and social worker assisting families who have children with illness or mental disabilities. Tammy is a producer of the national PBS children's television show, Curiosity Quest. She has a blog, Married and Naked, where she shares personal lessons learned from her own life, offering helpful ways to navigate through the challenges of marriage. Tammy is happily married to her high school sweetheart and is the mother of two. See Tammy's Curiosity Quest website at [www.curiosityqueststore.com](http://www.curiosityqueststore.com). Follow her blog, MarriedandNaked, at [www.married-and-naked.com](http://www.married-and-naked.com).*

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# Robin Thicke Pleads to Win Back Paula Patton at Billboard Music Awards



By Shannon Seibert

At the Billboard Music Awards, singer Robin Thicke made two sentimental pleas to win back his estranged wife, Paula Patton. Thicke, 37, first gave thanks for his wife's love and support when he received 'Best R&B Single'. Thicke later performed his new single "Get Her Back" written explicitly for Patton, according to [UsMagazine.com](http://UsMagazine.com).

**What are some grand gestures you can make to win back your ex?**

**Cupid's Advice:**

If you are absolutely certain that your ex is the one who you are supposed to be with, don't let anything stop you from your happiness. Whether it is circumstance, past mistakes, or a simple misunderstanding, if the two of you are truly compatible for each other, there is no reason that can't be possible:

**1. A sincere apology can go a long way:** When in doubt, start with baby steps. Words can tear people apart, but they can also bring people back together. Give your heart strings a strong tug, and tell your man how you really feel. The phrase "I'm sorry" is a good place to start, and let the rest flow. Don't feel the need to justify every action you've made. Be attentive and listen to what is hurting him, and see what you can do to fix it.

**Related:** [Exes Jessica Simpson and Tony Romo Don't Speak at Correspondents' Dinner](#)

**2. Show that you've paid attention:** Sometimes a big gesture is comprised of the little things. What has he been telling you all of this time that you may have overlooked? Put together a bunch of his favorite things to show that you care. Whether it's a mash-up of his favorite music, that chocolate cake from the bakery that he can't resist or the movie you watched together on your first date. Go out of your way to show that you're attentive to his needs and you can give him what he is looking for.

**Related:** [Did Paul Patton and Robin Thicke's Body Language Indicate a Split Was Coming?](#)

**3. Take a trip down memory lane:** Sure there may have been some reasons why your relationship looked like it wouldn't work out, but there are so many reasons that it should. Every couple has their strengths, so use yours to win back your love. Try recreating your first date, or a few tender moments you've been through together. Remind him of how great your

were together and the feelings that you share. If you're both adventurous, explain how this rough patch is just part of the bigger journey. If he's more introverted, appeal to his kind and quiet qualities with a love letter.

**What have you done to get an ex back? Share with us below!**

## Kristi Yamaguchi “Surprised” by Parenthood



By Shannon Seibert

Prize-winning Olympic figure skater Kristi Yamaguchi has

established herself as a well-rounded business woman and is now championing the art of parenthood. A mother to two daughters, Keara, 10, and Emma, 8, she marvels at the pleasant surprises of being a parent. She recently caught up with Celebrity Baby Scoop to talk about The Always Dream Foundation and her experiences being a mom.

**Related Link:** [Brooke Burke-Charvet Encourages Mothers Everywhere To Get Fit](#)

**CBS: The Always Dream Foundation has been effective in helping kids to look beyond their circumstances and embrace their dreams. How many kids have you helped so far?**

**KY:** “Wow. I have no idea. We’re in our 18th year of existence. I don’t know if I can even guess how many kids have been helped over the past 18 years. I know our current reading program is finishing its second year, and we are in 12 schools and affecting about 1,200 kids. That is just the schools we’ve been in over the past three years.”

**CBS: Do you have any new programs for the summer?**

**KY:** “We have our 2nd Annual Children’s Literacy Festival coming up in on May 17th in San Jose called Kristi Yamaguchi’s Reading Adventures at Happy Hallow. We will bring in some guest authors to read, some local celebrities, and the popular Disney Jr. group Choo Choo Soul will be a part of our entertainment as well. That’s our immediate one, and then we have our Annual Gala that helps raise funds for our literacy efforts.”

**CBS: How much influence did your mom have on the kind of mom you have become?**

**KY:** “Very much. She has always been my ultimate role model. She was an amazing mom and had time for all of us, my siblings and me. She sacrificed a lot and did a lot. I definitely admire the way she raised us, and I’m looking forward to

following her footsteps.”

**CBS: How has motherhood changed you?**

**KY:** “I think I’ve become more tentative to dangers in life as far as taking care of myself – because I might get sick, and who would take care of my kids? Obviously, looking after them and thinking of all of the things moms want to do to keep their kids safe, busy, task-happy, and active too.”

**Related Link:** [Bill Rancic Talks About Being a Dad: “Family Always Comes First”](#)

**CBS: What experiences have surprised you the most?**

**KY:** “I guess how proud you can be as a parent when your child accomplishes something or when I see my two daughters interacting with each other. Seeing the affection they have for each other is so heartwarming. I never thought I could feel so emotional about seeing that sibling love.”

*For the rest of the interview, visit [www.celebritybabyscoop.com/2014/05/09/kristin-yamaguchi-ultimate/](http://www.celebritybabyscoop.com/2014/05/09/kristin-yamaguchi-ultimate/)*

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## 10 Date Ideas for the Married Couple with Kids





By Sanetra Richards

Finding time to go out on dates with your spouse can be difficult. The both of you may have hectic work schedules that always seem to get in the way. And it is not just the two of you ... the kids are also in the equation! No matter how hard you may try, planned or spontaneous dates rarely ever happen. Even if you do actually go out, you constantly find yourself worrying about the kids – is the babysitter reliable, what they are doing, and should you hurry back home. Well, fret no more! Cupid has 10 suggestions to help you and your spouse get away from your routine and schedule some date time for each other:

**1. Every day alone time:** Who says you can't have a date every day of the week? Believe it or not, it's possible! Join your partner in something that is a part of their daily routine, whether that means an early morning workout or late evening planning session. Quality time with your partner can make a huge difference, especially if you are doing something that brings you together at the start of each day and/or at the very end. Maybe even put the kids to sleep at an earlier time

just to have that hour or so to wind down together.

**2. Weekend getaways:** A short vacation is not only what you may need individually, but also as couple. Work can definitely become overwhelming and you just want a day (or two, maybe three) to sit back and enjoy each other's company, without the pressure and stress of work interfering. A trip to a cabin or a resort sounds nice, right?

**Related Link:** [Date Idea: Spice Things Up](#)

**3. Amusement park:** Married couples tend to become accustomed to the the following routine: work, kids, sleep, repeat. Sometimes it's easy to forget what fun feels like. An amusement park is a great place to channel your inner child. Take your spouse on a date to a nearby theme park – enjoy the roller coasters, attractions and games, but most importantly don't forget to laugh!

**4. Dance night:** What better way to show off your moves than dancing? Schedule a night for dancing it up at your local club. Try something as sassy as salsa or as precise as square dancing. The goal in all of this is to simply have fun.

**5. Fishing:** Envision a nice day out by the lake, relaxing in a chair, with a fishing rod in the water awaiting a tug. Hardly any disruptions besides the noises of nature and sound of the water. You and your spouse will temporarily be worry-free.

**Related Link:** [Date Idea: Hot or Cold Night](#)

**6. Park picnic:** One of the most classic (romantic) dates of all time is a picnic in the park. Create a basket full of you and your partner's favorites, maybe take an activity you will enjoy (frisbee, kites, etc), and voilà! Maybe even consider bringing the kids along and making it a family day.

**7. Pick a hobby:** Choose an activity that the both of you love to do together. Perhaps yard work, such as gardening or

mowing, is therapeutic – use this as a bonding experience and call it a date!

**8. Pamper & Polish:** Every once in a while, your sweetheart deserves a little TLC (tender, love, and care). Why not be the one to give it to them? Schedule him/her a session at a local spa or create your own at-home spa. If you would rather channel your inner romantic and set up your own spa, here are a few tips: make sure the environment is set nicely – well-lit and scented, relaxing music, and full of peacefulness. Then, give them the best massage they could possibly imagine (with the help of your favorite scented oil). They will appreciate the thought and touch.

**Related Link:** [Date Idea: Be a “Cheap” Date](#)

**9. Comedy show:** Laughter is good for the soul, right? Search for tickets to your favorite comedian’s show and ask your honey to join you for the night. Get a few laughs in while enjoying the evening.

**10. Road trip:** Hop in the car and GO! A road trip entails lots of jokes along the way, singing songs on the radio, sightseeing, etc. Make a day out of it – travel down the roads with the most scenery. Take photos to capture the memories and most importantly, enjoy the ride.

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## Mila Kunis and Ashton Kutcher Go On Movie Date



By Louisa Gonzales

Mila Kunis and Ashton Kutcher were spotted holding hands as they head to the movies at the Universal City Walk in Los Angeles on Saturday, May 17, according to [UsMagazine.com](http://UsMagazine.com). Kutcher, 36, and Kunis, 30, both went casual with the actor in a t-shirt and sneakers, while his pregnant fiancée went with a black top and sandals. The gorgeous duo recently bought a new Beverly Hills mansion, a “perfect” family home, according to a source.

**What are some ways to support your partner during pregnancy?**

### **Cupid's Advice:**

Yes, pregnancy brings a lot of new challenges and obstacles for your relationship, but it can also be an exciting new adventure for you and your partner. When your significant other gets pregnant it will bring many lifestyle changes,

which is why you'll need to lend your support. Cupid has some advice on ways to support your partner during pregnancy:

**1. Be there:** One of the best ways to support your partner during pregnancy is to simply be there for them. It is important for you to make yourself available to your partner when they need you, whether it's for comfort, some one to talk to or whatever else they need. During pregnancy your lover can experience a lot of different emotions, ups and down, and changes that is why they need someone to be at their side.

**Related:** [Mila Kunis and Ashton Kutcher Are Expecting!](#)

**2. Help around the house:** A women's body goes through many changes during pregnancy and some things they use to be able to do, eat, or drink they won't be able to do anymore. She is the mother of your child, show your support by helping them out with some of their daily activities, chores around the house or other errands. Not only is it admirable, but your other half will appreciate all the help.

**Related:** [Find Out About Ashton Kutcher and Mila Kunis' Engagement](#)

**3. Prepare:** A number of adjustments and changes will have to be made in the both of your lives for when the baby comes. So, help your sweetheart out by getting things ready for when the baby does arrive, by setting up the babies room, picking up supplies, baby proofing the house, or anything else that will be required. Making all the proper preparations will help you both feel and be ready for the new exciting life to come.

**What do you think are some ways to support your partner during pregnancy? Share in the comments below.**

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# New Couple: Cameron Diaz Is Dating Benji Madden



By Shannon Seibert

After weeks of keeping their relationship under wraps, Cameron Diaz and Benji Madden are finally out in the open. Diaz, 41, and Madden, 35 are considered “new” and “just hanging out” but the Good Charlotte singer is considered the first high-profile relationship for Diaz since her split from Alex Rodriguez in 2011. The pair have Madden’s sister in-law, Nicole Richie to thank for their introduction, according to [UsMagazine.com](http://UsMagazine.com).

**How do you keep your new relationship on the down-low?**

**Cupid’s Advice:**

When your relationship is just blossoming, it can be difficult to figure out your own feelings about that person if your relationship is highly publicized. With everyone giving you their input, and pestering you about the latest details of your love life, you may get caught up in the attention and neglect the fact that it may not even be working. By initially keeping your new relationship on the down-low, you'll be able to discover your feelings for your new beau, and find out whether or not you could really gal for this person:

**1. Hold off on updating your social media status:** Until you get out of the murky waters of "What direction is this going in?" you don't need to make your relationship Facebook Official. These days defining your relationship is harder than it looks, so at first you don't want to jump to conclusions about your relationship status with your man. Just keep cool, calm and collective, and once you both have your feet on the ground you can upload those adorable selfies you have on your camera roll.

**Related:** [Ed Sheeran Reveals a Greek Girlfriend](#)

**2. Do a trial run:** Get out of town for the day. Go to a place where there's no pressure because you won't run into anyone you know. This way you don't have to worry about awkward introductions such as wondering whether to refer to your guy as your friend, boyfriend, or anything else. Now the two of you can test the waters of what it's like to be out in public together, while still getting to know each other on a deeper level.

**Related:** [New Couple: Lucy Hale Is Dating Country Singer Joel Crouse](#)

**3. Don't make it a big deal until it's a big deal:** When your friends and family inquire about your love-life, keep your answer vague. You don't want to let them in the know until there is actual information to give. It may send the wrong

signals to your guy by including loved ones in your dating life. He may think you're trying to get serious too quick, and you don't want your family to get confused if things don't work out.

**How have you kept your new relationship a secret? Tell us in the comments below!**

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## **Be Fun, Flirty, and Confident with Juicy Couture Malibu Collection!**



A screenshot of a video call featuring two individuals. On the left is Suzanne Oshima, a woman with long dark hair wearing a black sleeveless top. On the right is Jonathon Aslay, a man with dark hair wearing a bright blue button-down shirt. The background behind Suzanne is a white backdrop with logos for 'dream Bachelor & Bachelorette' and 'Single in Stilettos'. The background behind Jonathon is a room with a lamp and a framed picture on the wall.

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| <p><b>Suzanne Oshima</b><br/>Founder of Single in Stilettos<br/>Matchmaker &amp; Dating Coach at<br/>Dream Bachelor &amp; Bachelorette</p> |  | <p><b>Jonathon Aslay</b><br/>Dating Coach for Women<br/>Understand Men Now</p> |
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*This post is sponsored by Juicy Couture.*

By Laura Seaman

Give everyone around you a taste of your free spirit with Juicy Couture's Malibu Collection fragrances. With your fresh and fruity smell, there'll be no doubt that you're a fun-loving girl ready to go out and seize the day. That's exactly who single guys are looking for this summer: someone who's flirty and ready for anything!

Be the confident star you always knew you could be with these two scents that will take you back to the California coast – even if you're in a tiny East Coast bar trying to catch that cutie's attention. Let his mind wander past the smell of beer and over the sound of the baseball game and into the image of you two sitting on a sunny Los Angeles beach with strawberry daiquiris in your hands.

Put on a spritz of Juicy Couture Malibu before you leave for your first date. He might be expecting to see you all dolled up, but what he *isn't* expecting is a blast of watermelon, pink passion fruit, and jasmine flowers to announce your presence. When you walk over to greet him, he probably won't know how to react, so just be ready to pick his jaw up off the floor.

When he asks to see you again (which we know he will), keep him guessing with a completely new scent. Spray a little Couture La La Malibu to entice him with the smell of red currant, orange blossom, and pink sugar crystals. Don't be surprised when he sticks to your side all night – he just can't get enough of you!

Now, for the best part: CupidsPulse.com is giving away both of these fragrances, Juicy Couture Malibu and Couture La La Malibu, to one lucky reader! These perfumes are sure to bring out that confident and sexy California girl in anyone, and no man can resist that. Let yourself stand out and shine this summer!

**GIVEAWAY ALERT:** ~~To enter this giveaway, email [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com) with your full name, address, email, and daytime phone number BEFORE 5 p.m. EST on Tuesday, May 27th. In the subject line, please write "Juicy Couture Malibu Collection." You can enter the contest only once. Good luck!~~

**Congratulations to Cherie Montorio!!**

*Open to US residents only.*

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## **Avril Lavigne's Ex Deryck Whibley Hospitalized Due to 'Hard Boozing'**





By Louisa Gonzales

Deryck Whibley, former husband of Avril Lavigne, went on a life changing trip to the hospital. According to [UsMagazine.com](http://UsMagazine.com), the Sum 41 frontman, 34, was recently rushed to the hospital after collapsing in his home. The rocker spoke out about experience on his website and revealed the reason behind his trip to the hospital was because of “all the hard boozing” he’d done over the years had finally caught up with him. The musician said he learned from the frightening experience and will stop drinking for good, which is something former wife, pop star Lavigne is “proud” of him for.

**What do you do if your partner is abusing a substance?**

**Cupid’s Advice:**

Harmful substances can come in many shapes and forms, but one thing is for sure they all can be dangerous. It can be scary to witness someone you love and care about experiencing a substance abuse problem, especially when you have no idea how to help. Cupid has some advice on what you can do if your

partner is abusing a substance:

**1. Lend your support:** Giving your support to someone in need is one of the best things you can do for them. There are many ways to show your support, you can talk to them, encourage them, help them out, and simply just be there for them. It's important from your loved one to know you will stick by them even during difficult times.

**Related:** [Avril Lavigne Parties With Boyfriend AND Ex](#)

**2. Help them get help:** It can be hard to admit to yourself that you need help, which is why sometimes you need it from others. Do some research and see what can help or what has worked for others. You can also look up drug side effects and what can happen if you abuse them, it can help with getting them to understand the dangers and what could happen to them if they don't receive help.

**Related:** [Chad Kroeger Says Wife Avril Lavigne Is an 'Amazing Cook'](#)

**3. Get them to realize they have a problem:** If your partner is having a hard time admitting they have a problem, the best way you can help them is by getting them to realize that they do. There are a number of ways to go about it, you can get help from their family or other people close to them and stage an intervention or you can talk to them on your own, just do what you feel is best for the both of you.

**What would you do if your partner is abusing a substance? Share in the comments below.**

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# Rihanna and Drake Are Off-Again



By Sanetra Richards

AubRih is over, once again. According to [UsMagazine.com](http://UsMagazine.com), after working out their differences a few months ago, Rihanna and Drake decided to give the dating thing another try – only for it to lead to a breakup. “Rihanna and Drake had another fight,” says a source. “He is too in love with her, which has always been the problem. They have been fighting, but that could all change any day now. It is how it always is with them.” The two stars were first spotted as a re-emerging couple in Paris back in February and by March the couple seemed to be hitting it off pretty hard again. However, at Rihanna’s Met Gala after party, her actor turned rapper [ex]

boyfriend was not in attendance. A source added that the artists are “currently on yet another break.”

## **How do you know whether to get back together with an ex?**

### **Cupid's Advice:**

There comes a time when the post-breakup emotions start to roll in and you find yourself contemplating whether or not you and your ex belong together. Cupid has a few things for you to keep in mind while considering:

**1. The factors:** Think about the reason why you and your ex parted ways. Was it because of infidelity? Was it because you could not agree on anything? Chances are, these problems will not go away if you decide to go another round – they are the reason why you all are not together today. Remember the saying, if you want different results, do something differently.

**Related:** [Rihanna and Drake Party Post-Concert in Paris](#)

**2. The feelings:** A lot of times, people allow their hearts overpower their intelligence. If you know for certain your ex is absolutely terrible for you, do not put in the effort trying to reconcile. Replay the good versus bad instances throughout your relationship. Question whether the good outweighs the bad. This could possibly lead you to the answer on if you and your former lover should work things out.

**Related:** [Rihanna Says the 'Slightest Things' Remind Her of Chris Brown](#)

**3. The change:** One of the most important conversations to have with your ex before reuniting is how will the relationship change? If you two have not grown enough individually, then you should not want to risk it again. It will be a repeating cycle: same differences, same arguments, and same outcomes. Think about the failed relationship's

faults and create methods to better them for the next time.

What are some things to consider when getting back with an ex?  
Share your thoughts below.

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## 10 Celebrity Moms Over 40





Mariah Carey

Always known for living big, Carey not only had twins, Moroccan and Monroe, at the age of 42, but they were born on April 30 -- Carey and husband Nick Cannon's third wedding anniversary! To celebrate the special occasion, the couple renewed their wedding vows in the hospital with help from Rev. Al Sharpton. But the pregnancy wasn't easy. She suffered a miscarriage in 2008, followed by acupuncture and hormone treatments to boost fertility before getting pregnant. Mariah Carey and Nick Cannon. Photo: Juan Rico/Fame Pictures

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## **'Pretty Little Liars' Actress Lucy Hale Dating Joel Crouse**





By Sanetra Richards

In actuality, she's no "pretty little liar." According to [UsMagazine.com](http://UsMagazine.com), Lucy Hale is dating country singer Joel Crouse and is not afraid to tell all. "They are seeing each other. He is in L.A. right now to visit," a source reveals.

"It isn't anything serious just yet." The 24-year-old actress and her 21-year-old lover were recently spotted courtside at a Lakers game, in which Hale Instagram'd: "First lakers game. Was really great teaching this one the rules of the game. And seeing him looking like a kid in a candy store @joelcrouse." The two were photographed again on May 8th at LA's restaurant Crave Café.

The *Pretty Little Liars* star has also dated actors David Henrie, Chris Zylka, Graham Rogers, and The Cab keyboardist Alex Marshall.

In an interview with *NYLON* in December 2012, Hale made it know that she has "learned something good and positive" throughout all of her relationships. "I'm a woman, but I'm not fully the person that I think I will be. We're all just trying to figure

it out. Some of us just have to do it publicly.”

**What are some ways to take your new relationship slow?**

**Cupid’s Advice:**

You are excited about your new relationship and want to shout it out to the world, on top of Mount Everest. You have all of these plans lined up and cannot wait to execute each one of them. However, you have learned from past relationships that this is not always the best idea. Cupid has a few tips to help you take this one slow:

**1. First comes love:** Then comes marriage. It is perfectly OK to fantasize about a dream future with your significant other-who knows, it could possibly come true! However, do not be so quick to start making wedding plans. Give yourself (and your partner) time to actually be in the relationship before jumping the broom.

**Related:** [Kesha Has a New Man](#)

**2. Hold off the family & friends:** You can never be too sure on how long a relationship will last, but you can be careful on what is done throughout that period. Introducing your partner to your family and friends is not always the best idea. Yes, feel free to tell them about the person who has your interest, but save the meeting until a later date.

**Related:** [Khloe Kardashian and French Montana Go Public with New Relationship](#)

**3. Actually date:** A major part of a new relationship is dating. This is the time used to go on dates and getting to know each other while having fun. Take full advantage of these moments and let the relationship take its course, instead of planning everything out.

**How do you take a new relationship slow? Share your suggestions below.**

# 'Cake Boss' Star Buddy Valastro on His Celebrity Marriage: "I'm a Lucky Man Because the Reality TV Show Hasn't Changed Us"



By Liz Kim

Buddy Valastro isn't called the *Cake Boss* for no reason. Born and raised in Hoboken, New Jersey, he is a fourth generation baker. His childhood was spent in his family's old-fashioned

Italian bakery run by his father, Buddy Sr. Father and son dreamed of making Carlo's Bakery a household name, and five restaurants (in New York City, New Jersey, and Las Vegas) and four TLC realty TV shows later, Valastro is bringing their vision to life. Now, he's helping to make the cake dreams of one lucky couple come true in Brides Live Wedding, an unprecedented wedding competition by *BRIDES*. Read on for more of our [exclusive celebrity interview](#) with the star!

## Exclusive Celebrity Interview with Buddy Valastro

Brides Live Wedding gives one couple the chance to star in their own celebrity wedding while also supporting their favorite charity. The catch? Once the public votes which pair will get the A-list treatment, they will also be able to vote on every detail of the wedding, from the dress to the decor. For the cake, there were four options to choose from, and Valastro is excited to get started. "This is the second year I'm participating in the contest," he says. "I think it's a cool concept; it's fun to be a part of it; and it's really great for the couple who ends up getting this amazing, huge wedding! I'm happy that I can provide the cake that they'll enjoy on their special day."

**Related Link:** [Fend Off the Post-Wedding Blues](#)

Baking for weddings is nothing new for the reality TV star, and after creating cakes for countless events, he knows a thing or two about what's trending in the wedding cake world. He explains, "You know, the cupcake cakes were getting big for awhile, but now I'm seeing brides looking for cakes with a rustic, natural, almost unfinished look to them." He adds that "dessert tables are very popular. They just add more variety for guests to enjoy at the reception."

Regardless of the couple's final choice, Valastro makes sure that everyone walks away happy. "I always ask my brides and grooms to give me all the wedding details – color scheme, flower choice, the dress style, the location," he shares in our exclusive celebrity interview. "All of these details are huge inspirations when designing wedding cakes. It makes it very personal."

Carlo's Bakery is a Hoboken favorite, but now, the *Cake Boss* is proving to be a reality television boss as well. In the early 2000s, he competed in several cake decorating competitions on *Food Network Challenge*. He won the "Battle of the Brides" challenge in season seven, and his quick wit and tell-it-like-it-is Jersey attitude caught the attention of producers. In 2009, *Cake Boss* premiered on TLC, and now, he has three more shows under his belt: *Kitchen Boss*, *The Next Great Baker*, and *Bakery Boss*.

## **Reality TV Star Opens Up About Celebrity Marriage and Family**

As dedicated as he is to expanding his business, he is equally dedicated to his wife Lisa and their four children. In October 2011, he surprised his wife with a second proposal. The celebrity couple wed again in a tropical vow renewal ceremony, complete with a cake that Valastro created himself. "I think it's really important for couples to reflect on why they got married in the first place and why they decided to share their lives together," he explains. "We all get so busy and distracted with our lives, but I knew I wanted to do something special for my wife, and I wanted the kids to be part of it too."

The secret to his celebrity marriage? Finding time to appreciate the simple things. "We're not too difficult. I'll either cook one of my wife's favorite meals, or I'll take her out somewhere nice," he says about a typical date night. "It's

good to have that time to yourselves, and then we come home and hang out with the kids.”

**Related Link:** [Celebrity Couples Who Have Remarried Each Other](#)

Being on television seems to tear apart marriages rather than strengthen them, but Valastro feels fortunate that Lisa understands that his schedule is hectic to say the least. “You know, I’m a lucky man because the show hasn’t changed us. My wife, my kids and I are just the same on-camera as we are off-camera.”

And while he loves spending time with his children in the bakery, it’s up to them whether or not they want to take over the celebrity family business. “I definitely have passed along my love of baking, and my son Buddy is really coming along,” he shares. “I would love for them all to take over the bakery when they get older, but I’m not going to push it on them. They’ll make that decision.”

Family, he says, is the key to success, and he credits his dad with teaching him everything he knows about baking and business. His father died when he was just 17 years old, and although still young, he took on all of the responsibilities of the bakery. “My dad taught me to look at the bigger picture. He taught me at a very young age that not only did I have to learn to become a great baker, but I also had to become a businessman,” he candidly reveals. “You could be the best baker in the entire world, but if you can’t run a successful bakery, no one will ever know what you can do. Being business savvy is just as important as being the best at what you want to do, and for me, that was baking.”

Whether he’s constructing a life-size race car cake or whipping up lobster tails, his wife’s favorite pastry, Valastro puts his heart and soul into everything he does. And the *Cake Boss* has no plans on stopping anytime soon. “I’m always working the next project. I’ve got some fun things in

the works, so stay tuned!”

You can keep up with Buddy on Twitter @CakeBossBuddy.

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# Taking on the Role of Stepmother



By Michele Sfakianos, RN, BSN for [Hope After Divorce](#)

Relationships alone are difficult. When you add his kids, her kids, his ex, her ex, and both sets of in-laws, most people cannot handle the pressure. Stepfamilies require more effort and understanding because more people are involved, and this often includes young ones who didn't ask to be put into the

situation to begin with.

Long ago, the term “stepmother” was used to describe the “new” parent who stepped in after the “real” parent’s death. Today, the stepmom is less often a substitute than she is an added parent. We all know the story of *Cinderella*. Fortunately, there was a happy ending, but it did bring to light the “wicked stepmother.” Most everything you read about stepparenting has to do with evil stepmothers, obnoxious children, responsibility with no control, resentful ex-partners, and lack of worth or appreciation.

**Related Link:** [How to Prevent Yourself from Rushing into a Relationship](#)

Being a parent triggers memories and emotions from one’s own childhood, whether conscious or unconscious. This may or may not bring fear to those thinking about raising another person’s child. Parents may raise children similar to their own upbringing – or the opposite. Parents may strive to give their children an entirely different upbringing.

Being a mom can be one of the most rewarding things we do in our lives. It can also be one of the most difficult undertakings, and parental responsibility is not something we can take lightly. Taking on the role of stepmother can perhaps be the most difficult undertaking of all.

As mothers, we are programmed to love and nurture children. We were raised with the understanding that it is our “job” to take care of them. So we would naturally expect a loving response in return – or should we? When Mother’s Day or your birthday comes around, this opens opportunities for feeling down about being a stepmother. But don’t give in! An attitude will get you nothing but grief. Moping around because no one remembers your birthday is not the answer. You have to tell people, “Hey, my birthday is on Friday, and I want us to go out to dinner together.” Tell your partner birthdays are

important to you and strongly suggest your partner talk to the kids about acknowledging it.

**Related Link:** [How to Date when You're a Single Parent](#)

Before special events or days that matter to you, take the initiative to:

- 1. Be clear about your plans.** Anticipate problems and discuss them with the children.
- 2. Tell them your expectations.** People are not mind readers. Talk with your partner.
- 3. Do not expect a major deal about Mother's Day.** The kids feel conflicted enough as it is. Acknowledging it is important, but celebrating it may be too painful. Yes, of course, it hurts to be ignored or snubbed. Try to understand the positive intent behind it. It is not meant to hurt you. It is about guilt and loyalty to the other biological parent.

The manner in which you approach the role of mother or stepmother and the attitude you put forth will differ from those around you. You must pay particular attention to your actions so as to not alienate yourself from your partner or the children. Getting into a stepfamily can be rewarding and will make for new adventures. As with every new adventure, hold on tight because there will be bumps along the way, but the ride will be spectacular!

*For more information about Hope After Divorce, click [here](#).*

*Michele Sfakianos, RN, BSN, is a Registered Nurse, Life Skills Expert, Speaker and Award Winning Author. She is the owner of Open Pages Publishing, which includes her series of "The 4-1-1" books on Life Skills, Step Parenting, and Surviving Teenhood. Michele is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com.*

# Celebrity Video Interview: Chef Tim Love Talks Summer Traditions and Reality TV Show 'Restaurant Kickstart'



Interview by [Whitney Johnson](#).

May happens to be National Burger Month, and with summertime fast approaching, we could all use a tip or two to avoid the dreaded dry burger during our backyard cookouts. Luckily, chef Tim Love has teamed up with Hellman's to give America a Burgervention just in time for Memorial Day weekend. "The

Hellmann's is what's going to keep the burgers juicy while you're grilling them," he reveals in our celebrity video interview. With Love's [foolproof recipe](#), you'll be grilling like a pro in no time!

## Celebrity Video Interview with Chef Tim Love

The reality TV star also talks about his upcoming show *Restaurant Kickstart* (think *Top Chef* meets *Shark Tank*). "You're investing in people, ultimately," he explains. "Those people have to have knowledge and skill, but at the end of the day, they also have to be great people."

**Related Link:** [Color Your Love in Red, White, and Blue](#)

Apart from grilling up juicy burgers, Love says his favorite summer tradition is spending time outdoors with his family and playing some catch. When it comes to [date night](#), the chef and his wife like to keep things simple. "I always prefer to cook at home," he says. "I don't spend a whole lot of time there because I'm always working, so if I can sit outside in my backyard with a margarita, I'd choose that every time."

Check out our celebrity video interview above for more great grilling tips!

*Hungry for more? You can find even more tasty recipes for the summer on Love's [website](#)!*

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

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# Jessica Simpson Sets a Wedding Date



By Sanetra Richards

Sparks are going to fly between Jessica Simpson and Eric Johnson! According to [UsMagazine.com](http://UsMagazine.com), the 33-year-old singer/actress announced she will be saying “I do” to her 34-year-old fiancé over the weekend of July 4<sup>th</sup>. Despite prior reports of a wedding in Europe, a source says the couple will exchange vows in Santa Barbara, California – and Jessica is not wearing white! Plus, the bride-to-be “is having something unique made.” The pair of four years is finally tying the knot after putting their special day on hold for the birth of their two children, 2-year-old Maxwell and 10-month-old Ace: “We are very close to sending out our invites,” said the star to *USA*

Today at the White House Correspondents' Dinner at the beginning of this month. "I've been very picky on how I want everything to look and feel. Eric's family alone is almost 90 people, so it'll definitely be a big event."

**What are some factors to consider when choosing a wedding date?**

### **Cupid's Advice:**

Possibly one of the most memorable times of your life is the big day, also known as your wedding day. Therefore, choosing an unforgettable date plays a major part in the planning process. Cupid has some advice that will help make your selection easier:

**1. Perfect timing:** Try picking a month that will satisfy you and your partner, as well as accommodate the guests. If you are a fan of winter weddings, be sure to inform guests months in advance to avoid any scheduling conflicts due to the holiday season – the same goes for summer months.

**Related:** [Exes Jessica Simpson and Tony Romo Don't Speak at Correspondents' Dinner](#)

**2. Perfect weather:** Although you cannot control or predict the weather, you do however have control over if it will be at an indoor or outdoor venue. Consider the likelihood of having beautiful sunny weather during the months of May-August if you plan to have an outdoor ceremony versus the December snow and April showers. Whatever date you may choose, be prepared for any unexpected weather changes and your guests' comfort.

**Related:** [Nick Lachey Wishes Jessica Simpson 'the Best' After Birth of Baby Ace](#)

**3. Perfect place:** Keep in mind your venue's availability. If you know ahead of time that the space goes pretty quickly year-round, try to book your reservation as early as possible.

This can definitely affect your wedding date and any changes that may have to be made, especially if you are longing to have a specific location and willing to change the date.

What are other factors to consider while picking a wedding date? Share your suggestions below.

## Cupid's Weekly Round-Up: Being a Better Parent



By Shannon Seibert

Being a parent is the hardest job out there. There isn't a

rule book that gives explicit instructions, and there isn't a how-to guide for every experience your child will go through. It's tough, but it's a blessing. With that thought in mind, we've pulled together five articles from our partners to instill confidence in your parenting skills:

**1. There is no such thing as perfect:** If there were a dictionary for parenting vocabulary, the word "perfect" wouldn't be found on a single page. Don't stress about being the perfect role model who always makes the right decisions and says the right things. One important lesson for children to learn is that it's okay to make mistakes. Rosie Pope embraces this idea and calls herself "a work in progress!" ([CelebrityBabyScoop.com](http://CelebrityBabyScoop.com))

**2. Yelling doesn't always work:** They pull your hair, bring dirt into the house, and rub mysterious substances all over your pristine white walls, and you wonder how you'll get through the day without a meltdown. Patience is a virtue that kids enjoy to test. Instead of yelling at your children when they begin pushing your buttons, here are three things to try to avoid raising your voice. ([GalTime.com](http://GalTime.com))

**3. A strong relationship is positive encouragement:** Kids learn by example. By having a loving relationship with your significant other, it will stimulate positive life-learning for your children. Avoid having major confrontations in front of your children. In turn, your kids will be more likely to have caring relationships of their own as they grow older. ([YourTango.com](http://YourTango.com))

**4. Teach your kids to love learning:** Education is such a beautiful gift to give to a child. Inspire your kids to want to learn more about the world. Read books aloud, help with their homework, and teach them to ask questions. But don't allow them to rely on you as their only resource. Encourage them to acquire knowledge independently, making the information more meaningful. ([GalTime.com](http://GalTime.com))

**5. A healthy lifestyle can bring the family together:** It can be difficult to get your children to munch on carrots instead of chips. Get creative in the kitchen and get your family moving with group exercise to form lasting bonds with each other. Pull ideas from these tips to work on healthier living. ( [YourTango.com](http://YourTango.com) )

**Have any tips for being a more confident parent? Tell us in the comments below!**

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## **'American Idol' Contestant Alex Preston Says His Girlfriend Kept Him Going**





By Liz Kim

Even before making it to the top three on *American Idol*, 21-year-old Alex Preston had a pretty impressive background in music. He can play up to 12 instruments (none of which he took lessons for) and has opened for Of Monsters and Men, Gavin DeGraw, and the Backstreet Boys. Music must be in his blood because he's also cousins with country music star Jo Dee Messina, who he's even written songs for.

**Related Link: [‘American Idol’ Contestant Jess Meuse Says Show Affected Her Relationship](#)**

Week after week, the judges praised him for this artistry, and he managed to avoid being in the bottom up until the end. A common criticism *Idol* contestants hear is about making each performance seem like an original, but this musician never struggled with that. “When I hear a song, I think of how I would do it, and then I usually take an hour or so and run through the song and run through alternative chords and chordal structures,” he says of his process. “I had the most fun arranging songs and making them my own.”

This week, the singer broke out of his comfort zone, and during his performance of Bastille's "Pompeii," he played both the drums and the guitar. "This competition has really taken me out of my shell, and I've learned a lot of myself as a performer. I've become more confident."

Although covering popular songs can be a fun challenge, Preston truly enjoys performing his own music and believes allowing more original content will improve *American Idol*. "Playing original music on the show was definitely an amazing opportunity because it's in front of millions of people," he shares. "It's your own lyrics and composition, and playing your own music on a show like *Idol* pushes it to the next level because it shows artistry."

Preston was especially excited to show off his talents when he and his fellow competitors were welcomed back to their hometowns. He went home to Mount Vernon, New Hampshire and gave an "incredible" concert for over 6,000 fans. "I got to show people who I really am outside the show, and that was probably the coolest experience for me."

Despite all of his achievements, the rising star remains humble. "I was expecting to be eliminated this week because Jena and Caleb are so good and their performances are so big," he explains. "I knew deep down that it was going to be them in the finale, but I'm proud to have been in the top three." His strategy during the competition was to take it week by week. "But once I hit top three, I did start thinking about the months ahead, where I want to be, and long term goals outside of the show."

**Related Link:** [10 Ways to Make Long Distance Love Work](#)

Beyond improving his musical skills, *Idol* is also where Preston met his girlfriend Jillian Jensen, who fans might remember from season two of *The X Factor*. The couple met during Hollywood Week, and while being apart has been

difficult, the couple are making it work. "It's tough because we live on opposite sides of the country, but it works out because we can always talk and Skype. She came to the shows a lot too," he shares. "It sucks because we can't see each other as much as we'd like to, but since we're both musicians, we understand each other's schedules."

Being a reality television veteran herself, Jensen was a great source of advice. "She always kept me positive. She was completely honest with me whether it was good or bad and told me what she thought. She helped me through a lot in that aspect and kept me going."

Preston's time on the *Idol* stage may be up, but he knows that this is just the beginning. "I'm already starting to try to figure out a way to plan my record. I have a couple co-writes lined up that I do want to get on the album as well," he says. "If I could release a single, that would be awesome. I want to release something as soon as I can and kind of take advantage of the wave of publicity that the show has given me."

*Want more of Preston? You can catch him on the American Idol summer tour, but until then, follow him on his Twitter [@RealAlexPreston!](#)*

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## Ed Sheeran's New Girlfriend is Taylor Swift-Approved!





By Sanetra Richards

Ed Sheeran's new girlfriend is Taylor Swift-approved. According to [UsMagazine.com](https://www.usmagazine.com), the 24-year-old country turned pop singer has already been introduced to Sheeran's new love interest. Although he has managed to be very discreet about disclosing too much information on his latest partner, Sheeran did tell *Us* that she "works for a food company – well not a food company, she works for a chef." So, how exactly did Swift get to meet Ms. Anonymous? "We went for dinner in London," said Sheeran. "She likes her." He added that the secret girlfriend is indeed Greek and can whip up "anything Greek."

**What are some ways to keep your relationship under wraps?**

**Cupid's Advice:**

Whilst some choose to announce their new relationship right away, others choose to maintain that bit of mystery for a little while. But exactly how do you manage to keep it under wraps until you are ready to spill the beans? Cupid has some advice:

**1. Lips are sealed:** Before any other step, you and your new partner must agree to keep it a secret (unless you want to tell a limited number of close family and friends). However, if you really want to keep it all undisclosed, telling absolutely no one is the way to go. It is completely understandable because you and new love are fresh and wanting to see how things go before jinxing the relationship.

**Related Link:** [Taylor Swift Says She Doesn't Write Songs About Every Guy She Dates](#)

**2. Avoid PDA:** Holding hands and kissing is certainly the way to blow your cover. Everyone knows “just friends” are not *that* affectionate with each other. Save it for the private areas if you want to keep the whole secrecy mission going.

**Related Link:** [Taylor Swift Cuts Off Selena Gomez Post-Reunion With Justin Bieber](#)

**3. Play it cool:** Try not to become too wrapped up in your partner, otherwise, people will notice. Your family and friends will begin to tell if you are becoming distant . . . and that is when the questions will begin. Balance your time with each until you are ready to announce the big news.

**What are some ways you can keep your relationship under wraps in the beginning stages? Share your thoughts below.**

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**Drew Barrymore Says She 'Couldn't Be Better' After**

# Second Child



By Louisa Gonzales

Drew Barrymore gave birth to her second daughter, Frankie, on April 22 and the transition period of bringing her home has been “great” according to [UsMagazine.com](http://UsMagazine.com). At a recent press conference for Barrymore’s latest film, *Blended*, a comedy she stars in with fellow actor Adam Sandler, she couldn’t hide how “happy” she is as everything is “really good” in her life at the moment. The star actress, 39, also recently celebrated a casual mother’s day with her husband, art advisor Will Kopelman, 36, and 19-month-old daughter Olive with, “Sweatpants, *Games of Thrones*, takeout”.

**How do you strengthen your relationship after having a second child?**

## **Cupid's Advice:**

Your life and relationships can go through a lot of changes once you start having kids. For a lot of couples having children can be a wonderful time in their lives, but it can also be challenging and difficult at times. Cupid has some advice on how to strengthen your relationship after having a second child:

**1. Do family time together:** To celebrate your new growing family try doing family activities together. It can be fun to do more things as a family, like go on a family vacation, go to an amusement park or go to the park together, there are many options for families to spend fun, quality time together. The word family is more than just a word to really qualify as family you need to be willing to put in effort, time and energy, but that doesn't mean it can't be fun.

**Related:** [Drew Barrymore Is Engaged To Will Kopelman](#)

**2. Schedule time for just the two of you:** Make sure that you make time just between the both of you. Having two kids can be handful and requirer you to spend a lot of time and energy with them, which can be a fun and enjoyable thing, but that doesn't mean you shouldn't still have "alone" time. To help with not getting or feeling overwhelmed, quality time between the two of you is essential not only for a breath of fresh air but, to help keep your romance alive.

**Related:** [Will Kopelman to Drew Barrymore: 'I'm Excited!' to Meet Our Baby](#)

**3. Communicate:** Communication is key for every good relationship, that includes the one between you and your partner, but also the one between you and your kids. With your growing family things are bound to get more hectic, so it's good to be on the same page on things. Don't assume your lovebird or child is a mindreader, talk to each other and make sure you both understand what you want in your relationship

and for your children.

What do you recommend doing to strengthen your relationship after having a second child? Share your tips below.

## Q&A: Should I Delete or Unfriend My Exes on Social Networks?



*Question from Shelby F.: Whenever a guy and I breakup, I always wonder if I should completely delete him from my life. A part of me thinks it's a good idea because then I won't be*

*tempted to see if he's tagged in any new photos with new girls, but the other part of me doesn't want him to think I'm so bitter or immature that I can't stand him coming up on my newsfeed. What should I do?*

**Answer from Our Love Experts:**

[Suzanne Oshima, Matchmaker](#): When it comes to social media and an ex, there really isn't a clear-cut answer. It really depends on how the relationship ended and how you feel about him. If the relationship ended amicably and you feel you can still be friends with him, then it's fine to stay connected to him on social media.

However, if the relationship ended on a bad note, then why would you want to torture yourself by seeing him with his new girlfriend? Unfriending him or deleting him really isn't about being bitter or immature; it's more about your well being and moving on with your life. What he thinks about it shouldn't really matter to you, as you are no longer together.

[Paige Wyatt, Reality Star](#): It's totally understandable if you feel the urge to check up on your ex every once in a while, but know that it's not healthy. Keeping an eye on him will never give you the chance to completely get over him and move on, especially if he posts pictures with other girls. Seeing him having fun or with another woman will drive you crazy, even if you tell yourself you're happy for him!

The best thing to do after a break-up is wait until things have settled and neither of you are upset, which might take a few weeks. Then, unfriend him. This way, he won't think it's you taking a stab at him, and he will more likely realize you're just working on getting over him, which is exactly what you're doing!

[Robert Manni, Guy's Guy](#): This is a personal decision that is entirely up to you. A lot depends on the individual

circumstances of how things went down with each guy. If you had an amicable split and somehow managed to remain friends with your ex (it *can* be done), then keep your social media lines of communication open. However, if you experienced an uncomfortable break-up that left behind some emotional residue, it might be best to sever your social media ties with him, so you're not reminded of a bad situation.

Notice I have not mentioned or factored in what he thinks. That's because this is *your* decision, and what he thinks about your social media doesn't really matter. And if it does, then maybe you still have feelings for him.

For more information on our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

**Do you delete or unfriend your exes on social networks? Tell us in the comments below!**

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## **Single in Stilettos Show: 5 Ways Women Sabotage Themselves with Men**





**Suzanne Oshima**

Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette



**Jonathon Aslay**

Dating Coach for Women  
Understand Men Now

On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating expert Robert Manni about five ways that women sabotage themselves with men when it comes to dating. Ladies, the biggest mistakes that you tend to make include: always being “plugged in” and never letting go of your smartphone; not fishing where the fish are; traveling in groups; sticking too closely to your checklist of must-haves in a guy; and breaking up with him too soon. If you want to find true love, stop sabotaging yourself and learn how to avoid these pitfalls!

**Related Link:** [5 Things Men Wish Women Knew About Them](#)

For more information about Single in Stilettos shows, click [here](#).

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

**Ladies, what's the biggest dating mistake you make? Tell us in the comments below!**

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# Mary-Kate Olsen Talks Designing Her Wedding Dress



By Louisa Gonzales

Mary-Kate Olsen has a few ideas in mind of what she wants her wedding dress to be, but one thing for sure is it will be extra special. According to [UsMagazine.com](http://UsMagazine.com), the actress and fashion designer, 27, is planning her wedding with Olivier Sarkozy "one step at time," and that includes finding or designing the perfect gown. Reportedly the former child star thinks it's "a matter of getting five or six or making two or three" when it comes to her wedding dress, but says she has a lot of time before she stresses herself out about that and

instead is focusing on designing a friend's gown with twin sister Ashley Olsen. Olsen and Sarkozy have dated since 2012 and news of their engagement first came out in February of 2014.

## **What are some ways to personalize your wedding?**

### **Cupid's Advice:**

Weddings are a special occasion, which is why a lot of people like to make it as festive and memorable as possible. There are a lot of ways to make your big day one for the record books, but it's all about making it the perfect wedding for you and your special someone, after all it's a day dedicated just to the two of you. Cupid has some advice on some ways to personalize your wedding:

**1. Personalize your wedding program:** Wedding programs have the power to create the tone of the wedding by letting people know what's in store for them at the event. Make your wedding program extra special by personalizing to fit both of you, you can add pictures of the two of you from your engagement photos, baby photos, or even some fun selfless, or other creative things. Create a program that displays both your personalities and at the same time let guests get the theme of the wedding.

**Related:** [Mary-Kate Olsen Is Engaged to Olivier Sarkozy](#)

**2. Make a toast to each other at the reception:** The best man and maid of honor don't have to be the only ones to dish out speeches on the two of your's special day. It can be fun to make your first toast as a married couple in front of all your loved ones to see. Not to mention it will give you the chance to rave about your lovebird if you didn't get the chance to with your vows earlier or if you forgot to say something, there's your chance.

**Related:** [Celebrity Couple Predictions: Mary-Kate Olsen, Eva Mendes and Amal Alamuddin](#)

**3. Do something special for the guests:** It's important to show your gratitude to all the people who came out to support you as you walked down the aisle and said your "I do's". Doing something for the guests like writing them out personalized notes before they enter the reception or leaving nice gifts on their table is a great way to show your thanks. Plus, it will make the wedding more personal not just for the two of you, but for your guests as well.

**What do you think are some good ways to personalize your wedding? Share in the comments below.**