

Expert Dating Advice: What to Do When He Disappears



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss what to do when a man disappears and offer their best [expert dating advice](#). "It's heartbreaking; it's horrible because you don't get closure," Oshima says. Here, Newman shares why men often disappear and the best ways to handle this devastating dating occurrence.

Relationship Author Wendy Newman Shares Expert Dating Advice

First, there are two main culprits for why he just disappears.

Let's say you have an amazing time together and you can tell he's just as into you as you are to him. Then, suddenly, he's gone. "What I'm guessing happened is, he got home and started reconciling all of the conversations that you had," Newman explains. "He could see that there was a dealbreaker in there that didn't stop him in the moment because you are so charming and enchanting. But after he came down from the high of the date, he thought, "Oh, shoot." Men don't call again because they feel like they don't owe us anything because there's no relationship yet. "They think they're doing us a favor by just disappearing," the relationship author adds. "They don't understand how that drives us insane."

Related Link: [Expert Dating Advice: Be a Fantastic Date for Anyone!](#)

Another reason he may disappear is because, although he thinks you're wonderful, it's just not the right time for a serious relationship. He sees that you're the whole package – a delicious, gourmet meal – but all he has an appetite for right now is ice cream. Newman emphasizes that "timing is a big piece of dating."

Since you may never know why he really disappeared, Newman suggests making up the most empowering interpretation of the situation, giving yourself the closure you need to move on. In her personal experience, sometimes, this made-up interpretation can turn out to be true! Most importantly, remember that the reason why men disappear usually has nothing to do with *you*. Keep reminding yourself of your self-worth – maybe, just maybe, you were simply too good for him.

Related Link: [Dating Advice Video: Don't Be a Rules Girl!](#)

If you still need to alleviate some heartache, draft an e-mail to him and thank him for all of the parts of him and the date that you found enjoyable and memorable. Tell him that you had a great time with him and let him know that you understand

there must not have been a connection for him. You don't have to hit send – just do whatever you need to do to feel better. “Don't have any expectations – you may get a response, and you may not,” Oshima says. “Either way, you just have to let it go and move on.”

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

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Love & Libations: Valentine's Day Cocktails for February Date Nights





By [Yolanda Shoshana](#)

As soon as January 1st hit, the Valentine's Day decorations, chocolates, and teddy bears are out. Now that February is only a few weeks away, it's time to prep. February is known as the month of love. Besides Valentine's Day on the 14th, there are 27 other days to show love to your partner, friends, and, of course, yourself.

That being said, here are three libations to help you show love next month:

Cocktails for February Date Nights

Related Link: [Love & Libations: Sparkling Wine for Holiday Date Nights](#)

Gin & Dubonnet

Celebrate yourself and drink like a queen. Queen Elizabeth II has a Gin & Dubonnet every day at lunch. In fact, it's part of her four-cocktails-a-day routine. It's perfect to enjoy while having some "me time." There's a good chance that the Queen will sip on one of these at Prince Harry and Meghan Markle's [celebrity wedding](#) reception!

Ingredients:

- 1 1/2 oz. gin
- 3/4 oz. Dubonnet Rouge
- Lemon or orange twist for garnish

Directions:

Add all the ingredients to a glass and fill with ice. Stir. Garnish with a lemon or orange twist. Sip as you are wearing your favorite tiara.

Chocolate Martini

A chocolate martini is an aphrodisiac in a glass. Believe it or not, two Hollywood legends created this cocktail: none other than Rock Hudson and Elizabeth Taylor. They invented it one evening when they lived across the street from each other while they filmed the movie, *Giant*.

The following recipe uses Sean “Diddy” Combs’ Ciroc Vodka. Maybe he will make one for his long-time love Cassie – or she will make one for him. After all, it’s the perfect cocktail for lovers on a February [date night](#).

Ingredients:

- 1/2 oz. Ciroc Vodka
- Dash of Madagascar vanilla extract
- 1 1/2 oz. Godiva Chocolate Liqueur
- 2 1/2 oz. half-and-half
- 1 oz. Kahlua
- Ice
- Shaved chocolate and/or fresh strawberries for garnish if desired

Directions:

Add all of the ingredients to a cocktail shaker and shake. Pour into a chilled cocktail glass that is rimmed with

chocolate syrup. Garnish with dark chocolate and/or strawberries.

Related Link: [Love & Libations: Autumn Date Nights Inspired by Celebrity Red Wines](#)

Flirtini

February would not be complete without a Flirtini. Most people remember the Cosmo being a big part of *Sex and The City*, but the Flirtini was also in the mix. All it takes is three ingredients. Enjoy with your girl squad while binging on the show.

Ingredients:

- 1 oz. vodka
- 2 oz. champagne
- 2 oz. pineapple juice

Directions:

Combine vodka, champagne, and pineapple juice in a highball or collins glass filled with ice. If you are making it for a viewing soiree, multiply the recipe by six, and mix it up in a pitcher.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Dating Advice from a Seasoned Vet: 4 Reasons to Avoid

Matchmakers



By [Joshua Pompey](#)

I've been in the game of helping men and women find relationships for a long time – almost a decade to be exact. And while I have learned a lot as a [dating expert](#), if there is one fact I'm certain of, it's that single men and women should steer clear of traditional matchmakers. Why? Well, I could go on for pages with [dating advice](#) about this topic, but here are four reasons why I strongly advise that you avoid going down this path.

Dating Expert Shares Why You Should Avoid Matchmakers

Related Link: [Dating Expert Reveals Why Online Dating Is Better Than Meeting In Real Life](#)

1. They give you false promises: Over the years, I have met a lot of men and women who were promised nothing but wonderful, high-quality matches when they initially contacted their matchmakers. Remember that when something sounds too good to be true, it usually is.

It turns out that it's a game of bait and switch. More often than not, the quality members you are promised when signing up are suddenly unavailable once you have made your first payment. That's when the bait and switch occurs, leading many clients to feel extremely disappointed, frustrated, and scammed.

2. Chemistry can't be determined on paper: Let's use online dating as an example. If I were to log on right now, at least 50 percent of the profiles I read would seem like great matches for me. If I were to then meet them in person, the odds of having face-to-face chemistry, let alone everlasting love, fall off a cliff.

Even if matchmakers had other members that seem like great matches on paper, the odds of you hitting it off one-on-one are still very slim. The problem is that most memberships only provide you with a handful of dates (or less), making it extremely unlikely that you will be a success story.

3. There's a lack of real world success stories: You know how we know that Apple products are great? Because millions of people use them and rave about them. You know how we know that Match.com works? Because there are statistics and studies that show a vast amount of members finding love.

Matchmaking on the other hand? Well, how many couples in your life have actually met through a matchmaker? That says a lot about how relevant the industry is in today's world.

Related Link: [Dating Advice: The Do's and Don'ts of Online Dating First Dates](#)

4. The cost is high: Matchmakers will do anything to get you on the phone or meet with you in person. I actually know some wealthy men and women who've told me that matchmaking recruiters flew overseas just to pitch them because they could smell the money potential. Many of them went through with it due to the excessive flattery, only to regret it later on.

Once these recruiters fill your head with hope and incredible promises, the fees are anywhere from 1,000 dollars to as high as 75,000 dollars, depending on who you use. Even worse, I've had clients who told me the highest-priced services are no better than some of the lower-priced services.

At the end of the day, you just have to ask yourself: Does throwing mass sums of money towards a relationship equate to a better chance of success? When it comes to love, the answer is usually no.

Want a great solution to matchmaking and finding love? Visit [my website](#), where we combine traditional matchmaking with the modern world of online dating for the ultimate recipe of success. Click [here](#) to learn more.

For more advice from dating expert Joshua Pompey, including how to write [online dating emails](#) with 300 percent higher response rates, visit [this page](#).

Dating Advice Q&A: How Do I Get My Husband to Disconnect

From His Phone?



Question from Rachel S.: My husband is a general manager, so even when he leaves work, he's still working from his phone. He doesn't mean to, but lately, he's been so wrapped in his phone that he ignores me when I talk. He seems genuinely apologetic and interested when I get his attention, but it's getting it that's hard. How can I get him to disconnect from his phone at the end of the day?

Technology makes our lives better in so many ways, but it can also be a distraction, especially if you or your partner has trouble unplugging at the end of the work day. Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology, like your cell phone, in the right way. Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question on how to politely encourage your significant other to disconnect from their phone. Check out their dating advice below!

Dating Advice About Unplugging

[Suzanne K. Oshima, Matchmaker](#): When it comes to technology, its biggest strength is also its biggest weakness: It connects us, but it also disconnects us from the ones that are standing right in front of us. Your husband may not be intentionally trying to hurt or ignore you, but in this age of technology and mobile phones, it's easy to get lost in multitasking.

My recommendation is to share with him how his constant connection to his phone makes you feel unimportant and disconnected from him. Then, just ask him to put away the phone on date nights so that the two of you can spend quality time together, uninterrupted by a flurry of notifications and messages. It's the perfect way to reconnect with each other emotionally and romantically after working all day.

Related Link: [Dating & Technology Q&A: Is It Weird If He Doesn't Call Back After a Date?](#)

[Robert Manni, Guy's Guy](#): It all comes down to communication. In today's culture, we are are tethered to work 24/7, and you may not be aware of some job pressures your husband is experiencing but not sharing. Getting him to open up about work may be a good way of broaching the phone issue.

Another angle is stressing the positives – how much you and your family value your time with him and how important it is for your husband to invest as much energy in you as he does in his job and his phone. A healthy balance between work and home life is critical to any marriage.

A third, wild-card approach is planning a night planned by you featuring some good old-fashion seduction. If that doesn't get him to put his phone down, you may have a bigger issue on your hands. Good luck.

For more dating advice and to find out more about our dating

and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Dating Advice: How to Fall In Love with Dating



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford about how to fall in love with dating. Here, Bradford shares three pieces of [dating advice](#) to help you go into dating with a positive attitude so

that you actually enjoy it.

Relationship Author Gives Dating Advice

1. Fall in love with yourself first: “A lot of times, we go into a relationship thinking that we’re ready,” Bradford says. “In order for you to be healthy and find excitement and joy in dating again, you must first find excitement and joy in yourself.” Once you’re in a good place both physically and mentally, a man will be able to instantly see that you’re the total package and gravitate towards your energy. Oshima adds, “Be the best version of yourself.”

Related Link: [Dating Advice Video: The Questions You Should Be Asking Him](#)

2. Give it a shot: You can’t fall in love with dating if you don’t try! Every date in your past wasn’t a horror story, right? “Think of the ones that were good,” the relationship author explains. “Pay attention to the signs in the early stages of a relationship.” Don’t let previous romantic failures keep you from truly giving dating a shot. “Do what you need to do to get out there,” Oshima says of this dating advice.

Related Link: [Relationship Advice: Signs You’re Settling for the Wrong Man](#)

3. You have to trust the process: If you have trust issues, dating will be hard. “Trust, trust, trust that starting fresh will make you feel good,” Bradford shares. Remember that all men aren’t dogs – trust that the next one you meet will be worth your time.

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Marissa Donovan



June 2017 to Present
Writing Intern

Marissa Donovan is a student at Colby-Sawyer College who is studying Creative Writing and will be graduating in May 2018. She enjoys watching reruns of *The Office* and going on road trips with friends. Her favorite [celebrity couple](#) is Anna Faris and Chris Pratt. The best [dating advice](#) she can give is to “find someone who makes you as happy as Pam Beesly makes Jim Helpert.”

Marissa's Expertise: [Celebrity News](#)

Expert Dating Advice: How Can I Change My Dating Tactics for the New Year?



By [David Wygant](#)

This is going to be the shortest article I've ever written because, if you are like most people, you're going to think that next year will be different because it's a different year. In reality, it will be exactly the same *unless* you change the way you do your life. So how do you change your dating tactics for the new year?

Relationship Expert Shares Expert Dating Advice for 2018

It's really simple. You actually start to date. Because if you need to change your dating tactics, it means you're not dating enough, and if you're not dating enough, it means you're not putting enough energy or effort into your search for love.

Related Link: [Expert Dating Advice: Should I Drop All The Other People I'm Interested In?](#)

As a [relationship expert](#), I've always believed dating is massive action, massive results. The more you put yourself out there, the better chance you're going to have of actually meeting somebody fantastic. But how do you do this massive action, massive results?

Well, first off, you've got to get dates. In order to get dates, you've got to get on the apps. From Bumble to Tinder to any other app, you need to put yourself out there. And you need to accept the fact that it's going to take you a lot of un-swipes or swipe lefts to find a mutual swipe right. Don't take anything personal.

The dating apps are only part of it. You also need to go and join a dating website. Join a site like match.com and go out and meet people. You can even make one night per week a "going out" night. Don't just have text or e-mail relationships.

You should also keep another night free for any potential dates that may pop up. Why? Because if you free yourself and you allow yourself to go out on dates, you're going to meet people. And if you meet people, you're going to be more successful when it comes dating.

Related Link: [Relationship Advice: Don't Let Him Be the One Who Got Away](#)

I'm not asking for a lot from you right now because I know you're crazy busy during the holiday season. What I truly want to do is wish all of you a very merry Christmas and a happy New Year. Get ready for prosperous 2018!

Keep it simple. The above information I gave you is uncomplicated, and I did it for a reason. Uncomplicated [expert dating advice](#) is what you truly need. Just remember: Without massive action, you won't get massive results and find your next great relationship.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Relationship Advice: Keys to Growing a Business When the Marriage is Over





By [Amy Osmond Cook, Ph.D](#)

Hollywood certainly has its share of dramatic endings – relationship endings, that is. Stars like Laurence Fishburne, Fergie, Chris Pratt, Jennifer Hudson, and Danica Patrick, to name a few, were invested in a long-term [celebrity relationship](#) and either personally or professionally called it quits. But what happens when a couple's livelihood relies on maintaining a relationship after the marriage is over?

Christina and Tarek El Moussa can relate. After becoming household names as co-hosts of HGTV's hit reality TV show *Flip or Flop*, they publicly announced their [celebrity divorce](#) just over a year ago. Despite moving on in their personal lives, both are committed to working together to make their successful business grow.

Related Link: [Celebrity Divorce: Christina & Tarek El Moussa Announce Break-Up](#)

It's not uncommon for former partners to maintain a business relationship. There are an estimated [3.3 million businesses](#) in the U.S. that are jointly owned by spouses. In some cases, a partner buys out the remaining portion of the business. But in a growing number of cases, the former married couple opt to

remain invested in the business long after the divorce is final.

“I worked with one business where, actually, [the ex-spouses] were better business partners and got along better after the divorce and stayed together within the business for a while,” says [Dann Van Der Vliet](#), executive director of the Smith Family Business Initiative at the Samuel Curtis Johnson Graduate School of Management at Cornell University. Van Der Vliet believes that, when the divorce relieves the anxiety in a relationship, the partners can focus on the strengths they contribute to the business.

Reality TV Stars Open Up About Celebrity Divorce & Share Relationship Advice

I talked with Christina and Tarek about their transition from a blended life to one that is now exclusively professional. They shared five rules they follow to maintain a positive and supportive professional relationship, even though they now lead separate personal lives:

1. Be professional: Part of their success derives from their ability to separate professional obligations from personal responsibilities. “We believe in this company, and that means keeping our personal lives separate,” Tarek explains. “When we’re on set, it’s like a different life than what we live outside of the set. When we’re doing our job, we’re doing our job.”

Related Link: [Relationship Advice: Is Your Job Killing Your Relationship?](#)

2. Focus on the ultimate goal: Whether it’s personal or business, staying focused on your goals can help minimize distractions. “Every day that we film, I remember why I’m

there,” says Tarek. He says his priority is to support his kids and family. “Second, I remember how I worked my entire life to build this thing. I don’t want to throw it away because of a divorce. We are good at what we do,” he adds. “We love flipping houses, and we enjoy delivering a great TV show that helps change people’s lives.”

3. Put kids first: Tarek and Christina understand that it is in everyone’s best interest to get along. “Children come first, and that means doing things that are best for them,” says Christina. “In our children’s case, it was in their best interest to do things together.” Often that decision requires some sacrifice and adjustments on the parent’s part.

4. Don’t sweat the small stuff: When tensions are high, it seems everything is a big deal. Immediately after a divorce, no matter how amicable, there is going to be a transition period. “Take time apart in all areas to better understand what you want,” says [Kate Taylor](#). “As you redefine your relationship, you should draw clear lines around your roles and responsibilities at work.”

Christina quickly discovered that not everything is worth fighting about. “When you’re not with that person, you’re not entitled to have those disagreements anymore,” she shares. “When Tarek and I first separated, if there was a disagreement, it was important that we walk away from it.” When disagreements happen, her rule is: Don’t react, because that is the moment when you need to think more clearly.

Related Link: [Relationship Advice: Six Ways to Keep Work and Life Demands in Balance](#)

5. Keep it fun: Tarek and Christina make sure to contribute to a positive work environment. Their professionalism means everyone feels happy and comfortable when they are at work. “We have a great crew,” says Christina. “We’ve been friends with all of them for a long time. Because of that, it makes

everything much easier because it's such a great workplace."

There are those who are skeptical that this type of relationship can work, but Christina is unfazed by the criticism. "Business is what we've always done best together. Tarek and I both agree that we work great together regardless of whether or not we are married," she explains. "We make a great co-parenting team as well. There is nothing I would have done differently."

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Relationship Advice: How to Emotionally Connect with a Man





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about how to emotionally connect with a man and get engaged at any age. Watch the video above for their best relationship advice!

Relationship Advice to Help You Emotionally Connect with a Man

Here are three ways that women can connect emotionally with a man:

1. Be *interested* instead of *interesting*: The fastest way to connect emotionally is to be curious about your date. "When we're trying to be interesting, we're nervous and feeling self-conscious. We really fail to notice the man in front of us – who he is, the red flags, what he's doing," Sabourin explains. Being interested in him will encourage him to lower his guard and really tell you about himself. "Get curious!" Oshima adds.

Related Link: [Dating Advice Video: Stop Attracting Emotionally](#)

[Unavailable Men](#)

2. Be vulnerable: Be open and honest. Real vulnerability comes from a place of being able to accept yourself. “You’re going to be able to be vulnerable with a man directly proportionate to your ability to accept who you are,” the dating coach says. Vulnerability is very attractive because it’s real, and being as real as possible will create a connection right away.

Related Link: [Relationship Advice: How to Get Men to Fall Into Your Lap](#)

3. Be less agreeable: It’s a big turn-off when a woman just wants to please a man. “They want to know what your likes are, what turns you on, what gets you excited about life,” Sabourin shares. “Be a little more sassy and stand in your truth.”

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Dating Advice Video: What Men Want You to Know





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and coach Cyndi Olin about three things that men want you to know. "There's a complete disconnect in what women think men want," Oshima reveals.

Relationship Experts Discuss What Men Want You to Know in Dating Advice Video

1. Men are actually very sensitive: Women often think men aren't sensitive, but that's just not the case. "In order to feel connected, they need to feel heard and needed," Olin shares. "And if they don't feel those two things from a woman, they're not going to be fully connected or engaged with her." As much as you want him to understand you, he wants to feel understood as well. "Be curious about him," Olin adds.

Related Link: [Dating Advice Video: Beware of These Relationships](#)

2. Men want to feel needed: Expanding on the first secret

about men, they also want to feel respectfully needed. "Allowing him to support you is something that fills *him* up," Olin explains. "It's so important for women to realize that, as strong and independent as we are, we love a man who can take care of things for us, who can handle things for us," Oshima says.

Related Link: [Relationship Advice: What Attracts a Man](#)

3. Men want to feel appreciated: If he feels appreciated for the things that he does, he's going to do it ten-fold. "In fact, you won't feel like, in your relationships, you have to do all of the heavy lifting," the relationship coach explains. "He's going to do more and more." Plus, he'll continue to build you up and support you if he feels like you're doing the same for him.

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Dating Advice: The Sex-C Single's Guide to Confidence in Holiday-ting





By [Amy Osmond Cook](#)

Hello, holidays! Aside from the huge boon this season is to retailers, there's no other time of year when online dating sites see their [biggest spikes in activity](#). Romance-seekers start wondering: Who do I bring to my company party? Who should I enroll in my family's festivities? Who's my plus-one to my coupled best friends' snowsport weekend? And who'd be in for the ride if they knew I couldn't have intercourse?

Make no mistake: There are [millions](#) of people who remain silent and grapple with that question, and it's confidence-shattering enough to cause them to dodge dating altogether. Health problems such as diabetes, heart disease, cancers and related treatments, traumas, congenital abnormalities, and even PTSD can preclude individuals from engaging in sexual intercourse – as would be expected in the course of a romantic relationship.

Dating Advice for the Holidays

Related Link: [Expert Relationship Advice: First Comes Love – Now What? Creating Intimacy Without Intercourse](#)

This makes modern-day dating especially tough. There is one

online dating site, RomanceOnly.com, that completely eliminates the need to disclose this dilemma. After all, Sex-C (sexually-challenged) men and women are no different from anyone else in their needs for affection, companionship, and attraction-based physical connection. Sex-C individuals are also in the same holiday-ting quandary as the rest of singledom. Rather than sidelining the pursuit of someone special, here is some [dating advice](#) to improve the Sex-C adult's chances of kindling a real connection this season.

Jingle, Jingle: Get Out and Mingle!

A person who sees themselves as different in a shameful way can experience crushed self-confidence, which in turn can cause them to [avoid social interactions](#). But in truth, getting outside of oneself, if even just to [smile at a stranger](#), can really make a difference in restoring self-confidence. Talk to that person in line next to you at the grocery store. Accept invitations to parties – and don't hesitate to go alone! Join a local Meetup group. You'll not only meet fascinating people, but by being open to being out there, you'll increase your chances of meeting someone special.

Related Link: [Expert Relationship Advice: Four Survival Tips When Bah Humbug Meets Father Christmas](#)

“Remember it's a numbers game,” says Laura Brashier, the visionary behind the world's premier Sex-C dating website. Any measure that helps you to be open and upfront from the beginning about the awful quandary of “when and how do I share my secret” serves as one less stressor in dating. But it all starts with building confidence, and that starts with meeting people and finding a common interest. Shared commonalities are the cornerstone of any fulfilling relationship. “True pleasure can be found in a variety of social connections and relationships.”

Spread Holiday Cheer: Go Volunteer!

When people desire a deeper and more satisfying relationship, character counts. You're not defined by your inability to have intercourse! The holidays abound with opportunities to work alongside other volunteers looking to help those in need. It's another wonderful chance to get out and do something good for others that will make you feel even better about yourself. If the person next to you is attractive or interesting, don't hold back in asking them out! Start with something simple, like a coffee date – you'll know in 30 minutes if there's a connection.

[Date ideas](#) like hiking, dancing, attending concerts, pairing up to take an art or cooking class, spending a couple hours at a museum together, or trying a restaurant that's new to both people are all ways to gauge common interests. They're great avenues by which two people can share interesting and meaningful things together, which are building blocks for a solid relationship – friendships and romantic partnerships alike!

"The benefits of such activities extend beyond the immediate pleasure of being together," says [HealthyWomen.org](#). "The new interests will stimulate your brain and provide numerous new opportunities for conversation." Finding things in common makes for a nice beginning.

Related Link: [Dating Advice: New Year's Resolutions to Rekindle Your Relationship](#)

Naughty or Nice: Sex-C Delights

Once you feel you've found that special someone to take beyond the mistletoe, there are plenty of options for physical delights outside of intercourse. When you think about sexiness, the authentic allure of a desired person goes beyond the temporal desire of sex itself and rests on a physically sensual connection. It's a spark, an undeniable urge to share yourself physically with another. [RomanceOnly.com](#) offers

[articles](#) that cover alternatives to intercourse that can spice up any couple's physical connection.

According to Michael Castleman, M.A., [great sex without intercourse](#) means experimenting, which can feel strange. But he says, "Novelty is key to sexual zing. Doing things differently stimulates the brain to release dopamine, and dopamine heightens erotic intensity. Once you get on board with sex without intercourse, it's pretty easy. It involves the same leisurely, playful, whole-body touching, caressing, and massage that sex therapists recommend to all lovers."

So for all you Sex-C people, make your holidays merry and bright by putting yourself out there. You have nothing to lose but being alone! Go to some of your local community events, listen to music, and just put yourself out there. Say yes even if you're tired! When you do meet someone, and even if that the person doesn't seem like The One, go and just have fun. Always date safely with exit options. The bottom line is that you deserve the companionship you're after, and you can't find it until you connect with others.

Cheers to 2018!

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Love & Libations: Sparkling Wine for Holiday Date Nights



By [Yolanda Shoshana](#)

December, a month packed with festive holiday gatherings, is the perfect time for sparkling wine. It's also a great way to pop into 2018. Bubbly is known for special occasions, so whichever holidays you celebrate, there's a bottle that will pair perfectly for your situation. Honestly, it's always a good time for sparkling wine. Even if you are having a quiet [date night](#) at home, you can break out the bubbles!

Enjoy Celebrity Sparkling Wine on Your Next Date Night

Related Link: [Love & Libations: Palate Pleasing Pairings & Celebrity Couple Inspiration for Thanksgiving Day](#)

If you are looking for a sparkling wine to keep on hand, Giuliana Prosecco is the way to go. Most people know [Giuliana Rancic](#) from her days on *E! News*. Besides being a host, she

also owns a few restaurants with her handsome husband, Bill Rancic. This year, Giuliana launched her Prosecco at their Chicago-based restaurants as an affordable and quality wine. Now, you can enjoy it with your friends and family for some added holiday cheer. It's like inviting this celebrity couple over for a good time!

When you want an elegant sparkling wine, pick up a bottle of Christie Brinkley's Bellissima DOC Brut. Brinkley is all about clean living, so it's no surprise that her wine is made with organic grapes. Produced in the beautiful region of Treviso, let your palate travel to Italy as you enjoy the aromas of green apples and baked bread. If you and your boo are having a quiet night in for New Year's Eve, let this choice be your go-to.

Former NBA player, Yao Ming, got into the wine game in 2011. The Napa-based winery is known for producing stellar wines. If you are planning a grown and sexy night with your partner, the Yao Ming Napa Valley Brut will add a special touch to your evening. Made with Chardonnay and Pinot Noir grapes, this crisp sparkler is flirty on the palate. It will add a touch of seduction to your evening. Yao brings in the meow.

If you want a sparkling wine that comes with a sassy attitude, you can always go with Myx Classico Sangria by Nicki Minaj. There's something about bubbly sangria that screams "good time." The best part about this wine is that it's ready to go. No need to mix up anything – just open the bottle and sip! This Spanish wine-based sangria is a good one to drink while binging on romantic Christmas movies with your girl squad or with your partner (who may act like he doesn't want to watch, but secretly, you know he does).

Related Link: [Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines](#)

When Steve Amell isn't charming viewers as *The Arrow*, you can

probably find him at his winery, Nocking Point, in Washington. Their limited edition Pacific Coast Pink sparkling rosé is a must-have for the holidays. It pairs perfectly with just about every holiday treat or meal. The sparkler is produced in New Mexico, which is such a fabulous area for sparkling wines that you may get hooked. This wine is perfect for that holiday party you're hosting later this month.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Expert Dating Advice: How Can I Find Out More About Him Before I Commit?



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about how you can find out more about someone before you commit. "Ladies, I don't want you jumping into a relationship with someone until you really know important things about him," Oshima explains. So listen up to this expert dating advice!

Relationship Author Duana Welch Shares Her Best Dating Advice

1. Leverage your contact with his friends and family: If he's crazy about you, he'll want to introduce you to his friends early on. If he keeps you out of his inner circle, he's sending a message. When you do meet them, "listen to what they say about him," Welch shares.

Related Link: [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

2. Ask him about his ex: Specifically, ask him what she would say is the reason they broke up. In Welch's experience, men answer this question honestly. "You need to listen to his answer – is that something you can live with?" she says. For example, one man said his ex-wife thought he was a slob – and he really was! "Some women are cool with that, but most aren't," Welch adds.

3. Google is your friend: Almost everybody has a media footprint. "Studies show that the way people present themselves on social media is actually pretty accurate," the relationship author explains. "You would think people would project the image they want, but most people don't."

Related Link: [Dating Advice: Times Women Say 'Yes' But Shouldn't](#)

4. Look at what they do: Give their actions five times the weight of their words. "Some men are really good at saying what a women wants to hear, so I always say to my clients, 'Watch their actions,'" Oshima says. Also, remember that honest people don't proclaim how honest they are. "They make an assumption that they are honest and that the world is honest," Welch adds.

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New Year, New You! Dating Advice to Revamp Your Love Life in 2018





By Lori Zaslow and Jenn Zucher for [Project Soulmate](#)
// Contributing Writer: Shelby King

In just a few short weeks, we'll be entering 2018 (ah!). The past year has been one for the history books. From the presidential inauguration to the total eclipse of the sun, this year has been one of fast-paced news cycles and memorable moments. It's hard to imagine leaving 2017 in the past; however, when it comes to an unsuccessful love life, we can hope for nothing more than that in the coming year. Or maybe you have a good love life, but it's a new year, and you and your partner want to shake things up. Either way, here at Project Soulmate, we have matchmakers and [relationship experts](#) Lori Zaslow and Jenn Zucher to supply you with [dating advice](#) on how to start the New Year with a bang.

Follow the dating advice below if you want a successful love life in 2018!

Try New Date Ideas

One sure fire way to revamp your love life in the New Year is to explore unique dating scenes. No more boring coffee or

dinner dates – and let's try to drop the bland movie dates, which are terrible if you're trying to communicate with your partner. Instead, try stepping out of your comfort zone with these new and fun date ideas:

Related Link: [Dating Advice: When to Say I Love You](#)

1. Head to a jazz bar: Going out to see live jazz will let you live your *La La Land* fantasy while also giving you an excuse to dress up. This date idea is for all those cool cats out there that want to sip on their Manhattan and snap their fingers along to a good ol' saxophone.

2. Try a comedy show: Unlike a movie, a live performance allows for you to have time to sit and talk and enjoy each other's company. Plus, going to a comedy show can reveal your compatibility. If both of you are dying laughing, you may have found yourself a keeper!

3. Go rock climbing: This one is for you daring romantics. Head to a rock climbing wall at a nearby rec center, and take your relationship to all new heights. This date idea is adventurous and unique, bringing some excitement to any relationship.

Shake Up Your Routine

We are all human, and we all have a tendency to get stuck in a routine. In order to revamp your love life for 2018, it's important to mix things up. There's no need to drop everything you're doing. Rather, focus on implementing small changes in your schedule in order to spend more time on those special relationships in your life.

For those who want to totally revamp their love life and experience more successful dates, try a matchmaking service. At Project Soulmate, the stress of finding someone is alleviated, and you are able to cut down on the time swiping and focus more on finding a true match for you.

Another way that you singles out there can shake up your current routine is by adding some self-love rituals. Make your love life more successful by first loving yourself. Take a few minutes to write some positive mantras on a sticky note for yourself. If you're already in a relationship, you can even do this for your partner! Positive affirmations are a great way to show you care for yourself and for others.

Related Link: [Expert Relationship Advice: The Stages of Soulmate](#)

Create New Traditions

Creating new traditions is a third way to shake up the New Year, but where do you start? The first thing you need to do is choose a regular date night. Whether it's bi-monthly or an annual event, make sure you can stick with it. Then, pick a passion you have: Do you love animals? Or are you a sucker for time spent exploring a museum? Pick something that you feel like you never have time to do. If you're currently single, this tradition is a great opportunity for you to meet people with similar interests to you. If you're in a relationship, it's a great way for you to get to know your partner better.

May you find love and happiness in 2018!

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

Dating Advice Video: Can I Change a Man?



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about whether or not you can change a man. "They all come in to change each other," she says of her clients. "Women especially think they can change their man."

Relationship Expert Iris Benrubi Shares Her Best Dating Advice

1. You're not his mother: You don't want to be in a relationship where you're the mommy and he's the child. You have to accept him for the way he is. "You don't get to shape him. You don't have a say in whether he measures up or not," Benrubi explains.

Related Link: [Dating Advice Video: How to Find Love](#)

2. Any change that he makes for you isn't sustainable: One of the top two mistakes that women make is falling in love with a man's potential. "If only he would..." If he starts communicating more because you want him to, not because it's part of who he is, it's never going to last. "Have you ever tried to get fit or go on a diet for somebody else?" the relationship expert asks. "It doesn't last that long because the motivation isn't in there." If a man wants to change something about himself, great. Otherwise, accept him where he's at, or move forward if he can't be what you need.

3. Be clear about what you want: If a guy who dresses nice is important to you, then make that known. If not, let it go. "You have to decide what you're looking for," Benrubi says. "Are you looking for the external? Or are you looking for the internal – a guy who loves you and accepts you the way you are?"

Related Link: [Expert Dating Advice: 3 Tips to Turn Around Your Dating Life](#)

So if you can't change a man, can you inspire him to want to change? Start by telling him how you're feeling – that helps him be receptive to your request. Then, share what you need from him in a way that's respectful. Finish by explaining what this change would do for you. "A good man ultimately wants to make you happy," Benrubi shares.

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Expert Relationship Advice: When to Sleep Over



By [Megan Weks](#)

When to sleep with someone is a personal decision; it must be considered for each specific situation. However, before you decide, influenced by him as the external factor, an internal overview is always the first consideration.

Consider the expert relationship advice below:

Many great loves that have begun with an immediate naked, giddy romp have turned into serious relationships and lasting love stories. You may even know a couple who started off this way. Even so, I'm going to offer some [expert relationship advice](#) for you to think about before making the fateful

decision to jump into the sack.

Being single can be tiresome. Our bodies ache and yearn for closeness. The discomfort of pulling yourself together after work to be date-ready, skipping workouts, and spending money on clothes and cabs, only to have to face an unknown person who decides whether you're a yes or a no, can be a process of grueling anxiety.

Related Link: [Dating Advice: When Should I Sleep with a Guy?](#)

It's easier to slip into your comfy stretch pants and dive onto your warm, cozy couch for some yummy snuggles with the hot-blooded male specimen standing before you. You crave to feel a warm touch or a tickle on your back and perhaps gentle cheek kisses. Ahhh. The delicious comfort of a relationship! The urgency to advance quickly into this stage has many of us skipping the necessary qualifying steps that, ideally, come before committing to an exclusive relationship.

There are two ways to approach the intimacy process in a new relationship. The first is to dive right in, learn about the guy's intentions and goals, and hope that the relationship falls into place (keeping in mind that his words don't necessarily determine his intentions – only time and consistency will reveal his *true* intentions). If you take this approach, you'll be making relationship decisions after the physical bond has been formed. Even if this man is not right for you on multiple other planes, you'll have to determine that while feeling physically attached to him! Therefore, your body will be yearning for closeness with him, while you're still trying to figure out if he wants what you want, has similar values, and so on.

After having sex, it's proven that your brain makes cloudy (hormone-influenced) decisions about the person to whom you are attached. This is how we end up in time-consuming "mini-relationships," often followed by painful "mini-break-ups."

Do you have relationships that begin hot and heavy and then start to taper off and fade away? Do you have a hard time getting serious interest from men? Have you not had a serious relationship in longer than you would care to admit? If so, I want to stress this second approach to the intimacy process: Take your time to get to know a guy over two to three months before the sleepover. The process where you learn about one another slowly, without exclusivity and without sex, is what I call The Exploratory Phase of the relationship. If you include this phase in your dating process, you will decrease your number of sexual partners and increase the likelihood that your relationship will stand the test of time.

Even naturals at love can still fall prey and find themselves mired in many time-consuming "miniature-serious" relationships. You see, when you dive in head first, you put yourself in a position I call Lay and Pray. This is when the physical part of the relationship occurs before the actual relationship. A woman who gets caught up in Lay and Pray is telling herself that she can handle it and that she's going to remain cool while things fall into place. Sound familiar? However, in this place of uncertainty, she's feeling uneasy, seeking for answers or clues to help her define what's happening with the relationship.

Related Link: [Expert Relationship Advice: How I Used a Manfunnel to Meet My Dream Husband](#)

Even if what she is experiencing with him is not ideal, she's not exploring other options because she feels attached and is not interested in seeking out other possibilities. Women whom I define as naturals at love might still have a decent ROI (return on investment) with this method of dating because the naturals usually have a better feeling about the men who are coming into their lives. This means that, since they are making overall healthier choices when it comes to men, they will have a higher ROI in their dating process. Even though a woman may be able to jump into bed and have a chance of that

turning into a solid relationship, she still needs to consider her goals, her health, and the time investment she is willing to put into having multiple “mini-serious” relationships.

Keep in mind that if he’s the right man for you, you’ll likely have the rest of your life to enjoy him, both in bed and on the couch. Either way, happy humping!

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more expert relationship advice articles from Megan, click [here](#).

Dating Advice: Be a Fantastic Date for Anyone!



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss how to be a fantastic date for anyone and offer their best [expert dating advice](#). Newman shares three ways to present your best self on a date – so listen up!

Relationship Author Wendy Newman Shares Expert Dating Advice

1. Act as if you already know him and be energetic: Start the conversation as you would with a best friend and simply ask him how his week has been or how he's doing. "It shows that you're interested in him as a whole person instead of the checklist items you have that you want to check off," Newman explains. "And it has the conversation start so organically that it can go anywhere." Oftentimes, if you zip your lips and just listen, he'll open up quickly and let you get to know him right off the bat. Of being energetic, Oshima adds, "Enthusiasm attracts people – it brings them in."

Related Link: [Expert Dating Advice: The Biggest Dating Pitfalls](#)

2. Focus on broad questions: Avoid interview questions: Don't ask him how many people he manages or how long he's worked somewhere. Instead, ask questions like, "What do you love about your life?" or "What's coming up that you're really looking forward to?" "Ask really broad questions where he can go shallow or he can go deep," the relationship author says. "And if the answer is 'nothing' to all of those questions, that's really important information for you to have."

Related Link: [Dating Advice Video: Don't Be a Rules Girl!](#)

3. Give him 30 seconds of silence: Be willing to be engaged in

the conversation, but after he's done talking, give him a little bit of time to see if he has anything else to add. "This is completely counterintuitive to women," the relationship author shares. "Women are squirming in their seats after five seconds, but men's brains are designed differently than our's." If you want him to say more, you have to give him a chance.

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Dating Advice Video: The Questions You Should Be Asking Him





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford to discuss the questions you should be asking him and offer their best [relationship advice](#). Here, Bradford shares the top three questions that women should ask on early dates to weed out the men who aren't worth their time.

Relationship Author Gives Dating Advice

1. Are you looking for a long-term relationship? "That is a question that you have to ask," Bradford says. There's no use in wasting your time with someone who tells you up front that they just want to have some fun or date casually. If you know you're looking for something long-term, then you should be dating someone who's looking for the same thing. Unfortunately, a lot of men get scared by this question, so it's helpful to start with a disclosure statement: "I don't want to scare you or make you think I'm jumping too far ahead, but I'd love to know if you're looking for a long-term

relationship.”

Related Link: [Dating Advice Video: 5 Biggest Turn-Ons for a Man](#)

2. Why are you interested in me? This question, which you should ask after several dates, will help you figure out if he’s interested in the way you look or if he’s *truly* interested in who you are. For it to last, it has to be more than just your physical attributes.

Related Link: [Relationship Advice: Signs You’re Settling for the Wrong Man](#)

3. Are you single? You have to know! “Don’t wait for him to say, ‘Oh, I thought you knew when you saw the ring,’” the relationship author shares. “If he’s asking you questions that lead you to believe you won’t be exclusive with him, I’d be very skeptical.” Oshima adds, “I think women would actually be surprised at how many men are married or in a relationship already.”

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Dating Advice Video: Stop Attracting Emotionally

Unavailable Men



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to dating coach Jaki Sabourin about how to stop attracting emotionally unavailable men. Don't miss their [expert dating advice!](#)

Jaki Sabourin Shares Expert Dating Advice

Related Link: [Dating Advice Video: The Secrets to Attraction](#)

1. Stop yourself from being emotionally unavailable: As Sabourin explains, according to the Law of Attraction, like attracts like – so if you show signs of being emotionally unavailable, you'll attract a partner with similar qualities. Instead, start creating a sense of emotional availability when

interacting with men. For instance, if you go out with a guy who's angry, don't withdraw from him. Show compassion and try to get him to open up by asking him questions.

2. Get past your own insecurities and take bigger risks: Ask him sensitive questions that will encourage him to open up to you. Oftentimes, the cause of a man's emotional unavailability is his own past and pain. Begin by asking him questions like, "What have you gone through?" and "Is there something that's holding you back from finding love?"

Related Link: [Expert Dating Advice: How to Get Men to Fall into Your Lap](#)

3. Get over your fear of rejection: When we're afraid of getting hurt, it's easy to withdraw and disconnect ourselves from our partners. By talking to your partner with care and gentleness, you'll help him realize that he's truly missing out on love by putting up such a strong defense. Remember that there is no perfect man or woman. Relationships are all about relating to each other in ways that strengthen your connection.

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Love & Libations: Palate Pleasing Pairings & Celebrity

Couple Inspiration for Thanksgiving Day



By [Yolanda Shoshana](#)

Thanksgiving is a time for spending with the ones who we love. That also means it's a time when wine and cocktails are flowing to celebrate gratitude and the joy of being together. Here are some beverage ideas perfect for pairing with your Thanksgiving meal, whether you're having a special [date night](#) with your partner or a dinner with your friends and family.

Related Link: [Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines](#)

A great way to butter up your mother-in-law is with a bottle of bubbles. Slip her a bottle of Carlos Santana's Supernatural Brut. The blend of Chardonnay and Pinot grapes is a creative collaboration between Mumm Napa and Santana. The aromas of apple, fig, and vanilla are signatures of the holidays. Mumm

Napa is one of the best sparkling wine houses around, so she will probably hide the bottle to save it all for herself.

Celebrity Couple Inspiration for Thanksgiving Day

Bring [celebrity couple](#) Jay-Z and [Beyoncé](#) to your Thanksgiving table by busting out a bottle of D'USSÉ. A lot of people think of Cognac as a drink for men, but women also love the brandy as well. Your relatives will be thrilled to indulge! Plus, if you aren't married yet, maybe it'll get you "marriage material" points. D'USSÉ has notes of caramel, spices, and honey that will excite your nose as well as your palate. Use the brandy to mix up some cocktail classics like a Sidecar or French 75, which go great with turkey, cranberries, and dressing. Above all else, Cognac is an elixir of love, mainly because it makes everybody feel good.

When you know that your partner digs Scotch, you can most certainly pair it with a Turkey Day feast. A good selection is Haig Club Scotch Whisky, a single grain scotch whisky in a striking blue bottle that is as posh as its British creators [David Beckham](#) and Simon Fuller. Think toffee and butterscotch notes with a short finish. Keep it simple by adding a touch of club soda to it to pair with dinner. If you still plan to serve wine with dinner versus the whisky, make a light Scotch-based cocktail as an aperitif to kick off the festivities.

Related Link: [Celebrity Couple: David Beckham Shares Sweet Birthday Message for Wife Victoria](#)

When your Thanksgiving meal is over, a perfect way to chill with your significant other or family and friends is by having an after-dinner drink such as a Limoncello. The Italian lemon liqueur is mainly produced in Southern Italy. While it's slowly becoming more popular around the world, it's the second most popular liqueur in Italy. Danny Devito's Limoncello is

the pick that will do the trick. Devito ended up getting into the Limoncello game after drinking far too many with George Clooney and showing up tipsy for an interview on *The View*. This is what you call turning lemons into Limoncello!

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Dating Expert Reveals Why Online Dating Is Better Than Meeting In Real Life



By [Joshua Pompey](#)

So often online dating is looked upon as a medium that people

turn to after running out of options in “real life.” As an online [dating expert](#), I may be a bit on the biased side, but I personally think this is a mindset that officially needs to be put to death. Not only is online dating an incredible opportunity to meet other singles, but dare I say, it’s even better than attempting to meet people out and about. Here are five reasons why:

Online Dating Advice: Why It’s Better Than Real Life Dating

1. I don’t have to put on pants to meet someone special: Okay, so maybe *eventually* I will. But when I’m home on a weeknight, tired, cold, and worn down from my work week, it sure is nice to meet other singles without having to get dressed up, brush my hair, and psych myself into feeling energized for [date night](#). Online dating is always there for me. Rain, shine, morning, afternoon, or night, I can always meet someone from the very comfort of my own home.

Related Link: [Dating Advice: The Do’s and Don’ts of Online Dating First Dates](#)

2. There’s almost no financial investment: Going out to meet women isn’t exactly cheap, especially in a big city like mine. Between drinks, transportation, and that inevitable late night snack, one night out can easily turn into a 100-dollar investment. Paying a 30-dollar membership to Match or even signing up for a free website provides me with a lot more opportunities to meet people for pennies on the dollar.

3. Real life makes no guarantees: Whether you are attempting to meet someone during your daily routine, at a social club, or at a bar, there are no guarantees. If you’re lucky, maybe you’ll stumble upon someone else who is single that you are attracted to. But how often does that happen? When you are on

an online dating site, you are guaranteed to come across other people that are also single and actively looking to meet someone.

Related Link: [Dating Advice: 5 Online Dating Photos That Will Instantly Up Your Profile Game](#)

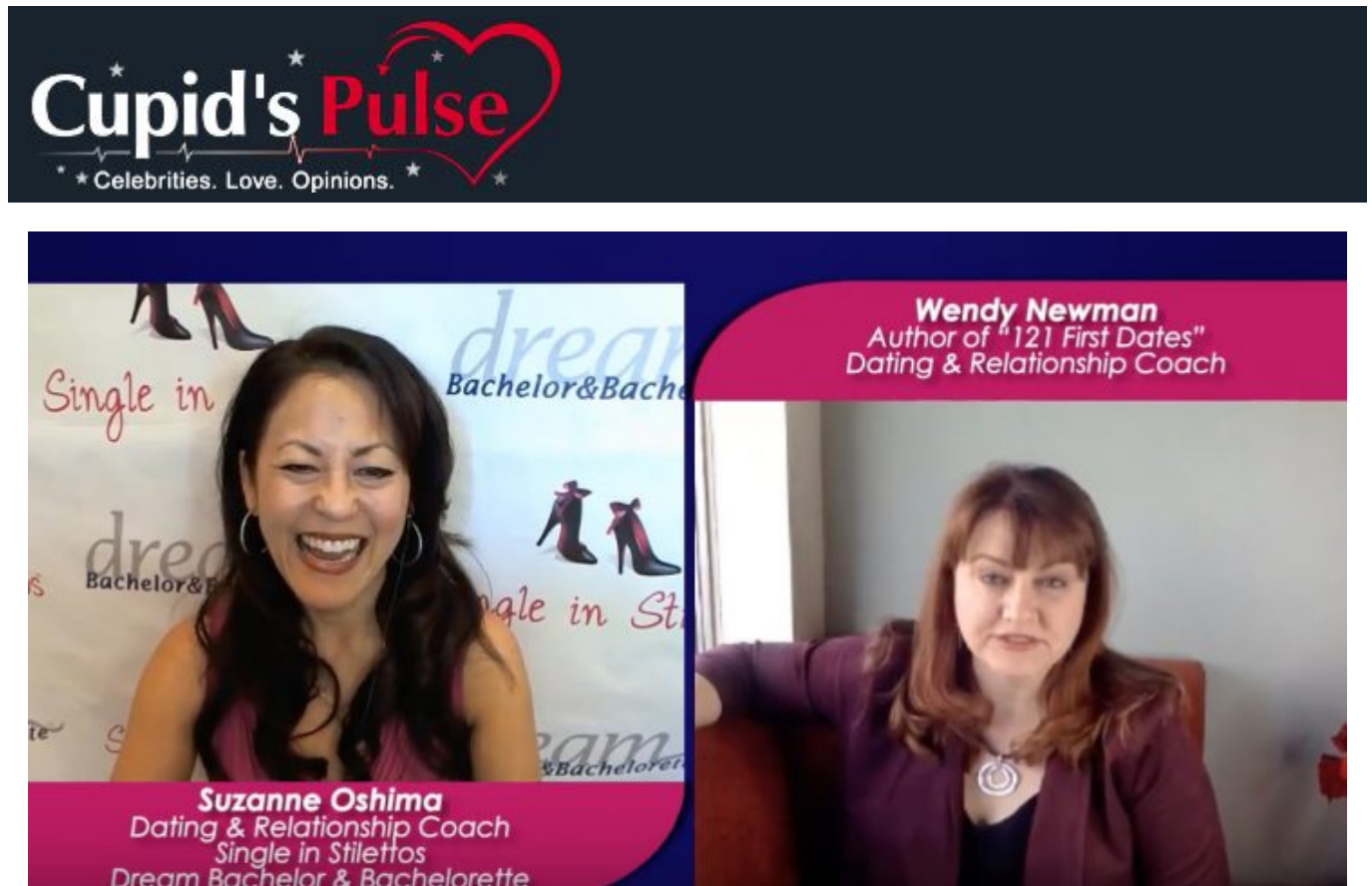
4. Online dating can be less pressure: One of the beautiful aspects of online dating is that you already know a fair amount about the other person prior to meeting. Between the profile and the conversations you have via email, you will have a nice insight into that person's likes, dislikes, and personality. That makes the prospect of talking to somebody new a bit more relaxed since you've already had some icebreakers prior to meeting. As an added bonus, you have a nice cheat sheet of topics that you can talk about on a first date.

5. Online dating is what everyone is doing these days: There's simply no way around it: Meeting people in real life is great, but with the busy lives we all lead, it's just not as realistic. Online dating has become mainstream and is, without a doubt, the most common way singles attempt to meet these days. You can't fight progress!

For more advice from dating expert Joshua Pompey, including how to write [online dating emails](#) with 300 percent higher response rates, visit [this page](#). Or click [here](#) to learn why you aren't getting responses on Match.

Expert Dating Advice: Beware

of These Kinds of Relationships



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to dating coach Cyndi Olin about what types of relationships to beware of. Plus, they share their best [expert dating advice](#) for how to handle them.

Cyndi Olin Shares Expert Dating Advice

1. The “fast and furious” relationship: In this type of relationship, you have chemistry immediately and quickly go from one date to spending all of your time together. This guy moves from “zero to sixty.” As Olin explains, “What is common

in these types of relationships is...the men who have them are inadvertently chemically attracted to women who are really wanting to feel loved.” While it may seem like a fairy tale at first, after six weeks to three months, the man unexpectedly puts the brakes on. He may disappear completely; he may stop calling you; he may tell you he’s not ready for a relationship.

Related Link: [Dating Advice Video: What Attracts a Man?](#)

But why does he do it? “It starts to become real and isn’t just a fantasy anymore,” Olin shares. “In the beginning, he’s in a drunken haze – he’s enjoying his time with you, but it’s not based on reality.” The relationship never had an opportunity to build the strong foundation that it needed to last.

So ladies, it’s up to you to control the pace of the relationship. “It’s not a race to the finish line,” Oshima adds. Don’t let the fear of losing him keep you from slowing things down. Always make sure you’re comfortable with the pace of your relationship, and remember that taking it slow allows him to truly get to know you.

2. A relationship with a narcissistic, psychopathic man: It’s no surprise that this type of relationship can be very dangerous. These men can be very charming and alluring, but everything is always about them. “They will do all of the work until they get you hooked. They can be very patient with the right women,” Olin says. Women become so attached to these men that they find themselves going back to them even though they know they’re not good for them.

Related Link: [Expert Dating Advice: 3 Ways to Be Irresistible to a Man](#)

Eventually, he will start to criticize you. Nothing is ever good enough, and you’ll find yourself feeling confined, almost as if you’re in a box. “Oftentimes, women will try to prove

themselves in the relationship and start giving more than he is. The balance of the relationship becomes off," the dating coach explains. "The woman becomes unhappy, and he becomes more powerful and power-hungry."

Can either of these relationships ever work? For the first type of relationship, the answer is yes. As a woman, you can control the pace of the relationship, building a strong foundation of lasting love. For the second type of relationship, it depends on the man and just how narcissistic or psychopathic he is. If he wants to break his habits and truly find love, it is possible to have a happy partnership. It's important to remember that, for any relationship, a man has to be willing to work on himself.

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Expert Dating Advice: How to Move a Stagnant Relationship to Commitment





By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about their best expert dating advice for women for moving a stagnant relationship to commitment. "You don't get this question a lot from guys because they're in the pursuer role," Welch explains. So ladies, listen up!

Relationship Expert Duana Welch Shares Her Tips for Commitment

It's not as simple as just asking him. It's tempting to approach him directly with your concern, but Welch encourages you to avoid doing so. "Studies show that guys move you from the possible Mrs. Right category to the Mrs. Right Now category when you do that," the relationship author warns. "They think you're low status, that you don't have any other options." So how can you move your relationship forward?

Related Link: [Expert Dating Advice: Times Women Say 'Yes' But Shouldn't](#)

1. Become slightly less available: This piece of dating advice

doesn't give you an excuse to be mean or ugly to him. Instead, if he calls and you're in the middle of something, wait a day and then call him back. Be super friendly and warm and simply explain that you were busy. "Let him hear the smile in your voice," Welch explains. "Men want to make you happy – they feel like crap when they make you unhappy. Pair being slightly less available with being really rewarding to be with when you're present."

2. Test commitment with jealousy: "This is really unpopular – boy, have I received some hate mail from men!" Welch shares. But creating jealousy can be a good thing. Among women who create jealous intentionally in a male partner, it's usually because she didn't know if he cared or how much he cared. For instance, by accepting a date with someone else, you can easily gauge how it makes a guy feel. "If you do that and he doesn't care, then he doesn't care. It's a really accurate litmus test," says the relationship author.

Related Link: [Dating Advice Video: Dealing With Dating Burnout](#)

3. Avoid ultimatums: Both Oshima and Welch feel strongly that you should never give a man an ultimatum. "It will backfire on you. Even if he goes along with it, he'll feel like he's backed into a corner, and he'll probably rebel later on," Oshima explains. "It's always better if he comes to a decision on his own."

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

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Noelle Downey



April 2017 to Present
Writing Intern

Noelle Downey is a native Ohioan from Dayton, where she recently graduated Cum Laude from Wright State University and earned her degree in English with a concentration in Creative Writing. Before coming to CupidsPulse.com, she served as an Editorial Intern for start-up publishing and tech companies. She also works as a freelance writer and copyeditor. Since joining the CupidsPulse.com team, Noelle has had an amazing time working on a variety of posts for the website. Her favorite articles to write are about [celebrity couples](#), and her favorite [Hollywood relationship](#) of all time is Anna Faris and Chris Pratt. Not only do they always seem to be having fun together, but they make a great team as partners, parents, and even friends!

Noelle's Expertise: [Celebrity Couples](#), [Celebrity Interviews](#)