

# New Celebrity Couple: 'This Is Us' Star Chrissy Metz Goes Public with Boyfriend Josh Stancil



By [Whitney Johnson](#)

Over the weekend, *This Is Us* star Chrissy Metz introduced the world to her boyfriend Josh Stancil at *Entertainment Weekly's* SAG Awards party in Los Angeles. According to [UsMagazine.com](#), the [celebrity couple](#) met through a friend and have been dating for a couple of months. The breakout TV star couldn't hide her happiness as she walked the red carpet with Stancil, who is reportedly a cameraman on the hit NBC show. Last month, she opened up about her new beau and their [celebrity relationship](#),

saying, “He’s an amazing guy. He’s super supportive and encouraging, and that’s all I could ask for. And he’s definitely a fan of the show.”

## **This celebrity couple is making their relationship public! What are some things to consider before bringing your relationship into the public eye?**

### **Cupid’s Advice:**

It’s not always easy to introduce your new partner to your friends and family, and it’s often even harder to know the right time to do so. Before you bring your relationship into the public eye, read this love advice below:

**1. Cancel your Match.com account:** Before you bring your loved ones into the equation, make sure you and your partner are on the same page. If you’re falling in love but he’s still seeing other people, now isn’t the right time to take a big step forward. Once you’re both ready to be exclusive, you can talk about making friend and family introductions.

**Related Link:** [Celebrity News: This Is Us Star Mandy Moore Wants to Have Kids ‘Sooner Than Later’](#)

**2. Don’t rush it:** Wait until you’ve been dating exclusively for at least three months (like this celebrity couple!). It’s important that you’ve worked through the early dating ups-and-downs and that your relationship is stable. You don’t want to introduce your man to your BFF, only to break-up with him after a silly fight a few days later!

**Related Link:** [New Celebrity Couple Look ‘Smitten’ While](#)

## [Hanging Out With Friends](#)

**3. Keep it low-key:** Don't introduce your partner to your loved ones at a wedding, family reunion, or holiday dinner, as these events add an extra level of pressure. Not only will they be meeting nearly everyone in your circle at once (talk about nerve-wracking!), but it's hard *not* to jump ahead to the future when you're celebrating a new marriage or gathered around the Christmas tree.

**How did you know when to introduce your partner to your family and friends? Tell us in the comments below!**

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## **Celebrity News: 'The Bachelor' Nick Viall Calls Two-on-One Date with Corinne & Taylor a 'Disaster'**





By [Whitney Johnson](#)

On Monday night's episode of [The Bachelor](#), reality TV star Nick Viall says his two-on-one date with Corinne and Taylor is "pretty much a disaster." For viewers of this season of ABC's hit reality show, this [celebrity news](#), as reported by [UsMagazine.com](#), shouldn't come as a surprise: The two ladies fought at the end of last week's episode as Taylor questioned Corinne's "emotional intelligence." On their two-on-one date, Corinne, this season's villain, tells Viall that Taylor "emotionally attacked" her, and Taylor later reveals that Corinne lied to him. Talk about drama!

**Not many of us can relate to a two-on-one date scenario like in this celebrity news. What are some factors to consider when you're**

# deciding between two potential partners?

## Cupid's Advice:

On this season of *The Bachelor*, fan favorite Viall has to pick between 30 women – what a challenge! Luckily, for those of us not on reality TV, the choice is often between only two potential partners. But what factors should you consider to determine who is the best fit for you? Check out our dating advice below:

**1. Compatibility:** Physical attraction will only take you so far. Do you enjoy spending time together? Do you share the same values? Do you want the same things out of your relationship? Determine if you're truly compatible before moving forward.

**Related Link:** [Celebrity News: 'Bachelor' Nick Viall Meets a Past Hook-Up on First Night](#)

**2. Common interests:** Sure, opposites attract, but for a long-term partnership, it's equally important to have similar hobbies and passions. If you enjoy spending a lot of your free time outdoors, it'd be difficult to main a relationship with someone who'd rather be on the couch!

**Related Link:** [Celebrity News: 'Bachelor' Villain Corinne Temps Nick Viall with Surprises on Latest Episode](#)

**3. Compromise:** A relationship will never last unless you're both willing to compromise. If you're always going to *his* favorite restaurant or seeing whatever movie *she* wants, it may be a sign that you don't belong together. You want to be with someone who will take your needs into consideration and meet you halfway.

**Cupid wants to know: What's your best dating advice for**

deciding between two potential partners?

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# Celebrity News: New Couple Hilary Duff & Matthew Koma 'Had Great Chemistry in the Studio'



By [Whitney Johnson](#)

[Hilary Duff](#) has a new boyfriend – and it sounds like this celebrity couple had great chemistry long before they coupled up. According to the latest [celebrity news](#) on [UsMagazine.com](#),



the pop star first collaborated with Matthew Koma on her 2015 album *Breathe In. Breathe Out*. “They had great chemistry in the studio,” a Duff source reveals. “Hilary thinks Matt is very talented and cute.” Earlier this month, the musical pair put their celebrity relationship on display during a long weekend at Santa Barbara’s San Ysidro Ranch – the same spot where the *Younger* star spent her August 2010 wedding night with then-husband Mike Comrie. Despite their romantic getaway, the new [celebrity couple](#) is taking things slow: “It’s pretty recent. They’re seeing where it goes,” the source added.

## **In celebrity news, Hilary Duff has a new musical boyfriend! What are some benefits to having hobbies in common with your partner?**

### **Cupid’s Advice:**

If you and your boyfriend, like the couple in this celebrity news, have similar hobbies, consider it a good thing! Sharing common interests will bring you closer together and make your relationship even stronger. Below, Cupid reveals three benefits to having the same likes and dislikes as your partner:

**1. You’ll be happier:** Research suggests that couples who try new things and share common interests, particularly active pursuits, are happier. When you share hobbies with your partner, it’s like having a built-in sounding board. You can bounce ideas off one another, and the time you spend together will be even more worthwhile.

**Related Link:** [Celebrity News: Hilary Duff Speaks Out on Divorce, Marriage, Monogamy and More](#)

**2. You’ll get to know each other better:** Understanding and

sharing his passions will allow you to see a new side of your boyfriend. Likewise, if he tries to enjoy your favorite things (like your Thursday morning runs and *The Bachelor* on Monday nights), you'll appreciate that he made an effort. Seeing each other in your elements will make you even *more* attracted to each other. Additionally, the more hobbies you share, the more time you get to spend together – it's a win-win!

**Related Link:** [Former Celebrity Couple Hilary Duff & Mike Comrie Vacation in Hawaii After Divorce](#)

**3. Compromise is important:** At the end of the day, relationships require sacrifice and compromise – two actions that don't always come easy. Adopting – or even just showing an interest in – his hobbies early on will benefit your partnership in the long run. Plus, you may even pick up a new hobby of your own, thanks to his influence!

**What are some other benefits to sharing hobbies with your partner? Tell us in the comments below!**

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## New Celebrity Couple Look 'Smitten' While Hanging Out With Friends







By [Whitney Johnson](#)

She sings “The Heart Wants What It Wants,” and it looks like *her* heart isn’t denying it’s feelings for her new man! As reported by [EOnline.com](#), Selena Gomez and The Weeknd (real name: Abel Makkonen Tesfaye) put their [celebrity relationship](#) on display and spent a fun night out in Hollywood with some of their famous friends, including French Montana and Jaden Smith. An onlooker says the celebrity couple looked “smitten” as they left Dave and Buster’s holding hands at 3 a.m. “Selena looked so happy, and Abel was very chill, very relaxed,” the insider added.

**This celebrity couple is definitely making a splash in Hollywood! What are some unique ideas for introducing your new partner to**

# your friends?

## Cupid's Advice:

This musical duo recently put their celebrity relationship to the ultimate test and enjoyed a night of fun and games with friends. If you're looking for a unique way to introduce your beau to your buddies, consider this [dating advice](#):

**1. Keep it casual:** A sit-down dinner is too formal for this lighthearted first meeting. Instead, take a cue from this celebrity couple, and plan a game night! Head to your local arcade, or be even more low-key and play some board or card games at home.

**Related Link:** [New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon](#)

**2. Take advantage of an upcoming event:** Is there a birthday party or engagement shower on your calendar already? If so, it's a great opportunity to bring your new man. That way, there's less pressure on you to plan the perfect outing.

**Related Link:** [Celebrity Exes: Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez's New Romance](#)

**3. Head to happy hour:** Everyone loves a reason to get together after a long work day. Invite your closest friends for a after-work drinks at a nearby bar. An added bonus: A beer or glass of wine will help you keep your nerves in check!

**Got any tips for introducing a new partner to your pals? Tell us in the comments below!**

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# Celebrity Break-Up: Scarlett Johansson & Husband Romain Dauriac Split After Two Years of Marriage



By [Whitney Johnson](#)

Scarlett Johansson is starting the year off on a rough note: [UsMagazine.com](#) reported that the actress is splitting from French journalist Romain Dauriac, her husband of two years. The [celebrity couple](#) went public with their relationship in November 2012 and announced their engagement in September 2013. They welcomed their daughter Rose the following year and wed in a secret celebrity wedding in October 2014. Unfortunately, this divorce isn't the first [celebrity break-up](#)

for Johansson. The *Captain America: Civil War* star split from Ryan Reynolds in 2011 after three years of marriage.

**It's unfortunate that this celebrity break-up has become a reality. What are some things you can do in your relationship before resorting to divorce?**

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

With news of this celebrity break-up, another famous couple is calling it quits, but before you and your partner resort to divorce, know that there are ways to determine whether or not your relationship is worth saving. Check out our love advice below:

**1. Talk to a therapist:** Sometimes, it's nice to have a neutral third-party listening when you're discussing your biggest problems. They may be able to help you see a situation in a new light, encouraging you to give your partner another chance.

**Related Link:** [Scarlett Johansson Says She 'Hit Rock Bottom' in Celebrity Relationship](#)

**2. Date your partner again:** It's common for longtime couples to get caught up in the hustle and bustle of everyday life and forget what brought them together in the first place. Instead, make an effort to date your spouse again. Leave your phone at home, forget about your work or family troubles, and just focus on each other.

**Related Link:** [Scarlett Johansson Secretly Married Romain Dauriac in October!](#)

**3. Think about what you want:** It's time to define what you want from your marriage and your partner. Talk to each other about your hopes for your relationship and see if you can truly make things work. Filing for divorce is a big step, and you want to be sure it's the only option before you move in that direction.

**Cupid wants to know:** How do you know if a relationship is worth saving? Tell us in the comments below!

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## Celebrity Couple Amber Rose & Val Chmerkovskiy's Romance Is Heating Up





By [Whitney Johnson](#)

It looks like things are heating up between model and podcast host Amber Rose and *Dancing with the Stars* pro Val Chmerkovskiy! According to [EOnline.com](#), the [celebrity couple](#), who first met when Rose competed with Chmerkovskiy's brother Maksim on the reality TV show, have been talking every day, despite Chmerkovskiy's busy schedule during a dancing tour. "It's been four months now, and it's awesome," Rose said of their celebrity relationship on her *Loveline* podcast in early January. "I love his family, and everyone is so great. He's great."

**This celebrity couple was surprising, but it looks like things are getting steamy! What are some ways to know you have**

# chemistry with someone?

## Cupid's Advice:

If you're in a new relationship and wondering where things are headed, take a cue from this celebrity couple, and consider these three ways to know if you have chemistry:

**1. You're not afraid of PDA:** Rose and Chmerkovskiy aren't shy when it comes to showing off their love on social media – and you shouldn't be either! If you and your partner are into each other, there's no reason to hide your feelings.

**Related Link:** [New Celebrity Couple Amber Rose & Val Chmerkovskiy Step Out Holding Hands](#)

**2. Pay attention to your conversations:** You may be too distracted by his sexy smile to notice how you interact, but chemistry matters both in *and* out of the bedroom. If you can't wait to talk to your guy at the end of a long work day and never run out of things to say, it's a good sign.

**Related Link:** [Celebrity News: Val Chmerkovskiy Slams Haters Who Criticized His Relationship with Amber Rose](#)

**3. The little things don't bug you:** It's easy to be bothered by the way he chews his food or how his dirty socks never end up in the hamper. For the right person, though, it's just as easy to ignore those annoyances and focus on the good things about him instead.

**What's your number one tip for knowing if you have chemistry with someone? Share your best dating advice below!**

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# New Celebrity Couple: Amy Poehler Is Dating Lawyer Benjamin Graf



By [Whitney Johnson](#)

Sorry, guys: It looks like one of our favorite funny ladies is off the market. *Parks and Recreation* actress Amy Poehler is dating New York City-based lawyer Benjamin Graf, according to [UsMagazine.com](#). The outlet reported that the [celebrity couple](#) were first spotted hiking together in Los Angeles in May of last year. This relationship isn't the comedian's first one since her 2012 [celebrity divorce](#) from Will Arnett. She was previously linked to actor Nick Kroll, but their conflicting schedules led to their break-up. Here's to hoping that Poehler's new love with Graf brings her a lot of laughs!

# This comedian has found her match – for now, at least! What are some unique ways to search for someone you'll connect with?

## Cupid's Advice:

Sure, it's tempting to head to your favorite restaurant or bar when you want to meet someone new, but Cupid encourages you to think outside the box in your search for love. Follow this relationship advice if you're looking for a unique way to find a potential partner:

**1. Download a dating app:** Finding love can be as easy as playing with your phone! Thanks to apps like Tinder, Bumble, and Coffee Meets Bagel, meeting someone special is just a swipe or click away.

**Related Link:** [Celebrity Couple Amy Poehler and Nick Kroll Call It Quits](#)

**2. Go on a blind date:** If your BFF has been begging to set you up with her boyfriend's cute co-worker, it's time to say yes. After all, what do you have to lose? Even if the date's a total failure, you're at least opening yourself up to the possibility of meeting Mr. Right.

**Related Link:** [Will Arnett Files for Celebrity Divorce from Amy Poehler](#)

**3. Take a class:** You'll never meet someone new if you're always sitting on your couch. Grab a girlfriend and sign up for a cooking class at your local Whole Foods. If you end up sitting next to a hot, single guy, great! And if not, at least you'll know how to make a delicious meal or two whenever you do find someone special.

What's a unique way to meet a potential partner? Share your best dating advice in the comments below!

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# Celebrity News: Mandy Moore Wants to Have Kids 'Sooner Than Later'



By [Whitney Johnson](#)

It looks like 2017 is going to be an exciting year for Golden Globe-nominated actress Mandy Moore! Not only was her hit NBC series *This Is Us* recently picked up for two more seasons, but

according to the latest [celebrity news](#) on [EOnline.com](#), the star is thinking about having children with Taylor Goldsmith, her boyfriend of 18 months – and playing TV mom Rebecca Pearson may have had something to do with it! “I feel like deep down, the soul of who this woman is, I’m familiar with,” the 32-year-old actress revealed at the *Elle* Women in Television dinner. “I feel a kinship with her. I was most concerned about feeling maternal, not having children myself. But being part of a project like this definitely makes my ovaries start kicking.” So when is she hoping to add a [celebrity baby](#) to her family? “I want kids sooner than later,” she added with a smile.

**It looks like Mandy Moore’s *This Is Us* character is rubbing off on her! What are some ways to know you’re ready to bring children into the world?**

### **Cupid’s Advice:**

Having a baby is one of the biggest – and best! – decisions you can make. If you, like Moore, are thinking about having kids, consider this advice from Cupid to help you determine if you’re ready to become a parent:

**1. You’re in a stable relationship:** A baby changes everything, so it’s important to have a loving and supportive partner to help you navigate your new role as a parent. Plus, it’s nice to divvy up the sleepless nights spent taking care of a newborn!

**Related Link:** [Celebrity Baby News: Mila Kunis and Ashton Kutcher Welcome a Baby Boy](#)

**2. You're financially ready:** Having a child brings so much joy into your life, but it also brings a lot of new expenses. Sit down and look closely at your spending habits and savings account to make sure you can handle the added costs.

**Related Link:** [Celebrity News: Peta Murgatroyd Wishes 'Best Father in the World' Maksim Chmerkovskiy a Happy Birthday](#)

**3. You have baby envy:** If you can't stop staring at pregnant women at the grocery store or borrowing your friends' babies for snuggle sessions, it may be a sign that you're ready for a little one of your own!

**What's your best advice for knowing if you're ready to have a baby? Tell us in the comments below!**

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## Karley Kemble





## **October 2017 to Present**

### **Writing Intern**

Karley Kemble joined the Cupid's Pulse team fresh out of college. She went to Cal Poly, San Luis Obispo and earned a Bachelor of Arts in English with an emphasis in Creative Writing. One day, she hopes to become a published author. In the meantime, she is thrilled to be a part of Cupid's Pulse and nurture her passion for journalism and pop culture.

From an early age, Karley has been very in-tune with the celebrity world and remembers making PowerPoint presentations filled with zillions of pictures of Mary-Kate and Ashley Olsen. She doesn't do that anymore but still loves keeping up with the latest [celebrity news](#)! Currently, her favorite [celebrity couple](#) is [Miley Cyrus](#) and Liam Hemsworth because they make her inner 16-year-old super happy.

When she's not writing, you can find Karley binge-watching Netflix, hanging out with her dog and cat, or people watching. She also really enjoys studying human relationships. The best piece of [relationship advice](#) she's received is that you must love yourself before you can love others. She currently



resides in the middle of California.

Karley's Expertise: [Celebrity News](#), [Celebrity Weddings](#), [Celebrity Babies](#)

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## Celebrity Couple News: Chris Pratt Praises Wife Anna Faris and Son at MTV Movie Awards



By [Dena Linzer](#)

Showing appreciation for your loved one is the best way to thank them for everything they do! In our latest [celebrity](#)



[news](#), adorable [celebrity couple](#) Chris Pratt and Anna Faris made us smile at the 2016 MTV Movie Awards on Saturday, April 9th. According to [UsMagazine.com](#), Pratt thanked his wife, Faris and his son while accepting the Best Action Performance award for his role in *Jurassic World*.

## **This celebrity news has us “awww”ing. What are some ways to show appreciation for your partner?**

### **Cupid’s Advice:**

This quirky celebrity couple recognizes their love in public, but there are ways to show this privately as well! Cupid has some [relationship advice](#) to show your partner how much you appreciate them:

**1. Surprise them with gifts:** Giving a gift is a great way to show someone you love them and care! And everyone loves receiving a gift for no reason, especially if it’s from recognizing what you do for them. They’ll love the sentiment and thank you for it.

**Related Link:** [Anna Faris Responds to Celebrity Cheating Rumors Regarding Husband Chris Pratt](#)

**2. Be spontaneous:** Upping the creativity in your relationship shows your partner you love them and are willing to try new things. Being fun and spontaneous is a great way to show them you appreciate everything they do.

**Related Link:** [What Chris Pratt and Anna Faris’s Goofy Red Carpet Pose Says About Their Love](#)

**3. Make a night all about them:** Take your partner to a night full of their favorite restaurant, movie, and games. It will be a night all about them! And tell them it’s just one small way to reciprocate everything they do for you.

**Showing appreciation for your partner is the ultimate form of**

love, how do you show your appreciation? Comment below!

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# Celebrity Couple News: Duchess Kate Middleton Refuses to Eat Prince William's Indian Cooking



By [Dena Linzer](#)

When in a relationship, it's natural to put up with the goofy aspects of your partner. You're used to these tiny imperfections and at times smile about, but that doesn't mean

you don't notice them. In our latest [celebrity news](#), we see [celebrity couple](#) Duchess Kate Middleton and Prince William experience this when the Duchess refuses to eat the Prince's cooking. According to [UsMagazine.com](#), the royal celebrity couple whipped up some Indian cuisine while attending an entrepreneurial engagement in Mumbai on Monday, April 11th. Here, the Duchess politely refused to try her husband's cooking, but in the sweetest way possible.

**This celebrity couple is very aware of each other's flaws. How do you tolerate your partner's imperfections?**

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

Seeing your partner's flaws does not make you any less attracted to them, but it can get difficult to tolerate these imperfections after a while. Cupid has some [relationship advice](#) to help you look past those pesky faults:

**1. Don't define your partner by them:** The tiny details that bother you about a person are just that: tiny. They do not define your partner and are not the main parts of their personality. Don't let these flaws take over everything you love about them.

**Related Link:** [Royal Celebrity Couple Kate Middleton & Prince William Spend Night Where They First Met](#)

**2. Remember you're not perfect:** While these pet peeves about your partner may bother you to your core, don't forget there are aspects of yourself that bother them as well. Forgiving each other for these imperfections is a part of love and acceptance, and that mutual respect is what keeps your relationship strong.

**Related Link:** [Kate Middleton and Prince William Introduce Royal Celebrity Baby to Family](#)

**3. Laugh it off:** Sometimes the weird things your partner does are simply funny. It's okay to laugh and poke fun at each other about it! This can help ease the tension when you feel bothered, and instead turn these flaws into jokes that keep you two laughing!

Tolerating your partner's flaws can be difficult, but once you do, you'll never be bothered by them again! How do you put up with your partner's imperfections? Share your advice below!

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## Celebrity Couples: Marriages That Survived the Seven-Year Itch





Page 1 of 12



Jessica Alba and Cash Warren

What a fantastic love story this celebrity couple shares! Alba met Warren on the set of 'Fantastic Four' in 2004, and by



2008, the two had said “I do.” The pair later welcomed daughters Honor and Haven. Photo: STPR / PRPhotos.com

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## Melissa Lee



**June 2017 to Present**  
**Writing Intern**

Melissa Lee is a student at SUNY College at Oswego majoring in journalism with a minor in creative writing. She will be graduating in May 2019. After years of writing, she is excited to be interning and writing [celebrity news](#) at [CupidsPulse.com](#). In the future, she would like to combine her passions of music and writing to become a music journalist. Melissa's favorite

[celebrity couple](#) is [John Legend](#) and [Chrissy Teigen](#), and her best piece of [relationship advice](#) is to fall in love with yourself before anyone else.

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

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## Relationship Advice: Master Your Mean Girl With This Self-Love Advice from Author Melissa Ambrosini



By [Whitney Johnson](#)



Sure, you know that you *should* ignore that little voice in your head that tells you you're not skinny enough, smart enough, or funny enough. But sometimes, that's easier said than done. Luckily, author and self-love teacher Melissa Ambrosini is here to help you quiet *your* Mean Girl for good. In her new book *Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love*, she shares an easy-to-follow plan to help you create and achieve your dream life. If you're ready to overcome your fears – in your job, in your love life, in your everyday world – check out our exclusive author interview, filled to the brim with honesty, positivity, and [relationship advice](#) that will change your outlook for good.

## Melissa Ambrosini Shares Relationship Advice in Author Interview

**To start, can you give us some background on what inspired you to write this book?**

I wanted to write the book that I wish I had back when I hit rock-bottom six years ago! Basically, I was in a really bad place: My health was awful; my relationships were destructive; and I was constantly unhappy and anxious. When my health issues spiraled out of control, I ended up in the hospital. I honestly thought my life was over – everything was falling apart! But after taking a really hard, honest look at myself and my life, I realized that all the miserable circumstances that were manifesting around me were actually a reflection of how I was feeling and treating myself on the inside. That's when I first became aware of my Mean Girl and began the journey of mastering her.

From that moment forward, my life changed dramatically. I

started a blog, got well, found inner peace and happiness, started my dream business, made new friends, met my soul mate...My life these days couldn't look more different than the unhappy, unfulfilled soul I was back then. I wrote this book as the ultimate road map for other women who want to go on this kind of inner and outer journey and live an epic, love-filled life.

**Related Link:** [Dating Advice: Create the Person You Want to Be](#)

**What are your top tips for someone who just can't master her Mean Girl?**

First, everyone *can* master their inner Mean Girl, even if they don't believe it just yet. The best way to get started is by following this self-love advice and doing my three-step Mastering Your Mean Girl process, which goes like this...

- **Practice awareness:** Become aware of when your Mean Girl shows up and tells you that you're not good enough. For most people, these sorts of fear-based beliefs pop up the nanosecond they decide to chase after an important goal. Yet we're usually so unconscious and not present that we aren't even aware of this internal dialogue, so we can't do anything about it. That's why bringing your awareness to her words is the first step.
- **Gently close the door on her:** Once you're aware that she has popped up, you can now choose to gently close the door on her. It's not about fighting her or waging an inner battle – that'll just cause more pain and suffering. Instead, it's a gentle, grateful act that comes from a place of peace.
- **Choose love instead:** Once you have gently closed the door on her, come back to your heart and choose love instead of fear. It's so much more fulfilling when you do.

**Does the prevalence of social media impact someone's Mean**

## Girl? How so?

Heck yes, social media plays a role! It's like a highlight reel of the *best* parts of people's lives, so when you're looking at all those shiny, glossy images, it can be a feeding frenzy for your Mean Girl. But comparison is the thief of joy, so getting caught in this trap is a recipe for unhappiness. I talk about comparison-itis a lot in the book; it's a massive problem in our modern world. Luckily, there are plenty of ways to climb out of this trap, and once you learn how to master your Mean Girl, you'll notice you no longer compare yourself to others.

**Of course, we have to ask: How does someone's Mean Girl play a role in her romantic relationships?**

Where do I start? In my Goddess Groups and live events, when I'm talking about relationships, I always like to point out that if you haven't mastered your Mean Girl (and if your partner hasn't mastered their inner critic), there are actually four of you in your relationship! So while you and your partner are trying to have a genuine, intimate connection, your Mean Girl will be talking up a storm: *Suck your tummy in! Stop sounding so needy! Why isn't he holding your hand? He must think you're so stupid! Did you see the way he smiled at that waitress? It's because your dress is so ugly – I told you that you should have worn the other one!* And on and on it goes... (It's exhausting just reading that, right?!)

Everyone always says, "You've got to love yourself first before you can invite someone else into the equation." While this is excellent relationship advice and 100 percent true, nobody tells you *how* to learn to love yourself. They just expect you to flip a switch or something, and everything will be fine! The truth is, learning how to make peace with your Mean Girl and gently close the door on all the negative things she's saying (like all that stuff I listed out above!) is the first step for falling in love with yourself. It's also

an essential prerequisite if you want to have a relationship based on genuine connection and truth. So all of this stuff plays a massive role when it comes to relationships.

**Related Link:** [Relationship Advice: Are You Ready for Storybook Love?](#)

**If learning to love yourself is such an important step to take before you enter a relationship, what is your best self-love advice?**

A divine relationship with your soul mate is when two whole and complete people come together. Your soul mate helps to awaken you and love all components of yourself. As Dr. John Demartini says, your soul-mate is actually your full complement. So we must make sure we are bursting with love within *ourselves* first before we invite anyone else into our world. Flexing your self-love muscle is the best way to start, and it's just like working any other muscle: In order for it to get stronger, it must be flexed daily. Start by writing down the 10 things that light you up, and then commit to doing them daily. For me, it's yoga meditation, getting out into Mother Nature, watching a sunrise, swimming in the ocean, and taking a bath. In my book, I teach you how to create a self-love menu and how to flex your self-love muscle daily.

**Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?**

I have created the [Mastering Your Mean Girl 10-Week Activation Program](#) and guided [meditations](#) to really help amplify the lessons in the book, so if you're wanting to cultivate some stellar self-love so you can attract your ideal partner, this is an excellent way to make it happen. I also have loads of [live events](#) in New York, Los Angeles, and Australia that you can check out. They're going to be epic!

*You can buy Mastering Your Mean Girl on [Amazon](#). To keep up with Melissa, visit her [website](#) or follow her on Twitter*

# Tease Your Taste Buds on This Weekend Date Idea



By Brooke Crawford

If you're in need of a new weekend date idea, improve your palate and tease your taste buds by taking a couples trip to a winery or brewery. Napa Valley is one of the world's premier locations for fine wine. If you live on the West Coast, you can plan a romantic getaway to one of the region's romantic vineyards. On the East Coast, north Georgia is home to some

wineries too.

## A Beer and Wine-Filled Date Idea

Is your partner more of a beer fan? New York City is home to a variety of wonderful options. The Brooklyn Brewery not only serves an assortment of beer, but it also offers tours and allows customers to order food from the surrounding area. Or with summer approaching, try the Standard Biergarten's lovely outdoor facility, which is right below the beautiful High Line.

**Related Link:** [Weekend Date Idea: Pop the Cork](#)

Put a spin on the winery date idea by visiting The Sommelier Society of America. Since 1954, the organization offers wine education classes and tasting programs for couples who want to become more knowledgeable about reds, whites, and roses.

Maybe you don't have a weekend to plan a trip away. You and your partner could also enjoy a fun-filled day activity touring one of the famous Anheuser-Busch breweries. The St. Louis location is currently the number one ranked brewery in the United States. Tours are available in four other states as well.

**Related Link:** [Relationship Advice: Wine Taste Your Way to An Intimate Date](#)

## Dating Advice from a Favorite Celebrity Couple

Famous couple [Angelina Jolie](#) and [Brad Pitt](#) took wine-tasting to a whole new level by buying Chateau Miraval, a winemaking estate in France, in 2012 after leasing the property for three years. This is the same location that the celebrity couple held their wedding. Grab a bottle of the vineyard's famous

rose Miraval (formerly known as Pink Floyd) for your next date night!

Do you have any great date ideas centered around wine or beer? Share with us in the comments below!

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# Relationship Advice: 4 Ways to Break Up with Your Partner In the Nicest Way Possible



By: [Josh Ringler](#)

Breaking up is not the easiest thing to do. It may hurt your



heart to do it, and it will most likely break the heart of your soon-to-be-ex as well. While calling off your relationship and ending your current love life isn't the easiest, it is important to do it in a nice way if at all possible. Almost everyone knows of those [celebrity relationships](#) that ended in tears and [celebrity divorce](#), or those [celebrity couples](#) who have remained friendly after all their heartache and drama subsides. The same is true for us "normal" people. Use the following [relationship advice](#) pointers to make a difficult decision a little easier for both you and your partner.

**These pieces of relationship advice will help you to make ending it a little less heartbreaking. If you are considering breaking up with your partner, take a look at how to do it *nicely* below.**

**1. Do it in person:** A great piece of relationship advice is to do anything that is of importance in person. Whether it is initially getting the relationship going, or ending it, doing so face-to-face will only make the situation better. Look at some former celebrity couples like [Jennifer Aniston](#) and [John Mayer](#), or [Taylor Swift](#) and Joe Jonas. Those celebrity break-ups were initiated by a text message or a phone call. They did not end well, and if you want yours to end well, do it while you can see them, be there to comfort them and talk through any heartache they may be experiencing.

**Related Link:** [Celebrity News: Yolanda Foster Says Ex David Foster 'Probably Saved My Life'](#)

**2. The date and place matters:** There are definitely some key

dates and places where breakups should never occur. Anniversaries, birthdays, holidays, and times of death in one's family are not times to call things off. If you want to stay friends, or if you just want to be as nice as possible, save it for some other time. If they are on a vacation or doing something important like starting a new job, you should consider waiting if it is possible. Some places should be off the table, too. You shouldn't break their heart in public, if possible, and you should try to do it in a place where the memory won't "haunt" them. Their bedroom, for example, is probably not the best option.

**3. Ease into the conversation:** Reality TV stars make break-ups look overly dramatic and super painful. Heartbreaking moments are typically over-dramatized, but they don't have to be that way at all. Instead, ease into the conversation about the future of your relationship. Conversations like this will never be easy, but easing into the conversation will make it more bearable. A good piece of relationship advice is to keep the communication open, and that should continue even if things are about to end.

**Related Link:** [Relationship Advice Video: Dating After a Divorce or Break-Up](#)

**4. Be honest:** While this piece of relationship advice goes along with open communication, it truly is important to remain honest and open when deciding to call it quits on a relationship. If you want to break up, but remain friendly and on good terms after, follow this piece of relationship advice and remain honest. That being said, it's important to not take that to an extreme and be *brutally* honest. Say what you need to, but no need to get into the gory details. While breaking up is difficult to do, the conversation and how it goes is essential to determining the future of your friendship.

**Breaking up is never easy, but doing it nicely works best! Did these work for you? Let us know in the comments below!**

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# Celebrity Photo Gallery: From 'The Bachelor' to Babies





Jillian Harris

In March 2016, the former 'Bachelorette' and HGTV host broke her celebrity baby news when she posted a photo of her baby bump next to smiling boyfriend Justin Pasutto with the exclamatory headline, "WE ARE PREGNANT!!!" Photo courtesy of Instagram.

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## Mallory McDonald





**September 2015 to Present**  
**Public Relations and Editorial Intern**

Making the most of her time with CupidsPulse.com, Mallory McDonald began working for the company as a Public Relations Intern and later added responsibilities as an Editorial Intern. In these positions, she has pitched celebrity interviews to print, online, and broadcast media outlets, developed press releases, helped to grow the company's social media platforms, and written celebrity interviews and product reviews. Native to Maryland but raised in Delaware, she headed to the South for college, attending the University of Alabama to study Public Relations and English. When she graduates in May 2018, she hopes to move to Washington, D.C. to continue her career in the PR world. Her favorite [celebrity couple](#) is [Blake Lively](#) and [Ryan Reynolds](#) – because who doesn't love these two! She enjoys reading about current [celebrity relationships](#) and is forever seeking great [dating advice](#).

**Mallory's Expertise:** [Celebrity Interviews](#), [Celebrity Couples](#), [Product Reviews](#)



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# Expert Dating Advice: Signs That He's Not Interested in You



On this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Tinzley Bradford about signs that he's not interested in you. Don't miss their expert [dating advice](#)!

## Is He Interested in You? Use This



# Dating Advice to Find Out

Here are three signs that he's just not into you:

**1. He doesn't call, text, or hang out with you:** It's simple: He'll pursue you if he likes you. "If you're dating a man and he's interested in you, you don't have to keep begging him," Bradford says. Oshima also encourages you to be wary of guys who disappear after a night together; they're just using you as a "filler."

**Related Link:** [Expert Dating Advice: How to Be a Smarter Dater](#)

**2. He uses a dry, dull tone:** There's no engagement when you're talking. He may even be short with you. "There's going to be laughter... There's going to be fun times," the dating expert says of someone who's interested in you. And if he's on his phone while you're together? That's another red flag!

**Related Link:** [Relationship Advice on Finding True Love](#)

**3. You haven't met his family or friends:** Be careful if the relationship is one-sided. "You don't know anything about him...because he hasn't told you anything about him," Bradford explains. If he likes you, he'll bring you into his world.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

**How do you know if he's interested in you? Tell us in the comments below!**

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# Miriana Rexrode



**March 2017 to Present**  
**Writing Intern**

Miriana Rexrode will be a Public Relations and Media student at Palm Beach University starting in Fall 2017. She is currently interning with J Migs PR and works with clients including Mike Tyson, Boys 2 Men, and some of the cast of the hit [reality TV](#) show *Jersey Shore*. She initially became interested in the entertainment business after her personal fan page about [Justin Bieber](#) gained a lot of attention. She credits the pop star as her biggest inspiration. Through that page, she has self-started her media career, landing her current internships with J Migs PR and CupidsPulse.com. Miriana loves writing about [celebrity news](#) and relationships as well as conducting celebrity interviews. Her biggest piece of [relationship advice](#) focuses on communication,

and she believes that you have to talk through and about everything to have a healthy relationship.

**Miriana's Expertise:** [Celebrity News](#), [Relationship Advice](#), [Celebrity Interviews](#)

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## Expert Dating Advice About Dating Traps to Avoid



On the latest episode of the [Single in Stilettos](#) show, matchmaker and dating coach Suzanne Oshima talked [dating advice](#) with David Steele, a marriage and family therapist, relationship coach and founder of the Relationship Coaching

Institute. Through his experience professionally and personally, Steele had an epiphany: “Singles become couples, that’s absolutely where we need to start.”

## Dating Advice On The Worst Dating Traps

**The Scarcity Trap:** The fear that there is not someone out there for you often takes the reins and drives you into an undesirable relationship and love. You then settle and find yourself in a state of greater unhappiness than before. Fear, desperation, and the need to survive in the dating world all set in. “We believe we have to settle for less or be all alone, that what we really want is not out there,” he explains. Steele’s expert dating advice is that what’s in your mind is destined to become reality, and it may not be the destiny you’re after.

**Related Link:** [Dating Experts Give Dating Advice to Attract a High Quality Man](#)

**The Attraction Trap:** The dating expert says that we may be attached to a lot of things: our favorite clothes, ice cream –especially after a relationship rough patch, I might add – and people. However, that does not necessarily mean we love them. Oftentimes, we mistake attraction and chemistry as love. “We tend to interpret these strong feelings as love – it’s meant to be – because we’re feeling it so strongly, so we really have to balance our heads with our hearts,” Steele says. When dating, we need to be clear about who we are, what we want, and what we need.

**Related Link:** [Dating Advice: 7 Guys You’re Probably Not Going to Marry](#)

**The Rescue Trap:** ‘I Need a Hero’ may have been a hit, but entering the dating realm with that mantra will be a fail almost every time, as per Steele’s relationship advice. When

we are unhappy or struggling, we often think that a relationship or another person will solve all of our woes, yet this is the wrong reason to choose a relationship. "If we're not happy, we're going to attract more unhappiness in our life," Steele says. "Success breeds success, and misery loves company."

**Related Link:** [Expert Dating Advice: Top 4 Places to Meet Mr. Right](#)

On a very real note, relationship expert Steele adds, "A relationship won't solve all your problems. It won't cure your depression. It won't make you happy all by itself. You're just basically going to get more of what you already have that you don't want." And this is why you must find your own happiness before looking for it in others!

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

**What's your best piece of love advice for avoiding dating traps? Share with us in the comments below!**

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## Rachel Sparks





**October 2018 to Present**  
**Writing Intern**

Rachel Sparks is a senior Creative Writing major at Southern New Hampshire University. After graduating in May 2018, she will continue to pursue her passion for writing with a Master's at Harvard. Her love for the English language can be seen in her previous publication in the Penmen review as well as on her blogs. Her husband, a chef, ignited a passion for food that has evolved into a cross-country cultural adventure. Currently, her and her husband left Texas for Boston, and they are surrounded by great seafood, oceans of coffee, and terrific depths of history.

A romantic married at twenty, Rachel is no stranger to the idea that love conquers all. Her favorite [celebrity couple](#) is Will Smith and Jada Pinkett Smith. Despite the stress that celebrity couples undergo being in the limelight, they have remained loyal and supportive to each other and their family. The best [dating advice](#) she's received is that you choose to love your partner everyday. When things get tough, it's important to remember that you love them for a reason and you chose them to share your life with. It's hard, but the growing



pains are worth it.

Rachel's Expertise: [Celebrity Couples](#), [Celebrity Weddings](#)

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## Ashleigh Underwood



**September 2017 to Present**  
**Senior Editor**

Ashleigh Underwood is a junior at Northern Michigan University studying English-Writing and graduating in May 2019. She enjoys both creative writing and celebrity news writing. Since she attends college in the Upper Peninsula of Michigan, she loves being outdoors and hiking with my friends. Her favorite [celebrity couple](#) is [Blake Lively](#) and [Ryan](#)

[Reynolds](#) because they seem so honest and open with each other and have a fun and loving relationship. The best [relationship advice](#) she was ever given was to never forget the small things because they matter the most.

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

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# Celebrity Couples and Their Most Extravagant Valentine's Day Gifts





Kim Kardashian West and Kanye West

If diamonds were a meter of love, West's love for the reality TV star is off the charts. The rapper bought his wife a 73,000 dollar Panthere De Cartier cuff embellished with diamonds and emeralds. Photo: Flynet UK/FameFlynet Pictures