

Expert Dating Advice: When It's Time To Say The L Word



By [David Wygant](#)

I've got a confession for you: I've always been quick to say the L word. I finally learned, though, that doing so leads to the quick destruction of your relationship and love, and I'm going to explain why.

Relationship Expert Discusses Saying "I Love You" For the First Time

According to my expert [dating advice](#), telling somebody you love them shouldn't be taken lightly. As a matter of fact,

it's a very serious thing to say to somebody. The problem is, too many of us throw "I love you" around too quickly, and that's because we're in love with the idea of who we think someone is.

Every time I thought I was in love, I was always in love with the *idea* of that person. I loved the way they looked; I loved the way they smelled; I loved the way they spoke. I loved what I thought they were all about. The myth of being in love is the key here. You see, when we think we know somebody, we fall in love with the idea of what we actually think they are.

Related Link: [Travel 101 for the Guys](#)

We're all guilty of it. We tend not to listen when people usually tell us exactly who they are. So let's go a little deeper right now, and talk about the L word.

When you meet somebody and you think you're in love with them, it's your thoughts that you love. You're deeply intoxicated and love drunk, under the powerful drug called chemistry.

I remember my last relationship and love. I was so in love with her, that I was blinded to who she really was. She wasn't a bad person. She was actually a good person, but she wasn't my special person. I put the L word out there and told her I loved her quickly – and that changed everything. She immediately felt like she could do no wrong.

Here was this great man that told her how much he loved her after only three weeks. Six months later, when the relationship was on rocky ground and I started expressing my needs, wants, and desires, she had no idea what to do. She thought I was happy the whole time because I told her how much I loved her over and over again.

Related Link: [Is Getting Hitched Irrelevant These Days?](#)

The right time to tell someone new that you love them is when you really get to know them. You get to know who they are; you get to know their faults; you get to know what they're about. When you know that they make you feel loved, wanted, and desired, then it's time.

I'm going to say it again: The L word is not something you should throw around lightly. That will get you into trouble. So I strongly suggest you follow this expert dating advice: Take 90 days to look at your partner, see what they're all about, and get to know them. See who they are in different situations. See if the feeling of love is real or just chemical.

Give yourself this 90-day challenge and don't say the L word for the first three months. If the love drunk feeling begins to wear off and you see them for who they really are and you *still* want to tell them that you love them, go for it.

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](#).

Expert Dating Advice: How to Be a Smarter Dater



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating expert and relationship author Tinzley Bradford about how to be a smarter dater. "I do what I do because I love to help women be better!" Bradford, writer of *The Settle-Free Dating Method for Women*, exclaims.

Relationship Author Helps You Find the Right Man

Here are Bradford's three best pieces of expert [dating advice](#) to help you be a smarter dater:

1. Be observant: "I'm a strong believer in watching what people do versus what they say," the dating expert reveals. If he says he's going to call you at a certain time but never does, that's something important for you to note. Always

keep his actions in mind.

Related Link: [Expert Dating Advice About Why You Shouldn't Give Up on Finding the Right Man](#)

2. Be aware of who you're dating: If you already see some not-so-great sides of your partner, it may be time to move on. For instance, if you want a serious relationship and love, but he just wants to "Netflix and chill," be smart and *listen* to what he says. "Ladies, you can't change a man's mind," Oshima explains.

Related Link: [Relationship Advice About True Love](#)

3. Don't overstress: You don't have to go on a date every night or even every weekend. Don't put too much pressure on yourself. "Date yourself sometimes," Bradford shares of this piece of expert dating advice. "Take time for *you*. A little downtime never hurts."

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

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What's your best piece of love advice for being a smarter dater? Share with us in the comments below!

Will I Ever Find Love? Dating

Advice for Women Over 40



In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to relationship expert and intimacy coach Iris Benrubi about her best [dating advice](#) for single women over 40. If you're wondering if you'll ever find a relationship and love, check out the video above!

Three Tips to Help You Find a Relationship and Love

Here are three pieces of expert dating advice to help you meet The One:

1. Do something different: Look at what you've been doing in your search for love and try something new. "If you're not

meeting the right man and the same thing keeps happening in the dating scene...you need to start doing things differently," Oshima explains. For instance, if you haven't had any luck at a bar, head to the park or coffee shop.

Related Link: [Expert Dating Advice on Why You Shouldn't Give Up on Finding the Right Man](#)

2. Handle your anxiety: There are a lot of risks when it comes to looking for love, and it's important to handle the anxiety that comes with that risk in a healthy way. "Learn to soothe yourself so you're not depending on a man to soothe you," Benrubi shares.

Related Link: [Dating Experts Reveal How to Meet the Right Man](#)

3. Learn to acknowledge men: "They need to know that you admire and respect them," Benrubi says. It's important that he knows how he makes you feel. It's *that* simple!

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What is your best dating advice to meet the right man? Tell us in the comments below!

Expert Dating Advice About Why You Shouldn't Give Up on

Finding the Right Man



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to dating expert and family therapist David Steele about why you shouldn't give up on finding the right relationship and love.

Dating Experts Encourage You to Keep Looking for Mr. Right

According to this expert [dating advice](#), you shouldn't let your frustration and anger discourage you. Steele shares three important tips:

1. Believe in yourself: "Believe that you are wonderful, that you deserve to love and be loved, and that there's the perfect person out there for you," he explains. "You have to believe

that.” Remember that, while you’re looking for your soul mate, they’re also looking for you.

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

2. Practice conscious dating: That means being aware of who you are and what you want and then using dating strategies to get your ideal relationship and love. “It can feel like finding a needle in a haystack, but it doesn’t have to,” says the dating expert, who met his wife in just three months (after 200 dates!). Say no to everyone who isn’t the right fit for you.

Related Link: [Relationship Advice: How to Get Engaged in a Year](#)

3. Be the chooser: Make the choice that is right for you. If you don’t see a future with someone, don’t say yes to that second date!

Watch the video above for more great expert dating advice!

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Got any tips for someone ready to give up on their search for The One? Tell us in the comments below!

Relationship Advice Video: Dating After a Divorce or Break-Up



On this week's [Single in Stilettos relationship advice](#) video, matchmaker Suzanne Oshima talks to My Own Diva founder Marianne Jordan about looking for love after a divorce or break-up. Jordan knows about this challenge from first-hand experience: She married when she was 26-years-old and found herself divorced in her early 30s. The dating expert launched her company when she realized there was no support for younger women dealing with the end of marriage, and now, My Own Diva also caters to those going through a tough break-up or the loss of a loved one.

Post-Divorce Relationship Advice

Related Link: [Looking for Love? 5 Things That Belong on Your Must-Have List](#)

Here are some of the love advice questions Jordan answers in the video above: How long should you wait after a divorce to look for a new relationship and love? How hard is it to take that first step into the dating world? And what do you do if you get scared? Plus, she reveals her five best tips for how to open up your heart again.

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

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

What is your best love advice for someone dating after divorce? Tell us in the comments below!

Dating Experts Reveal How to Attract the Right Man





On this week's [Single in Stilettos](#) expert dating advice video, matchmaker Suzanne Oshima and dating expert Nicole Moore discuss how to attract the right man and find a lasting relationship and love.

Expert Dating Advice to Meet Someone Special

If you're ready to meet The One, consider these three pieces of [dating advice](#):

1. You have to stop hating men: Grab a friend or a journal and clear out all of the negative thoughts in your head. Remember that "good men really want women who love men because that makes them feel safe," Moore says.

Related Link: [Five Ways to Get His Undivided Attention](#)

2. You must have confidence: Every single man wants confidence in a partner. "When you're confident in yourself, he's going to trust that he's making a good choice in you," she shares. "And men want to make a good decision. They hate to fail!" To

channel your inner confidence, make a list of 30 reasons why you're a great catch.

Related Link: [Celebrity Couples: What True Love Looks Like](#)

3. Believe that you can attract the right guy: "It doesn't matter what the dating field is; it matters what *you* want," Moore says. "Hold in your mind, 'I'm the woman who only attracts high-quality men.'" Be firm and strong in that positioning.

As the dating expert explains, "I believe love is a skill, and if you learn it, you can really make it work well." We couldn't agree more!

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What is your best dating advice to attract the right man? Tell us in the comments below!

Celebrity Photo Gallery: 15 Stars Who Are Surprisingly Related





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Oliver and Kate Hudson

It's easy to see the family resemblance between the 'Almost Famous' actress and celebrity mom Goldie Hawn, but did you

know her older brother Oliver is also an actor? Most recently, he appeared in 'Nashville' and 'Scream Queens.' Photo: Girllie/FAMEFLYNET PICTURES

Celebrity Interview: 'Fuller House' Actress Lori Loughlin Talks About the Holidays & Her 'Tight Knit Family'



Interview by [Lori Bizzoco](#). Written by [Whitney Johnson](#).
Of all the roles she's played, Lori Loughlin is most proud of

the one she takes on at home: that of wife and mother. Of course, it's not always easy to balance her busy career with her family life. "One day at a time – you do the best you can," she candidly shares in our [celebrity interview](#). "Some things fall through the cracks, but you know, I have a wonderful husband, and he's always on board... Somehow, we make it work."

"We're a tight knit family," she adds of husband Mossimo Giannulli, daughters Olivia and Isabella, and stepson Gianni.

Related Link: ['Full House' Actress Candace Cameron Bure Talks Motherhood](#)

Now that her girls are older, the family dynamic has changed. "That's a whole new chapter – teenage daughters," Loughlin says with a laugh. "It's great. For the most part, my girls are really good girls."

Sharing a piece of parenting advice, she encourages you to always communicate with your kids, saying, "I think it's important to keep talking to teenagers, and somewhere in there, it'll sink in."

On Friday date nights, the celebrity couple, who has been married for 18 years, likes to keep things simple, often eating at restaurants close to home. "It's so funny: You can be married and live in the same house with somebody, but life can be so busy that you feel like you don't get to have a conversation with that person," the actress shares. "It's important to take the time to stop, sit down, have a meal together, and have a conversation – keep communicating."

Lori Loughlin Shares Her Best Tips for Holiday Gift Giving in

Celebrity Interview

This holiday season, the actress is teaming up with Walgreens to help you check everyone off of your gift-giving list. "It's one of my favorite places to shop. They're doing incredible gifts this season, just thoughtful gifts that will bring unexpected joy to a lot of people in your life," she explains in our celebrity interview. "It's one-stop shopping." She particularly likes the customizable photo gift options, including ornaments and coffee mugs.

Related Link: [Celebrity Interview: Candace Cameron Bure Says "Dance Parties" Are Her Favorite Family Activity](#)

Fans went crazy when the *Full House* revival *Fuller House* was announced earlier this year. The 13-episode series, which will premiere on Netflix in spring 2016, wouldn't be complete without an appearance from Aunt Becky. "We already shot it, and we had the best time," Loughlin shares.

You can keep up with Loughlin on Twitter @LoriLoughlin and www.facebook.com/loriloughlin. Check out Walgreens.com for all of your gift-giving needs!

Expert Dating Advice: How Do I Know If a Guy is Into Me?





By [Jared Sais](#)

"I found out that a guy liked me, and I liked him too. I tried to talk to him more and set up a casual date, but he stopped responding. What gives?"

As a relationship expert, I hear about this story happening a lot. It's like the person just vanishes. You thought they liked you back. You were talking a lot, and then suddenly, you never hear back from them. This phenomenon is called "ghosting," and the idea behind it is simple: It's easier to ignore the situation instead of facing it head on.

Related Link: [Expert Love Advice: 10 Signs He's Just Not That Into You](#)

Relationship Expert Shares His Thoughts on "Ghosting"

People ghost as a way to say they're not interested in you. It sucks, I know. It hurts, and you're left with a bad taste in your mouth. Things may even feel unresolved. I hope you take

comfort in the fact you're not alone. People everywhere are wondering the same question. What the heck is going on?

Ghosting is the new way of saying, "It's not you; it's me." Technology has been integrated into the dating world and the process of forming new relationships and love. Ghosting is how people are using (or not using) it to end their partnerships.

As part of my expert [dating advice](#), I've said before that people don't have the same social skills they used to. They text instead of talking face-to-face. I remember when texting was considered the "cheap way" to break-up with someone. Back then, someone would be so offended if you called it quits via text! Now it's standard, and ghosting is becoming less and less taboo.

So if the person just vanishes into the night with no response, chances are he's ghosting you and isn't interested in continuing what you already started. But why, right? You want answers!

Related Link: [Relationship Expert Talks About What's Wrong with Men in the Dating World](#)

The first thing that comes to mind is that they might have been dating other people at the same time and felt they had more in common with the other person. A second possibility is that, while they aren't seeing someone else, they didn't feel that chemistry with you, causing them to ghost you. A third option – one that's very cliché but could be true – is that they're a workaholic and simply don't have time for a relationship. Regardless of why, they're ignoring you instead of being an adult about things and just talking to you.

Here's what you need to remember: If someone is truly interested in you, they'll want to see you, talk to you, and spend time with you. That's how you should be treated: with kindness and respect. How someone starts or ends a

relationship shows a lot about their character. If someone is ghosting you, they probably aren't ready for anything serious. It's time to move on!

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a relationship expert in non-verbal communication, who specializes in dating advice about body language, micro-expressions, and lie deception.

Dating Advice for Women: Get Out of Your Dating Rut & Find the Right Man





On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Marni Battista about how to get out of your dating rut and meet someone special.

Related Link: [How to Communicate to Get What You Need](#)

Follow This Dating Advice to Find the Right Man

The relationship experts believe that, if the same thing keeps happening in your search for a relationship and love, you need to look inward and make some changes. They discuss their best [dating advice](#) to help you do a dating cleanse and stop repeating the same negative patterns. Plus, they share how staying in your comfort zone can keep you single, why you need to go on at least three dates with someone before making a decision about them, and what the biggest turn-off is for men on a first date.

Related Link: [Get Back in the Dating Game This New Year](#)

Watch the video above for more great dating advice!

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What is your best love advice to get out of a dating rut? Tell us in the comments below!

Celebrity Couple Predictions: Gwen Stefani, Serena Williams and Nicole Scherzinger



By [Shoshi](#)

If you're looking for the latest celebrity news and romance rumors, you've come to the right place! Below, I consider the future of three [celebrity couples](#), two new pairs and one on-again, off-again duo.

Get the Latest Celebrity News on Blake Shelton and Gwen Stefani

Blake Shelton and Gwen Stefani: When it was announced that Gwen Stefani and Gavin Rossdale were getting a celebrity divorce, it wasn't a big surprise. Throughout their marriage, there were cheating rumors on Rosedale's end – and where there's smoke, there tends to be fire. Good for Stefani for doing what she needed to do to get out of their marriage and get on with her life. Besides, she's as hot as ever; she will land another lover...which brings us to her new romance with Blake Shelton.

Related Link: [Gwen Stefani Drops New Music Video About Celebrity Divorce](#)

If ever someone needed to have fun after ending a marriage, it's the pop star. Looks like Shelton is the right partner in crime! I don't see this relationship and love as a long-lasting one though. It's simply two people coming together to heal as they put their marriages behind them. After Shelton, Stefani will move on to a new guy who is a little younger and wants to settle down.

Serena Williams and Alexis Ohanian: It seems like any man that the tennis star speaks to for more than five minutes gets the title of "boyfriend." Currently, that man is Alexis Ohanian, the co-founder of Reddit. Rumor has it that they were seen holding hands after one of her workouts. However, I have to ask: Is there even one photo of this celebrity

couple together? It'd be nice to have a little proof that they have been in the same room at the same time! Unfortunately, Williams tends to keep her personal life to herself, so it may a while before we get the true scoop on this pair.

This relationship looks like a casual one, though it could very easily turn out to be the real deal. They're both at the top of their field; they both have their own money; and they're both good-looking. It's a grand slam.

Shoshi's Prediction for Celebrity Exes Nicole Scherzinger and Lewis Hamilton

Nicole Scherzinger and Lewis Hamilton: These two make one hot famous couple. When they walk a red carpet, people have to fan themselves. That being said, it's not all hearts and flowers between them. They have broken up and gotten back together so many times that they probably don't know which date to use as their anniversary.

Related Link: [Nicole Scherzinger and Lewis Hamilton Become Celebrity Exes Again](#)

Besides their six-year age difference, there seems to be a lot of physical distance. Scherzinger lives in Los Angeles, while Hamilton lives in Monaco. It's being said that the distance is causing a strain on the relationship and love. Plus, there's the fact that Hamilton won't marry Scherzinger. Put all of that together, and it screams *hot mess*.

One of them is going to have to put an end to all of the celebrity break-ups and make-ups. From what I see, it will have to be Scherzinger. It looks like they want different things from their relationship. If no one is willing to move to make this relationship work, it doesn't stand a chance.

For more information on Shoshi, click [here](#).

What celebrity couples do you want to see predictions for next? Tell us in the comments below!

Expert Dating Advice: How to Rebound from a Solo Holiday Season



By Debbie Ceresa for [Divorce Support Center](#)

Does Christmas have you singing the blues? The holidays are supposed to be about good times with family, friends, and

traditions. Yet, many of us dredge up old feelings from divorce, job loss, money, or even the death of a beloved pet. December has more stimuli than other times of the year, sparking memories that are both happy and sad. The many holiday sounds, traditions, and smells take us down memory lane, but often that road runs two ways, lined with both cherished and painful memories of what once was part of our lives.

Dating Advice for Rebounding From a Solo Holiday Season

While the sparkling lights, decorations, and songs may leave you with an emptiness that magnifies your new single status, here are three pieces of expert [dating advice](#) to help you avoid an unhealthy rebound relationship and love and bring the ring back into the holidays and throughout the coming New Year.

Related Link: [Moving On After a Divorce](#)

1. Follow your heart: We all need a connection with someone. However, before beginning a new relationship, make sure your heart is telling you it's right. If you can't fully commit emotionally to moving forward, you may still be grieving over a previous loss. Resolving feelings following a failed partnership or divorce takes time.

Instead of getting involved with someone, step back and evaluate your unresolved grief. Many of us don't give ourselves credit when it comes to our instincts. The pain of loss is sharp and lingering, but awareness of your feelings can help you avoid a rebound relationship that will surely complicate your ability to move forward and hurt the other person involved.

2. Take your life on a vacation: That's right. Take a

vacation. Instead of thinking and rethinking your new marital status, start planning a life vacation. Think about how motivated you are while planning a trip! Most of us have so many tasks to get done before leaving, so try looking at your life this way.

Social psychologist Erica B. Slotter, Ph.D. calls it looking for the silver lining. "Focus on the good things that may come out of the end of your relationship and love. Perhaps now you feel you can cook foods your partner never liked or finally take that pottery class," she writes in the article, "3 Ways to Take Care of Yourself After a Breakup." "Maybe you can simply feel grateful that a painful relationship is over, and in the future, look for a better one."

Focus on a to-do list of how you can improve your situation, however small or large, and write it down. Look at your list daily, and promise to check off one item each day. Channel thoughts from past trips that improved your well-being and feel confident about taking this emotional vacation.

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

3. Love yourself: You are a wonderful human being! Take a few minutes every day to remind yourself of the many good things you've done in your life. "When relationships end, people tend to be very hard on themselves," writes Slotter. "Stop it. Self-compassion involves viewing yourself with kindness and acceptance, not being overly focused or identified with negative emotions, and acknowledging that many others in the world have likely been where you are now at some point in their lives."

If you want to listen to my expert dating advice, you should add meditation to your to-do list. It works wonders for your well-being. Along with meditation, a great daily exercise is to tell yourself you're a good person and deserve to be happy. Think about the many things that would make you feel whole

again and concentrate on the positive.

By following your heart, using personal accomplishment and growth to help heal, and remembering to love ourselves, we can all have beautiful views in our lives, one needs only to step back and look.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

For more information about and articles by our Divorce Support Center relationship experts, click [here](#).

Expert Dating Advice: Top Four Places to Meet Mr. Right





In this week's [dating advice](#) video from [Single in Stilettos](#), founder Suzanne Oshima and relationship author Duana Welch discuss the top four places to meet Mr. Right.

Consider This Expert Dating Advice If You Want to Meet Mr. Right

To follow this expert dating advice, the best places to meet Mr. Right are listed below:

1. Look for your future in your past: Welch says that 10 percent of women have a “lost love.” If you broke up because of outside circumstances, like moving away or a background difference, it’s worth reconnecting. These couples “often know within one hour that this person is The One for them,” explains the relationship author. “And their divorce rate is *two percent.*”

Related Link: [Duana Welch Says Living Together Doesn't Prepare You for More](#)

2. Ask your friends and family to set you up: Statistically,

most people meet their significant other this way. It's so successful because it capitalizes on familiarity and safety. "It's an informal matchmaking process that works really well," says Welch.

3. Get online: Between 2002 and 2008, according to the Harris Survey, one in three new marriages were between people who met through online dating – and those couples were slightly happier than pairs who met another way. "That's my story," the relationship author of *Love Factually* shares. "I met my husband online."

Related Link: [How to Ditch Your "Better Than Nothing" Relationship and Love](#)

4. Use the Law of Proximity: You're most likely to marry someone you've met in person (duh!), and therefore, the single biggest predictor of a life partner is geographic nearness. "You need to put yourself next to this person," Welch says. "Let's say that you're taking a couple of college classes, and there's a really attractive guy in that class...You need to sit next to him."

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Where is the best place to find true love? Tell us in the comments below!

Celebrity Photo Gallery: Famous Couples That Co-Parent





Jennifer Lopez and Marc Anthony

Although they're no longer together, the two singers co-parent and do business together. These celebrity exes didn't let their break-up get in the way of their children or career.

Photo: Charles Norfleet / PR Photos

Secret Celebrity Weddings





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Justin Theroux and Jennifer Aniston
After a three-year engagement, this celebrity couple finally tied the knot in a secret celebrity wedding at their Bel Air

home. They surprised their famous friends -- like Lisa Kudrow and Ellen DeGeneres -- by claiming it was a birthday party for Theroux. Photo: Emiley Schweich / PR Photos

Expert Relationship Advice: Travel 101 for the Guys



By [David Wygant](#)

What should a man know before going on vacation with his significant other for the very first time? Well, there are a couple of things to keep in mind. You're going to see your significant other in a whole different way when you go away

with her. If you follow my expert [relationship advice](#), I strongly suggest you engage her to see how she handles certain situations.

Follow This Expert Relationship Advice on Your First Vacation as a Couple

The first thing you are going to learn is her level of flexibility. When you take a person out of their everyday surroundings, they need to become a little more, let's just say, flexible. Whether you spend three or four days with her walking around a city or vacationing in paradise, you are going to see how flexible she is outside of her day-to-day routine. How does she roll with the punches when the person in the next hotel room is loud at night? Or when she doesn't have any cell service and can't check her e-mails? What about when you guys get into a little tiff? Because those things are bound to happen when you go on vacation with somebody.

Related Link: [This Holiday Season, Stop Dating Your iPhone!](#)

Another thing you're going to learn about is her habits. When you're dating somebody, they tend to be on their best behavior. For instance, they won't check their phone as often as they usually do. But when you take them out of their environment, you'll get an idea of her *real* social media and texting habits. How often does she look at her phone? How often is she checking her e-mail or Instagram? Is she answering texts and phone calls from friends when she is away with you? You're going to quickly figure out how her attention is spent. Is she present in the moment? Or is she constantly thinking about work?

You get an idea of who somebody is because, when you take them away, you'll start to learn about how well they can relax. One

time, when I took somebody away for the first time, I realized after that three-day trip that it would be our last vacation ever. She couldn't get out of work mode. She was constantly checking her phone, constantly worried about things back at home. She wasn't present at all, and it taught me a lot about her and about the type of relationship and love I was going to have with her. You see, when we were together on a Saturday night, it was easy for her to hide all of those things...but when we were together for five days straight, she couldn't hide those neurotic behaviors.

Another great thing you can learn about somebody is their sleeping habits. Most of the time, when you take someone away for the first time, you spend a night or two together. Imagine spending a week with them and taking a look at their *real* sleeping habits. For instance, how long does she spend in the bathroom before bed? I was dating an awesome girl once, but after our first trip, I realized that she spent 90 minutes in the bathroom every night doing who knows what. I couldn't believe that was how her days always ended!

Related Link: [Expert Love Advice: Why Getting to Know Her Friends Is Like a Football Game](#)

Traveling with your partner is really an amazing experience. It allows you to see somebody for exactly who they are. Here's my best expert relationship advice: Go away together for a week. That length of time will allow you to get an idea of their habits and of their flexibility when they're out of their comfort zone. It's easy for a woman to pack a bag and come to your house for a night, but it's a challenge for her to come and hang out with you for a full week. You will learn so much about who she is.

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 dating advice from David, click [here](#).

Expert Dating Advice: How To Impress Her Dad



By [David Wygant](#)

So you've met somebody you really care about. You've exchanged the "I like you's." You might have even exchanged the "I love you's." You're talking about a future – or at least something to do next month. And then all of a sudden she says, "My

parents are in town this weekend, and I'd love for you to come to dinner with us."

David Wygant Shares Expert Dating Advice to Impress Her Dad

You've heard all about her mom, and you think, "She's a mother; mothers are easy." All you need to do is flirt with her the same way you flirted with her daughter. Well, not exactly the same way, but mothers always want their daughters to find a relationship and love. Mothers are always looking at the man the daughter brings home, and as long as he's well-behaved and dresses well, you're fine.

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But what about the father? You've heard she's a daddy's girl. You've heard that her father is really difficult, and you've heard many other intimidating things about him. How do you impress the dad? According to my expert [dating advice](#), it comes down to this: The father is always the toughest one, especially if he was a good dad and his daughter was his princess. He's going to want to make sure that the man she picked is strong and confident.

I have a daughter. She's far from dating age, but the way I am bringing my daughter up is the way I want a man to treat her. I want him to listen to her. I want him to respect her. I want him to allow her to blossom and grow. And that's what it's all about.

When you meet the dad, he's the one that is going to have his eyes glaring at you like an eagle on top of a mountain. He wants to make sure you're good enough for his little girl. In his eyes, she will always be his little girl. You are going to need to impress him, and doing that is very simple.

If she's serious about you, he wants to know what your life

action plan is, how motivated you are, and how much money you make (without bringing up the number). Maybe you want to become an entrepreneur. Talk about your job. Talk about everything in the positive. He wants to see a motivated man because, if you're the guy that is going to give him grandchildren, he wants to make sure you're going to be able to support them all when she's barefoot and pregnant.

Be a gentleman. Open the door for her. Hold her hand. Treat her with respect. Smile when she talks. Have eye contact. Find out how he wants to be addressed. For instance, if he's a military man, he might want to be called sir.

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Share your stories. Share your sports interests. Is he into fantasy football? What's his favorite sports team? It's all just bonding. Learn about his business ahead of time. Research some things to help you make conversation. It's all about making a connection. Find ways to bond with him because, deep down, he's just a guy.

At the end of the day, it's all about the way you treat his daughter in his presence and your life goals. That's what going to make a father feel comfortable about the man in his daughter's life.

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 dating advice from David, click [here](#).

Expert Dating Advice: How to Get Over “The Little Things”



By [Project Soulmate](#) matchmakers Lori Zaslow and Jennifer Zucher with contributing writers Nicole Hartley and Samantha Cohen

Is there something about your significant other that bothers you a little too much and a little too often? Relationships and love are often born on “the little things.” It’s the little things that attract you to your significant other, but it can also be the little things that really annoy you about that person too. Is her voice too squeaky? Does he talk too loud in public? Does her taste in music really drive you

insane? Partnerships are difficult enough without those small annoyances getting in the way. Finding the perfect person can be a difficult task, but once you do find your match, how do you get over those things they do that bother you? Read on for our expert dating advice!

Getting Over Small Annoyances in Your Relationship and Love

Related Link: [Love Advice: What to Do If Your Friends Don't Love Your Partner Like You Do](#)

First things first: If something they do bothers you to the extent that you really just can't get over it, maybe it's time to face the reality that they may not be your soulmate. However, in most cases, this is the extreme. Sure, hating your girlfriend's taste in music can be a bother on occasions, but it is something you can get over. On the other hand, if you're a neat freak and she's a hopeless slob, *that* can be a deal breaker.

Let's face it: Every person has flaws. It is the size and the severity of the flaw that can determine whether or not the relationship and love is worth it for the long haul. As relationship experts, we think we can all admit that, at times, we love to hate things about people. It's just what we do! However, sometimes those flaws are what make us love someone even more. So what if you hate her taste in music? Maybe you love the way she dances or the way she can never get the lyrics quite right to her favorite song. In order to appreciate these little quirks, you may have to sacrifice putting up with music you might hate.

In any relationship, it's important to always look for the good things in your significant other and in the partnership itself. If it's "the little things" that made you fall in love with them, then it's safe to say that getting

over those things that bother you should be just as simple. Hopefully, for every thing that bothers you about them, you have a handful of things that you really love about them. That is what you should focus on when feeling bothered by that annoying thing your soulmate does.

Related Link: [Love Advice: You Love It, He Loves It Not](#)

Always remember that no one is perfect. Love isn't perfect, and neither is your significant other. It is important to look for the best in everyone, so give your boyfriend or girlfriend a break. If you're feeling extra nice, consider this love advice: Get up and dance to that awful music with them! Maybe karma will reward you, and they will cherish your peculiarities too.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.

Relationship Expert Discusses How To Know When It's Time To Call It Quits





By [David Wygant](#)

This is a really tough article to write. When is it time to call it quits with your significant other? Is it when you have exhausted every single avenue, when you have reached a point of diminishing returns in the effort to make your [relationship and love](#) work?

Once a relationship goes down the he-said, she-said route or it starts to look like a standoff at the O.K. Corral, despite many lengthy, late night conversations, it's time to bring in the heavy artillery. If you're not seeing eye-to-eye and you're acting defensive and resentful of each other, then you need to sit down with a professional. You need to talk to someone on the outside, someone not invested in the relationship. I'm talking about a real professional.

Love Advice: When to Break Things Off

As a relationship expert, I am a firm believer in therapy,

especially marriage or relationship counseling. A few hours with the right person can save you months, even years, of emotional duress and stress. After all, if you're struggling, a miracle isn't going to happen out of nowhere. Your significant other isn't suddenly going to say, "Yes, I see your point exactly. I understand everything now!"

Related Link: [Dating Advice: What to Do When You're Not His Priority](#)

I've been down this road too many times. It's beyond frustrating. You think to yourself, "Tonight, I'm going to rephrase the conversation. We're finally going to communicate and realize we both just want to be happy." So you come home, and you discuss things in a constructive way, but as usual, your partner gets triggered, acts defensive...and the shit hits the fan.

If you've got kids in the mix, it makes it even harder to call it quits. But if someone doesn't understand you or recognize your love language and has stopped trying to make you happy, then you need to get help immediately. If the help doesn't work – if you've been to a counselor and you're still banging your head against the wall – nothing's going to change. It's time to figure out the best way for you to move forward separately.

Most people don't change. They won't. They resist it and instead buildup a steady flow of resentment towards you. Resentment is the poison pill for relationships and love. Resentment is the opposite of trying to make someone happy, the opposite of compromise, the opposite of trying to change for the sake of saving the partnership. Once resentment finds its way into your relationship, it's the beginning of the end.

Related Link: [How to Move On After Heartbreak](#)

People only change when they desire change. You can't wave a magic wand over somebody and make them change or see how you

feel. If we could, there would be no divorce, no separation. People would simply evolve and grow together. Like many of you, I wish I could wave a magic wand over my ex and make her the person I want her to be. I'm sure she'd love to magically make me into the perfect person for her too.

So if you've exhausted all avenues and you're both full of resentment, then and only then, when you've done everything you can, it's time to call it quits.

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 dating advice from David, click [here](#).

Expert Dating Advice: How to Make a Relationship and Love Work





On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to [dating expert](#) and Robert Manni about how to make a relationship and love work.

Dating Expert Robert Manni Reveals How to Keep Your Relationship and Love Strong

Here are five pieces of expert dating advice to follow if you want a strong relationship and love:

1. Pay attention: As Manni explains, "Guys are not that good at paying attention, and women pay attention to *everything*." If you want to keep your partner happy, be mindful to their needs.

Related Link: [Improve Your Chances of Finding Love, Thanks to This Relationship Advice Video!](#)

2. Give your partner the benefit of the doubt: People are very quick to point out if something's not completely right, but a

lot of times, there's a rationale behind people's behavior. Don't jump to conclusions!

3. Have shared values: "A couple can be opposites, but it's the values that count – they need to sync up," the dating expert says. For instance, two people need the same viewpoint on money, trust, and family, which often goes back to how they were raised.

4. Communicate: It's important that neither person shuts down when it comes to communication. Really listen and hear where the other person is coming from. "It's very important that women don't expect men to read their minds and that men are willing to engage about an issue," Manni shares. "Both women and men have to meet each other halfway."

Related Link: [Relationship Advice Video: Three Things Women Don't Know About Men](#)

5. Always keep dating: It's easy to get comfortable and unintentionally take things for granted. "I'm guilty of that all the time," the relationship author of *The Guy's Guys Guide to Love* admits. "You have to keep the mindset – and the heartset – that the person you're with is somebody that you're constantly wooing."

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

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

Relationship Advice Video: Rejection Is Part of Dating – Get Used to It!



In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to [dating expert](#) David Crowther about one part of looking for a relationship and love that you *must* accept: rejection.

Expert Relationship Advice About Rejection

As Oshima says, “Nobody likes rejection.” For some people, if they face too much rejection, they want to stop dating all

together, which is a huge mistake. According to the relationship advice video, it can affect us physically. For instance, we may experience a tight feeling in our chest or the blood rush to our face. "With the proper outlook and a grandiose goal, it's something you can overcome," Crowther explains.

Related Link: [Relationship Advice Video: Should I Date More Than One Man?](#)

The dating expert also discusses the idea of the default future, which means that, if you keep doing what you're doing, you're going to continue following the same path. Instead, you must step outside of your comfort zone and put yourself in the position to be rejected. Eventually, you'll realize that those guys aren't the right fit for you anyways!

Check out the rest of his love advice in the video above!

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

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Expert Relationship Advice: Comforting Your Partner During Arguments





By Jared Sais

It's inevitable that you'll endure rough patches in your relationship and love, and maintaining a loving and committed attitude during them will help strengthen your bond. If you want to comfort your significant other but aren't sure what to do, consider these six pieces of non-verbal expert relationship advice:

Dating Expert Reveals How to Play Nice During Arguments

1. Pay attention to your tone and pitch: It's not what you say but *how you say it*. As a dating expert, I remind my clients of this truth often! We've all heard it before, and during an argument, it absolutely rings true. Which one sounds better? "You have been so self-absorbed – it has been driving me nuts" or "I feel that you have been very busy lately and haven't been taking the time to consider me and my feelings..." Even though both statements make the same point, your partner will react to the first one very differently than the second one. The first statement is harsh and accusatory, while the second statement permits more

empathy and discussion.

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Instead of screaming an impulsive negative thought, take a deep breath and, in a calm manner, state how you've been feeling. Be completely honest, but imagine how *you* would want to be confronted if the issue were directed at you. It is often helpful to initiate the conversation by stating, "This is how I feel" or even just "I feel..."

Telling your significant other how you feel rather than yelling "You are an idiot!" allows them to understand you're not accusing them or playing the "I'm right, and you're wrong" game. Instead, you're merely revealing your feelings. Your perspective on an issue is your reality, but it may not be your partner's. By beginning the conversation in a mature way, you're bravely setting the stage for a constructive argument. The issue can then be resolved quickly and often without any harm to the relationship and love.

My love advice below breaks this idea down even more. Here are some tips to consider:

- Use a calm, conversational voice. I know the urge to yell and shout is there, but hold it back.
- Use phrases like, "I hear what you are saying" or "I'm trying to see it from your perspective" and actually mean them. Try to understand what your partner is feeling.
- Alternate voicing your feelings and opinions. Both of you talking at once will eventually lead to yelling.
- Limit sarcasm, as it is the lowest form of humor. Also, refrain from phrases like, "What's wrong with you?" and "Are you feeling okay?" Those comments tend to initiate a steamy cycle of anger.

- Don't talk down to your partner. You are clearly with that person for a reason, and you're not their superior.
- Be genuine and honest in regards to how you feel.

2. Limit the defensive body language: Arguments will happen, regardless of how perfect your relationship is. The most important thing for you to do is say what's really bothering you, which is sometimes more difficult than it seems due to the nature of your feelings. It may be uncomfortable, embarrassing, or just anger you too much!

Having closed-off body language will make the difficult topic even more stressful to discuss and thus slow the mending process. Unresolved issues will linger and likely come back to haunt the relationship. Here are the dos and don'ts of keeping your body language open:

- Don't fold or cross your arms. You're not a body guard or a bouncer at a club trying to portray intimidation.
- Do talk with your hands and leave your arms open or to the sides of your body. This stance promotes the impression of open-mindedness and flexibility. People like to be heard and understood.
- Don't point at your partner. It adds a sense of guilt and makes the other person feel uncomfortable.
- Do keep a normal distance (each couple has their own normal distance), and don't tilt your body away or leave.
- Don't turn away from your partner. Face the person speaking, as it shows respect and that you're listening to what they're saying. You may not agree with their statements, but if you want to be heard, you have to listen.

3. Make direct eye contact: Eye contact is of prime importance when discussing a difficult topic or trying to resolve an argument. It's not constant, as too much can be awkward and

uncomfortable, but consistent eye contact should be made throughout the conversation. It displays confidence, maturity, and trust. More than just being common courtesy, looking into someone's eyes when they're speaking shows that you're paying attention to what they're saying and that you care about how they feel. These are all necessary features to civilly talk through a difficult situation.

Whatever you do, don't roll your eyes or look away too much. I understand it can be uncomfortable to see your partner upset, but as a mature adult, you need to confront the issue, eyes on.

Related Link: [Celebrity Couples: What True Love Looks Like](#)

4. Limit the use of angry body language: Similar to the importance of having open body language, limiting angry body language will help solve the problem at hand. Anger is easily seen without a word or grunt. Once it's detected, it's contagious – and that's one wild fire you need to put out.

Angry body language is displayed most commonly by these three non-verbal cues:

- Closed fist(s).
- A facial expression of anger, which includes pinched lips, death eyes or a strong glare, and lowering of eyebrows.
- Hitting. If you or your partner hits the wall or an object, stop what you're doing. Take a deep breath and start the conversation again after both of you regain your composure.

5. Recognize the non-verbal sign for “stop”: Look out for this very important non-verbal cue. It's the stop sign, a flat palm with straight fingers stretched out. This cue might be shown in front of the person's chest or at the side of the person's hip. Wherever it is, it means one thing: Stop what you're doing right now! No matter what you're doing or saying, if you

see this non-verbal cue, you need to walk away or leave the room. Return only if you and the other person can calmly discuss the problem at hand. This “stop” sign, alternated with tight closed fists, is the strongest clue that you need to regroup.

Related Link: [10 Signs That He's Just Not That Into You](#)

6. Seek help when needed: There's no harm in asking for help! After all, being honest with yourself about your relationship and love is key to a happy ending. A therapist is a wonderful way to maintain a healthy environment when discussing an important issue. Sometimes, a problem is deeper than it seems, and help from a professional may be the best way to resolve it.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a dating expert in non-verbal communication, who specializes in body language, micro-expressions, and lie deception as they relate to relationships and love.

Expert Relationship Advice: Three Questions Crucial to Co-Parenting Success





By Rosalind Sedacca, CCT

Michael Matracci, Esq. is one of the “good guy” collaborative divorce attorneys who avidly supports the concept and principles of a child-centered divorce. He is the author of a new [self-help relationship book](#), *Fighting Over the Kids: Resolving Day-to-Day Custody Conflict in Divorce Situations*, which can be found at his website, www.divorcewithoutdishonor.com/.

Expert Relationship Advice from Michael Matracci, Esq.

Recently, I interviewed the relationship author, who is a divorced parent himself. He shared with me a valuable technique he uses when dealing with parenting issues with his former spouse. I loved his expert relationship advice and am passing it along to other parents who face continuous challenges, month after month, year after year, as they raise their children following a divorce.

Related Link: [A Reminder About Relationship Mistakes to Avoid](#)

Michael asks himself three basic questions that get to the heart of what a child-centered divorce is about: doing the very best for your children. When a parenting issue arises that he and his former spouse have to face, before he takes any action, he first answers these questions:

- 1. If we were two “normal” married parents, what would I do?**
- 2. If we were still married, would this issue really be a big deal?**
- 3. Is this about our child – or more about ME and HER/HIM?**

These questions put you in the right perspective for taking wise and effective action. They help you to detach from the emotional “drama” of your divorce. Have you been caught up in your “story” about being a victim, abused, hurt, angry, jealous, or exploited by your former spouse? By questioning your motives, you can remind yourself that parenting issues are not about you; they are about what’s in the best interest of the children you love.

That can mean sacrificing some ego gratification, biting your tongue when you want to be sarcastic, and being more tolerant of an ex who sees things differently regarding discipline, rules, and other parenting choices. At the same time, it can also bring you into closer alignment with your children’s other parent, which will help you to determine the best outcomes for your children together as their parents.

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

Most important of all, these questions will remind you that when it comes to parenting decisions, always take the high road. Be the “mature” parent who puts their children’s needs first. That’s always the answer you are looking for – and one that you will never regret.

For more information on and expert relationship advice from Hope After Divorce, click [here](#).

For other free articles on child-centered divorce, a free ezine, valuable resources for parents, coaching, and other services, visit <http://www.childcentereddivorce.com>. Rosalind Sedacca, CCT is founder of the Child-Centered Divorce Network and author of the new ebook, How Do I Tell the Kids ... about the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love!

Expert Love Advice: Matt Adams Reveals the #1 Thing a Man Wants After Looks





In today's [relationship advice video](#), Single in Stilettos founder and matchmaker Suzanne Oshima talks to dating expert Matt Adams about the number one thing a man wants in a woman *after* looks.

Expert Love Advice from Dating Expert Matt Adams

According to Adams, he looks for physical attraction first and a good personality second. "It's really what attracts me to them," he reveals. "If you don't have as juicy of a personality, you've got to work on that a little bit." There's more to this expert love advice though: Most of the men who the dating expert counsels want a woman who adds value to their lives. "Are you fun? Are you flirty? Are you adventurous?" he asks. "What are you doing to help his life? Those kind of things are how a man is assessing you as you're going through the dating process."

Related Link: [Expert Dating Advice: What a Man Doesn't Want in a Woman](#)

Watch the video above for more great expert love advice!

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Hey guys! What do you look for in a potential partner? Tell us in the comments below.