

Dating Advice: Three Ways Your Relationships and Love Could Be Killing You



By

Amy Cook for [Hope After Divorce](#)

When is it okay to end a relationship and love? People differ in their reasons for staying or leaving, but most agree that partnerships should be over when they damage your physical and/or emotional well-being. While we don't know the reasons behind the surprising [celebrity divorces](#) of Patrick Dempsey, Hilary Duff, and Mandy Moore, we do know that there were longstanding issues that required these famous couples to make a change. If your relationship is giving you stress, depression, or a weakened immune system, it might be time to evaluate whether your love is toxic and needs a change too.

How to Know When to End a Relationship and Love

Stress: Trying to maintain a relationship in a “fight or flight” state of being will surely break down your body’s ability to function normally. Anxiety, high blood pressure, and added stress to your heart compromise your health.

Related Link: [Mandy Moore and Ryan Adams File for Celebrity Divorce After Six Years of Marriage](#)

In a June 2013 article titled “How Relationships Can Make You Sick” and published on Healthgram.com, the author references a study conducted at Ohio State University where researchers discovered married men and women who struggled with ongoing concerns about the stability of their relationships and love had higher levels of the stress hormone cortisol. The study also found lower levels of T-cells, which help fight infections.

The research concludes, “Those who were the most anxious about their marriages had 11 percent more cortisol and 11 to 22 percent lower T-cell levels than those who were less anxious. The lead researcher said the results are most likely linked since increased cortisol can reduce T-cell production.” Partnerships plagued with poor communication, jealousy, deceit, fear, anxiety, and conflicting goals all run the risk of creating a chronically stressful environment.

Depression: He may be “killing you softly with his song,” but he is doing some pretty serious damage with his words and actions too. A relationship clouded with mistrust or emotional abuse takes a toll on the partner’s emotional and physical well-being. When negativity leaves cracks in a person’s spirit, depression fills those empty spaces.

Related Link: [Hilary Duff and Mike Comrie Announce Their Separation](#)

In her article “5 Ways a Bad Relationship Can Make You Sick,” relationship expert Marcelina Hardy writes, “When you are arguing with your boyfriend and feeling sick, you don’t love your life. Your love should be something that enriches you. It should make you smile in the morning and feel grateful at night. It should be what lowers stress rather than create it. For these reasons, take steps to improve your relationship, so it doesn’t make you sick. If you’ve tried to solve the problems and it’s just not working, it may be time to consider how much you really need this person in your life.”

If you are sustaining a relationship and love with a partner who is overly critical, constantly suspicious, possessive, or physically violent, it could be making you sick. An unhealthy relationship invites feelings of hopelessness, a fear of abandonment, and a feeling of loss for unfulfilled goals or any hope for happiness.

Dating Advice: It’s Time to Break Up

Weakened immune system: One of the advantages of being in a healthy relationship is a euphoric energy that fuels your day. When depression invades your enthusiasm for life, it affects your lifestyle choices. Exercise becomes a burden, and healthy eating becomes a distraction. Before you know it, you are facing high blood pressure, high cholesterol, weight gain, and a compromised immune system that is unable to ward off infections and disease.

“Unhealthy relationships can be like that,” writes licensed professional counselor and registered nurse Suzanne Jones in her article “Is Your Relationship Making You Sick.” She elaborates on this dating advice: “Sometimes, in an effort to be supportive and helpful, we find ourselves drowning in unrealistic and endless demands. We can’t bear the thought of hurting this person or letting him down, so we try and try to

make adjustments to salvage the relationship. We go to extraordinary lengths to keep this person happy. We sacrifice our peace and happiness for theirs.”

Related Link: [How to Be Mindful When It Comes to Relationships and Love](#)

“In an effort to be patient and helpful, we may be putting ourselves in harm’s way,” she adds. “Like the rescue of a drowning person, we are at risk when we get too close and tangled up in an unhealthy person’s problems and issues. These relationships can turn us into a physical and emotional mess.”

Throughout the years, love has been blamed for a number of things. Sometimes, it stinks, hurts, and even bites. At times, people have been accused of giving it a bad name. However, a healthy, strong, solid, and positive relationship isn’t like that. It enhances your life and improves health. If the love you have in your life contributes to stress, depression, or a weakened immune system, it’s time to reevaluate and consider whether you need to make a change.

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

Expert Love Advice: He’s Great, But He’s a Bad Kisser...Now What?!





On this week's [Single in Stilettos](#) show, matchmaker Suzanne Oshima talks to dating expert Marni Kinrys about how to handle a bad kisser.

Dating Experts Discuss What to Do About a Bad Kisser

The founder of the Wing Girl Method believes that, unlike women, men don't like to hear that they're doing something incorrectly or that they're turning you off in some way. "So there has to be a gentle way for you to say, "Yeah, you're the worst kisser in the entire world!" Kinrys explains. According to her expert love advice, the best way to do so is to take on a teacher role and show him in a fun and flirty way how you like to be kissed.

Related Link: [Marni Kinrys Discusses What Turns a Man On](#)

Afterwards, you want to reward him. "Say something like, 'That was so sexy the way you were kissing me,'" the relationship expert shares. "Walk him through those steps again so it reinforces what it was he was doing that was

correct.”

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

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Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) explains why you might be to blame for dating losers and jerks.

Expert Love Advice from E!'s *Famously Single* Dating Coach Laurel House: You Get What You Give

According to House, if you're not in a "healthy headspace and living the life you want to live," you may be unknowingly attracting the wrong type of partner. "You need to look inside yourself and think about who you are," she explains. "You attract how you act and get what you give."

Related Link: [Screwing the Rules Video Dating Tips: Busting the Soul Mate Myth](#)

After all, you are the one consistent thing in all of these relationships and love. "Take a beat. Inhale into your belly. Fully exhale out the stress and the fears and the emptiness," House advises. "Now, think about it: How have you been acting? What patterns have you been experiencing?" If you follow this expert love advice and figure out *you* first, you'll find a good guy before you know it!

For more relationship advice videos from House, click [here](#).

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

What's the best way to understand your own needs and desires when it comes to relationships and love? Share with us in the comments below!

Single in Stilettos Show: Love Advice About What You Need and Don't Need in a Man



On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about what you *think* you need in a man but don't.

Related Link: [Duana Welch on Finding Love By Not Looking for Love: Is It Fact or Fiction?](#)

Relationship Author Shares Love Advice

According to the writer of *Love Factually*, many women focus on the wrong must-haves when they're looking for The One. Doing so may be keeping you single! Here are a few qualities that you think you need in a partner but actually don't: every shared interest, a "cool" guy, someone who respects your independence, love and sexual attraction *only*, and someone who is wealthy. To follow this love advice, reevaluate your checklist and remove those things that you don't really need in a man.

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

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What is a quality that you thought you needed in a significant other but actually don't? Share your love advice in the comments below!

Celebrity Couple Predictions: Gabrielle Union, Kourtney Kardashian and Lady Gaga





By [Sh](#)

[oshi](#)

The latest celebrity news has been filled with hot relationship gossip, including newlyweds dealing with marriage drama, reality TV stars facing cheating rumors (again), and a private pair celebrating their celebrity engagement. Check out my predictions for the three [celebrity couples](#) below and find out what's next in their relationships and love!

Latest Celebrity News About Three Popular Celebrity Couples

Gabrielle Union and Dwayne Wade: The word on the street is that the actress and Miami Heat star may not be legally married. Somehow, their marriage license was never filed with the state court. The lovebirds did obtain a license, so it's a mystery why it wasn't signed and sent back to the county within the 10 day period. Technically, the celebrity couple is married, but if there are any legal issues, the lack of a marriage license could cause trouble in the long run.

I agree with the theory that they didn't file the license so that, if things in their celebrity relationship take a bad

turn, neither one of them can go after each's other bank account. Unfortunately, I don't see this marriage lasting. Right now, they're in the honeymoon stage. Union appears to be way more into their relationship and love than Wade. Sure, he's enjoying it right now, but when the pixie dust wears off, pay attention to the press. He'll be accused of having a side chick. After all, he's consistently gotten away with being a cheater – why stop now?

Related Link: [Celebrity Couple Gabrielle Union and Dwayne Wade Signed Prenup](#)

Kourtney Kardashian and Scott Disick: Every day, new celebrity gossip circles around the Kardashians. The most recent celebrity cheating rumor is that Disick is hooking up with younger sister Kylie Jenner. This isn't true, as the father of three isn't looking at Jenner in a romantic way. However, he is close to her because he feels like he can talk to her. This could be trouble in the long run if he and Kardashian continue to have communication problems. It's true that Disick can be a bit of a bad boy with his drinking and partying, but that doesn't make him a cheater.

People keep wondering when this celebrity couple will get married. Up until now, a celebrity marriage hasn't mattered to the oldest Kardashian sister. I do see a shift in what she wants though. The pair has been together since 2006, and three kids later, she is reconsidering getting hitched (as you may recall, she previously said no to Disick's proposals *twice*).

Out of all of the Kardashian sisters, she has the best relationship and love. Yes, even better than Kim Kardashian and Kanye West! It's true that Disick could turn his partying down a bit, but he does support her and help with the kids. At one point, he wanted them to move to New York City. That would be the best thing for their relationship. They need to get out of that crazy Kardashian compound, or it could tear them

apart.

Related Link: [Kourtney Kardashian Feels “Blessed” After Birth of Third Child](#)

Lady Gaga Celebrates Celebrity Engagement

Lady Gaga and Taylor Kinney: On Valentine’s Day, the *Chicago Fire* actor put a ring on it! It’s no surprise that the pop star said yes to her longtime love’s proposal and shared the good news with her Little Monsters on social media. The pair has been dating since 2011 after Kinney appeared in Gaga’s video “You and I.” This famous couple has a wonderful energy around them, and they are a very good match. . Kinney helps to keep her grounded, while Gaga adds spice to his life. While they are both in the entertainment business, family comes first.

It will be interesting to see how Lady Gaga reinvents herself after she gets married. We will definitely see a different version of the songstress! I also see baby energy circling around them. Having kids is a priority, though they may wait until they are married for a year to start trying for a bundle of joy. I see their firstborn being a little girl and baby number two being a boy.

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

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

Single in Stilettos Show: Relationship Experts Discuss Why He Didn't Call



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to relationship expert David Crowther about why your date didn't call when he said he would.

Relationship Experts Share Dating Advice

The dating consultant for SurviveWomen.com explains that the only person who truly knows the answer to this question is the man himself. However, the [relationship experts](#) offer a few potential reasons for you to consider: Something may have come up in his personal or professional life; he didn't find you

attractive or may have been bothered by something you said; or he may be taken already. Of course, he may just be someone who lacks integrity. If that's the case, he's not someone you want as your partner in a long-term relationship and love.

Related Link: [When One Partner's Needs Are More Important](#)

There's one other question that women often ask themselves: If he doesn't call, should I reach out? Feel free to contact him, but remember that you shouldn't be doing all of the pursuing. It's a two-way street, and you deserve someone who's willing to go the extra mile for you!

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

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Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right





By

Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

Everyone dreams of the fairytale ending, but nobody said that finding Prince Charming would be easy. Even when we fall in – what *feels* like – love, we’re still not always sure that he’s The One. After all, relationships and love are supposed to be work, right? While this may be true to an extent, a romance should not be more work than it’s worth. One of the hardest decisions to make in a partnership is realizing when it’s time to walk away.

Founders of Project Soulmate Share Expert Dating Advice

While love may be enough to withstand the test of time in stories, reality is much more complicated than that. Two people could be in love and still not be right for each other. Knowing when you are a good fit for each other can be hard. With that thought in mind, here are five red flags that mean you aren’t dating Mr. Right:

Related Link: [Don’t Just Drop Hints When You Want Commitment](#)

1. You don't trust him: If there is no trust, there is no relationship. A relationship is primarily built off trust, so one *without* trust is like having a phone without service: It's frustrating, and no matter how hard you try, it will never work. Let's not beat around the bush: If you don't trust your guy, there is a reason. Whether you saw a text from another girl pop up on his phone, found out he was cheating, or even just caught him in one too many lies, if you don't trust your man, it's over.

You cannot spend all of your time and energy stalking his whereabouts because, let's face it, it's exhausting. Instead of spending your time worrying about your guy's every move, you should be enjoying your life and the people you love!

2. There's no passion: Love and passion seem to go hand-in-hand. But the truth is that you can love someone without feeling any passion for them. If your relationship is lacking that burning passion that you've dreamed about, then you're probably better off as friends. Passion is the longing for someone that makes you feel complete when you are together. And while the sexual passion is said to fade, the romantic passion should last forever. You should always feel like your partner is your other half and that you complete one another. While it's true that passion isn't everything, it is a necessary component to any successful relationship and love.

Related Link: [Balance Work and Love Like a Celebrity](#)

3. You don't feel accepted: Being in love means that you can completely be yourself around the other person. If you feel like you're constantly walking on egg shells in your relationship or like you're being judged by your man, then he isn't right for you. A person that you love should accept you for exactly who you are and whatever baggage you carry. And while relationships require minor sacrifices, they should be mutual and not one-sided.

As relationship experts, we believe that you shouldn't have to completely change yourself or give up the things that you love for another person. Your partner should accept you for who you are and embrace you with open arms. The truth is, if he really loves you, he should make the effort to learn about your hobbies, your work, and your loved ones. You should never have to give up your life to satisfy your man.

How to Know If You've Found a Relationship and Love with Mr. Right

4. He won't talk about the future: Every couple has to eventually have "the talk" about the future. And while they may dread the moment that they have to face reality and realize they want different things, it's a conversation that has to happen in order to move to the next phase in any partnership. It is true that every person has their own unique set of beliefs, but your partner's goals have to jive with yours in order for a relationship to work. In the beginning stages, many couples don't feel the need to talk about their these things, but as your relationship progresses, this discussion will become unavoidable. If you're considering spending the rest of your life with someone, having a conversation about religion, children, and your future in general is crucial.

The sooner you have the conversation, the better. You definitely don't want to marry someone, only to find out later that you both want different things in life. Even if you're in love, having different values and wanting different things means that you aren't right for each other. At the end of the day, you need to face the music and realize that it's time to move on.

Related Link: [Dealing With a Valentine's Day Break-Up](#)

5. He doesn't respect you: A relationship and love is all about balance. Your partner should bring out the best in you, and you should bring out the best in him. But the truth is that many times people stay in romances that bring out the worst in them. While arguing is normal in any relationship, there needs to be a healthy line of communication where you can discuss your feelings openly before a full-fledged fight erupts. If your partner doesn't have enough respect for you to sit down and tell you how they are feeling through a mature discussion, then your relationship will quickly spiral out of control.

Let's face it: Nobody likes to fight. If you and your partner don't have open conversations and have a lack communication, then your relationship will quickly take a turn for the worse and you will see each other's ugliest side.

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. For more information about Project Soulmate, click [here](#).

Single in Stilettos Show: Love Advice to Go From Dating to a Committed Relationship





On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to relationship author Dr. Diana Kirschner about how to go from casually dating to a committed relationship and love.

Relationship Author Reveals Love Advice for a Committed Partnership

Dr. Kirschner shares the following [love advice](#): Have fun in and out of the bedroom; be radiantly happy; don't be a drama queen; make him feel good about you; and be patient with where you're at in the relationship process. While there's no set timeline, your partnership should always be moving forward. No matter what, though, never give a man an ultimatum; you don't want to force him to be with you exclusively before he's ready.

Related Link: [Dr. Diana Kirschner Talks 'Love in 90 Days'](#)

If you follow this love advice from Dr. Kirschner, which is based on the simple laws of attraction, you'll be one step closer to finding the relationship and love you want.

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

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Jamie Dornan Says Celebrity Love Amelia Warner Does Not Want to See 'Fifty Shades of Grey'



By

[Whitney Johnson](#)

Of all the women who will be heading to theaters this weekend to see *Fifty Shades of Grey*, we know one who will be steering clear of the erotic film: star Jamie Dornan's celebrity love, Amelia Warner. According to UsMagazine.com, the actor says it only makes sense that his wife wouldn't want to watch his sexual scenes. "I am not going to put any pressure on her either way. It's her decision," he explained in a recent interview with *USA Today*. "She's well aware that it's pretend, but it's probably not that comfortable to watch."

Famous couple Jamie Dornan and his celebrity love Amelia Warner are working out a way to support each other, even when it's uncomfortable. What are some ways to support your partner from afar?

Cupid's Advice:

Showing support for your partner and their career is important to any relationship, but sometimes, it can be complicated, as famous couple Dornan and Warner is learning. Cupid has some dating advice to help you show that you care from a distance:

1. Write each other private notes: A little gesture like a handwritten letter – or even just a Post-It note! – goes a long way. While Dornan's celebrity love may not want to attend a screening of the movie with him, she can hide a sweet love note in his pocket or suitcase for him to read while they're apart.

Related Link: [Matthew McConaughey Thanks Wife Camila Alves for Motivation](#)

2. Send flowers or gifts: If your partner travels for his or her job and has a big presentation or show coming up, send your support via a bouquet of flowers or small thoughtful gift. It will show your partner that you're thinking about them.

Related Link: [Hollywood Couple: Diane Kruger Adorably Freaks Out Over Longtime Boyfriend Joshua Jackson's Golden Globes Win](#)

3. Skype, and utilize social media: Technology is key these days. Show your support from afar by logging into Skype and having a face-to-face interaction with your significant other. You can also utilize social media platforms like Facebook or Twitter to announce your support for your partner to the world.

What are some other ways to show you care from afar? Share your thoughts below.

Expert Love Advice: The Perfect Excuse for a Valentine's Day Getaway





By

[David Wygant](#)

If you're thinking of traveling with your new woman, why not plan a weekend trip for Valentine's Day? There are so many great deals during this special holiday. Don't make the classic mistake of looking to the countryside. Everyone thinks that's the most romantic place to go, but on Valentine's Day, those bed and breakfasts are swarming with couples.

Expert Love Advice for a Valentine's Day Vacation

Instead, to follow my [expert love advice](#), consider the business districts in your local city. Some of the nicest hotels are situated in the business districts, and on Valentine's Day, those hotels are often empty. There will be a ton of weekend specials you won't be able to resist – I'm talking four or five star hotels for half the price! Yes, it might be a little quiet down there, but isn't that exactly what you're craving for you and your significant other?

Related Link: [How to Plan a Guy Friendly Valentine's Day](#)

For your romantic weekend, you'll have a big bed, room service, and easy access to recent movies. Usually, there is a great spa, a huge gym, and a top-notch restaurant in the hotel too. After all, they're geared towards the business traveler who wants to feel absolutely spoiled when they are away.

How to Use a Special Getaway to Learn About Your Relationship and Love

After you book your room, what do you plan for Valentine's Day weekend? Well, that depends on what you want. When I travel with somebody for the first time, I'm taking a look at how spontaneous they are. How do we relate to each other in closed quarters? It's important to ask these questions because, up until this point in your relationship and love, you've probably spent all of your time in a comfort zone.

Maybe she spent the night at your place, or you spent the night at her house, but either way, you've been in familiar territory. When you take somebody out of the familiar, you get an idea of how they are when their things aren't around. How much time does she spend with you? How much time is spent staring at her phone? Is she talking to or texting with her friends over the course of the weekend? These are things you don't really think about, but a lot of women are social media junkies – they're on it 24/7. I remember when I went away with this woman for the very first time years ago. We had sex, and it was great. I went to the bathroom. I came back literally 35 seconds later, and she was on Twitter.

Related Link: [Dating Advice: How Do You Make a Woman Feel Most Beautiful?](#)

The first time you "live" with a person – even just for a weekend – they reveal their true nature. Up until this trip,

they've been on their best behavior, but they're about to expose themselves. Are they high maintenance? Are they low maintenance? Do they travel with a lot of things? Do they have trouble leaving their routine? You won't know these intimate details until you take them away.

I believe that, in order to have a strong relationship and love, you need to take somebody on a getaway as quickly as possible. So this Valentine's Day, invest in a weekend trip! Check out who she is and what she's all about. Get an idea of what your future's going to look like if you stay together.

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

Expert Relationship Advice: I'm Divorced, But He's Married





By To

ni Coleman, LCSW, CMC for [Hope After Divorce](#)

I recently received the letter below and offered my expert relationship advice in my response.

Expert Relationship Advice from Hope After Divorce

Dear Toni,

Somehow, I have fallen in love with a married man. I know what you must be thinking: that if I knew he was married, and I walked into it anyway, I did this to myself and need to just accept the consequences. If so, you would be right, but I honestly didn't have the intent to go down this path. It more or less evolved from us being co-workers and friends. Ironically, he was the one who I leaned on a lot through my ex's infidelity and subsequent divorce. It was a time of great vulnerability for me, and he was just so great; in fact, he was everything my ex had never been. After hours of talking, long lunches, drinks after work and an increased frequency in texting, we shared a kiss. From there, it was too easy.

Related Link: [How to Be Mindful When It Comes to Relationships and Love](#)

He is a good man, the father of three children and spouse to a nice woman. I know they have had their issues and problems, but he has never been unfaithful to her in the past because he is not that kind of guy. He has told me that he did not intend this either and feels guilty and torn about continuing, even though I know he values our relationship and love. He loves his family, is concerned about his children, and knows he would take a terrible financial hit if he were to divorce.

I'm hoping you can help us figure out what we should do next. Speaking for myself, I would love it if he could be free and we could have a life together. I know this is very selfish, but it's the truth. However, I am not exactly sure how he feels. He has told me he cares about me and has demonstrated this in many ways, but I know he is devoted to his family. I have considered just breaking it off, asking him to go to counseling with me, and telling him I can't remain in limbo while giving him a period of time to tell his wife and begin a separation or else. The last one is a bit of an ultimatum, but at least I could be sure of where he really stands. Any insights, suggestions or wisdom gained from your experience working with situations like this would be greatly appreciated.

– In Love's Limbo

Related Link: [Your Soul Needs Nourishment](#)

What's Next For This Relationship and Love

Dear In Love's Limbo,

Wow, your ex did this to you, yet you have let yourself be a part of doing this to another wife. You mention the irony, but

I don't sense much remorse on your part, and that is a bit troubling. You also say "he" is married to a nice woman and that he has never done this before because he is a nice guy. What does that make you?

My intent is not to dump a lot of guilt or criticism on you; I am instead asking hard questions in order to get you to step beyond your present perspective and take a larger and more brutally honest view of the situation in which you now find yourself. This did not just happen – it is the result of a series of steps taken over time, each of which could have been different if either of you had made a different choice. Seeing this as a choice is very important, as you are not a helpless victim here, and that means you can make choices that will help you to work towards what is best for all involved.

I get the sense from several things you have written that your lover has been expressing ambivalence and has suggested that he does not want to continue. It also seems apparent that you do not share these feelings and would have no hesitation to move this relationship and love forward once his marriage is out of the way. The reason these impressions are important is that, if I am correct, your letter might be motivated by a desire to find a way to convince him to remain involved with you and end his marriage because his reluctance to do so is becoming very apparent to you. If this is the case, any suggestions I might offer would not be addressing the real issues and dynamics and would not help either of you in the long run.

Related Link: [Love Advice: Is Your Life Working?](#)

Therefore, I recommend that you begin with an honest discussion about what both of you want. This will require that you create the right environment and give him the space to share his feelings honestly and without fear of backlash. After all, would you want to be with a man who feels ambivalent or pressured to be with you? If his heart is with

his family, what of any real value would be left for you? There is also all the collateral damage that would result if he were to break up his marriage and family life. Would it be worth it to him if he only has a half-hearted desire to be with you? Do you really want a future with someone who isn't fully committed to you and the relationship?

The truth may be very painful to accept, and you would be left to grieve if a decision is made to end your affair. I suspect you are feeling a bit desperate to avoid this pain, and that is understandable. But weigh that against a possible lifetime of resentment on the part of your partner and continued grief over never having the relationship and love you had hoped for. Somehow, a quick and clean cut seems like the better option. However, you will need to really listen to what he has to say before you will know what you need to do.

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

Match.com Singles In America Study Breaks Down the World of Modern Relationships and Love





This

post is sponsored by Match.com.

By Katelyn Di Salvo

Modern dating has a set of new rules along with new gadgets and online dating apps. With the click of a button or the swipe of a finger, you could make a night of ice cream and Netflix into one filled with wine and gourmet food. It's no secret that technology has changed the dating game in so many ways. As if being single wasn't hard enough, now there's even more to know when you're searching for a relationship and love!

Match.com Reveals Statistics About Singles Looking for a Relationship and Love

In collaboration with The Second City Communications, Match.com and Singles In America (SIA) set up an afternoon of cocktails, food, and fun. In the Cutting Room in New York City, Match.com had a live streaming of their fifth comprehensive dating survey. The study, conducted by Research

Now in association with renowned anthropologist Dr. Helen Fisher and evolutionary biologist Dr. Justin R. Garcia, polled the attitudes and behaviors of 5,675 U.S. single men and women between the ages of 18 and 70+. Their findings shed some light on how to date in the digital world and the ways in which technology is impacting courtship, sexual behaviors, gender roles, and hot-button issues.

This year's results indicate that there is an "etiquette for a new era," meaning that new technology and media lead to new habits and rules for dating. SIA found that both single men and women (54 percent of women and 33 percent of men, to be exact) find misspellings and incorrect grammar to be the biggest text turn-offs. Another thing to keep in mind is many singles find too many selfies to be a bad sign.

Interestingly enough, emojis found their way into the study as well. 51 percent of singles say they use emojis to give their texts "more personality." The most popular emoji's among singles are the wink (53 percent), the smiley (38 percent), and the kiss (27 percent). During the live streaming of the results, Dr. Fisher stated that singles who used these emojis to flirt as well as kiss emoji users were more sexually satisfied.

Another interesting point that came from this year's study was what SIA called "The Clooney Effect." Like George Clooney, men were starting to seek "the new woman": someone who is smart, powerful, and self-sufficient. 87 percent of single men stated they would date a woman who makes "considerably more" money and who is better educated. Similarly, 78 percent of women want their own bank account, and 90 percent want more personal space. Does this mean men are getting lazier? According to Dr. Fisher, that's not the case. "It just means we are seeing the end of the macho man," the relationship expert explains.

As the Match.com Singles In America survey revealed, dating in the modern world means looking for a relationship and love with more technology at your finger tips. Finding someone

special is easier than ever before!

Single in Stilettos Show: Love Advice for Winning Him Over



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima and dating expert Des O'Connor share their best love advice for how to win him over.

Related Link: [Des O'Connor on Why You Keep Attracting the Wrong Men](#)

Relationship Advice Video: How to Win Him Over

According to O'Connor, finding a relationship and love shouldn't be hard for women. If you understand how men think and what they want, you can capture his attention. Consider this love advice from the dating expert and make yourself aware of these three things: Know what makes him tick; understand his relationship with his mother; and remember that food is really important to a man. Other than that, just show him that you're thinking of him. It really is *that* easy!

Watch the [relationship advice video](#) above for the rest of O'Connor's great dating tips!

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

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

How to Get Through Valentine's Day Single





By

Elizabeth Kim and Molly Jacob

You check the calendar and realize February 14th is coming up sooner than you'd like. You wonder if you can call in sick or at least stay away from social media all day so you don't have to deal with the cheesy Instagram photos your friends will inevitably post about their significant others. But, before you burrow into bed so that you don't have to deal with the inevitable love parade, Cupid has some advice on how to get through Valentine's Day single, unscathed, and maybe even happy.

While it seems like Valentine's Day is all about relationships and love, check out Cupid's tips to help you enjoy this day even if you are single:

1. Take part: Remember in elementary school when everybody would pass around tiny boxes of conversation hearts and fold-

up cardboard Valentine's Day cards? Distribute goodies to co-workers and friends! Whether or not you buy bulk cards from your local drugstore or personalize each and every gift with great detail, not only will you be bringing a smile to someone else, it will serve as a good distraction from all the couple-themed activities surrounding you.

2. Ignore the holiday: February 14th is just another day in your week, so plan a day of fun activities that have nothing to do with relationships and love! You might decide to take the subway to a part of the city you haven't been to before so you can explore cafes and parks. Or, plan a day at the spa followed by lunch at your favorite Italian bistro. Whatever it is, don't use V-Day as an excuse to be miserable — have fun with it!

Related Link: [Dealing with a Valentine's Day Breakup](#)

3. Band together: You're certainly not the only single girl this Valentine's Day. Have a pseudo date night with a friend or spend the day with all your fellow single ladies. Have an old school slumber party, complete with delicious snacks and trashy magazines. Misery loves company, so even if you decide that you all just want to mope, at least you won't be moping alone. Sure you might shed some tears, but you will end up sharing a lot of laughs.

4. Treat yourself: Make this day all about you instead of relationships and love. Go ahead and buy that Michael Kors bag you have been saving up for, or splurge on a fancy manicure. You will be distracting yourself from all the love in the air while rewarding yourself for surviving the day!

Related Link: [Making the Most of Valentine's Day Even If You're Unhappy](#)

5. Remind yourself: This one is the toughest but ultimately you just have to remind yourself that it is just another day on the calendar. You shouldn't equate going on a date or being

in a relationship with self-worth. And here's a bonus tip: Valentine's Day chocolates are super cheap on February 15, so stock up on delicious treats as soon as this day of love is over!

How do you get through Valentine's Day when you're single? Tell us in the comments below!

Expert Dating Advice: How to Straddle the Line Between Proactive and Pushy



By

[Marni Battista](#)

In this day and age, females aren't expected (nor do they want) to be that delicate flower patiently waiting for the object of their affection to ring them up and ask them to the drive-in. We're making more money and finding fulfillment in ourselves, so by golly, we should be able to make the first move with confidence every once in a while!

Expert Dating Advice: How to Be Proactive

In the interest of maintaining that magical feminine mystique that makes us such a desirable gender, it's important to determine where being proactive crosses into pushy territory. And since navigating that line can be a subjective and nearly impossible exercise on your own, here's a Dating With Dignity list from our relationship experts to help you keep your sexy confidence from turning scary:

Related Link: [How to Know When to Make a Move for Him](#)

1. Introducing yourself: There is absolutely nothing wrong with walking up and saying hi to that cute guy you spot across a room. In fact, many fellas will say they find it attractive when a girl goes after what she wants. If you're a little unsure, follow this expert dating advice when looking for a relationship and love: Shoot him a smile first and see how he responds; then, read the signs from there. As long as you keep it casual, light, and flirtatious, any red-blooded, American man will welcome an attractive lady doing the hard part for him.

Signs that you're being pushy: He's clearly trying to end the conversation; you catch him making subtle SOS signs to a friend; and/or he's wearing a wedding ring.

2. Initiating follow up: Many guys will be the first to admit they're clueless about when to pull the trigger, whether it's

asking for a number, sending the first text, or suggesting a date idea. And much like being the first to say hello, it takes a heightened sense of social graces to determine when your go-getter attitude is a welcome one. If he's expressing interest during your initial conversation – actively engaging, making physical contact, listening attentively, and smiling plenty – you have your go-ahead to grab some digits or broach the subject of hanging out.

Signs that you're being pushy: He's trigger shy at every turn; his responses to your contact are short and infrequent; and/or he doesn't seem to open up as contact continues.

Related Link: [Top 3 Mistakes Women Make in Relationships](#)

3. Making the first move: This is a tricky one. We assume that men, being the supposedly simple creatures they are, will make a move if they're even remotely attracted to you. But believe it or not, that's not always the case. For every man who leaves a date wishing he had swooped in for the kiss, there is a lady who won't let that happen. When and where you decide to do it is completely dependent on your comfort level, but deciding to do it in the first place requires a key focus on body language. Here's some expert dating advice to consider: If you can sense the attraction is there but nerves are standing in its way, it may just be you who needs to break that physical barrier.

Signs that you're being pushy: He maintains a healthy distance when the two of you are together; he doesn't initiate any physical contact; and/or he appears disinterested in conversation.

[Marni Battista](#), founder of *Dating with Dignity*, is a relationship expert and life coach with a 10-step system to manifesting love for yourself and others. You can contact Marni at marni@datingwithdignity.com.

Screwing the Rules Video Dating Tips: Never Listen to THIS Relationship Advice



By [E!'s Famously Single Dating Coach, Laurel House](#)

Does your best girlfriend, your mom, your sister, or any other female in your life try to give you relationship advice? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares three pieces of love advice that you should ignore, despite what they may tell you.

Related Link: [How 'The Bachelor' Is Changing the Reality of](#)

Dating Expert from E!'s *Famously Single* Says to Ignore This Relationship Advice

1. Don't sleep with him too soon: This timeline will vary for each couple. For some, it may be the first date, and for others, it may not be until three months into a committed relationship. "The only person who gets to be the judge of that is *you*," House explains.

2. Dump him – immediately: Even if your guy is acting like a jerk, don't assume that the only solution is to break up with him. "Take a minute to think about if it's a real problem in the relationship or if it's a deal breaker," she shares. "If you cut the line because your friend said you should, you might quickly regret that decision."

Related Link: [Busting the Soul Mate Myth](#)

3. Follow the dating rules: Your friends may tell you not to call him first or to pretend you're busy when he asks you out. They may encourage you to keep your cards close and not reveal too much of yourself to him. As the dating expert says, "You might not even realize that the rules you're following are actually games." Instead, "screw those rules! It's time to get real."

If you're looking for a love that lasts, stop listening to these three pieces of relationship advice from your friends and family. "Your loved ones aren't in your situation, so they don't know exactly what you're going through," House reveals. "It's *your* life. Live it the way you feel in your heart, your gut, your soul, and your mind."

For more love advice from House, click [here](#).

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

What piece of relationship advice from your family and friends do you ignore? Tell us in the comments below!

Single in Stilettos Show: Dating Advice About Mindfulness



On this week's [Single in Stilettos](#) show, relationship

expert Suzanne Oshima and author and passionate living coach Abiola Abrams share their best dating advice about mindfulness.

Dating Advice: How to Be Mindful When Dating

"Self-being is really just mindfulness. When you don't have access to self-love, go for self-being," Abrams explains. "It's about learning how to be comfortable with yourself and where you are. So when I say dating and mindfulness, it's about learning how to be present, not only on a date but in a relationship." Watch the video above for her tips on how to improve your relationship and love life!

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

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

Tell us: What's your best dating advice for how to be mindful when looking for a relationship and love?

New Celebrity Couple Selena Gomez and Zedd Face Doubt From Her Friends





By

[Whitney Johnson](#)

It looks like Selena Gomez has finally moved on following her celebrity break-up with Justin Bieber! The pop princess is now in a relationship with music producer Zedd. According to [E! Online](#), a source close to the singer says, "Everything is going great with him. She is really happy, and they are having fun." Unfortunately, some of Gomez's loved ones are unsure about the new celebrity couple and where their relationship is headed. "Selena's friends are a little bit wary while remaining hopeful," the source adds. "Right now, he is making Selena happy, and he's not Justin Bieber, so that's a good thing."

This celebrity couple is facing some doubt from the pop star's friends. How do you handle criticism about a new relationship

and love?

Cupid's Advice:

The beginning of a new relationship and love should be filled with joy and bliss. However, when your pals are unsupportive of your new partner, it can put a damper on your happiness. If you're facing criticism like this celebrity couple, Cupid has some tips:

1. Introduce them: If your buddies haven't met your significant other yet, ask them to be open-minded until they get to know each other. If they've already been introduced and had a negative first impression, tell your buddies that it'd really mean a lot if they would give your beau a second chance. Encourage them to set judgments aside until they spend some quality time together.

Related Link: [Selena Gomez Cries Singing Song About Justin Bieber](#)

2. Listen to their concerns: It may seem counterproductive, but it's important to ask your friends to explain their doubt to you. As much as you may want to ignore their criticism, giving them the chance to share their worries will go a long way. It'll help you understand where they're coming from, and it'll allow your pals to feel like they're being heard. Getting everything out in the open will help you all move forward in a graceful way.

Related Link: [Back Together? Justin Bieber and Selena Gomez Snap Cozy Pic in Canada](#)

3. Be honest: If all else fails, you need to have a heart-to-heart with your loved ones and open up about your new relationship. To help them understand how you feel, share the reasons why you want to be with your significant other and how they make you feel. If they truly love you (and they should!),

seeing you so happy should be enough for them.

How do you handle criticism for your pals about a new relationship and love? Share with us in the comments below!

Expert Dating Advice: Valentine's Day Tips



By

[Melanie Mar](#)

Valentine's Day: the red heart holiday. It's guaranteed to keep restaurants busy and flower stores in business. Whether you're single, newly dating, or married, this heartfelt day can be a bit tricky to navigate. Depending on your

expectations in the romance department, Valentine's Day can be an incredible hit or a massive miss. So how do you make sure you and your partner feel special on a day dedicated to love? Read my expert dating advice below!

Expert Dating Advice to Consider Before Valentine's Day

If you're single: Being single on Valentine's Day is not uncommon, so take some comfort in the fact you're actually in good company on this hyper-focused heart holiday. As a relationship expert, I believe this is an excellent time to fall in love with *yourself*. If you prefer to be alone, pamper yourself with a hot bubble bath, music and some fine, quality chocolates. Or let someone else do the pampering and book a soothing massage at a relaxing spa. Take the time to treat yourself well and know that you're worth it.

Related Link: [How to Get Through Valentine's Day Being Single](#)

If the thought of being alone simply fills you with dread, then gather up your girlfriends and put on a fabulous dress. Head out to a sexy lounge bar, enjoy some playful flirting, and kick up your killer heels. Another fun idea is to host a "singles Valentine's Day party" at your place. Invite all your fellow singletons over to eat, drink, and be merry.

If you're newly dating: If you've just started dating someone, Valentine's Day can be a little awkward. What if you go all out and he doesn't acknowledge it? Yes, there are men out there who are oblivious to all the heart decorations in the shop windows or who "just don't get it." What if your expectations of the day are at a certain level and the reality turns out to be completely different? How will you handle that?

My recommendation: If you are at a certain level of comfort

with your partner, have a lighthearted (pun intended) conversation about the day and find out what they think about it. Remember that it's a day mostly aimed at women. Most men only do what society has informed them because a good man doesn't want to disappoint his girl, so be gentle on him.

If talking about it prior is not an option for you, then remind yourself that, whatever happens on the day, you will embrace and accept it – even if that means you are dating one of those oblivious men and end up deeply disappointed. By the following year, you'll be more invested in the relationship; then you can give him a polite prod about making Valentine's Day plans!

Related Link: [5 Celebrity Couples Who Got Engaged on Valentine's Day](#)

Valentine's Day Date Ideas for Married Couples

If you're married: Being married and celebrating Valentine's Day should be fabulous and stress-free. You already know each other's needs, wants, and desires *and* how to accommodate them. Over the years, that could be as simple as a card and a home-cooked candlelit dinner. After all, cooking together can be a very intimate and enjoyable process.

One of the things to be aware of with long-term relationships is complacency. The notion of not buying into this "commercial holiday" because you've been together so long is one you should ignore. My expert dating advice is to make it matter! If you're looking for Valentine's Day date ideas, do something out of the ordinary to celebrate each other. Surprise each other with the unexpected, whether it be lingerie or a weekend getaway –whatever is out of the norm for you as a couple. The element of surprise keeps romance alive; it reignites the

flames of passion and, in turn, fills the heart with love.

[Melanie Mar](#) is a relationship expert and life coach as well as co-owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association.

How to Be Mindful When It Comes to Relationships and Love



By

Lisa LaBelle for [Hope After Divorce](#)

Relationships and love begin at a young age for many of us, long before we are adults. Luckily, there are words of dating advice, guidance, and wisdom we can share to help each other through these sometimes murky waters. After all, we are all navigating our way through relationships – whether they be family, romantic, or platonic – in one way or another.

The Importance of Mindfulness in Relationships and Love

One specific word I find essential, helpful, and a miracle worker when it comes to relationships and love is “mindfulness.” Why? Here’s a broad definition that will hopefully answer this question:

Mindfulness means to consciously paying attention to what you are experiencing (feeling and thinking) as it’s happening. You must be in the present moment within your mind. It means to be fully anchored in the moment, leaving what has happened in the past or what’s lying ahead in the future. To be mindful means to be aware of your thoughts and emotions and then to choose how to behave and respond through your words, actions, body language, etc. It means to recognize others around you as they are without judgment.

Related Link: [Changing Your Life in Those Quiet Moments](#)

A positive consequence of being mindful is feeling peaceful rather than overwhelmed by your thoughts, memories, emotions, worries, concerns, fears, or distractions. In addition, mindfulness gives you the authentic feeling that you are the captain of your own ship; you are responsible for your own life and the choices you make. You gain your own power, which is essential to living an authentic life. This includes making positive decisions when dating, whether you’re playing the

field or in a romantic, committed relationship.

Celebrity Exes Nick Cannon and Mariah Carey

Unfortunately, Nick Cannon and Mariah Carey weren't able to practice mindfulness in order to rebuild their marriage. After a lot of ups and downs, the comedian filed for divorce. Now, the celebrity exes will begin a new and significant journey of co-parenting. Hopefully, they will realize the importance of working together, supporting one another, and doing their individual parts to raise their children peacefully. It will be essential for them to be mindful of their own thoughts, actions, behaviors, responses, decisions, and choices for their own well-being and that of their beautiful children.

Mindfulness is naturally becoming a common practice among health and wellness professionals, counselors, relationship experts, and life coaches. You can clearly see why in the description above. If you wish to have a healthy relationship and love, choosing to be mindful of your own thoughts, actions, and feelings each day will be a significant benefit for you and your partner. Remember, you are 50 percent of a relationship. Your other half must also do their part to mirror your practice of being mindful. When we are mindful of what is going on around us and how we are choosing to respond, feel, think, and behave ourselves, we are likely to feel more connected. We engage in healthier and happier patterns of behavior. These positive patterns will serve us well if we will do our part to practice mindfulness, so make it a daily choice.

Related Link: [5 Ways to Turn "Me" to "We"](#)

Our brains are powerful. It is up to us to guide them in a positive direction. We each have the innate power to literally change the way we think. Hopefully, celebrity exes Cannon and

Carey will choose to be mindful as they become co-parents for years to come. Begin to be more mindful, and see how your own relationships and love life will evolve and change for the better. It starts with YOU!

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



Lisa LaBelle is co-founder and co-executive director of Hope After Divorce and DivorceSupportCenter.com. She holds a B.S. degree in Education, and is completing her master's degree in clinical mental health counseling with an emphasis in marriage, child, and family therapy. Lisa is a family and child advocate. She is co-author and co-editor of Hope After Divorce and Divorce Experts Weigh In. Lisa is the co-host of the Life After Divorce CL3 Agency blogtalk radio show. She is a contributing expert for DivorceSupportCenter.com, FamilyShare.com, CupidsPulse.com, and Newport Lifestyle Magazine. You can contact Lisa by visiting www.divorcesupportcenter.com.

Single in Stilettos Show: What Makes a Man See You as Marriage Material





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima and romance artist Zan Perrion share their video dating tips for what makes a man see you as marriage material.

Video Dating Tips: Love Advice to Make a Man See You as Marriage Material

The relationship experts believe that a man looks for a woman who: takes care of him, who inspires him, who is supportive, who doesn't emasculate him, who doesn't try to change him, and who needs him. If you follow this love advice and possess these qualities, the guy you're dating may just start to see you as a potential wife!

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

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

Cupid wants to know: What's your best love advice for making a

guy see you as marriage material?

Dating Advice Q&A: Is It Appropriate to Play Hard to Get Via Texting?



Question from Kaitlin B.: It sounds silly, but I think a lot about my texts before I send them to a guy I've just met. When and how do I play hard to get while texting? What things should I consider before pressing send?

Read on to find out what our relationship experts think!

Dating Advice from Our Relationship Experts

[Suzanne K. Oshima, Matchmaker](#): I think it's interesting that you prefaced your question with "it sounds silly"...and the reason why I bring that up is because I think deep down you know this *is* completely silly! You're thinking way too much about what you should or shouldn't do when it comes to texting a guy, which is probably taking all the fun out of the beginning stages of dating and just getting to know him.

If a guy really likes you, whatever you write in a text is very rarely going to change how he feels. However, if you play too many games and play hard to get, you're more likely to lose him than to get into a relationship with him. Here's my best dating advice: Stop thinking too much about what/how/when to text him and just go with the flow. You might win him over by being yourself!

Related Link: [Is It Okay If My Boyfriend Texts His Ex?](#)

Paige Wyatt, Reality Star: It's very easy to overthink when it comes to texting someone you've just met. It's important to note that you don't always have to play hard to get. Sometimes, it's better to just act like yourself and reply back without too much thought. If you feel like you need to do a little more to keep this person interested, don't reply back right away; it can be enticing if you don't seem too available. You don't want them to think they don't have a chance with you, but you can let them know that you have your own life and that you're a busy girl.

If you still want to play hard to get, don't be too cold. Remember that it's called "hard to get," not "never get!" My best dating advice is to make sure they know you're in demand but that you're also willing to make time to see or talk to them.

Related Link: [Dating Advice: Is It Bad to Double-Text a Guy?](#)

[Robert Manni, Guy's Guy](#): The most important consideration is if texting is the best way to play hard to get. The written word, particularly emails and texts, can be easily misinterpreted. Playing a finesse game like "hard to get" can be challenging when the playing field is limited to a few brief words and phrases. If setting the hook and making a real connection is your goal, I suggest a phone call or, better yet, meeting up in person. Remember that guys are visual. There is no better way to make a man want to see you more than by looking into his eyes and smiling.

To find out more about our three dating and technology gurus, click [here](#).

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

How do you play hard to get when texting a new guy? Share your dating advice with us in the comments below!

Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating





By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses how *The Bachelor*, particularly season 19 with [Chris Soules](#), and other similar reality TV shows are changing the reality of dating.

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

"They're helping to shape the way we view what is desirable, what is sexy," she explains of the reality TV franchise. "With Farmer Chris from Iowa as America's current leading man, the dating landscape has dramatically shifted." House reveals five ways that Soules is changing the reality of dating: Women no longer want bad boys like former *Bachelor* Juan Pablo Galavis; we see farmers as marriage material; we're going back to the basics and forgetting about the rich and famous; we want a true gentleman; and we (finally!) think nice is sexy.

Related Link: [Screwing the Rules Video Dating Advice: Find the Love of Your Life](#)

Funny enough, a reality TV show is helping us redefine real love. "It's being authentic; it's being our true self. It's looking down deep and thinking, 'What do I need in a relationship and love? What do I need in a relationship? What will sustain a relationship long-term?'" the relationship expert shares.

For more dating advice from House, click [here](#).

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

How do you think *The Bachelor* is changing the way we date? Tell us in the comments below!

Single in Stilettos Show: What Turns a Man On





On this week's [Single in Stilettos](#) show, NYC matchmaker and dating coach Suzanne Oshima talks to founder of the [WingGirlMethod.com](#) Marni Kinrys about what turns a man on – and no, we're not talking about in the bedroom!

Related Link: [The Most Important Thing You Can Do to Find Love](#)

Relationship Advice for the Early Stages of Dating

These dating experts share their best relationship advice for what keeps a man's attention after the first few dates. In the beginning, of course, your chemistry is based primary on your looks, the way you smile, and how you smell. But if you want him to stick around, you have to make him happy. It's really as simple as that! The best way to do so is by communicating clearly. Men get confused easily, so say what you mean and mean what you say. If you follow this relationship advice, you'll quickly move from "just dating" to a committed partnership with the right guy.

For more information about Single in Stilettos shows,

click [here](#).

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

What's your best relationship advice for making a man happy? Tell us in the comments below!