

Relationship Advice: How to Succeed In The Quest To Find Mr. or Mrs. Right



By Michelle Rebecca

Although things like a successful career, possessions and status are a few ways for a person to gauge success, it's important not to overlook the power of strong relationships. The support of family can help someone feel empowered during hard times, but the joy of finding a loyal significant other often makes a person feel truly complete. Knowing when you've found the right person is sometimes as hard as the search itself. Read on for a few tips.

Communication Is Key

It's crucial to talk things over with your partner, whether things are going smoothly or you've hit a rough patch. Earlier this year, a Huffington Post article mentioned that text messages are the most popular form of communication in the United Kingdom. Regardless of how you and your partner stay in touch, make sure to do it regularly. If someone you're with seems hesitant to speak up when something's wrong or prefers to avoid tough conversations altogether, that's a red flag.

Related: [Fishing for Mr. Right – Types of Guys to Throw Back](#)

A Relationship Built Upon Equality

Although you and your partner might not always agree on everything, strive for a sense of equality. When you treat each other with fairness, it's easier to work through disagreements and reach common ground. If your partner frequently likes to discourage you or dominate conversations, put a stop to it. Relationships thrive when each party has the opportunity to speak their views and feel valued.

Related: [Is that You, Mr. Right?](#)

Do You Trust Each Other?

If your relationship doesn't include trust, that's a huge weakness. Sometimes people have trouble trusting their partner, but only because of something that's happened in the past. If you've gone through a previous traumatic event, it's important to bring that up earlier rather than later.

When you start to feel suspicious about something, resist the urge to search through your partner's phone records or inbox, and speak to them directly instead. By hunting for evidence, you'll place a strain on your relationship.

Know When It's Time To Move On

No matter how long you've been with someone, it's essential to recognize when it's time to end the relationship. Things can get more complicated if you have children with your spouse. If you need to know how to get divorced or just get clarity about whether to remain with a person, experts can help. Aim for an outside perspective, if possible.

Often people focus on all the good qualities of their partner and become blind to any faults. No one is perfect, but if the person you're with is degrading, prone to ridiculing you, or simply not willing to invest in the relationship, those are clear signs that it might be time to end things.

Being in love with someone who loves you back is thrilling. Use the characteristics mentioned above to help you determine whether a current relationship is worthwhile and to know what to look for in a potential mate.

Michelle is an aspiring writer with a passion for blogging. She enjoys writing about a vast variety of topics and loves that blogging gives her the opportunity to publicly voice her thoughts and share advice with an unlimited audience.

Returning to the Dating World





By Matthew and Orna Walters

On a recent episode of Bravo's *The Millionaire Matchmaker*, we coached Denise Richards' father Irv as he re-entered the [dating world](#), five years after the passing of his wife. Irv was concerned about whom he might bring into his family and was obviously a little nervous about [dating again](#). We helped him to get clarity on what he was looking for and what to avoid.

Starting to date again after the end of a long relationship can be a daunting task. We have successfully assisted numerous [singles](#) in our relationship coaching practice, and we're here to help you get over the hump and get back into the game while having fun and learning about yourself.

When you're looking to go back into the [dating world](#), it is important to know what you desire. Are you looking for a long-term relationship? Perhaps, you're hoping to get married. Or are you just looking to get your feet wet again? Maybe you're just curious to see what it's like out there. Maybe you are just looking to have a good time. Once you define what your

desired outcome is, you can set a clear intention that will act as a compass to navigate your journey.

Related: [Dating After Divorce: How Soon Is Too Soon?](#)

The most important thing to remember about dating, that most people overlook, is that it is PRACTICE! When you set your mind to this and understand that it is just practice, how does this change your [relationship](#) with you?

We often say that hope is the first thing that comes into a relationship, and is often the last thing to go. To take the pressure off and to utilize dating as a great tool for personal growth we have a process we call: Date To Discoverâ„¢.

Related: [How to Get Back in the Dating Scene After a Divorce](#)

Rather than placing emphasis on the other person, wondering if they are the right fit for you – turn your attention inward. Start paying attention to your inner dialogue – “What am I saying to myself about myself?” Do you have a negative inner dialogue in response to dating? Or are you saying positive things about yourself and your prospects? Your attitude towards dating will largely determine your results.

Being aware of your inner dialogue will give you the opportunity to make adjustments. For example, if you find that you can easily speak your feelings to someone you’re not attracted to, but find it difficult to do so when there is an attraction, then this is an opportunity to spend some time practicing being emotionally authentic under all circumstances.

When there is a [desire for love](#), most people look for it outside of themselves, yet it must be INSIDE of us in order for it to be mirrored back to us. Ultimately, you cannot say or do the “wrong” thing with the “right person.” So, whether you are looking to date casually, or wish to connect with the

love of your life, the best approach is to be true to yourself, not twisting into a pretzel to get love. That way when you are in a committed relationship you'll know that person loves you for who you truly are, inside and out.

[Orna and Matthew Walters](#), today's relationship Power Couple, are dedicated to busting the myth that love is supposed to happen by accident. In the business of "Creating Love on Purpose," they have taken their crusade global, empowering singles to be their own advocates to ultimately form true, soul partnerships. Promoting 'love is an inside job and that it's never too late to find the love of your life,' Orna and Matthew have shared their successful program and expertise on: NBC, Fox News, MSN, USA Networks, KPFK Radio, with Les Brown on CBS Radio, and Bravo's The Millionaire Matchmaker.

5 Completely Unique Honeymoon Ideas





By Amanda Hevener

Traditionally, a honeymoon is a vacation taken directly after the wedding so that the newlywed bride and groom can spend a little alone time. These vacations are usually spent at beach resorts, on tropical cruises or at exotic destinations that the new husband and wife have never been to before. However, there is something to be said about a unique honeymoon, where the newlyweds can still be together without spending time lounging on a beach. These unusual trips involve doing activities that both halves of the new couple love, or taking a once in a lifetime chance to do something adventurous.

Spend time at a small fishing cabin.

A quiet, peaceful week without any interruptions, aside from fishing and hiking, of course, might be just what you need to unwind after the craziness of planning a wedding. If both you and your future spouse like the outdoors, then this might just be the right honeymoon for you. Find a quiet, somewhat isolated cabin near a freshwater lake and be prepared to spend a relaxing week boating, fishing and sitting around a

campfire.

Related: [Three Far Flung Honeymoon Destinations](#)

Go on an Alaskan cruise.

Many people spend their honeymoons on a cruise – only they choose to travel to warm, tropical locations, for example, Mexico, Jamaica and the Bahamas. For a change of pace, go to Alaska instead. The state is beautiful, and amazingly full of things to do. Plus, most of the cruise ships that go to Alaska are smaller, so you will not have to deal with as many crowds.

Tour historic sites, like Civil War battlefields.

If both you and your new spouse are history buffs, then spending your honeymoon traveling around to different historic sites is a great idea. Plus, if you decide to go by car, you will save money on your travel expenses! Some ideas include touring various United States Civil War battlefields, spending time in Washington DC taking in the many monuments and museums, and wandering the back roads along the Lincoln Highway, viewing all of the small towns along the route.

Related: [5 Post-Wedding Tips for Newlyweds](#)

Book a trip to Nepal and climb Mount Everest.

For a real once in a lifetime adventure, consider going mountain climbing. This is only a good idea if both of you are experienced climbers, since it can be very dangerous for everyone involved, especially those new to rock climbing. Sure, mountain climbing is not a very romantic experience, but it will leave you with memories to look back on when you are old and gray, and that is all that matters.

Go backpacking throughout Europe.

This can be interpreted in several different ways, as one person's backpacking involves staying in hostels and following

a budget, while another person's version of backpacking might revolve around four star hotels. Either way, spending some time traveling around Europe is an excellent bonding experience. You can try new foods, see new places, and even visit some of the most romantic cities in Europe: Rome, Florence and Paris. It will be the trip of a lifetime!

Amanda Hevener writes about the wedding business and dishes out wedding business tips.

3 Ways to Background Check Your Next Date



By Bradley Corbett

We live in an age of digital content. Every picture you post and every word you put online are stored somewhere. It makes finding out information about another person a whole lot easier. And with online dating constantly growing, it's important to do your due diligence before meeting up with strangers.

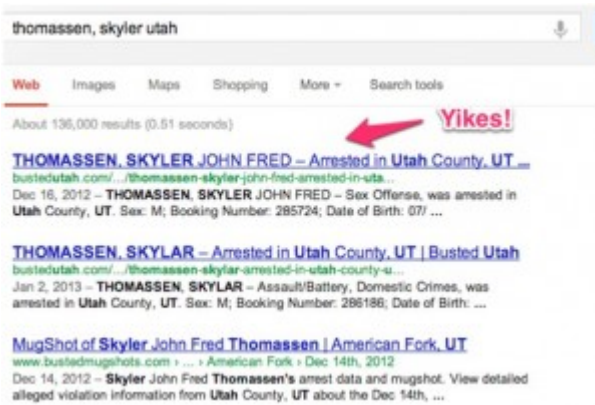
When you finally meet in person, it's not exactly appropriate to ask someone if they have been convicted of a crime or if they have had troubles with the law in the past (especially if you want a second date).

Here are three ways to research your next date that you may not have tried before:

1. Google.

Yes, we've all Googled ourselves but next time; try searching for your upcoming date. If they have a common name, it may be a bit trickier but try some of these search terms to get more specific:

- Date's Name + Birthdate
- Date's Name + City, State
- Date's Name + Job Title/Company
- Date's Name + Mugshot
- Date's Name + Blog
- Date's Online Username
- Google's Image Search – put your date's picture in Google and it will find similar pictures of them on other websites.



Related: [Date From Hell – 10 Ways to Get Out of It, Tactfully](#)

2. Social Media.

I'm sure you've probably Facebook stalked a date before but if you really want to dig in, there are many other social networks you can investigate to learn more about and upcoming date.

- LinkedIn – What's his/her employment history like? Watch out for frequent job changes or long periods of unemployment.
- Twitter – Not only can you see what they're tweeting, you can dig into the people they follow to learn more about their personality.
- Pinterest – Even guys are on Pinterest these days. Check out the types images they pin and see what they're into.
- Flickr/Instagram – Is he posting a picture of a new date every night or his Grandma? Whichever you prefer, it's good to know.

Related: [5 Ways to Avoid a Bad Date Before It Happens](#)

3. Public Records.

Most counties and states publish public information somewhere on their website even though it's not always easy to find. You can look up a variety of information about a person like:

- Land records
- Criminal records (and mugshots)

- Licenses
- Assets
- Marriage Records

Despite how wonderful someone may act during your first few weeks together, there is the off chance that they've been convicted of something like domestic violence or sexual offenses in the past. From my experience as a Criminal Defense attorney, the people being convicted of domestic violence or sex offenses are often repeat offenders. In situations like this, it is better to be safe than sorry.

Do you always want to know?

You'd always want to know if you're going out with convicted rapist or a chronic thief but sometimes intense prying can mess up something great. If you are with someone that you really care about and trust, you may want to avoid going overboard.

It's always a good idea to do a general search on someone that you're with, but remember that individuals make mistakes and may have been convicted of a petty theft or a DUI 10 years ago which isn't always reflective of who that person is today.

Bradley Corbett is a Criminal Defense attorney in San Diego, California handling a variety of cases from petty theft to DUI to manslaughter.

From Kanye and Kim to Justin and Jessica: Which Celeb

Couples are Really Compatible?



By Stephanie Caramelli

We see them on the red carpet, walking through the airport or taking a stroll on the beach. Celebrity couples are everywhere and we can't get enough of them. Supermarket magazines fly off the shelves when there's a famous couple on the cover.

So how compatible are these celeb couples when there's no paparazzi around? Gary Goldschneider's bestselling book "The Secret Language of Relationships" offers a very revealing look at different relationship combinations. Let's put some of Hollywood's hottest relationships to the Secret Language test:

1. Kim Kardashian and Kanye West: This relationship combo is

all about being center stage. It almost always focuses on issues greater than the partners' feelings for each other. Marriage is possible, but this relationship dynamic is more about Kim and Kanye's joint impact on the world, and less about true love.

Related: [How to Define Your Aura to Find Lasting Love](#)

2. Justin Timberlake and Jessica Biel: One word: boring. Love affairs between these two are affectionate, but rarely passionate. Jessica and Justin's marriage could go for years at a very ho-hum pace. The relationship will be satisfying, but uneventful.

3. Channing Tatum and Jenna Dewan: Channing loves spoiling Jenna and feels like her protector. This combination is good as long as they don't keep secrets from each other. Tatum and Jenna really need to relate on a deep, emotional level for this marriage to work. Overall, though, it's a winning combination and ideal for marriage.

Related: [Khloe Kardashian Gives Tips for a Happy Marriage](#)

4. Blake Lively and Ryan Reynolds: Sparks definitely fly between Blake and Ryan. Love affairs in this combination are extremely passionate, but there is an emphasis on superficial things that could be destructive in the long run. For these two, the chemistry is great, as long as they don't lose their looks! The combination is most ideal for a love affair.

5. Gwen Stefani and Gavin Rossdale: The relationship between Gwen and Gavin can work, as long as power trips don't get in the way. Love and marriage can fall apart in this combination if one or both of the partners let their ambitions get out of control. Gwen and Gavin are better suited as friends.

Of course, you can use "The Secret Language of Relationships" to check out your own relationships too. Not just with your boyfriend, but with your mom, child or BFF. There's now an

interactive relationship calculator based on the bestselling book that's fun to play with: www.thesecretlanguage.com/-check/relationship. The Secret Language website also offers loads of celebrity relationship news: marriages, births, break-ups, etc. Check it out! www.thesecretlanguage.com/today.

7 Signs You Might Be in Love



By Bethany Heinesh of DatingAdvice.com

For thousands of years, women have sought to love and to be loved. Yet we have no greater answer to the age-old question "What is love?" than when we started. There have been many poems, books, songs and plays written about love, but no one

has yet to truly capture its essence.

Even the world's greatest philosophers have pondered the notion of love but have been unable to analyze its implications. I would venture to say there are as many definitions of love as there are people. After all, love is in the eye of the beholder.

Here are seven simple signs to look for so you'll know what love looks like when it shows up and makes your heart skip a beat. You might be in love if...

1. You're thinking about him 24/7.

When you're in love with a man, he haunts you like the boogeyman. He lurks in the shadows of your mind and overpowers every independent thought you can muster. If he's all you think about, you've got it bad, girl.

Related: [Date Idea – Find Romance in a City of Love](#)

2. You're talking about him 24/7.

When your friends have to stage an intervention because you babble about him incessantly, you're in over your head. You've passed the point of no return – you're love struck.

3. Your co-workers notice something is “different.”

People may say you look younger, you've lost weight or you did something to your hair. When other people detect a radiance emanating from you, they may not be able to pinpoint exactly what's going on, but they know something's changed.

Related: [How to Tell If He's 'The One' After One Date](#)

4. You catch yourself shopping for him.

There's something about having a new man in your life that makes you want to fuss over him. I can't tell you how many

times I've had to leave a cart full of clothes I wanted to buy for my boyfriend in a department store. Once I realized he might not be ready for me to buy his underoos, I came to my senses.

*"It gets even better once you
get past the lovey-dovey haze."*

5. You think every love song is being sung to you.

Oh, how I remember being love struck, singing at the top of my voice in my car to Mariah Carey songs while cruising down the freeway. There's something about love that makes us say, "La,la,la!"

6. The seconds feel like hours when you're apart.

I truly believe our perception of time gets contorted when we're in love, a theory I believe will eventually be proven through the miracle of science. When you're with the object of your affection, time seems to fly. When he leaves, it's like agony until he returns. Somehow, life just goes at a different rate of speed when you're in love.

7. You rearrange your life to accommodate his.

If he now has a drawer at your place, you're saving your money so you can go to Spain together, and you spend every lunch hour talking to him on the phone, let's just say you've shifted your focus from life as single woman to becoming a "we."

Of course, these rules apply to the new and blossoming relationship, and love takes on a different form as it evolves. Unfortunately, the obsessively wonderful experience of falling in love eventually dissipates and routine usually takes its place.

So many women aren't prepared for what happens when newly

found romance wears off. We often think the relationship isn't working and begin looking for someone else to rekindle those feelings with.

Take my advice – stick around for the next stage. It gets even better once you get past the lovey-dovey haze and get real.

Get more dating advice, tips, how-to's and Q&A's for men and women from the experts at DatingAdvice.com.

10 Steps to a Remarkable Relationship



By Harriet Lerner, Ph.D.

This Valentine's Day, give your partner the best gift of all – a remarkable relationship! Dr. Harriet Lerner, one of our nation's most loved and respected relationship experts, reminds us that while it takes two people to couple up, it only takes one to make things a whole lot better. Here's how:

1. Warm your Partner's Heart. Make a concerted effort to focus on the positive. Do three little things every day that make your partner feel loved, valued and special.

2. Dial Down the Criticism. People become more allergic to criticism over time. Remember this: No one can survive in a marriage (at least not happily) if they feel more judged than admired.

Related: [How to Master Being in a Relationship](#)

3. Apologize. You can say, "I'm sorry for my part of the problem" even if you're secretly convinced that you're only 28% to blame.

4. Don't Demand an Apology. Don't get into a tug of war about his failure to apologize. An entrenched non-apologizer may use a nonverbal way to try to defuse tension, reconnect after a fight, or show he's in a new place and wants to move toward you.

Related: [What Kim Kardashian Taught Me About Marriage](#)

5. Stop Being So Defensive. Defensiveness is the archenemy of listening. The next time your partner has a criticism try to listen only to understand—that is, no interrupting, offering advice, defending your position, or correcting facts. Save your defense for a second conversation.

6. Say it Shorter! Your partner may avoid conversation because it feels awful to him. Sometimes the culprit is the sheer number of sentences and the intensity in our voice. Slow down your speech, turn down the volume, and make your

criticism in three sentences or less.

7. Sweat the Small Stuff. When you say you'll do something, do it! Never assume that your overall contribution to the marriage compensates for failing to do what you say you'll do, whether it's picking up your socks or moving the boxes out of the garage by Sunday.

8. Know Your Bottom Line. Be flexible in changing for your partner 84% of the time, but don't sacrifice your core values, beliefs and priorities under relationship pressures.

9. Be self-focused. Connect with friends and family, pursue your interests, and be of service of others. If your primary energy isn't directed to living your own life as well as possible, you'll be over-focused on your partner in a worried or critical way.

10. Choose happiness over winning the argument. Your partner's happiness and the tone of your marriage mean a whole more than who is right and who is to blame. Don't lock yourself into negativity at the expense of your happiness and well-being. Step aside from old anger and hurt.

Harriet Lerner, Ph.D., author of Marriage Rules, is a clinical psychologist whose many acclaimed books have topped six million copies in combined sales. She is a dynamic, sought-after speaker who has appeared on The Oprah Winfrey Show, CNN, and NPR, and she hosts The Dance of Connection blog on psychologytoday.com.

Long-Term Relationships: 5 Ways to Keep the Spark Alive



By Christina Steinorth MA MFT

I wanted to get away from the more standard type of Valentine's Day articles that seem to surround gifts and intimacy, so I asked this question on my Facebook page: *What topic should I write about for Valentine's Day?*

While I received many great answers, one that seemed to pop up more than others was: *What about an article for those of us who are in long-term relationships or have been married for many years?* I gave it some thought, and my fans were right—there isn't a lot of advice relating to Valentine's Day and long-term relationships.

I loved the idea.

As many of you know, come April, I will have been married to my husband for 14 years (we've been together for almost 16). While we don't have the hot, crazy, spark of love we may have had at the start of our relationship, what we have now is something far sexier—a deep understanding and admiration for each other that makes our love life even *more* passionate than it was when we first got together. We didn't get to this point by accident though—it has taken a lot of work and as well as consistent effort on both of our parts.

Related: [4 Steps to a Stronger Long Term Relationship](#)

Here are my five best tips for those of you who are in longer term relationships to keep your spark alive:

1. Start doing things together. A lot times, especially in longer term relationships, we start to live our own lives so to speak and do less and less things with our partners. Start doing activities together three to five times a week—go for a walk, go for a bike ride or shop for and cook a meal together once a week. It will bring you closer and give you shared experiences to bond over.

2. Touch each other and do it often. Touch doesn't need to be sexual to draw us closer to our partner. Rub each other's shoulders from time-to-time. Hold hands when you walk. When we touch each other, it helps us feel more connected with one another.

Related: [What's Love Got to Do With It?](#)

3. Be someone your partner will *want* to spend time with. Put the nagging and criticism aside and be charming, fun and engaging again—our partners are more drawn to us when we're happy.

4. Reconnect with each other for at least ten minutes a day.

Do it either before you get out of bed in the morning, or before you go to sleep at night or any other time during the day that you can sneak off and have ten minutes of uninterrupted conversation. Power down all of your electronics, make eye contact and just talk. It doesn't need to be serious—just talk about your day and what your plans are for tomorrow. Have light hearted chit-chat—it will help stop you from drifting apart from one another and it will help bring the spark back.

5. Act loving even when you don't feel like it because people will always remember how you make them feel. If you don't have loving words to share, loving actions can go a long way too.

Christina Steinorth MA MFT is a psychotherapist and a popular relationship expert on radio and in print. Her advice has been featured in publications such as Wall Street Journal, USA Today, Woman's Day, Fox News Magazine, and The Chicago Tribune, among many others. Her critically acclaimed new book is 'Cue Cards for Life: Thoughtful Tips for Better Relationships' (Hunter House, 2013). Learn more at <http://www.christinasteinorth.com>.

Ways to Forget Your Singledom This VDay





By Meghan Laslocky

If you're single on Valentine's Day, don't be grumpy about it! If you're proactive and plan ahead, there are a thousand ways you can enjoy VDay, even if you're flying solo. Here are a few ideas:

1. Get a good workout in, either at the gym or outside. Really, there is nothing like a little rush of endorphins to chase away the VDay blues. Remember that there could well be tons of other singles doing just the same thing at the gym, so keep your eyes peeled. Get your workout done early in the day, before work or during lunch, so that you have the evening free for other plans.

Related: [How to Make Your Lady Feel Special This Valentine's Day](#)

2. Gather your single friends for a rollicking night at home. If you're up for cooking, here's a great recipe for burgers with spinach and arugula pesto that goes well with a Zinfandel. Or you might want to consider this totally amazing

butternut squash gratin, which you can assemble the night before and then just pop in the oven. (Pair that one with a nice Viognier.) If you don't cook, then order takeout for a crowd! After dinner, play a board game like Pictionary or Scattergories, battle of the sexes style.

3. Get your friends together for a whiskey tasting (whisky is the new black, after all). Kink it up with blindfolds. In a blind taste test, who can tell the difference between an Irish whiskey and a single malt scotch, or a bourbon and a rye?

Related: [Surviving Valentine's Day](#)

4. Movie night! A few suggestions if you want to stay in: "Lost in Austen" is a hilarious 3-hour British mini-series in which 21st century Jane Austen fan switches places with Pride and Prejudice's Elizabeth Bennet. If you want to steer clear of love stories all together and you're game for dark, quirky foreign comedy, check out the Danish film "Adam's Apples," with Mads Mikkelsen. Or head to the cinema and laugh your socks off over Bruce Willis jumping through glass ceilings in "A Good Day to Die Hard."

5. Go see a comedy show. Valentine's Day makes for great fodder for comedians! Check out your local comedy clubs for what's coming up on February 14.

6. Peruse local listings for creative singles events. Some bookstores host Valentine's Day speed dating events geared toward readers, bars host "no love song" karaoke nights, and some cities like San Francisco even host flash-mob style V-Day pillow fights!

So, if you're single, there's no reason why V-Day has to feel like D-Day. All it takes is some creativity and positive thinking and just about anyone can have a fun, memorable Valentine's Day.

Meghan Laslocky is the author of 'The Little Book of

Heartbreak: Love Gone Wrong Through the Ages' (Plume/Penguin).

Making Valentine's Day Fun Again!



By Eleanore Wells

When did Valentine's Day become such a BIG deal? At some point when I wasn't looking, it went from being a lighthearted, fun, semi-holiday to another over-the-top, loud, commercial holiday that comes with feelings of annoyance and angst for so many. It's not really about who you love anymore; instead, it's about gifts and lavish displays of...well, I'm not sure what.

As a kid, I loved this holiday. I got such a kick out of giving out cards with big red hearts on them to all the people who made me happy. I gave them to my parents, my teachers, my favorite classmates, my playmates and even my mailman. Back then, Valentine's Day was fun, and it was an excuse to tell the people who make you happy how much they mean to you. Romance had nothing to do with it when I was ten years old.

Years later, I received a beautiful bouquet of roses from a guy I'd broken up with about seven months earlier. We weren't really speaking, and he's not the sentimental type, so I was more than a little suspect. I called the florist and learned that, back when we were still dating, he had set up an automatic "send her flowers on Valentine's Day" thingy. So each Valentine's Day, when I was so pleased with his thoughtfulness, he really hadn't given it much thought at all. Well, maybe the first time...

Related Link: [How to Make Your Lady Feel Special This Valentine's Day](#)

I laughed and said nothing. It took him another two or three years to remember that he had me on automatic delivery, and I continued to enjoy my flowers each year. It had nothing to do with him or the romantic day. I just like pretty flowers.

Then, there was the guy who "surprised" me with a ginormous ten-pound box of chocolates. It was a surprise because I don't really like chocolate, and he certainly should have known that because we'd talked about it many times. I guess he only *pretended* to be listening.

Jennifer Lopez has been quoted as saying, "Love to me is someone telling me, 'I want to be with you for the rest of my life, and if you needed me to, I'd jump out of a plane for you.'" Can you imagine the pressure her guy feels on Valentine's Day?!

For too many single women, Valentine's Day is a loud reminder that they have no man (or woman, in some cases) in their life to love. It's a loud reminder of their sad, lonely lives...even though, on most days, their lives are not very sad and not that lonely. And the lead-up to it is fraught with anxiety because "whatever will she do" on this day when happy couples all over the country are celebrating? (Even though that isn't really happening.)

Related Link: [5 Tips for Single Moms to Survive Valentine's Day](#)

When I'm not in a relationship on Valentine's Day, I like to enjoy a dinner or some other outing with people who make me laugh. Not a gloomy, woeful dinner with whiny people who are miserable about being single, but a fun dinner with interesting and delightful people who happen to be single...single for now or single forever.

And that – or something on the list below – is what I recommend for everybody. I wish Valentine's Day were less about romance and more about an opportunity to remind people that you love them or tell them for the first time that you enjoy their company, that they matter to you. Let's reclaim Valentine's Day and experience it like we did when we were kids by injecting some much-needed lightheartedness into it.

1. Go bowling or plan some other group outing for people you know and enjoy but may not see as often as you'd like. It's a great excuse to reconnect!
2. Volunteer at a nursing home or children's organization and surprise them with Valentine's Day cards and trinkets so they can share in the day's fun too.
3. Treat yourself – and maybe even someone else – to flowers. Flowers can brighten anyone's day.
4. Buy a pack of Valentine's Day cards and give them to

anybody and everybody you want.

Let's make Valentine's Day about love instead of romance: love of great people, love of laughter, love of life. And you don't need a date for that!

We're Breaking Up: Virgin Mobile Presents National Break Up Day



By Nicole Cavanagh

Tomorrow is Valentines Day, which is supposed to be the day of

love, right? Well, it may surprise you to hear that a recent survey conducted by Virgin Mobile found that 59 percent of people said that, if they were planning to break up with a boyfriend or girlfriend around Valentine's Day, they would do it before the big day in order to save money.

While you may be a hopeless romantic ready to celebrate a day full of bliss, others have decided now is the best time to move on from a bad relationship. 42 percent of people surveyed said they have stayed in dead-end relationships because they were scared to make a change and try something new. If you want to break up with someone but feel like you can't because of Valentine's Day, you don't have to feel bad any longer! Why not cut the loose ends and put some extra money and happiness back in your pocket? Why put off for tomorrow what could be done today?

For that reason, Virgin Mobile has proclaimed February 13th to be "National Breakup Day." Finally, people across the country have an incentive to break free from a troubled relationship before they spend Valentine's Day with an unworthy partner. Just in case you don't know how to break the news, relationship experts from OkCupid are taking over the @VirginMLive Twitter handle. Use the hashtag #CupidConfessions to ask questions and learn how to make your online dating profile more desirable, so you can mend your broken heart and find someone new.

Even if you are newly single this Valentine's Day, remember that you aren't alone. Check out these statistics below:

1. Half (50 percent) of Americans ages 18-24 have experienced a breakup via texting, email, or social media, with 26 percent of that age group experiencing a breakup through text message specifically.

2. 10 percent of people have experienced a breakup on or around Valentine's Day (same week), with that number being 17

percent for 18-24 year olds.

3. When asked about when they change their Facebook relationship status after a breakup, 84 percent said within two days, including 41 percent doing so immediately so others know they are back on the market.

4. 43 percent said the silver lining in a breakup is a chance to find a better, more rewarding relationship, while 26 percent cited freedom to do what they want.

Let's face it – we're pretty much in a relationship with our phone carrier too. A carrier can either put a smile on our faces with their excellent service and low rates or bring us to tears when we drop that important call or a huge bill comes at the end of the month. So why not celebrate National Breakup Day with your phone carrier as well? Virgin Mobile will pay up to 100 dollars of termination fees for any customer that switches to Virgin Mobile, making it even easier to leave their unhappy relationship with their current phone carrier and save an average of 1,000 dollars (compared to two-year contracts with other carriers). Also, for today only, Virgin Mobile USA will give online customers 100 dollars off the purchase of a new Samsung Galaxy SII 4G on a Beyond Talk no-contract plan.

5 Ways to Find a Last Minute Date for Valentine's Day





By Susan Trombetti

[Valentine's Day](#) is fast approaching ladies, so instead of spending another year sitting at home and sulking if you're [single](#), it's time to take action. Just because it's two weeks away, doesn't mean you can't have a date. Follow these simple and fun steps to land that date night on the most [romantic](#) night of the year.

1. Get on Facebook. Check out friends of friends. When you spot the right guy or girl for you, be sure to email your friend to ask if it is okay to email or friend request after getting the scoop on him or her. You want to make sure this person is single and truly available. After all, you are looking for more than a Valentine's Day [date](#). You need to find your [true love](#), and if he/she is hung up on someone else or is a player, this just won't work.

Related: [Is That You, Mr. Right?](#)

2. Online Dating. Don't overlook this because this is where the single people are (okay, they are supposed to all be

single). They are looking for a valentine's date, too. I like EHarmony. I feel if you are a quality catch, have a great professional photo in your hot red dress, and you get some help writing your profile, you will have a ton of potential dates. The problem will be who to pick, but then that is a good problem to have. Just be sure to pick people for all the right reasons.

Related: [3 Benefits of Meeting People Online](#)

3. Think of Valentine's day as a fun excuse, whether you are a guy or a girl, to just ask anyone out you have been dying to ask out but didn't have the nerve. It's a great time to ask the person you have been crushing on for a long time, or that single coworker on another floor.

4. Pass out those drug store valentines cards that you used to give and receive when you were a little kid in 1st grade. Hershey kisses work well with the cards, or by themselves. Pass them out to every single person you can find. It is bound to be received with a smile, and you should line up at least a few dates if you go about it in a fun way. Pass them out to singles in your apartment building, job, or even starbucks. Try your local bookstore. Just get creative and find some cute single, and go for it. It's corny, but it's one of the few times you can get away with it.

5. Every neighborhood has a social calendar of events with Charitable functions, or just fun things to do. Be sure to check out the calendar in advance of Valentine's day and go out and meet someone at one of these events. There are a lot of single events also around this time. Be sure to attend and meet someone. Be bold and put yourself out there and show your interest.

So what happens if you don't land that Valentine's Date. Don't sweat it too much. Rally up your single girlfriends and head out to your favorite spot. There's bound to be groups of

single men hanging out, just like you and your girlfriends.

Susan Trombetti is an expert matchmaker and member of the Professional Matchmakers Association. She has helped many discerning singles discover long-term relationships and partnerships that are both rewarding and fulfilling through her business, [Exclusive Matchmaking](#). She's also been featured in several top dating/relationship magazines and websites including Cosmopolitan and iVillage.

How to Deal with Someone Difficult in Your Relationship





By Elizabeth Davis

The reality of human interaction is one of both inevitability and need for acceptance since it often goes against one's favor. This is especially true for those who are difficult to deal with, and one may even become your better half. For better or for worse, it's still a drag when you have to deal with a partner who may not be as agreeable as you would have hoped.

It's understandably hard to stay calm and collected when the stress of having to deal with someone difficult on a daily basis starts getting to you. Of course, the last thing you need is to lash out and go crazy all of a sudden, which is not a very good thing for anyone. Here are a few things that you can remember in order to deal with such a person:

Marcus Aurelius, the great Roman emperor, wrote in his Meditations these words of wisdom.

"When you wake up in the morning, tell yourself: the people I deal with today will be meddling, ungrateful, arrogant,

dishonest, jealous and surly. They are like this because they can't tell good from evil. But I have seen the beauty of good, and the ugliness of evil, and have recognized that the wrongdoer has a nature related to my own – not of the same blood and birth, but the same mind, and possessing a share of the divine. And so none of them can hurt me. No one can implicate me in ugliness. Nor can I feel angry at my relative, or hate him. We were born to work together like feet, hands and eyes, like the two rows of teeth, upper and lower. To obstruct each other is unnatural. To feel anger at someone, to turn your back on him: these are unnatural.”

That's pretty deep, but also quite insightful about how we can look at the people around us, including those who are close to us. Maintaining a relationship is about patience and acceptance, so if you're in love with someone who may be difficult at times, then you need to follow a few things in order to get the most of the situation.

Related: [How to Master Being In a Relationship](#)

Be Objective

Face that person in a calm and objective way, looking at the facts and ignoring the bad things. You have to be able to see the fundamental truth while still being able to see the silver lining. Even when things get bad and even downright bizarre, staying objective and getting the facts straight should give you that edge to keep yourself together, despite the negativity that can take down almost anyone.

Maintain a Mature Attitude

The topic of maturity has always been a convoluted one, and there is a tough question regarding what makes one mature. In any case, it's not something that can be acquired overnight. Such a mindset requires practice and the careful building up of patience amidst adverse situations. Maturity is about being able to balance everything you have in life, and it's

definitely hard to pull off. But if you really do care about that person, then you should be able to find a way somehow by being mature about everything.

Be Assertive

Sometimes, you do have to put your foot down and make yourself heard whenever things do get too far. Of course, don't do it in a hysterical way, but in a conducted manner that will both make you understood and sympathized with at the same tie. Call the person out without provoking antagonism, which is easier said than done. Just remember to do it out of necessity rather than anger, and you'll somehow find a way to deal with the person's mischief and immaturity without having to resort to anything drastic.

Related: [Why Amazing Confident Women Remain Single](#)

Have a Sense of Humor

The British Royal Marines are perhaps one of the most elite group of soldiers anyone can ever encounter in this world. In the face of war and adversity, they remain calm and capable of facing even the most life-threatening obstacles. They're also known for the one trait that every Royal Marine is required to have, which is a sense of humor. As strange as it may seem, it's that ability to smile and joke around in the face of adversity that makes them so strong.

That is also the trait that can help any person get through the toughest of times in life, including a relationship with a "difficult" person. Being able to laugh during bad times is a great load off anyone's shoulders. So there is no need to be so serious and that person could eventually realize the folly of what has been done as you laugh and joke about what has transpired. Of course, as long as you don't do it in a mocking and condescending manner.

Elizabeth Davis has 20 years of experience as a relationship

adviser. She writes and shares more relationship tips and marriage advice on her blog RelationshipsAdvice.co.

Top 5 Don'ts of a First Valentine's Date



By Susan Trombetti

As Valentine's Day approaches, the nerves are building up for many young couples. Maybe you've been dating for months, maybe you've been on a few dates or maybe you're friends, but want to take that next step in your relationship. Whatever situation you're in, don't let the expectations surrounding

this day get to you. If you're spending the first Valentine's Day with your new honey, follow these tips:

1. Don't make your first date on Valentine's day: I don't like this idea. Valentine's Day isn't a day to get to know someone. This date also leads to easy let downs. There will be too high of expectations for one person or both, which can be awkward if it's the first time you go out on a date.

Related: [How to Make Your Lady Feel Special This Valentine's Day](#)

2. Don't leave your wallet or purse behind: You want to be romantic and chivalrous on the most romantic day of the year, so at least offer to pay even if he/she doesn't let you.

3. Don't be on your cell phone or other device: This is pretty much a no-no on any date, but especially don't screw it up on this night by being preoccupied by your phone. You need to let you're date know that they're the most important thing at that moment in time, which means not responding to texts, emails or calls you may get.

Related: [Surviving Valentine's Day](#)

4. Don't talk about your ex: Leave this conversation at the door unless you want your new partner to run. If you're on a date and all you can talk about is your ex-boyfriend or girlfriend, than your date is obviously going to think you're not over that person, which is probably true if you're too focused on them anyway. That person is your ex for a reason, realize that and try not blow this date because of the person in your past.

5. Don't drink too much: We all know that too much alcohol can lead to embarrassing and regretful behaviors, so forget that third glass of wine and keep it classy on this night. This is especially true for those spending their first Valentine's Day

together, because new partners can be less forgiving of some of your actions caused by drinking.

Valentine's Day shouldn't be a make or break in your relationship. Yes, as a couple you should celebrate it, but don't let it stress you out too much. Take it for what it is. Do something to show your partner that you love them and keep it light hearted and fun at the same time.

Susan Trombetti is an expert matchmaker and member of the Professional Matchmakers Association. She has helped many discerning singles discover long-term relationships and partnerships that are both rewarding and fulfilling through her business, Exclusive Matchmaking. She's also been featured in several top dating/relationship magazines and websites including Cosmopolitan and iVillage.

5 Tips for Single Moms to Survive Valentine's Day





By Kerri Zane

As a single mom, there are holidays we love like Halloween and 4th of July. Then there are holidays that we don't love so much, like Valentine's Day. The bountiful red hearts, bundles of red roses, inane jewelry commercials and mushy holiday cards are consistent reminders of our painfully evident single status. But we can be above it all. As the Single Mom Advisor, I have five surefire tips, to handle our hearts and mind with tender loving care. We can all get through this Hallmark Holiday with our healthy egos in tact.

1. Grieve with Gusto

In the movie *Moonlighting*, Cher's character said, "Snap out of it." It is the old school way of recovering from life's traumas. The reality is we all need time to grieve. So if this Valentine's season finds you fresh out of a relationship, give yourself space to mourn your loss. Turn up the tune that was "your" song or play something that make you want to cry. When I was just separated I loved getting in my car and turning up my Evanescence CD. I'd drive and cry and think and sing along

with Amy Lee's sultry voice until I felt better.

Related: [Surviving Valentine's Day](#)

Appreciate the You in You

As a woman, it's crucial to your well being to appreciate and love yourself. After all, if you don't respect yourself how can you expect that of anyone else? You have to know what you are bringing to the party. I suggest you write yourself a love note including all the things you appreciate most about you.

Be Weary of Red

In the *Journal of Experimental Social Psychology* researchers found that men interpreted red as a signal that a woman was more open to sexual advances. They went on to say; "It's well known that males tend to inflate a woman's sexual appeal if they believe she'll be more open to a pickup line." And it didn't matter if it was a low cut sexy dress or a simple t-shirt. So if you're looking to lay low this Valentine's Day, then avoid the color red. If you want a little mindless hmm hmm, primp your pretty pout with rouge.

Related: [7 Behaviors That Are Keeping You Single](#)

Fun With Friends

You know the saying, "Men will come and go, but girlfriends are forever"? Have a Valentines Vision Board Party. Invite your BFF's over, open a bottle of champagne, pull out the scissors, poster board, glue and old magazines and spend the evening creating "new romance" vision boards.

Engaged With Your Young Ones

You may find a new guy to share your life with down the line, but he will never take precedence over your children. So go ahead and create a new Valentine's tradition celebrating the love you share with those divine little creatures you cherish

most.

Kerri Zane is an Emmy award winning, twenty-year veteran television executive producer, healthy living expert, single mom advisor, speaker and author of "It Takes All 5: A Single Mom's Guide to Finding the REAL One," published by Morgan James, (November 2012). She has an M.A. in Spiritual Psychology from USM and a B.A. from UCLA. She is a member of NATAS, the Directors Guild of America, an ACE Certified Personal Trainer and Weight Management Consultant. For more advice, visit <http://kerrizane.com/>.

The Only Four Options for Dating with Hair Loss





By Adam Kutner

So you thought that by the time you started losing your hair you'd be off the market and ready to let yourself go, walk around in your underwear, and generally not have to impress potential dating partners anymore. Well, surprise! Life doesn't always go exactly as planned. For starters, hair loss can start in your early twenties, and let's not forget that we're getting married later and divorced more often. This means that dating with hair loss is not only a possibility—it's almost the norm.

But don't worry about it. You have options. Four options, to be exact. Let's take a look.

1. Hide it: This is the first step for many experiencing hair loss. Wearing a hat works for a little while, but how many dates can you think of where a hat is appropriate? Combing it over is the same story. Is this really a secret you want to carry with you for years? A toupee is also an option in this category, and not a bad one. Just make sure you get a good one, and one that is age appropriate. Think Billy Bob

Thornton. Yes, he wears one.

2. Shave it: An old standby for hair loss, the shaved head can be really liberating, and some people find it to be the perfect hair loss solution. Unfortunately, it doesn't work for everyone. Some of us simply aren't blessed with a good head shape or otherwise just can't pull it off. Some people find it makes them appear too intimidating. But still, it's a viable option. Many women and men are crazy about it. Think Bruce Willis or David Cross.

3. Own it: Think you can pull off the young Woody Allen or Prince Charles? Why not? There's more to attractiveness than hair. If you can muster it, try just owning what your genes gave you. Thinning hair doesn't have to be a sentence to ugliness to undesirability. Plus, maybe it will give you reason to better yourself in other, non-superficial ways.

4. Fix it: When all else fails, you can always take the leap and fix it. There are some medications that can actually make a dent in hair loss, and many other pills, lotions, shampoos and creams that won't put a dent in much except for your wallet. Your best option is probably hair transplant surgery, which has come a long way in the passed couple of decades. It's more affordable and successful than ever. Too many celebrity examples to count. Mel Gibson, Kevin Costner and Brendan Fraser, to name a few.

Adam works with Great Hair OKC a trusted leader in Great Hair OKC repair. Adam enjoys writing about hair restoration and dating.

How to Make Your Lady Feel Special This Valentine's Day



By John Powers

There is a very serious holiday fast-approaching, and you need to be prepared. This holiday does not require you to fast, dress in green or be good all year. It's Valentine's Day, the one day each year designed to help people celebrate love. Even those of us who say we are not celebrating secretly want to be kissed and spoiled. Here are a few ways to make you lady feel special this year:

1. Ditch the Ordinary

Try something other than chocolate and flowers. Think of something your sweetie really likes and surprise her. Get that

rare collectible figurine she pointed out a few months ago. Leave it on her dresser. Give her a silver necklace. Put it in an empty chocolate box and wait for her to open it. The look on her face will be priceless.

Related Link: [Guys Edition: How to Behave Like a Gentleman](#)

2. Get Romantic

Plan a special date that doesn't focus on going out to the bar. This is Valentine's Day, not Santa Con. You can still partake in intoxicating refreshments, but make reservations at a classy restaurant. Make your partner feel like she's the only girl in the world. Nothing says love better than a candlelit dinner and some sweet somethings.

3. Look the Part

Dress up for this special day. Take off the Pearl Jam T-shirt and put on a sweater vest. Your lady will appreciate the effort and feel proud to be out with you. The worst thing you could do is show your significant other a half-hearted Valentine's Day. Keep in mind she's going to tell her friends and family all about it. Give her something to brag about and take plenty of pictures.

4. Make Every Day V-Day

This magical holiday comes once a year, but it's important to make your woman feel special every day you spend together. My girlfriend likes hand sanitizer but using it leaves her hands dry and chapped. I decided to grab her some scented sanitizing lotions. The thoughtfulness of my random act of consideration made her exclaim, "You make every day feel like Valentine's Day!"

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

It may not mean a lot to us men. Everyone likes chocolate, but we don't much care for flowers. Think of what it means to your

lady. It should feel good to make her feel special. Trust me that you will be handsomely rewarded. Go the extra mile this year and make it one she'll remember for years to come.

John Powers is a dating and relationship adviser who performs standup comedy and writes the male perspective for Beauty and the Beast, a weekly comedic dating and relationships advice blog. He recently released a music video for his latest single – a parody of Hey There Delilah.

Five Relationship Game-Changing Plays from 'Silver Linings Playbook'





By Kimberly James

In the blockbuster film, *Silver Linings Playbook*, Pat Solatano, played by Bradley Cooper, seeks the counsel of a psychiatrist. After disclosing details about his dysfunctional relationship with his ex-wife, Dr. Patel offers Pat sage advice: "True love is about letting her go and seeing if she returns."

When you still have strong emotions for an ex, it is very easy to romanticize about the past. Good memories become great and bad memories become better. The problems that you had suddenly minimize and every argument, fight or issue can be rationalized away. If you are looking at a previous relationship with rose colored glasses, you may not have unplugged your heart strings. When you are still holding on to love gone wrong, you can begin to think an unhealthy relationship was the best thing that has ever happened to you.

If you are pining over your ex, take a few notes from *Silver Linings Playbook* to determine if there's something there or if it's time to move on:

1. Turn to your family. Your family can be the eyes when you cannot see. Discussing your intentions of reconciliation can often be met with resistance or embraced with acceptance. If your family was privy to the inner workings of your relationship, let them know how you are feeling about your ex.

Related: [How to Kick That Bad Relationship to the Curb](#)

2. Find a diversion. Finding an outside hobby will not only keep your mind occupied but it will also put you in close vicinity of people who share your same interests. You may meet someone new to befriend or possibly date.

3. Spend time with your friends. Be around people who knew you before and after the break-up. They can let you know if you are handling the break-up ok or if you are spiraling. Your friends are the lifeguards who can save you if you start drowning in a pool of sorrow.

Related: [Cameron Diaz Discusses Her Break-Up Style: Break Up and Move On](#)

4. Be open to new experiences. The old way didn't work. If it did, you would still be together. This is a time to invest in self-help books or seek professional help. Breakups are difficult and can break a heart wide open. It may take time and self work to heal properly.

5. Accept your role in the relationship. By taking responsibility for any wrong doing, you are accepting that it takes two to tango. If you know the steps you took that may have led to the end, you can consciously work to avoid these mistakes again. Rather than waltzing through life as if everything was someone else's fault, you know take ownership for your own two step.

Learn to win at the game of love by looking for your personal silver linings. A break up can be an opportunity to make yourself up to be healthier, happier and more emotionally

mature.

Kimberly James is the Founder and a MatchMaster for FindYourPlusOne.com, an online dating and matchmaking service for members in the United States and Canada. Visit www.findyourplusone.com/advice for more dating advice and tips. Follow twitter.com/findyourplusone for daily updates.

Is Priscilla Presley Waving The Flag For Older Women With An Age Defying Relationship?





By Eve Pearce

Priscilla Presley's recent stint treading the boards during the UK Pantomime season seems to have proved to be a special time in more ways than one.

The glamorous 67-year old former wife of the late King of Pop Elvis Presley was undertaking a stint as the Wicked Witch in a production of Snow White at the Wimbledon Theatre, South London, when she met British radio DJ and former children's TV star Toby Anstis. At age 40, Anstis is 27 years Priscilla's junior, but it hasn't stopped the two of them getting on like a house on fire, as they were seen sharing a kiss or two when they left a local restaurant close to where Ms. Presley was performing in pantomime.

Mutual Friends

It's been said that the pair share a number of mutual friends over in America and that one of them suggested they might like to meet up occasionally. Priscilla sent along some tickets so that Toby could go and see her in the show and they met up

afterwards, getting on very well and have continued to see each other since.

Related: [Sean Penn and Scarlett Johansson: Is the Age Difference an Issue?](#)

According to reports, Toby likes the more mature woman and has always been a big fan of Elvis, so although it's a seemingly unlikely pairing, they're obviously off to a good start!

However, whilst some sources claim the pair are dating, Anstis has taken to his Twitter account to play things down. He's suggested that the pair of them are "just friends", though he is planning on meeting up with her again and thinks she is "wonderful". Some press reports are also saying that the snapped photo of them kissing was just a fond farewell between two good pals.

Presley is rumored to be worth a cool \$70 million at the current time. She married the King in 1967 when she was just 21-years old and they had a daughter, Lisa Marie together before going on to divorce in 1973. Despite the split, the two remained close until Elvis' untimely death in 1977.

Mature dating

Whether Priscilla and Toby are dating or not, it's proof indeed that romance needn't be dead once you hit middle age and the ever glamorous Presley is flying the flag for women of a certain age everywhere, who may be looking for love. If you're an older woman looking to date a younger man, here are a few things to consider.

Related: [Amber Tamblyn and David Cross Get Married](#)

Age vs Maturity: Just because there's a distinct age gap, it doesn't mean that there will be a disparity in levels of maturity too. There are many young men who have mature and responsible heads on their shoulders and conversely many older

women who act and appear much younger than they are. If you have the same levels of stamina and the same outlook on life, the age shouldn't matter.

That certain spark: If you're someone who has been part of a long term partnership which has broken up, or you've maybe been widowed, starting to date again and the process of finding love can perhaps feel like a scary prospect. However, it can sometimes come to pass that after the initial nerves, embarking on an age gap relationship will be something that provides both parties with a new lease of life and a sense of excitement and happiness, for many different reasons. A younger man may want to explore new places and ideas before he settles down. This can provide the single, older woman with a vital spark that she finds contagious, which in turn gives her a new sense of purpose and love of life. Similarly, the life experience and maturity that someone who is older has, can be very appealing and sexy to a younger man or woman.

Expectations: If you're starting out in such a relationship don't be afraid to state what you want and make clear what your needs are. If casual without too much commitment is your bag, say so. Likewise if you want companionship and someone to spend lots of time with, be honest and open. Many young men simply don't want to play the field at all and would like to settle down, whilst others do not want the long term hassle. Be frank from the start so you both know where you stand.

Don't compete: This is a really important point. Don't ever try to compete with younger women, just because you have a younger man. If your man is with you, he's with you for who you are, not because you're some clone! It's no good pretending to like propping up bars or saying that you like clubbing the night away when you don't really. If that's who you are then that's cool, but don't start to do it just to prove you're youthful. Have fun and show your relaxed side in other ways.

Meeting Her Friends: How to Leave a Positive Impression



By Ty Witherspoon

So, you've started dating someone new and are starting to take things to the next level. One thing that you have to look forward to is meeting the new woman in your life's friends, but if you're not careful, your first meeting could end up being a disaster! Remember, most women put a lot of emphasis on what those they care about think of their new mate, so you'll want to do your very best to leave a positive and lasting impression. Chances are, if her friends like you, then she'll like you even more, getting things off to a great

start.

Dress the Part

Consider where you will be meeting these friends and then be sure to dress appropriately. If you're all going out to a nice dinner, for example, you won't win any points by showing up in ratty jeans and a t-shirt. In fact, this type of outfit isn't really appropriate for any first-time meeting, no matter how casual. Whether you're dressing up or dressing down, make sure you look well-groomed and well put together in general. Splash on a little cologne or aftershave (but not too much!) and remember to flash your pearly whites.

Related: [Pros & Cons: Bonding with Your Man's Friends](#)

Be Genuine

When you first meet new people, it's natural to feel the urge to impress them or to prove yourself. After all, these people don't know the first thing about you, but you want to make them like you as quickly as possible. Hold back on the bragging, however, as this can make you seem rather full of yourself, which nobody finds attractive. Instead, simply focus on being genuine, polite, and kind. Express interest in the people you are meeting and ask them questions about their own lives. You can certainly answer any questions that come your way, but remember that the night—and the conversation—shouldn't be all about you.

Don't Be a Flirt

If you want to end up in the doghouse so fast it'll make your head spin, then all you have to do is flirt with your new girl's female friends. While most guys wouldn't be so brazen as to openly flirt, do watch your interactions with her girlfriends. Don't spend an inordinate amount of time talking with any one woman in particular, and keep tight reins on your

eyeballs. Getting caught ogling cleavage is never a wise move!

Related: [What to Wear to Meet His Family](#)

Be One of the Guys

When guy friends are going to be around, your first instinct is likely to try and determine the relationship these guys have with your new girl. In some cases, you may just have to accept that she's still friends with her ex or that she has guy friends who have taken on protective big brother or fatherly roles. Remember that it's okay to be a guy and to talk about "guy stuff", but make sure you're not running your mouth off about other girls or getting too personal.

This article was composed by Ty Witherspoon, a freelancer based in the greater metropolitan area of San Francisco; this piece is dedicated to the team from Kanetix.

Girls: Would You Pass The Bride-To-Be Test?





By Girls Meet Guys

We've all been there before, as a dutiful bridesmaid, friend or even as the bride herself. How well do you know your partner and what things should you know?

I've been to more than one hen's night before as each of the above – friend, bridesmaid and bride. Invariably, at some point the bride takes part in a game in which she is asked ten to twenty questions about her husband-to-be, just to see how well she really knows him or perhaps, doesn't know him. Whether you've answered the questions yourself or been an onlooker chances are you've uttered the words, 'I wouldn't know that about him'. Of course, you could be forgiven for not knowing the name of his third grade teacher, but some things you really should know.

Related: [What Kim Kardashian Taught Me About Marriage](#)

His Forte

We all have something we do really well, so do you know what your partner's special skill is? Maybe he has the MacGyver

factor and can get out of any situation with a paper clip. Maybe he's so handy he could have his own home improvement show. It doesn't have to be a news-worthy skill though; it could be as simple as his ability to give the best foot massage known to man. Big or small there will be something, so if you don't know what your man's skill is you might want to ask. It could even surprise you and you get the chance to lavish him with praise and score some brownie points along the way.

The Secret

He doesn't have one? Wrong! He has one. It could be funny, tragic, criminal, heart breaking or embarrassing, but he will have one. He may not care that you know but just didn't think to mention it or he may really prefer that you didn't know. You may say, 'Wow! I didn't know that about you.' You may also be completely shocked. How you move forward depends on what exactly he reveals and how strong your relationship is.

Related: [Kirstie Alley Reveals Her Past Secret Relationship with Patrick Swayze](#)

Idiosyncrasy, Quirk Or Annoying Habit

He's a noisy eater. He grinds his teeth in his sleep. He will only use white towels. He taps his foot when he's anxious. Chances are you won't notice these things in the honeymoon stage but as time rolls on you will. None of us are perfect and we all have things we'll find odd, amusing or down right annoying about our partner. Relationships are all about understanding and tolerance, so without a good dose of each, your relationship may feel the strain.

Dreamtime

What were his childhood dreams and aspirations? Whether they were real or fantasies of grandeur they are a window into the heart of your partner. The innocence of youth becomes dulled

by the layers of time and to peel these back is to reveal a greater appreciation of who your partner is.

Is He A Giver Or A Taker?

It's easy to be kind to the ones we love, but how would he score if a perfect stranger were involved? Would he give to a beggar on the street, offer an elderly person his seat on the train, or stand up to a bully? We all like to think we would pass if tested and likewise with our significant other. So how would your man stack up?

You may know all these things about your other half and pass the bride-to-be test with flying colours but if you've never considered these things maybe it's time to ask.

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Falling Out of Love and Back into Life





By Kimberly James

With the recent announcement of Bethenny Frankel and Jason Hoppy's marriage coming to an end, "soon-to-be divorced" becomes their current relationship status. This transition period of deciding to no longer be together to a finalized divorce can be a lengthy and emotional time period. Similar to the limbo period between heaven and hell, the waiting for closure can create a place of purgatory for even the strongest of people.

It would be very easy to spend this time in mourning for the death of a relationship. Although this is a normal and healthy process to acknowledge the ending, it's also a time to recognize a new beginning. This time can be used for self-improvement and re-evaluation. Although painful and unexpected, Jennie Garth used the transition time before her divorce to Peter Facinelli finalized to focus on her children, new work projects and on improving her health and fitness. Finding healthy outlets to transfer emotions to is not only beneficial to healing, it's a way to reconnect with life.

While falling out of love, there are various ways to start the

process of falling back into life:

Related: [Top 5 Reasons Why Women Fall Out of Love](#)

1) **Connect.** Spend time with friends and family members who will support you and the decision that is being made. Being around others who have your best interest at heart can help you draw love and support from them. They can pick you up when you are feeling down.

2) **Involve.** Get involved with other parts of your life that you may have been neglecting. Become more active in your children's activities, do an early spring cleaning on your house or pick up a new hobby. Becoming active in the things that bring you joy will bring more happiness into your life.

Related: [Fishing for Mr. Right – Types of Guys to Throw Back](#)

3) **Exercise.** It can be as simple as a daily 3 mile walk or as challenging as preparing for an upcoming marathon. Exercise is a stress reducer and naturally increases endorphins, the feel good brain chemical associated with happiness. Get your body moving and you will be start feeling better, one step at a time.

4) **Plan.** Envision and begin to design how you want your life to look a year from now. Create a vision board or start a journal. Plot out how you want your life to be and move in the direction of making those new dreams come true.

The end of a relationship is also the start of a new beginning. By embracing the "what could be" with positivity and grace, you are allowing yourself a gentle compassion and kindness needed as you go from one stage of your life to the next.

Kimberly James is the Founder and a MatchMaster for FindYourPlusOne.com, an online dating and matchmaking service for members in the United States and Canada.

Visit www.findyourplusone.com/advice for more dating advice and tips. Follow twitter.com/findyourplusone for daily updates.

5 Signs He's Not Ready to Commit



By Susan Trombetti, Matchmaker and Relationship Expert

It's the New Year and the emails are flying, with women trying to decide if he's a keeper for 2013, or if they should cut their losses and kick him to the curb and start fresh this year. Many single women were hoping and praying for that all important sparkle on their left finger. What to do if you

didn't get it? Heaven forbid, should you wait until Valentine's Day. How long to hang on desperately waiting? I think you know the answer yourself. You don't need to reduce yourself to that point of an awkward conversation and beg, "Will you please finally marry me ALREADY?" Check out these five signs he isn't ready to commit, which tell you all you need to know about the status of your relationship:

1. There are long periods of unaccounted for time, physically and emotionally: If it's been a few days since you've heard from him or spent time with him, then throw up the red flags. In a healthy and committed relationship your man won't go off the radar from you, whether it's not answering calls, not making plans or not spending time together in the bedroom.

2. He's breaking promises(big or small): From a call he didn't make to your nephew's soccer game that he missed, any sort of promised action he breaks is a sign he's not as committed as you thought.

3. He lives by himself and you can't drop by when you want: You should be able to stop by his house at random, when he's home. Don't accept excuses.

Related: [How to Kick That Bad Relationship to the Curb](#)

4. He still puts his mom first in every case: If you're his girlfriend, his mother shouldn't win every argument that you have. You should be the Number 1 woman in his life, not his mother.

5. His dad is a marriage-a-holic (married more than twice): If his Dad, or another strong male influence in his life, has been married more than two times, this could affect your chances of getting married. Many times these son's are often hesitant to get married for the first time because

Get your confidence back this year. Don't spend another minute

with the wrong guy if he displays any of these behaviors because he isn't ready to commit. Good luck in 2013. The signs are right in front of you. No need to feel so powerless.

Susan Trombetti is an expert matchmaker and member of the Professional Matchmakers Association. She has helped many discerning singles discover long-term relationships and partnerships that are both rewarding and fulfilling through her business, Exclusive Matchmaking. She was also recently featured in a Cosmopolitan Article, about the 5 Text Messages Not to Answer.

Tips for Making a Long Distance Relationship Work





By TJ Barea

Long distance relationships can be successful. Just because there is distance between you physically does not mean the relationship should suffer. There are a number of things you can do to help bridge the gap from your heart to your partner's:

Skype

Skype is cam-based chat software that can be downloaded. Skype is better than messaging, texting or online chatting. It has a real-time cam that enables the participants of the chat to not only exchange messages, but see each other as if they were face-to-face. Skype can help bridge the gap by enable partners to see each other and talk at the same time. It can be the next best thing to meeting in person.

Related: [How Can Social Media Help My Long Distance Relationship?](#)

Texts

Texts are a quick little message that can be sent all hours of the day. The nice thing about texting is if the other person is tied up, they do not have to answer it, like a phone call or Skype call that has to be answered right then. The downsides to texting are it can take a while for the other person to respond if they are busy and the fact that you can't always read emotions in texts.

Phone Calls

A simple phone call can brighten anyone's day. Thanks to cell phones a call can be placed and received anywhere. When you're having a rough day, or just want to share a moment with your partner, a phone call is the perfect way to connect the gap caused by the miles apart. With a phone call, you will not get the misunderstandings and lack of emotions that texts can have. The sound of your partner's voice on the line is sure to bring a smile to your day.

Related: [4 Ways to Make Your Long Distance Relationship Work](#)

Letters

As old fashioned as it may seem with today's technology, letters are a great way to communicate and keep a long distance relation healthy. Remember back to when you were a kid, running to the mailbox just to see if you had mail. Even though we are all grown up, doesn't mean we don't still like receiving letters. In addition to the excitement of finding a letter in the mail, there is a certain freedom that comes from writing. Some people are able to communicate better once they can think about what they want to say and have a chance to put it on paper. Face-to-face or voice-to-voice calls can prove to be limiting for fear of rejection. Writing a letter gives you a chance to say your heart's deepest thoughts and wishes without rejection as it is being written.

Deliveries

Much like the excitement of getting a letter, your partner will enjoy receiving deliveries. The deliveries can be anything from a gift, care package, chocolates or flowers. Some places will even deliver special dinners, too. A delivery, especially surprise ones, is a great way of saying you were thinking of your partner.

Alternating Trips

Make plans to see each other. Since travel can be expensive, try suggesting alternating who travels each time. One month or every few months you travel and the next time, your partner can travel. Depending on distance, you can set up the timeframe and frequency of the trips. You could even meet in the middle someplace romantic to split the cost of traveling.

Long distance relationships can work. They just take a little bit of work to ensure communication lines stay open. Also, your partner needs to know you were thinking of them, since you do not see each other daily.

This article was composed by TJ Barea for the team at badoo.