

Relationship Advice: Kinds of People Most Likely to Get the Holiday Blues



By Dr. Sanam Hafeez

With the holidays upon us, it's easy for us to get caught up in the rush of it all. While we may be cooking, shopping, enjoying holiday events, there are others – many of whom are in our very own circles – having a tougher time. [Relationship expert](#) Dr. Sanam Hafeez, a NYC based licensed clinical psychologist, teaching faculty member at Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, reveals who are most likely to have the holiday blues, and how we can help them make it through.

If you think somebody in your life could be affected by the holiday blues, check out Dr. Hafeez's [relationship advice](#) below to help better understand your loved ones this season.

1. The newly divorced or widowed: Loss is a sad, life-changing event at any time of the year. However, it tends to be harder when everyone around you is joyful celebrating the holiday's and you feel it's an effort to get out of bed. If someone in your circles is going through a major loss and life transition, be supportive and understanding. "They are grieving and mourning and are especially sensitive around the holidays. It's important that they feel included but don't be offended if they choose to opt out of certain events," advises Dr. Hafeez. She suggests checking in and offering them the option to participate in whatever they want, when they want. Love them through it.

Related Link: [Relationship Advice: When The Person You Love Suffers From An Anxiety Disorder](#)

2. The busy entrepreneur: The holidays could be stressful for small business owners because so much rides on the end of year. They may be fretting over their profits (or lack thereof), the goals they didn't reach, and the many things still to do. They feel overwhelmed and when they are expected to shop, entertain and be present for their families, they may be short tempered and anxious. "The best way to help the busy entrepreneur is to make their life easier in any way possible. If they can't make it to a family dinner, tell them your door is open for dessert. Often times they feel guilty and obligated which only adds to their frustration," explains Dr.

Hafeez. Also consider that these worker-bees are conflicted. When they are working they miss their families and when they are with family they are thinking of work.

Related Link: [Relationship Advice: Things A Nurse Will Tell You But Your Friends Won't](#)

3. The caretaker of an elder parent or relative: Adults who are now caretakers to their elderly parents are incredibly overwhelmed and often overlooked. As a caretaker, they always have to consider the well-being of their parent. They can't just get up and go," explains Dr. Hafeez. Caretakers may feel resentful, isolated and stuck during the holidays which leads to conflicted feelings of resentment and guilt. They also believe they have to be hands on managing everything. It's important to lighten the caretakers load by offering support; even if it means asking them how they are doing. Be patient and ask the caretaker what they need. It could be something as simple as having food delivered to their home to free up time for other tasks, Dr. Hafeez recommends.

Related Link: [Relationship Advice: 4 Survival Tips When Bah Humbug Meets Father Christmas During The Holidays](#)

4. The recovering substance abuser: Recovering from addiction is hard. Period. It's harder when holiday festivities are filled with friends and family drinking everything from eggnog to champagne. "Understand that those in recovery from substance abuse are hyper-sensitive about being judged. They feel as if all eyes are on them and that pressure may trigger the desire to use drugs or alcohol to soothe their anxiety. When they aren't fully recovered, they may anticipate possible "landmines" and avoid them. They may choose to stay to themselves and observe more and participate less. They might opt out of larger family gatherings that are too overwhelming," cautions Dr. Hafeez. Offer an open invitation and remind them they are welcomed when they are ready. A balance of love, support and acceptance is what they are in

most need of, suggests Dr. Hafeez.

5. The children of divorce: Divorce means two separate holidays at two different places, and kids feel overwhelmed having to double up. It's incredibly important for parents to agree on where the kids are going during the holidays and all logistical details. "Kids want to feel safe and secure. They don't want to feel as if they are the expected to be rushed here and there because their parents chose to divorce," says Dr. Hafeez. It could be unsettling to younger kids, and teens may isolate and rebel against any family events as they are sorting out their own emotions as they get used to a new normal. You really want to establish a game plan for the holidays and if possible, stick to it every year, advises Dr. Hafeez.

Dr. Sanam Hafeez PsyD, is a NYC based licensed clinical psychologist, teaching faculty member at the prestigious Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, P.C. a neuropsychological, developmental and educational center in Manhattan and Queens. She works with individuals who suffer from post-traumatic stress disorder (PTSD), learning disabilities, attention and memory problems, and abuse. Dr. Hafeez often shares her credible expertise to various news outlets in New York City and frequently appears on CNN and Dr.Oz. Connect with her via Twitter @comprehendMind or www.comprehendthemind.com

Movie Review: 'Wonder Wheel'



By [Rachel Sparks](#)

Wonder Wheel is a tale about lost dreams and new dreams, estranged family, and hard-working love all set up against a 1950's Coney Island filled with gangsters. Kate Winslet plays Ginny, the former actress-turned-clam-waitress. Emotionally wild, Ginny's rough-around-the-edges husband Humpty (played by Jim Belushi) has to deal with his wife's emotional break-downs and the discovery of his estranged daughter, Carolina (played by Juno Temple) hiding from gangsters in his apartment. Throw into this cast [Justin Timberlake](#) as the lifeguard heartthrob who dreams of being a playwright, and you have a complex, winding story full of great actors. Kate Winslet, best known for her role in *Titanic*, recently starred in *The Mountain Between Us*. Jim Belushi, a well-seasoned actor with an extensive filmography, recently played in the TV series *Twin Peaks*. Juno Temple is known for her roles in *Maleficent* and *The Dark Knight Rises*. Musician turned actor, Justin Timberlake, is constantly working. He's been on *The Tonight Show Starring Jimmy Fallon*, *The Voice*, and

Girls recently.

Wonder Wheel is full of love advice and fighting for your dreams!

Should you see it:

If you're looking for an emotionally filled drama about life and love, this is your movie. It's slower moving but well scripted with even better acting.

Who to take:

This isn't the movie to bring someone to if all they want to see is flashing bombs, fast cars, and intense fight scenes. The plot moves slowly, and there's little physical action. It's PG-13 rating is for brief sexuality and cursing, so if your friends are expecting intensity like *Game of Thrones*, this won't be for them. Take your mom or some girlfriends for a girls' night out!

Cupid's Advice:

Wonder Wheel is a movie packed with distant relationships. It's normal for people in long-term relationships to wander away, whether it be with family, like Humpty's estranged daughter, a significant other, or friendship. How can you reconcile distance or time to heal a broken relationship? Here's what Cupid learned about [relationship advice](#) from this movie:

1. Small touches: Humans are physical beings and we feel more connected with a person when we touch them. Consider handshakes. Do you judge a person based on how they shake your hand? This safe initial contact breaks the walls down that we often have around strangers. It's just as beneficial for people reconnecting to use small touches to help break the

ice. You don't have to say something, just hug your best friend or hold your partner's hand.

Related Link: [Four Ways to Stay Connected to Your Spouse](#)

2. Actively listen: Communication is one of the biggest fails in any relationship. It's very easy to get lost in the stresses of your own day and unintentionally ignore the person you should be listening to. Making a conscious effort to actively listen to what someone is saying is one of the biggest ways to show you care about them, and they will notice.

Related Link: [Hang Tough – You'll Get Through It](#)

3. Positivity: It's true no one likes to be around someone negative. While friends, family, and partners want to listen to your day, complaining incessantly is a turn off for anyone. Talk about your day, vent your frustrations, but don't wear your frustrations like a coat. Positivity attracts people, so if you're trying to reconcile a relationship, remaining positive will help move things forward.

How have you reconnected lost relationships? Share your advice below!

Relationship Advice: Is a Bad Boy Good for You?





By Dr. Jane Greer

Carmen Electra has revealed her ideal man is a “bad boy with a good heart.” She describes this man as someone who has been through a lot in life, and has had to work on himself. He is a spiritual person with a strong self-awareness, someone who has “worked all the steps” and is ready to settle down after experiencing all of the craziness of life. This is a common desire for women – wanting a man who is thought to be “bad.”

This conundrum of falling for the rebel, the tough guy, and then dealing with the consequences that brings, has been around since people have been looking for love. What is it about that “type” that attracts so many? Check out the following [relationship advice](#).

It could be the image, or the idea that someone like that

might be sexier than someone else, or it might be the thrill of being with a man who often decides not to follow the rules. Whatever the case, it can often lead you down a path of darkness. Very often the outcome is that the “bad boy” makes you feel bad. You see him as having been through a lot, maybe even having suffered, and you might want to try to make things better for him, but it comes with a price. Someone who breaks the rules might do so in your relationship, too, by lying, cheating, and even possibly insulting you. To an outsider, it might look like simply asking for trouble. Why, then, would someone knowingly put themselves through that?

Related Link: [Celebrity News: Carmen Electra Sets Record Straight on Her Relationship with Ex-Husband Dave Navarro](#)

In my book *How Could You Do This To Me? Learning to Trust After Betrayal*, I talk about the trust sand traps that keep you mired in a relationship like this. The first is, you want to give him the benefit of the doubt. In other words, you want to believe what he says and take it at face value, whether it is that he is sorry, or he didn't mean it, or he didn't realize what he did would hurt you. It is a way to make yourself feel virtuous since you are being understanding and patient, and you keep giving him another chance. You can say to yourself, look what I'm willing to put up with. Another trust sand trap you can get stuck in is the idea that he loves you so much he will change his bad behavior for you. This concept allows you to stay in it and tolerate whatever he does while holding onto the hope that over time he will come to treat you the way you want. You are going to be the one who is more special than all of the other women, and be able to bring out the good in him. And finally, there is the idea that we are meant to accept the good with the bad. He wants you to feel sorry for him for how hard he's had it, and all the pain he has been through. This can work on your guilt. So by staying with him, it gives you a feeling of being in control since you are choosing to put up with it, which can help to

alleviate your feeling guilty about not being accepting enough.

Related Link: [Relationship Advice: When Is the Old New Again?](#)

If any one of these three trust sand traps are at play with you, surprisingly the relationship might be a way of going about trying to make yourself feel good. You raise your self-esteem by making you feel you are a strong, tolerant, and forgiving person in contrast to his being so bad. If you find yourself here, you may want to explore other ways to boost yourself up. Try to begin to trust your own truth by admitting that his lies and the other troubling things he does are not okay, and probably won't change. Protect yourself by putting limits in place and refusing to go along with the bad behavior so you don't have to continue to be mistreated.

Hopefully Carmen's "bad boy" has gotten all that negativity out of his system and is ready now for a smooth, good ride with her by his side.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](#), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Movie Review: 'Call Me By Your Name'



By [Rachel Sparks](#)

Call Me By Your Name is a coming-of-age story set in 1983 in Italy. It follows the budding romance of Elio (Timothée Chalamet) and Oliver (Armie Hammer). The twists: Oliver is Elio's research assistant, Judaism, and homosexuality. Armie Hammer has been in notable films, such as *Nocturnal Animals*, *The Birth of a Nation*, and *Entourage*. Timothée Chalamet has been in both TV (*Law and Order*) and movies (*Interstellar*). The film is packed with tension, drama, and faith.

This movie is filled with budding

relationship advice!

Should you see it:

If you loved the anticipation of an impactful ending like *Interstellar*, *Call Me By Your Name* will take you down a winding storyline. The challenges of forbidden romance create anticipation and hope.

Who to take: This is a romance story at its core, so find someone who loves matters of the heart. No matter their sexual orientation, the story of two people fighting for love against all odds will appeal to any friend. If your significant other is down for a love story, then it will be well worth the watch for a [date night](#).

Cupid's Advice:

Coming out to friends and family is one of the most terrifying things anyone could do. Admitting this to yourself is even more challenging. Whether it's you or someone you care about, Cupid has [relationship advice](#) for this new territory:

1. Don't de-individualize: A lot of people are far more accepting of homosexuality than ever before, but that doesn't mean it's any easier to admit a new aspect of someone's identity. But be careful, if someone you care about tells you they're homosexual, don't say, "I love all gay people!" As supportive as that may sound, no group of people is ever exactly the same, and by clumping your friend into a group shows you lack knowledge about their new identity.

Related Link: [Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't Be Reckless with Other People's Hearts"](#)

2. Go shopping: One of the best parts of changing your identity is creating a new wardrobe! Embrace your friend's

identity by taking them out for a shopping trip. It will help them feel more confident and show your support.

Related Link: [Hollywood's Gay Power Couples](#)

3. Take them out on the town: Your friend hasn't changed; they still love going out with you. Show more support for them by taking them out to a club that caters to their needs and play their wingman (or woman). Plus, you'll both just have a great time dancing and looking good!

Are you adding this emotionally0challenging movie to your **must-watch list? What does this make you think about people who may be coming out in your own life? Share any advice you have below!**

Relationship Advice: When Is the Old New Again?





By Dr. Jane Greer

Jelena is back! [Justin Bieber](#) and [Selena Gomez](#) are officially back together. This is an instance when what was once old and finished can become new again. Rekindling a relationship in this way can sometimes mean a couple was never really over the feelings they shared for each other the first time around, or that with the passage of time they are simply ready to give it another try. Sometimes extenuating circumstances such as illness can play a role and help them realize what is truly important. With this in mind, an end is not always really an end, and you might have an opportunity one day to reconnect with an old love if they're single, too. If that happens, it may give you both a chance to deal with unfinished business, and to move forward the way you may have always hoped you would.

How, then, can you get from Point A – a breakup – to Point B – a revived romance?

So many things can bring a relationship to a grinding halt despite the fact that two people still feel love for each

other. Career opportunities that force people to live in different places, or one of you wanting one thing – such as marriage or a family – when the other isn't quite ready. Negative parental pressure can also tear two people apart even if they don't really want to say goodbye. In these cases it isn't the feelings people have for each other that threaten the relationship, it is the life/work balance and other outside forces. This can become especially hard to cope with if one or the other jumps into a new relationship quickly to get over the hurt and disappointment of the loss. Even considering that, there still might be feelings of hope that someday they will find their way back to each other and their connection will resume.

Related Link: [Relationship Advice: Does Being Wronged Give You The Right To Fight?](#)

Sometimes this can occur with simple good luck – two people find themselves living in the same city again. It can also happen more dramatically, such as when someone becomes ill, as Selena has been with lupus which required a kidney transplant earlier this year. That sort of event can change your perspective and make you question your priorities, turning the small issues that once seemed so important in the past into meaningless details in the present. It may make you more willing to compromise over differences that previously you might have stood your ground on. It might also make you realize that you don't want to waste any more time hoping and waiting, and one or the other might reach out. When one does that, if the other person is receptive and welcomes the contact, it can leave room to pick up where you left off, rebuild, or even lay down new tracks.

Related Link: [Relationship Advice: Can You Cheat Jealousy?](#)

If you have been in a relationship that ended, and find yourself suddenly single and thinking about a former love, if they are also single, it might be a chance to call or write to

them. If that person is sick, you can reach out in the name of friendship and offer caring support in those hard times. By doing so you open the door which might lead to something bountiful for both of you, and give new life to the connection you once shared and cherished.

Whatever happens going forward, it seems clear that Selena and Justin indeed have a bond together that has endured.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Do We Sleep Differently When in Love?





Love is one of those things that cannot be summed up in a few words or a couple of sentences. If you surveyed 100 people, each one would have a different definition of what love actually means to them and how they experience that love. Love is an unspoken bond between two people that can survive through even the harshest circumstances when strong enough.

Does the “can’t-eat-can’t-sleep kind of love” affect how we sleep?

Now we’ve all heard the phrase “can’t eat-can’t sleep kind of love” dubbed by Diane Barrows. But do people in love truly sleep differently? Let’s explore the connection between our sleep patterns and love.

Sleep and Love

When a person falls in love, the emotions that one experiences can range from elation to anxiety. Researchers have studied and compared love-lorn actions to symptoms similar to that of a cocaine high: elation and energy without much appetite or need for sleep. The early stages of love can interrupt sleep patterns when a person is experiencing a euphoric high of emotion causing a disruption to their sleep. People can also

experience a higher level of anxiety while being separated from their new found love and find themselves consumed with continuous thoughts of them. This can interrupt your daily routine as well and affect your performance in the workplace. A person in a newfound relationship will not want to miss a second with their partner and dismiss sleep as unimportant. A newfound sexual awakening can also keep you up at night because you begin to associate your bed with more than a sleeping area and instead a playground for intimate fun.

At the beginning of the relationship, you will function normally or even at a greater potential on a lesser amount of sleep due to the high level of positive emotions and influx of hormones. Eventually, as the relationship grows stronger through time, one relaxes into it more, gaining a greater confidence in the long-term potential. The Lack of sleep will catch up with your body and mind. A person needs sleep and food to fuel the body and help maintain a healthy mental, emotional and physical state.

Your Partner's Sleeping Patterns

Your partner's sleeping patterns can also affect both your natural and scheduled sleep cycle, or in fact, your entire bedtime routine. Perhaps you are a morning person, preferring to retire for the night in the early nighttime hours, rising with the sun whereas your partner is night owl and would prefer to go to bed later in the night, rising in the mid-morning or afternoon. If you are used to and physically attuned to a routine bedtime, any sudden changes can create a disruption in your mind and body. You might enjoy a quiet read before bed or complete darkness in the room and your partner needs a source of white noise such as the TV which also creates light. You find yourself wanting to match your partner's routines and it can take months or even years to fully adjust both physically and mentally to the changes.

Preferred Mattress and Bedding

It might seem like a strange concept, but even the mattress and accessories you chose to sleep on versus your partners' can interrupt your sleep. You might find greater rewards when sleeping on a firmer innerspring coil mattress with a light comforter and one firm pillow. Your partner on the other hand, prefers a memory foam mattress with a heavy duvet surrounded by pillows of various sizes and thickness. This can cause a friction in the relationship, creating stress, which in turn leads to a lack of sleep due to the brain in a hyped-up state.

Thankfully to modern technology and innovative design techniques, this stress doesn't have to mean an end to the relationship or that you and your partner are doomed to have separate bedrooms for the duration of the relationship. Manufacturers have developed a type of mattress that combines an innerspring coil with a memory foam mattress to deliver both technologies. Manufacturers called this design the hybrid. If a mattress such as this interests you or your partner, The Sleep Judge has compiled a list of the [best hybrid mattresses](#) available today.

Conclusion

So, do we really sleep differently when in love? I think the answer is yes! Sleep is a major component of who we are as human beings, but it can be fragile and upsets can occur with little provocation. Sleep aids the body in healing, relaxation and reduced mood swings. Love can also show all of these morale boosting emotions. There is a quote that states "One of the most beautiful things is falling asleep with someone you love, holding them, and feeling perfectly safe". Have an open communication with your sleep partner about sleep habits and make minor adjustments where necessary will aid the person in becoming accustomed to opposite routines.

Relationship Advice: How to Handle Engagement Envy



By Dr. Jane Greer

Fashion model Gigi Hadid really wants her boyfriend, Zayn Malik, to propose after she found out her ex, Joe Jonas, just got engaged. This is a common response of feeling envious when your ex has moved on from being with you and gets engaged to someone else. It's difficult to feel like you are a step behind when you see a former partner move forward with increased commitment, planning a future life together with someone else. This can be even more challenging if you are either at a standstill in your current relationship or worse if you're not in one at all. Engagement envy can strike and push you ahead when in fact you might not be ready to get

engaged, as well as lead to pressure that can create conflict.

How, then, can you handle envy and see the potential good you have right now instead of focusing on what could have been or forcing what isn't meant to be yet? Here's some relationship advice.

Even though a relationship is over, there can be that urge to look back and wonder what you could have done differently. There might be a lot of bad that led you to the breakup, but somehow people tend to remember that pot of good that brought and kept you together, no matter how small it might be. With that in mind, it is hard not to wonder what you might have been able to do to work things out with your ex. Should you have tried harder, or given the love you once shared a second chance? These feelings can really come to the forefront when your ex becomes engaged to another person. You might even think that could have been, maybe should have been, you.

Related Link: [Celebrity Couple News: Gigi Hadid's Family Calls Zayn Malik a 'Great Guy' and Says 'She's Happy'](#)

Those negative feelings swirl around the sense that you've been cheated. You were the one who put up with so much negativity and worked at getting your partner to change for the better, and now someone else is going to reap the benefits. Or you might feel it's not fair that your ex so easily found another partner while you might still be looking for Mr. or Mrs. Right. Or, as in Gigi's case, you might actually be part of a new couple, but seeing your ex get engaged to someone else stirs up your own desire to do the same. This could be stemming from not wanting to see your

former lover be more successful than you, resulting in your forcing your new partner to take the next step before either of you are ready.

Related Link: [Celebrity Wedding: Joe Jonas & Sophie Turner Are Engaged](#)

All of these scenarios have the undercurrent of envy, which is never a pleasant place to be. So what can you do? First and foremost, remember what was different about the relationship you used to have and why you chose to end it in the first place. Trust your gut that you were taking care of yourself, and the breakup was in your best interest. If your ex was the one to call things off it might help to realize that the expectations he or she had for you were probably unrealistic, and take comfort in the fact that you are now free from that conflict and disappointment.

If you are currently not involved with somebody, it is really important to keep in mind that the connection you had with your ex served a purpose in helping you grow and discover what you are looking for in someone and what you're not. Even though they are now involved with someone else, try to keep that separate from your life and instead let it shed a light on what you want in your next relationship. Rather than getting caught up in feeling left behind or abandoned, or a failure that you and your ex couldn't make it work, focus on what you took out of it to better judge and choose your next partner.

Finally, if you are in a relationship as Gigi is, and your ex is already engaged to someone else, consider that this new situation for your ex may perhaps be a rebound romance. They might be in a hurry to have a commitment, and it still might be just as fraught with the complex issues you had together. Just because he or she is choosing to get married now does not mean it will necessarily be smooth sailing ahead. If you can, sit back and maybe find some relief in the fact that it is not

you on the road to marriage with someone you already know brings discontent and hard times to the table.

Hopefully Gigi and Zayn will get engaged when the time is right for them, not her ex.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice: Does Being Wronged Give You The Right To Fight?





By Dr. Jane Greer

Superstar Pink has revealed that Christina Aguilera tried to punch her in a club during their feud, rather than talking things out. Sometimes when people do not have the skills or the opportunity to deal with their anger directly, that hostility might build up and result in a situation like this, which isn't healthy for anyone.

So, how can you avoid this a hostile incident, and, more important, how can you guard against feeling so mad that you find yourself wanting to hit someone? Here's some relationship advice:

Very often when somebody does you wrong, you believe you have the right to feel outrage toward them. If you don't get to talk through those feelings, they can build up into self-righteousness that you carry around with you like a landmine

that might explode anytime it is triggered. Understanding this points to how important it is to speak up when you feel offended or hurt by someone's behavior or actions toward you. Doing this is essential to your health and well-being.

Related Link: [Relationship Advice: Can You Cheat Jealousy?](#)

The best thing to do is to talk directly to the person you have the grievance against. Reach out through a letter, email, or a call, and ask if that person is willing to sit down with you or have a conversation over the phone. Explain that you are upset and would like to clear the air, and hopefully they will respond accordingly. If you can do this, it will not only help to dissipate the fury you feel, but might also lead you to a place of understanding as to why you had such a strong reaction about what happened in the first place. There is also the chance that the person in question did not even realize he or she did something to anger you, and this will give you the opportunity to gain some perspective as to what might have been going on for them. In this way, you can discover something that can help to shift things so that what they did doesn't occur again.

Of course there are times it isn't possible to speak directly to the person. If, for example, they refuse to talk to you, or if it is impossible to reach them, are you stuck with all this rage? You don't have to be. If that happens, see if there is someone else you can talk the issue through with who might help you figure out why this pushed your buttons so much. Did you feel devalued? Lied to? Blamed? Were you treated unfairly? Were you made to feel vulnerable? Once you have a good handle on it, it will help you navigate so that you can prevent similar situations in the future. One of the goals is to learn how to stop taking things personally, because this can make you stronger and less sensitive to people's offensive behavior.

Related Link: [Celebrity News: Put Yourself First Like Lady](#)

Gaga

If there is nobody you are comfortable talking about this with, and the other person is uncooperative, then write it down for yourself. There is a reason we say the pen is mightier than the sword, and there is no better example of that than this scenario. When you are able to express yourself in words, either through talking or writing, it helps to release and decrease your anger, so instead of carrying around one hundred pounds of it, you can reduce that to a lighter load of twenty pounds or so. The sword, or in Pink and Christina's case, a possible punch, does not address the problem or resolve the conflict. It will only lead to more of the same.

Nobody likes to be angry. But if you can use it in a positive way as a catalyst to change through conversation, it can give everyone a chance to move forward and feel better. Thankfully, Pink and Christina never came to blows. Perhaps in the future they will find the words to connect.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

RIP Hugh Hefner: 5 Best Playboy Playmate Celebrity Relationships



By [Katie Gray](#)

It's the end of an era. American icon, publishing pioneer, activist and the ultimate Playboy – sadly passed away recently, at age 91. RIP Hugh Hefner! Since being founded in 1953, Playboy has been a notable American men's magazine that specializes in lifestyle and entertainment. Of course it is most notable for featuring beautiful women. What would a Playboy be without beautiful women? The gorgeous women featured on the cover and in the magazine, are known as Playmates and Centerfolds. Playboy enterprises is a huge company, with many different divisions. They have accessories and clothing to Playboy TV. From 2005 until 2010, Hugh Hefner and his girlfriends, starred in the E! reality series *The*

Girls Next Door. It starred Hugh Hefner, and the [celebrity couple](#) – his three girlfriends: Holly Madison, Bridget Marquardt and Kendra Wilkinson. Who could forget the theme song “Come on-a My House” and the funny adventures that played out on the screen? Hugh Hefner has notoriety for always being surrounded by beautiful women, and dating several of them at once. Hefner was married a couple of times, and is the father of four children. His [celebrity relationships](#) were always highly publicized. They often all lived with him at the famous Playboy Mansion. It doesn’t feel real that Hef is gone, but his memory and *Playboy* – will live on!

Cupid has compiled the 5 Best Playboy Playmate Celebrity Relationships:

1. **Holly, Bridget & Kendra:** Come on-a My House! Perhaps Hugh Hefner’s most famous [celebrity relationship](#), was with Holly Madison, Bridget Marquardt, and Kendra Wilkinson. The three lovely ladies, alongside Hefner, starred on the hit reality series “The Girls Next Door” on E! The show revolved around the lives of Hef and the girls. The three girls, also shot the front and back cover, of *Playboy* magazine. They also had photoshoots that were featured inside the pages of *Playboy*. The show was a success, and the audience loved being able to see the personality behind the four stars. All of them have gone on to have successful careers, endeavors and families. These American beauties, really were the classic girls next door.

2. **Barbi Benton:** Barbi Doll. From 1969-1976, Barbi Benton was in a [celebrity relationship](#) with Hugh Hefner. She is credited with finding and discovering the famous Playboy Mansion, that became a landmark. Barbi Benton was a model and actress. She appeared on the cover of *Playboy* four times! When Hefner first

asked her out on a date, she replied, “I don’t know, I’ve never dated someone over 24 before.” To which he replied, “That’s alright, neither have I.” The two dated for years, lived together, and always remained friends. She is happily married, and is a mother.

Related Link: [Celebrity Couples: Cutest Country Music Pairs](#)

3. Kimberley Conrad: Actress and model, Kimberley Conrad, was married to Hugh Hefner. The pretty pair, had two children together – two boys. Conrad was ‘Playmate of the Month’ in 1988 and in 1989 she won the prized title of ‘Playmate of the Year.’ They married in 1989 and divorced in 2010, when their youngest son turned 18. After 9 years of marriage, they separated and she lived in the house right next door. They all remained a family unit!

4. Brande Roderick: Baywatch Babe! Model and actress, Brande Roderick, is known for her appearances in *Playboy* and *Baywatch*. From 1999-2000 she was in a celebrity relationship with Hugh Hefner. In 2000 she was ‘Playmate of the Month’ and then became the ultimate ‘Playmate of the Year’ in 2001. This American beauty has a lot of film and television credits to her name: *Starsky & Hutch*, *The Nanny Diaries*, *Joey*, *The Parkers*, *Beverly Hills 90210*, and many more. She is now married, a mother, and is still working in the industry.

Related Link: [6 Best Rock & Roll Celebrity Couples](#)

5. Crystal Hefner: Crystal Hefner, a model and DJ, was Hugh Hefner’s wife – and his last celebrity relationship. The pair married on December 31st, 2012, and tied the knot at the Playboy Mansion. Crystal Hefner was previously the *Playboy* ‘Playmate of the Month’ for December 2009. The pair remained married until his death, she is now the widow of Hugh Hefner.

Who are your favorite Playboy Playmates that Hugh Hefner was in a celebrity relationship with? Comment below!

Celebrity Couples: Cutest Country Music Pairs



By [Katie Gray](#)

In the name of country music! Country is one of the most popular genres of music. For decades, it has been ruling the charts. One of the reasons that country music is so popular is because it is very relatable to everybody. Country songs are usually about family, friends, God, and of course – love. Whether it's an upbeat country pop song about hanging out and having a cold beer after working hard, or a love ballad about a breakup – the country music genre has it covered. Country music [celebrity couples](#) tend to have long lasting marriages and relationships, and they typically have families – where they are very hands on and involved with family life. It's

incredibly refreshing, especially in this day and age. (Their [celebrity weddings](#) are always beautiful!) These [celebrity relationships](#) are here to stay. Johnny Cash and June Carter were the King and Queen of country music and married life. Now there are more country music couples following in their footsteps, and we couldn't be happier for these healthy and loving relationships!

Cupid has compiled the 5 cutest country music celebrity couples:

1. Faith Hill & Tim McGraw: This kiss! Two of country music's biggest stars, Faith Hill and Tim McGraw, have been together for 20 years! They are happily married and proud parents, to three daughters. They have each stated that they respect one another, and value their marriage as the most important thing. They have never spent more than three consecutive days apart from one another. Just like Taylor Swift sings in one of her earliest hits 'Tim McGraw' – "When you think Tim McGraw, I hope you think of me." When this beautiful couple performs duets together, swoon!

2. Martina McBride & John McBride: This country couple keeps it all in the music business! Country singer-songwriter, Martina McBride, married sound engineer – John McBride back in 1988. They have been together for 28 years! The couple has three daughters together. After becoming a mother, she made it clear she wanted to be present in her children's lives – so cut back on touring. The two make sure to put family first!

3. Hillary Scott & Chris Tyrrell: Lady Antebellum! The lead singer of the popular music group, Lady Antebellum, is beautiful (inside & out) singer – Hillary Scott. She is married to Chris Tyrrell, who is now a drummer for her band! Talk about mixing business with pleasure and making it work! This country duo has been together for five years!

Related Link: [6 Best Rock & Roll Celebrity Couples](#)

4. Keith Urban & Nicole Kidman: Country superstar, Keith Urban, is known for his incredible music, powerful stage presence, and for being super down to earth. It is widely reported that he is as humble as they come! For ten years he has been with award winning actress – Nicole Kidman. This pretty pair is for sure a power couple! They have two young daughters together – Sunday and Faith.

Related Link: [Best Lana Del Rey Lyrics Inspired By Celebrity Relationships](#)

5. Garth Brooks & Trisha Yearwood: This country couple – is country music royalty. Garth Brooks and Trisha Yearwood, are each successful country music artists. They have been together for 11 years! He proposed to her in front of 7,000 fans and the duo wed in 2005. They live a happy, humble, pretty private, life in Oklahoma. They celebrate their wedding anniversary every year with family, and make family their top priority. Cheers to the King and Queen of Country Music!

Who are your favorite country music celebrity couples? Share below!

Celebrity News: Put Yourself First Like Lady Gaga





By Dr. Jane Greer

Lady Gaga announced she is postponing the European leg of her Joanne world tour until next year because she is in a great deal of physical pain, and has decided to take this time to try to heal so that she can come back stronger. This is a very difficult thing to do, since as a performer she may feel like she's letting down her fans. She has been open about her battle with fibromyalgia, including the side effects of anxiety and depression, but until now has pushed through it. In order for her to take this drastic and important step, one can only imagine the acute discomfort she is experiencing. She clearly has such a strong work ethic, and over the years we have witnessed the incredible details that go into her work. It often seems she will do anything for her fans. But the time has come to focus on herself, making her fans number two for the time being. You don't have to be Lady Gaga or a performer to have a strong response to the people in your life, making it tough to take yourself out, even if it is just for a short time, and do what you have to do if you are suffering from a physical or emotional situation that is making it hard to function in your daily life. Sometimes even being able to find the time to get to the doctor for a simple appointment can seem daunting. So many of us feel a need to keep going, in work or taking care of family, and feel too guilty to take any

time out for self-care.

The thing is, when you neglect yourself, not only can it compromise your work and caretaking, there is also a chance you will miss something with your health that needs your attention. When you consider the celebrity news behind Lady Gaga, it's very important to take care of yourself.

It seems like the obvious response that if you are not feeling well you will check it out, but so many people simply don't and continue to ignore whatever is bothering them, often trying to forge ahead and doing further harm. It isn't until you have gone over a cliff or hit a wall, simply unable to go on in the same way, that many people stop to consider their own needs. By then, though, recuperating might take even longer and be more complicated.

If you are one of those people who finds it difficult to put your own needs first but might be concerned about a personal health issue, what can you do? This does not include situations that might seem like an emergency – a terrible headache, a pain in your left arm, symptoms of a possible stroke – in those cases it is essential to seek immediate medical help. But for more subtle symptoms that linger, making you feel different from your norm, it is important to pay attention and take inventory. Give yourself a timeline, deciding that if the symptoms don't go away by a certain time you will go to a doctor. Some health issues present themselves

in a flurry of symptoms that are hard to pinpoint and too easy to explain away. If these persist, don't ignore them.

Along the same lines, if you're dealing with health concerns and physical pain, it helps to be able to talk about it with people, friends and family. That way they can let you know that they care about you, as well as offer support and be helpful with whatever you're going through. It gives them a chance to be there for you.

Lady Gaga was open in sharing her painful condition, and is a role model for all of us. One thing she will most certainly feel in the coming weeks and months is the tremendous love and caring of all her fans .

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Celebrity News: 7 Best Celebrity Pop Music Moments



By [Katie Gray](#)

Pop music is one of the most popular music genres for a reason! For decades, amazing pop music has been created and crafted. People love jammin' out to pop, and watching pop stars perform in bold outfit choices. Since the 80's, Madonna has been the Queen of Pop. From then on, there have been many pop stars and pop princesses introduced to the world. Whether it's an award show performance or a music video, there have been some iconic pop moments among fellow pop stars in celebrity news, and pop stars in [celebrity relationships](#).

Cupid has compiled the seven best pop moments in celebrity news:

1. **Madonna & [Britney Spears](#):** The Queen of Pop is Madonna and the Princess of Pop is Britney Spears. The most iconic pop moment in history, is hands down the famous 2003 VMA performance where Madonna, Britney Spears and Christina

Aguilera performed and shared a kiss. Madonna was dressed as a groom and Britney was dressed as a bride. To this day, it continues to generate buzz! It will go down in history, as the most iconic moment in pop music. Just like Nicki Minaj sums up in her song with Madonna, she raps, "There's only one queen, and that's Madonna."

2. [Taylor Swift's 'Look What You Made Me Do'](#): The official music video to 'Look What You Made Me Do' by pop superstar, Taylor Swift, premiered on August 27th at the 2017 MTV Video Music Awards. It broke the record for being the most watched music video within 24 hours of its release, by getting 43.2 million views on YouTube. It garnered over 3 million views per hour. The song and video, is influenced by a lot of Swift's past celebrity relationships. This includes her [celebrity relationship](#) with Calvin Harris, Tom Hiddleston, and the feuds with Kanye West and Katy Perry. The music video even features an elaborate scene where Swift is seen in a bathtub full of jewels "that were all real. That's right, the authentic diamonds, were loaned by celebrity jeweler Neil Lane and was worth over \$10 million. As of now, in September, the video has over 200 million views already!

Related Link: [Best Lana Del Rey Lyrics Inspired By Celebrity Relationships](#)

3. [Ariana Grande & Big Sean](#): Ariana Grande is running pop music right now! The pop star, was in a much publicized relationship with music artist, Big Sean. The celebrity couple was adorable on the red carpet at the Grammys, and it was well noted. Grande performed that night, and had several nominations herself. This duo even wore matching outfits when they performed together at KIIS FM's Jingle Ball in 2014. They also were cute together at 'A Very Grammy Christmas' backstage. Although the couple split, they shared great performances together and have had subsequent music inspired by their [celebrity relationship](#).

4. [Jennifer Lopez](#) & Iggy Azalea: Don't be fooled by the rocks that she got, she's still Jenny from the Block! Pop icon, Jennifer Lopez AKA JLO, always brings the fire! Her duet with rapper Iggy Azalea, to their song 'Booty' was the highlight of the 2014 American Music Awards. Their music video to their hit song is also sizzling! It's one of the best collaborations in pop music. The catchy song, features a nice beat, and is great to dance around to! "Work!"

5. [Rihanna](#) & Drake: The friendship and [relationship](#), between artists Drake and Rihanna, has been a constant topic on/off throughout the years. Drake and Rihanna are both icons. Drake bough Rihanna a billboard in Los Angeles to congratulate her on receiving the Michael Jackson Video Vanguard Award at the MTV Video Music Awards. He presented her with the moonman award. During his speech, he was loving, and proclaimed he's, "been in love with her" since he was 22 years old. He proclaimed, "She's one of my best friends in the world."□ Whether they're friends or more, they make us swoon!

Related Link: [6 Best Rock & Roll Celebrity Couples](#)

6. Beyoncé's *Lemonade*: Queen Bee – Queen Bey! Beyoncé released her sixth studio album, titled *Lemonade*, and it took the world by storm. The witty lyrics quickly circulated, and the film that went along with it made a big impact. Beyoncé is married to rapper, Jay-Z, and the pretty pair are also proud parents! Much of the album is about the [celebrity couple](#), and it was widely interpreted that *Lemonade* was about infidelity. There were some empowering parts of the album, such as the songs "Hold Up" and "Sorry" and "Sandcastles." There were inspirational parts, such as the fact that winners "don't quit on themselves." When life gives you lemons, make lemonade!

7. [Lady Gaga](#) & Album *Joanne*: Lady Gaga is a top pop icon. She's won a Golden Globe, performed at the Academy Awards and was nominated for an Oscar herself, and continuously sells out stadium tours. She even gave an amazing super bowl half time

show performance! She released her album, *Joanne*, which is named after her aunt who died at a young age from lupus. The album also revolves around the triumphs and trials of love. Much of the inspiration for the album, is derived from her relationship, engagement and break-up with Taylor Kinney. After dating for five years, they broke off their [celebrity engagement](#). Lady Gaga said, "When you listen to the album, it's clear the influence that all the men in my life have made on this record. She added, "I always wanted to be a good girl. And Joanne was such a good girl."

What are your favorite celebrity pop music moments? Comment below!

Relationship Advice: What We Can Learn From Trials & Triumphs of Celebrity Relationships





By [Dr. Jane Greer](#)

Selena Gomez was seen cuddling up with The Weeknd while he relaxed with some video games recently. This is a perfect example of a low-key date. Couples sometimes think they must have constant excitement to keep the spark alive in their relationships; however, that is simply not the case. There are so many ways to share quality time, and a well-planned, expensive evening or afternoon is just one of many routes to take to create those special moments.

If you and your sweetheart are having difficulty finding ways to share some quality time, never fear. Check out some [relationship advice](#) to help you move forward!

Whether you are dating or married, finding time to be together and then deciding how you are going to spend it can be challenging. Many believe that if it doesn't require effort and money, it might not be worth it, or that their partner won't be interested. But so often people don't have the energy

or extra minutes in a day it would take to choose a restaurant, make a reservation, find the right exhibit at a museum, and therefore the whole thing might simply not happen at all. There is no question that sometimes extravagant nights out are fun, but the pressure to get them just right can be overwhelming. Instead, consider a low-key date which can be a great way to spend quality time with a loved one. It can be as simple as watching a good movie, ordering your favorite take-out, or each doing what you like while being in the same room, which was the case with Selena and The Weeknd. One of you might want to play video games while the other puts together a photo album, or one of you might want to read a book while the other reads the newspaper.

Related Link: [Relationship Advice: How to Navigate a Separation](#)

If you and your partner have been passing each other most days as you run around keeping your lives in order, but rarely have time to focus on each other, take the pressure off and plan a low-key date. All you really need is to find a few hours in your schedule when you can be together in the same room. One extra benefit it provides is a break from all your other social responsibilities with family and friends. You don't have to be a celebrity to appreciate a few hours out of the limelight. You can snuggle and watch your favorite show on Netflix, or play cards, or learn how to play chess, or even take a walk. It's an opportunity to let your hair down and be real with each other, free from having to dress up and put too much attention on what you're wearing and how you look. The goal is to be together sharing time and space. Sidestep the fancy schmancy and make it easy peasy. Instead of thinking big, think small and turn it into great fun. The most important thing is that you are devoting time to each other. It will be more doable if it is simpler to plan, and often can be as enjoyable.

Related Link: [Celebrity Couple News: Bethenny Frankel & Dennis](#)

[Shields Are Back Together and 'Having Fun'](#)

Selena and The Weeknd have the right idea. Just being together is the only real requirement of a happy date.

To keep up with Dr. Jane Greer, please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice: How to Navigate a Separation





By [Dr. Jane Greer](#)

Actors and [celebrity couple](#) Anna Faris and Chris Pratt announced that they are separating. This comes after eight years of celebrity marriage, and the birth of one son, Jack. It's always a shock when a seemingly stable couple decides to split. It appears that Anna and Chris are now finding some of their differences in family life difficult to reconcile, given their respective careers and professional demands. Chris needs to travel more for his career which is at a high point, making it necessary for Anna to handle many home responsibilities solo. Additionally, there may be other issues that they are not in agreement about.

Head below to check out some relationship advice regarding similar situations to Anna Faris and Chris Pratt's!

There is no question that once the decision is made to break up, disentangling your life from your partner's is almost always difficult and messy on so many levels. In addition to

the obvious hardships, there is often collateral damage. One of the areas in which it can be particularly complicated is with the family and friends you share in common, and deciding how those alliances will shake out once you are no longer a couple. If you are in the same business, as is the case with Anna and Chris, that group probably also includes your colleagues.

There are so many possible scenarios: your brother has become good friends with your ex-husband, your kids go to the same school as your sister's and your ex-wife is used to spending mornings with her after drop-off, or your parents still invite your ex to holiday dinners. You might expect all of that to stop automatically now that you've split, but sometimes it isn't that clear cut and people want to continue relationships even though you might prefer they don't. Your instinct may be that they will be joining you in the separation and parting ways with your ex as well. However, demanding that they stop being involved in your ex's life can lead to conflict. How, then, can you begin to navigate this so that you can become more comfortable as you try to move forward in your new life?

Related Link: [Celebrity Break-Up News: Anna Faris and Chris Pratt Split After 8 Years](#)

The first step is to evaluate what your hopes and expectations are in terms of family and joint friends and colleagues. Do you want them to unquestionably take your side and never see or speak to your ex again, or are you simply hoping they will let you know when they do interact with your ex or invite him or her to an event? Once you have a sense of that, consider the relationships these important people to you have with your ex. Have they become great friends, or are they just passing acquaintances who see each other a few times a year? Obviously, the request would vary depending on the intensity of what you are asking someone to give up. If they are very invested in their relationship with your ex, are you able to accept and make room for it? You can look to do this by trying

to recognize that it is something separate from you, instead of seeing it as a threat.

Rather than trying to control their behavior, telling them what to do and what not to do, explain to them the way it feels for you, that their staying in touch with your ex might even feel like a betrayal, and let them know how that might affect your relationship with them. For example, it might be harder to talk to them about your feelings, or it might have an impact on the amount of time you spend together. Additionally, you can also let them know there are certain things you have already shared with them that you hope they can respect and keep private, and how important that would be to you. And finally, you can ask them to give you a heads up if there is a possibility that you and your ex will be invited to the same event. This will give you the opportunity to decide if you do or don't want to go, rather than being blindsided by your ex's presence when you show up. Keep in mind there can be many extenuating circumstances that can be confusing – a family illness or even a death – so it helps to be as clear with yourself as possible about what you can handle, so you can be equally honest with the people you love as you move forward.

Related Link: [Celebrity Break-Up: Anna Faris Opens Up About Split from Chris Pratt](#)

The goal is to figure out what it will take to give you the most peace in an already difficult situation. As Anna and Chris work their way through the murky waters of separation, hopefully they, too, will be able to minimize the collateral damage.

To keep up with Dr. Jane Greer, tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions

dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice: Are Guilty Pleasures Okay?



By Dr. Jane Greer

The pursuit of happiness is an inherent right, as stated in the Declaration of Independence. And yet, everyone grapples with pleasure in one way or another, encountering stumbling blocks along the way. Gina Rodriguez, star of the popular

television show *Jane The Virgin*, recently admitted in [celebrity news](#) that she used to feel extremely guilty about masturbating. While masturbating is a natural and healthy activity, many people do experience guilt, especially if their religion indicates it is something to stay away from. They might also feel guilty if they are in a relationship, and worry it might be taking away from their being intimate with their partner.

We all want pleasure, but so often feel we “shouldn’t” have it for one reason or another. Guilt and anxiety can become barriers that make finding it elusive, and that is true whether someone is thinking of masturbating, or indulging in a good meal or a favorite dessert, or even taking time away from work and family to go to the spa. Generally, people have a hard time giving themselves permission to participate in self-gratification.

The question is, why does feeling good make so many people feel bad? And even more important, how can you handle the negative feelings so that they don’t spoil the positive ones? Here is some [relationship advice](#):

Of all the pleasures people feel sheepish about, certainly masturbation is one that carries perceived taboos. By the time people have reached sexual maturity, most have explored and discovered what feels good. If they aren’t in a relationship, masturbation will give them the chance to satisfy their sexual desires. If they are, masturbating does not have to take away from the bond they have with their partner but can instead

heighten their shared intimacy. But even with this in mind there is often a shameful element to it, as there is with other indulgences. There is this idea of what you should and should not be doing, when in fact, as long as you aren't hurting another person, there is no reason to deny yourself happiness. In fact, it is important to revel in it. We all deal with so many responsibilities and tasks we have to do on a daily basis, from paying the bills to feeding the family to going to work. With that in mind, it is all the more reason to seek out pockets of pleasure that can rejuvenate you and give you the stamina to tolerate all the rest. Here are a few tips for tackling the guilt that may be thwarting your joy.

Related Link: [Celebrity Women Who Built Business Empires With Their Husbands](#)

First of all, question the source of your guilt. Are you listening to someone else's voice in your head? Whether it be a parent or a religious figure or someone else, take time to figure out who is telling you that you shouldn't do whatever it is you want to do. Stop that voice in midsentence and replace it with your own beliefs and convictions. Speak up and out for what you deserve and want, as Gina is doing in challenging the social stigma by talking about masturbation.

Next, give yourself permission to find pleasure. Again, as long as you aren't completely shirking your responsibilities or causing harm to another, you have every right to pursue whatever healthy passion calls to you.

Finally, take responsibility for your well-being with the understanding that if you want to indulge it's helpful to set parameters so that you can feel in charge. Consider what you are hoping to do, and set a middle ground that will make you feel better. Meaning, if you engage in behavior that's triggering your guilt – a delicious dessert or masturbating – know that you will do these things and plan ahead so that you have intention, though you may not know when, you know that

they will happen. In this way, rather than doing something impulsively where you feel controlled by it, you are making the decisions.

It isn't easy to tackle guilt, but it is possible. In the end, it is important to remember it is okay to feel good. Just as Gina is speaking out and moving beyond the taboos, you can too. In the end though, keep in mind that treating yourself well will have a positive effect on everything you do, and will give you the energy and grounding you need to keep your life running and give back to others.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.

Author Interview: Ashley Papa Shares Relationship Advice & Discusses New Book, 'Vixen Investigations: The Mayoral

Affairs'



By [Melissa Lee](#)

As a journalist and expert on all things romance, Ashley Papa is a relationship columnist that writes about sex, love, dating, and marriage. She is the author of a news blog, *SEXTRA! SEXTRA!*, which covers love and sex headlines. In addition to writing articles about the current dating scene, Papa has recently published her first book, *Vixen Investigations: The Mayoral Affairs*. The fiction novel is about a young woman that has launched her own business with the purpose of solving infidelity crimes. As a victim of cheating herself, Paige Turner is hired to take on a case surrounding the mayor and his wife that gets intense when she finds enough evidence to take down the entire administration. Paige eventually finds herself falling in love with a man while she's undercover, resulting in the challenge of revealing who she really is.

Ashley Papa Spills Details on *Vixen Investigations: The Mayoral Affairs*

The novel, which focuses on bringing justice to the broken-hearted, was completely inspired by the writer's own experiences. She frequently interviews relationship experts, so she used their expertise and translated it both to the book and the main character. "I created Paige as a heroine that encompasses this CIA-type coolness," Papa shares in our [author interview](#). "I still wanted to make her relatable though." The relatable aspect of Paige is certainly not missing: Though described as a headstrong woman, Papa made sure to include Paige's experiences with unhealthy relationships and infidelities as well.

Related Link: [Celebrity News: Kevin Hart & Eniko Hart Vacation Together Following Cheating Rumors](#)

Although Paige is this incredibly strong-willed character, her downfall in the novel is when she finds herself falling in love. Papa explains that she wanted there to be an intense conflict in the book, especially since Paige's business is something that she typically keeps low-key. The author lends a bit of [relationship advice](#) when she touches on the importance of honesty, something that Paige struggles with when she doesn't want her identity to be found. "When you're not truthful from the start, it can start to snowball," Papa advises.

Author Dishes Important Relationship Advice That Everyone Should Hear

Papa's novel begins when Paige decides that she's had enough of being taken advantage of in the dating world. With such a

powerful backstory, it almost seems criminal not to ask the journalist about her tips for getting over a tough relationship. “We all have different ways of coping, but you need to identify what you deserve,” she explains, placing a heavy emphasis on self-worth. “We all deserve good relationships and respect, but if we’re not finding that, it might be best to take a step back from dating and be by yourself until you realize what you need.”

Related Link: [Celebrity Interview: ‘Famously Single’ Dating Coach Dr. Darcy Sterling on Relationships, Communication & Her Own Marriage](#)

In terms of trust issues, Papa is no stranger to learning to put your faith in someone again, especially after writing an entire novel on it. “Focus on yourself,” she explains in our author interview. “It comes with taking things slow – you don’t want to jump right into a relationship despite how confident you may feel.” She also takes a cue from *Vixen Investigations: The Mayoral Affairs* by encouraging troubled individuals to be their own investigators, though she urges those to trust their instincts at the end of the day.

And if you’re in a similar position as Paige, it’s important to understand that although you are the victim of cheating, it won’t be impossible to trust again. “Identify the fact that you deserve better, and make sure you fully understand that,” the author says. “You don’t want to get stuck feeling like everyone you date is going to cheat on you.”

Journalist Reveals Personal Details & What She’s Learned in Author Interview

The main message of her book, Papa discloses, comes from a caring place and completely depends on one’s self-worth:

“Everyone deserves a good relationship and to be loved. You don’t need to put up with cheating just for the sake of being in a relationship.”

Related Link: [Relationship Advice: From Cheater to Keeper – How to Make Amends](#)

She further opens up about the learning process she experienced when writing *The Vixen Investigations: The Mayoral Affairs*. When pulling inspiration from real life occurrences, it seems like it would be necessary to go through a great deal of self-reflecting. “Looking back at past relationships, I saw I didn’t require the guys to respect me and be very truthful,” Papa reveals. Right after she finished writing the first draft, she swore she was done dating dishonest and untrustworthy men – and shortly after, she ended up meeting her current boyfriend, whom she has been dating for the past two years.

To keep up with Ashley, check out her [website](#). You can buy her book [here](#)!

Giveaway: Enter Kirin Ichiban’s Giveaway To Win A Trip To Japan





By [Mallory McDonald](#)

Kirin Ichiban brings an authentic taste of Japanese culture to the states through their unique first press brew, so they would like to send two lucky New Yorkers to Japan for a week to experience Kirin's proud Japanese heritage. The JPN in NYC sweepstakes allows consumers 21 and older to enter into this contest by instagramming a picture of food – preferably with Kirin Ichiban! Check out the steps to enter below!

Kirin Ichiban is giving away the trip of a lifetime...to Japan! And it's incredibly easy to enter!

STEP 1: Dine at participating restaurants in NYC. Find the list at www.jpnnyc.com. Dine at multiple restaurants for more chances.

Related Link: [5 Famous NY Restaurants to Visit if You Want to Spot One of Your Favorite Celebrities](#)

STEP 2: Follow @KirinUSA on Instagram, then take a pic of your meal (bonus points if it's paired with Kirin!).

Related Link: [Famous Restaurants: Hottest Happy Hours in NYC](#)

STEP 3: Share your pic to Instagram and include both @KirinUSA and the hashtag #JPNinNYC in your post.

The contest ends on Monday, July 31st. Check out the live countdown on www.jpnninyc.com!

Movie Review: Award-Winning Memoir Gets Cinematic Adaptation in 'The Glass Castle'



By [Marissa Donovan](#)

The life of Jeannette Walls has made it to the silver screen in *The Glass Castle*. Walls (Brie Larson) reflects back on her childhood struggles with poverty while handling the shame of her family's unconventional choices. She attempts to start a new chapter of her life with love interest David (Max Greenfield), but her parents (Woody Harrelson and Naomi Watts) want to keep their daughter grounded in their ways.

This drama can give us [relationship advice](#) for dealing with family problems in our own lives!

Should you see it:

Director and screenwriter Destin Daniel Cretton has already proved to audiences in his last film *Short Term 12*, that he can create heartfelt films that accurately depict complicated relationships. This Jeanette Walls memoir has also been put on New York's Best Seller list. This film is worth watching for those who also enjoyed Larson's performance as a troubled mother in *Room*.

Who to take:

This film is [date night](#) worthy for book-loving couples! Try reading the book before you watch the film, and talk about the the two bodies of work as a couple.

Cupid's Advice:

In *The Glass Castle*, David and Jeanette seem to come from two different lifestyles. Although David is excited to be a part of her life, Jeanette feels embarrassed by her family. As a couple, you need to respect your differences, even if that means dealing with family drama. Here are some ways you and your partner can handle family drama as a couple:

1. Provide support for family: If your family or your partner's family is in a hard place right now, help them by offering to let them live with you temporarily. You could also give them money to help them during their tough time. They may not take your offering, but at the end of the day, you'll know that you tried to help as much as you could.

Related Link: [Movie Review: 'Lady Macbeth' Exhibits Drama, Romance and Affairs](#)

2. Keep distance while still staying close: Sometimes all family members want is space. You or your partner may feel the need to distance yourself from certain family members. That's okay, but try not to cut ties with your family! It's okay to not be on speaking terms after drama happens, but still remember how important they are. Check up on how they are doing by speaking with another family member that's close with them or eventually have you and your partner speak to them.

Related Link: [Family Chaos Commences in 'What We Did on Our Holiday'](#)

3. See a family therapist: It's nice to sit down with your family and discuss the problems you have together. Having a family therapist can help you work out problems that have gone unresolved since childhood or new problems that have recently occurred. You and your partner should attend sessions together just to make sure everyone is on the same page. It's also okay to have more private sessions with family, but at least let each other know how you are feeling.

Have you worked out family drama with your partner? Help our readers by sharing your experience in the comments!

Movie Review: 'A Bad Moms Christmas' Is A Spirited Sequel Full Of Laughs



By [Marissa Donovan](#)

Bad Moms was the just beginning for the hilarious mom squad. *A Bad Moms Christmas* is the follow-up feature that shows the lives of Amy ([Mila Kunis](#)), Carla (Kathryn Hahn), and Kiki ([Kristen Bell](#)) during the chaotic winter holiday. The friends decide to rebel against the tradition of coordinating the holiday for their families and new love interests. Plans to relax during the holiday seem to go haywire once their own mothers stop by for a visit.

This holiday movie can provide us with [relationship advice](#) for the holidays!

Should you see it:

If you laughed over the crazy shenanigans from the last movie, you are bound to giggle over the raunchy humor and relatable mom jokes this film will provide.

Who to take:

This is definitely a girls' night out movie. Take a break from shopping, and go with your friends! Due to the adult humor in this film, it's best to let someone watch your kids instead of bringing them to the theater with you.

Cupid Advice:

In *A Bad Moms Christmas*, Amy's love interest Jessie Harkness (Jay Hernandez) has his children celebrate Christmas with Amy's kids. Amy tries to juggle looking after their children, getting ready for the holidays, and maintaining a relationship with Jessie. Like Amy, the holidays can be stressful for anyone in a new relationship. Here are some ways to keep your family and new partner happy during the holidays:

1. Take two large shopping trips separately: Shopping with your partner and your family can be stressful. Between secretly buying gifts for each other or losing each other in large crowds, it can make you want to pull your hair out! Instead of going together, plan two shopping trips. One trip can be spent with you and your partner, and the other trip can be spent with your family. It will be less stressful and you get to surprise each other with the gifts that you get!

Related Link: [Date Ideas: Holiday Couple Fun](#)

2. Decorate your home together: Bring out your holiday decorations, and let your partner and family bond over getting into the spirit of Christmas! Your partner can help your children put a star or angel on the top of the tree or wrap the tree with lights. Everyone will enjoy getting festive as a family!

Related Link: [Get Ready to Celebrate the Holidays with 'A Madea Christmas'](#)

3. Prepare a meal as a family: Instead of leaving all the cooking up to you, let your partner and family help. They can join in on creating Christmas cookies or even mashing the potatoes. You will be less stressed out and your partner will get to know your family traditions when it comes to food!

What do you plan on doing with your family and partner during this holiday season? Let us know in the comments!

Movie Review: Mother!





By [Melissa Lee](#)

Word has been buzzing around [Jennifer Lawrence](#)'s upcoming film *Mother!*, though most details have been kept on the down-low. What we do know, however, is that her boyfriend, Darren Aronofsky is the director, with actors like Michelle Pfeiffer, Kristin Wiig and Ed Harris starring in it. This psychological thriller isn't set to be released until October 13, but keep your eyes peeled for more specifics.

Although this movie is greatly under wraps, Cupid still has details on the movie along with some relationship advice!

Should you see it?:

This thriller film centers around a couple who unexpectedly receive guests at their home, ultimately causing turmoil and disorder. With a star-studded cast (Lawrence, Wiig, Pfeiffer, Harris, Brian Gleeson, Domhnall Gleeson) and a fascinating plot, *mother!* doesn't sound like a movie you're

going to want to miss.

Who to take:

This movie may not be ideal for a first date, but this shocking film could be fun to see alongside your best friends.

Cupid's Advice:

In *mother!*, complete chaos wreaks havoc on the couple due to unpredictable guests entering their home. Although this plot isn't the most relatable, it is possible to have other people affecting your relationship's stability. If this scenario sounds familiar, Cupid has relationship advice for you:

1. Avoid over-thinking: If you're constantly paying attention to what other people are potentially saying or thinking about your relationship, do yourself a favor and avoid these thoughts altogether. Over-thinking and over-analyzing can be a tumultuous factor that can ultimately ruin your relationship, so be sure to take a step back and collect yourself before letting your thoughts run wild.

Related Link: [Movie Review: Romantic Comedy Stays Alive in 'The Big Sick'](#)

2. Confide in your partner: Don't face this problem alone, especially since it's not only affecting you, but your significant other as well. If there are specific people that have a rather negative impact on your relationship, communicate the problem to your partner and talk about it. It's important to reassure one another when either person reveals their concerns, but above all, it's even *more* important to be talking about the issue in general.

Related Link: [Relationship Advice: 5 Communication Keys Every Relationship Needs](#)

3. Cut the person out: If you've done both of these things and this person is *still* affecting your relationship's stability,

maybe it's time to just cut ties with them. Realistically, you don't need a negative person actively trying to ruin things for you or your relationship – that's just unnecessary. However you choose to shut the person out, make sure that you're completely at peace with your decision and doing it for the right reasons.

What are some of your tips? Share your thoughts below.

Date Idea: Wine and Dine



By Sarah Ribeiro & [Melissa Lee](#)

Summer is just starting, and you and your sweetheart need to get ready for the new season. This weekend, go on a wine-tasting adventure to embrace the fresh warm weather. You and your love can find a new favorite wine while exploring a

beautiful vineyard nearby.

If you're looking for a romantic way to have some fun, this weekend date idea is ideal for you and your love.

First, you and your sweetheart need to decide which wines you will be trying this weekend. Narrow down your wine preferences to a specific kind of wine you want to taste. Do you only like reds? Limit the weekend to cabernets, merlots and pinot noirs. Or spend the weekend comparing whites and reds. A "pinot-only" date will allow you to taste different pinot noirs and pinot gris that are made in your area.

Related Link: [Weekend Date Idea: A Day at Sea](#)

Next, search online for wineries or vineyards in the area that offer the wines you've picked and plan to travel to a couple of them throughout the day. You and your partner can even arrange a town car or limo to drive you around, so you don't have to worry about limiting how much you drink. Plus, it'll give you a sense of luxury and a chance to cuddle up on the ride.

Related Link: [Enjoy a Secret Sunset on Your Next Date Night](#)

At the vineyard, it's important to keep sharing opinions with your significant other. You can pick a wine that the two of you are crazy about and buy two bottles to take home with you. The first bottle can be shared that night, and you can reserve the second for a future anniversary or romantic date.

Related Link: [Weekend Date Idea: Play All Day](#)

After the wine-tasting fun is done, head back to your place

and enjoy a romantic meal together. Skip out on the cooking for the night and indulge in a take-out meal from a nearby Italian restaurant. Make sure your wine suits your meal by using a wine pairing chart. The rule of thumb here is that darker meats belong with darker wines and lighter meats stick with lighter wines. You can even try a wine-based dessert, like a strawberry and wine sorbet, that will cleanse your palate and provide the perfect ending to a perfect day.

Have any great wine-based date ideas? Share them in the comments below.

Date Idea: Make Your Love a Masterpiece



By [Sarah Ribeiro](#) & [Melissa Lee](#)

Get creative with your love this weekend: paint, sculpt, or throw some pottery and feel like an artist for the day. Make something with your sweetheart that the two of you will proud to show off to your family and friends. Try this unique date to tap into your inner creative genius and create a work of art that you and your love can keep as a memento of your time together.

If you're looking to get in touch with your creative side, this weekend date idea is perfect for you and your partner!

First, pack up a picnic basket loaded with your favorite foods. Include finger foods that you can feed to each other, like berries, veggies or pretzels, as well as your honey's favorite meal. Bring a bottle of wine and two glasses as well, then head up to the most scenic spot in your area. Scope out a high hill, a look-out point or a state or national park. Enjoy the sounds of nature around you or bring your iPod with you to play a soothing painting playlist. Examples of great relaxing music to spark creativity include Yanni, Pearl Jam, Pink Floyd, Adele, Animal Collective or classical and instrumental music.

Related Link: [Weekend Date Idea: Get Crafty](#)

After you and your love have a romantic sunset picnic, set up an easel (or two) and try your hand at painting. Choose between painting your sweetheart or the landscape around you. Don't be afraid to experiment with color and style. Be silly with one another – you can even try painting a caricature! You don't have to be a great artist to enjoy being creative. Painting is a great way to unwind and relax on a quiet night with your love.

Related Link: [Date Idea: Run Outta Moonlight](#)

Another way to get artsy is to head to your local art supply store or studio and register for a class. Most studio-based art classes offer deals for couples who register for classes, sometimes providing Date Night specials which include complimentary champagne. Pick something you and your partner have never done before: shops like Color Me Mine let you paint your own ceramics, or you can try making ceramics yourself. Glassblowing is also becoming incredibly popular and is showing up in more studios. Plus, you'll get a professional product that you and your sweetheart can take home with you.

Have an idea for a crafty date? Share it in the comments below.

Date Idea: Listen to the Music





By [Sarah Ribeiro](#) & [Melissa Lee](#)

It's almost June, which means it's time to start doing summer activities. This weekend, start the new season off right by spending some time at outdoor performances with your love.

If you and your sweetheart are huge music fans, this weekend date idea might be perfect for you two!

Some of the most popular summer activities are outdoor fairs, concerts and music festivals. Not only are they fun, but they can be incredibly romantic too. Look up your local symphony orchestra; most of them hold open practices in the early summer, where you and your sweetheart can wrap yourselves in a blanket at the park and listen to classical music under the stars. For a more private experience, you and your love can stay in the parking lot, canoodling in the back seat of the car, high-school style, while you listen through the open windows.

Related Link: [Weekend Date Idea: Karaoke Night](#)

Check your newspaper and community bulletin board to find more

local outdoor concerts or music festivals where you can cuddle with your sweetheart. You can try something new, like a bluegrass festival: Bluegrasser has a database of national bluegrass events where you and your beau can get country. Most bluegrass festivals even feature farmer's markets, where you can buy local produce and other goods like handwoven blankets and handmade jewelry. Or check out a jazz festival, where you and your love can spend the day dancing in each other's arms, filling up on goodies from food vendors and exposing yourselves to rising musicians.

Related Link: [Date Idea: Binge Watch a New TV Show](#)

If you're more of an active couple, you can check out a bigger-scale music festival. Larger festivals are typically three days long, with tens to hundreds of mainstream acts playing on multiple stages. Some festivals that are traditionally held in late May and early June are Electric Daisy Carnival in New York, Sasquatch! Festival in George, Washington, and Bonnaroo in Manchester, Tennessee. In past years, these three festivals have featured acts such as Fatboy Slim, Avicii, Jack White, Bon Iver, Radiohead and Red Hot Chili Peppers. Find a festival that best suits you and your sweetheart's music tastes and plan a road trip with them. Spend the entire weekend listening to your favorite musicians, dancing and falling even more in love.

What are some of your favorite musical dates? Share with us below.

Date Idea: Meeting the

Parents



By [Sarah Ribeiro](#) & [Melissa Lee](#)

Celebrate this Mother's Day by taking a trip home. Plan a weekend visiting each other's parents in the spirit of the holiday.

Check out this weekend date idea if you're interested in introducing your partner to the family!

If you live nearby, look at this weekend as a road trip with your beau. The two of you can pack snacks and create a playlist with songs from your childhood to make yourselves feel nostalgic. Some great 70's and 80's favorites include "Bohemian Rhapsody," "Livin' on a Prayer," "Vogue," "Dancing Queen," "Take on Me," and "Thriller." If your honey has never

met your family, you can share stories about them on the ride to get him or her ready for their endearing eccentricities, like the fact that your father sings opera in the shower or that your mother will wake up at 5 a.m. to make you all breakfast. Make it a game to see who has the strangest family stories.

Related Link: [Date Idea: Say 'Ahhh' at the Spa](#)

Before you get to your parent's house, take a drive around your hometown. Show your sweetheart where you grew up: take them to your high school or grammar school, bring them to where you had your first date and show them your favorite hangouts when you were a kid. Pick out the best ice cream shop in town and buy a cone for your partner, telling them your favorite memories of going out for an after-dinner sweet treat with your parents.

Related Link: [Date Idea: Learn a New Sport Together](#)

After the nostalgia has worn out, head to the house and make a mother's day meal with your love. Try to replicate your favorite recipes that your parents used to make you and serve it to them on a fully set table with flowers and candles. Don't forget to bring a bottle of wine and dessert. You can harken back to your childhood with dessert: try something simple that you would make as a child, like brownies, ice cream sundaes or strawberries with whipped cream. It's a great chance for you and your love to work together and bond in the kitchen. Be sure to let your parents know how much you appreciate them – and don't forget to buy a Mother's Day gift!

Related Link: [Date Idea: Get Close with Nature](#)

After dinner, pull out your old photo albums. Let yourself be humbled as your parents tell your partner all of your embarrassing childhood stories and show off your braces-filled middle school yearbook photo. Then spend the next day doing the same with your sweetheart's parents.

What's your favorite Mother's Day date? Tell us below.