

Date Idea: Take a Trip Down Memory Lane



By [Marissa Donovan](#)

Some of the sweetest memories between two people come from the very beginning of their relationship. This weekend, plan a [date night](#) centered around all of your first experiences as a couple. It will be an evocative reminder of why you're together and how far you've come.

Walk down memory lane as a couple!

Relive that special moment by visiting the place where you met. If you were introduced at a bar, go back and order the same drinks. Wear the same outfit you wore on your first

date, if possible, or simply grab a bite to eat and recall what attracted you to one another.

Related Link: [Relationship Advice: Plan a City Scavenger Hunt](#)

Take some time to plan out the evening by revisiting the same restaurant, club, or venue that ignited the initial spark before you two became an item. Put on your best dress, have your partner pick you up, and get to know one another all over again. You're bound to feel those familiar butterflies, rekindling your romance once more.

Related Link: [Date Idea: Go Back to College!](#)

No matter where you met, engage in activities reminiscent of your vibrant beginnings as a pair.

Have you relived old memories with your long term love? Do you have a great first date story? Give our readers [relationship advice](#) on how to relive memories in the comments!

Date Idea: Lift Your Love To New Heights





By [Marissa Donovan](#)

There's no reason for your next date to be grounded when there are so many unique options hanging just above your head. For an incredibly memorable day together, take to the open sky with this [date idea](#).

Let your love literally soar to new heights.

Some hot air balloon companies offer romantic packages that include champagne and a candlelight dinner. Taking off just before dawn or right after dusk is usually the best time to travel.

Related Link: [Date Idea: Take a Risk and Be Daring](#)

Is seeing the world from a panoramic, 3,000 foot floating perch not your thing? Maybe being in an enclosed helicopter will do. For those couples who are feeling particularly adventurous, you may want to look into sky diving packages. This may be something you've always dreamt of doing but didn't

know who to invite along. Now is the perfect time to ask your partner! Remember to purchase a video to recount your moment in flight for years to come.

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

If being in the open sky doesn't feel safe enough, tall and towering skyscrapers provide views and experiences that give you the best of both worlds. There are usually wonderful restaurants and bars on top, like the Seattle Space Needle's Sky City, and 230 Fifth's Rooftop Garden in New York City. Enjoy a quick bite or cocktail while taking in the cityscape, especially at night as the lights illuminate around you. If you don't live near a city, go on a hike to the tallest summit you can stomach.

Related Link: [Enjoy the Outdoors With This Challenging Date Idea!](#)

Let the landscape take your breath away while enjoying a mountainside picnic with your sweetie. The possibilities are endless when the sky's the limit.

What risk taking date nights have you experienced? Leave your memories and [relationship advice](#) in the comments.

Date Idea: Gift Him with a Guys' Night Out for Sports





By [Marissa Donovan](#)

Whether he's playing video games or watching his favorite team, you know how your boyfriend or husband wants to spend his spare time. Instead of dragging him to go shopping at the mall, gift him with a night that will take your love to new height. Try this weekend [date idea](#) and have a blast!

Plan a guys' night out with your partner!

Do your part by researching the team and the players. Add in a few statistics and you will be sure to impress him. If your partner enjoys a sport that's featured on a premium channel, like boxing, order it and invite his friends over to watch it too. You could even contact a restaurant in your area to find which spot will be broadcasting the main event.

Related Link: [Date Ideas: Become a Football Fanatic](#)

If you really want to shock him purchase two unexpected tickets so he can watch his favorite team live. Don't tell him

where you're headed and watch his eyes light up as you reach the stadium. A few hotdogs and a clear view to the field will make his day and spark the romance.

Related Link: [Weekend Date Idea: World Series Weekend](#)

Trips to the batting cages, put-put golf and trivia night are other great television-free options for your [date night](#). Let him know that you're as laid back and fun to be around as his guy friends.

Have a great idea for a perfect guy's night out together? Dish your [dating advice](#) in the comments below.

Movie Review: Romantic Comedy Stays Alive in "The Big Sick"





By [Melissa Lee](#)

Summer 2017's biggest romantic comedy is *The Big Sick*, a film showcasing the struggles of interracial couples and cultural differences. Based on a true story, *The Big Sick* tells the tale of Pakistan-born aspiring comedian Kumail (Kumail Nanjiani) and grad student Emily (Emily V. Gordon). The couple is put to the test when Emily falls ill and is put in the hospital. Kumail experiences pressure and disapproval from his traditional Muslim family, along with attempting to get along with Emily's parents.

Cupid has details on this movie, which can lend us some valuable [relationship advice](#)!

Should you see it?:

Although romantic comedies tend to be predictable, this film is anything but predictable. Not only does the movie have a

unique story line, but the feature is relatable to those who understand the position Kumail is in.

Who to take:

This movie would be great for a [date night](#)! It'll pull at your heart strings but make you laugh too.

Cupid's Advice:

In *The Big Sick*, Kumail is put in a tough situation where he feels as though he needs to please his parents, his girlfriend, and her parents. These pressures aren't exactly out of the norm, so it's important not to let those struggles consume your relationship. Cupid is here to offer some relationship advice:

1. Establish a relationship with their parents: Anxiety levels can definitely be brought down by trying to build a healthy relationship with your partner's parents. It's important to gain their respect so there's a mutual approval in case a tough situation like Kumail's eventually arises.

Related Link: [Age Is Just a Number in New Movie "The Intern"](#)

2. Be aware of cultural differences: If your circumstances are anything like Kumail's and Emily's, there may be some cultural aspects that differ between your families. Above anything, it's pretty critical to be understanding and respectful of opposing cultural views, especially if your partner was raised a certain way.

Related Link: [Celebrity News: Time Travel with "How To Be Single" Stars](#)

3. Make the effort: Just like any good relationship, putting in effort is a huge element that can make things a bit easier for you and your partner. Recognizing that your significant other is trying their best is important for you to vocalize, in addition to making the attempt yourself.

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

Date Idea: Stay Indoors



By [Marissa Donovan](#)

We've all had one of those days where we just want to stay home and do absolutely nothing. Of course you've been looking forward to going on that special date with your significant other, but after a stressful week, you'd rather stay indoors and just relax. Well, why not do both?

Experience a fun night indoors with your partner!

Invite your significant other over your house and spend time together there. Spend the night playing card games or play video games. To make things interesting, create your own rules. Come up with penalties for the loser and prizes for the winner. Show off your competitive side!

Related Link: [Weekend Date Idea: Game On](#)

If you run out of games to play, take out a puzzle you've never been able to complete. Sit down with some coffee and sweets as both of you attempt to put the pieces together. There are also puzzle apps you can download on your phone in case you don't own one to solve together.

Related Link: [Date Idea: Enjoy the Snow from Indoors](#)

After you solve your puzzle can settle down in front of the TV with a bowl of popcorn with your partner. There's many other ideas for a fun night indoors. Make sure to have fun and stay warm!

Have a favorite indoors date of your own? Comment below and share with our readers.

Date Idea: A New Kind of Valentine's Day Date



By [Marissa Donovan](#)

Valentine's Day is right around the corner. Cupid can help you plan out an unforgettable day!

This year's holiday can be all about creating an original love story.

It's okay to be single on Valentine's Day! Go out and hit the town with other single friends or family members. Splurge on yourself and get a haircut or a new outfit for the night. Celebrate the day by loving you for you!

Related Link: [Dating Advice on How to Meet Someone for Valentine's Day](#)

For those in a happy relationship, surprise your partner with a homemade gift! Your partner will appreciate the time and effort you took to make the gift. A framed photo or something that references one of your inside jokes as a couple will be more meaningful than flowers.

Related Link: [Relationship Advice: "Don't You Dare Valentine Me"](#)

It's all about creating lasting memories that you can smile about later. Whether you're single or in a relationship, make sure you're having a fabulous Valentine's Day!

Do you have any creative date ideas for Valentine's Day? Comment below, and share with our readers.

Date Idea: Get Out Of Your Comfort Zone





By [Marissa Donovan](#)

Occasionally relationships can become too mundane. Couples who are bored can get creative by trying something new!

Make an effort to step out of your comfort zone so you can keep the spark in your relationship.

Even new couples can run out of date ideas. Try participating in an activity that one of you is passionate about. For instance, take up a sport that your partner enjoys participating in.

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

If you and your significant other have been together for a while, try something new for a day. If you've never tried skydiving, do it together! If you've never been to a drive-in theater, go visit one.

Related Link: [Weekend Date Idea: Head Back In Time & Enjoy A Drive-In Movie](#)

Trying new things can often spice up a “too comfortable” relationship. Chat with your partner about trying something new!

Do you have any romantic date ideas? Comment below, and share with our readers!

Date Idea: Gamble on Love



By [Marissa Donovan](#)

With the new year approaching, there's no better time to take

a risk on your love life. Try your luck by heading to your nearest casino. It's perfect for a first date, group outing, or general date night with your partner.

There's something for everyone at a casino!

You'll never feel bored with your partner at a casino. Many entertainment venues are typically near you location wise and offer all kinds of shows. Casinos often have with performances by musicians, magicians, and comedians.

Related Link: [Date Idea: Love is Magic](#)

You can always start the night by hitting the tables. Have fun playing blackjack or trying the slots. You can even plan a trip in conjunction with the casino, with help from TripAdvisor's list of the best casinos.

Related Link: [Weekend Date Idea: Rack Up a Few Laughs At a Comedy Show!](#)

For more luxury hotel casinos for a high-end weekend getaway, check out [Gayot.com](#).

Do you know of a fun casino to visit? Share your suggestion in the comments bellow for our readers to see!

Date Idea: Plan a Party



By [Marissa Donovan](#)

Tired of getting stuck inside due to the snowfall? After watching every movie during the 25 Days of Christmas twice over, what are you and your partner to do? Tell your friends to put on their ugly Christmas sweaters and get ready for a holiday bash!

With this [date idea](#), parties will bring out the holiday spirit in your relationship.

When it comes to the guest list, don't be afraid to get creative! Send a holiday spirited invitation to your boyfriend's friends as well as your own. Introducing your friends will bring you two closer, and you might make a few

love connections.

Related Link: [Celebrity News: Best Ugly Christmas Sweaters](#)

Now to the good stuff – the food of course! A pot luck is always a great idea for a gathering of close friends and family. You're then serving a wide variety of dishes, and you might even snag a secret recipe! Another option is to spend the day cooking up a storm while listening to some holiday tunes with your sweetheart.

Related Link: [Dating Advice: Don't Be Afraid to Sparkle During the Holidays–Even If You are Single](#)

Don't be stuck in the holiday blues. Celebrate your relationship this season with a holiday party!

Have any other fun holiday themes in mind? Leave your party ideas in the comments bellow!

Date Idea: Make the Perfect Playlist





By [Marissa Donovan](#)

Need a great [date idea](#) for this weekend? As the holidays are now upon us, many couples and lovers part ways to spend the season with their respective families. And there's one way you can make sure your special someone will have you on their mind while you're apart: make them a special playlist!

Spend time together by sharing music you both love! Here are some key elements to a the perfect love mix:

Here are some key elements to a the perfect love mix:

1. Beatles song: It doesn't matter which one, but no one does frothy love pop like these guys did.

Related Link: [Date Idea: Dance the Night Away With Your Love](#)

2. One that makes them laugh: Maybe it's ironic, or you have

an inside joke about it – or maybe it was the song that played on your awkward first date. Just make him smile.

3. Country song: These are some of the best and most honest love songs.

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

4. Classic: The obvious choice is Frank Sinatra, but any song from before 1960 will work.

5. A sappy one: Think Lionel Richie, Barry White or even Mariah Carey.

6. Your song: If you're making him a mix, you should already have a song. Make it the last one they hear.

Websites make it easy to make playlists by giving you the music you love and the option to add a title. It's like a modern mixtape that you can access on your phone anywhere you go!

Have a favorite song or artist you would like to recommend? Leave your suggestions in the comments below so other readers can check them out!

Date Idea: Give Thanks to One Another





By [Melissa Lee](#)

It's that time of year again. It's time for family, friends, and slaving over a hot stove.

Are you a newlywed worried about preparing your first Thanksgiving dinner? Don't worry, you're not the only one! Cupid's got you covered, and you may be able to make this into a date idea.

First you have to determine how many people you'll be entertaining. Try checking out some recipes for large groups of people. These recipes will make it very easy to cook for a crowd. For a small, intimate crowd, try some unique appetizers that will fit perfectly on a small side table, like cheese fondue.

Related Link: [Date Idea: Mexican Cooking Classes: Spice Up Date Night](#)

Too lazy to cook? Don't worry. Many food stores sell ready-to-go Thanksgiving dishes. If you live in the Manhattan area, be sure to consider these marketplaces.

Related Link: [Date Idea: Give Thanks For Your Health](#)

After the meal, when all waistbands at the table are comfortably tight, be sure to have a dessert prepared. If you want to stay traditional, be sure to have the all-American pumpkin pie waiting in the oven. For those who don't have a taste for pumpkin pie, try having an assortment of cookies, brownies, and ice cream on standby.

Have any romantic Thanksgiving recipes to share? Comment below and share with our other readers.

Date Idea: Pretend You're a King and Queen





By [Melissa Lee](#)

With another potential royal wedding coming down the line, there's no better time to go on a date that makes your partner feel like a king or a queen.

Enjoy living like a king or a queen for the weekend with these date ideas.

One of the most classically royal things to do is to attend a ball. It doesn't have to be Cinderella-level on decadence, but with the holidays approaching there are plenty of charity balls and events from which to choose. Some are invite-only, but others only require a donation for a seat. It's the perfect excuse to get all gussied up, and it's for a good cause, too! Cities like Chicago and Boston have a bunch this holiday season!

Related Link: [Date Idea: Pop The Cork!](#)

While you likely won't be able to get to the ball in a horse drawn carriage, you can take a ride in one afterward. Central Park in NYC is famous for its horse-drawn carriage rides, but many other city parks offer them as well.

Related Link: [Date Idea: See Sparks Fly](#)

For a more cost-effective royal feeling, take a tour of the nearest high end jewelry store near you. Tiffany's or Cartier will work, but remember you're just there to browse – unless you actually are a royal, in which case, buy away!

Related Link: [Date Idea: Stroll Through a Museum](#)

If you're really in the monarchy spirit and feel like helping a good cause, check out a showing of the [Great Orchestra Christmas Charity](#).

Have a date that made you feel like king or queen of the world? Comment below and share with our other readers.

Date Idea: Early Morning Ideas





By [Melissa Lee](#)

Ever hear the expression, “The early bird gets the worm?”
Well, it’s true in love as well!

This weekend Cupid has some date ideas for the early morning riser who wants to get a head start on love.

There’s no date more romantic than a hot air balloon ride.

With daylight savings now in place, we all get an extra hour of sun in the morning, and you can soak it up with your favorite loved one. This date is best at sunrise, but can also be taken at sundown, too. Any time of day, the views of all landscapes will be great as fall colors will be ablaze beneath you.

Related Link: [Date Idea: Stroll Through the Farmer’s Market](#)

For a more cost effective date, there's always breakfast. But don't go out to any old pancake house. Stay in and make breakfast together! Watch an early morning classic like "The Breakfast Club," or skip the news in favor of a more comedic take with *Anchorman*. Nothing starts the day better than mixing things up a little bit.

Related Link: [Date Idea: Run in the Name of Love](#)

Either one of these can be followed by an early morning walk; just the two of you, before the rest of the world is awake.

Have a favorite morning date tradition of your own? Comment below and share with our other readers.

Date Idea: Be Daring on Your Date





By [Melissa Lee](#)

Need ideas for a date this weekend? It's time to take some risks and go on an adventure with your special someone.

Not every date needs to be the classic standby of dinner and a movie anymore, and there are fun and original date ideas even for the more faint of heart.

Like the idea of still getting a meal out of your evening? There are plenty of cooking classes thrown by institutes and even some more exclusive restaurants.

Related Link: [Date Idea: Take a Risk and Be Daring](#)

Want to put some funk in the evening? Channel your inner Pauly D or Samantha Ronson and take a DJ-ing class together! You could even learn to mix your very own "song" for the two

of you...or just a fun dance mix. Check out places like [Dubspot](#) for more information.

Related Link: [Date Idea: Enjoy The Great Outdoors With Your Other Half](#)

If you're feeling more adventurous, you could check out everything from indoor skydiving in a wind tunnel to taking lessons that could land you under the big top! "[Simply Circus](#)" offers classes in a variety of circus-inspired activities for anyone who dares.

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

Lastly, "[zorbing](#)" is a new and fun activity that could lead to a date never to be forgotten. Check it out to see what we mean!

Have a favorite couple's adventure of your own? Comment below and share with our other readers.

Date Idea: Dress Boo-tifully for Halloween





By [Melissa Lee](#)

Stumped on fun date ideas for the weekend? Halloween is coming up, and there's no better time for coordinated outfits than this spooky holiday.

Whether it's with your special someone, or a group of all your special people, dressing up and going all out on Halloween is a must! Check out our date ideas.

If you're celebrity conscious, there are some great and easy celeb pairings for you to dress as this year. The standby is Beyonce and Jay Z, with Miss B wearing her "Single Ladies" leotard and Jay Z sporting all Rocawear. Another option for the more rock-and-roll couple, is Russell Brand and Katy Perry. There is an assortment of wigs to fit Perry's ensemble and for Russell, those who want to wear shirts need not apply.

Related Link: [“Fall” In Love](#)

For the more literary minded, celebrate the upcoming *Harry Potter and the Deathly Hallows* release by dressing as Harry and Hermione. This costume idea can be easily expanded to include a larger group as well. Another fantastical literary couple would be Bella and Edward from the *Twilight* series.

Related Link: [Date Idea: Laugh Out Loud Fun](#)

And lastly, while Lady Gaga is undoubtedly going to be popular choice this Halloween, you can even make that a group costume, too. This is mostly for the ladies, but brave men can rock it, too! Gather up your friends and strut your stuff in Gaga’s most outrageous outfits – from the meat dress to the Kermit the frog ensemble.

Have a favorite couple costume of your own? Comment below and share with our other readers. Until next week, Happy Halloween!

Author Interview: Christina Hobbs & Lauren Billings Dish on Relationship Advice & Their Newest Book ‘Dating You / Hating You’





By [Noelle Downey](#)

Best friends and *New York Times* bestselling authors Christina Hobbs and Lauren Billings (who collaborate under the shared pen name Christina Lauren) have quite literally written the book on romance! Their newest novel *Dating You / Hating You* (DYHY) follows the story of two star-crossed lovers, Evie and Carter, who find themselves locked in a heated battle of the sexes after their Hollywood agencies combine and force them to compete for the same job. With the glamorous backdrop of Hollywood life and celebrity style, these squabbling love birds must finesse the tricky situation of chasing their dreams without chasing each other away. Recently, Hobbs and Billings spoke with CupidsPulse.com on their excitement over this new project, which hits shelves today, June 6th, their best [relationship advice](#), and how they found success as BFFs. Check out our exclusive [author interview](#) below!

Exclusive Author Interview with

Christina Hobbs and Lauren Billings

In *DYHY*, Hollywood culture plays a huge role since your main characters are both agents. How did you research the celebrity lifestyle? Did you get the chance to meet any celebrities while you were writing this book?

We have had interactions with various Hollywood folks, including celebrities and industry people, but our focus on the research was on the agent side. We had a lot of fun talking to agents and managers about things they had seen and experienced. Interestingly (at least to us!), a lot of the shenanigans that Carter and Evie stoop to in the book are based on true stories.

Speaking of Carter and Evie, they vie for the same job in *DYHY*, which obviously disrupts their flirtation. What are your tips to our readers who may also be struggling to handle the demands of work life and romance? How would you advise them to find a healthy balance between the two?

Beyond the premise of this book, it can be really hard to find that balance—whether you're single, in a relationship, or have kids. When we were first writing, we were working full-time jobs and raising small kids and trying to fit the writing into every crack of time we had. What we found is that nothing in our life was getting 100 percent of our attention. We ended up leaving our jobs to write full-time, and it allowed us to have much more energy for the relationships at home.

It's okay to set priorities and—this is especially important for young women to hear—it really is okay to make your career your priority if you're doing something you love. That said, it's also okay to feel like the rat race isn't for you. Bottom line is, only you know how things rank in your emotional heart. No one else can tell you how you should be balancing your career with your love life, not even a couple of romance

authors.

Related Link: [Relationship Advice: 6 Ways to Keep Work & Life Demands in Balance](#)

In your opinion, do you think that men and women are often pitted against one another in the workplace? How did your own professional experiences in the past influence your writing of this book?

It may not be the case that men and women are necessarily “pitted” against each other, but sexual politics are alive and well in the workplace. We’ve seen this ourselves in various ways, from the women being more visible in assistant roles to egregious pay disparity to casual sexism in the form of “sweetie,” “hon,” and “kiddo” spoken from men to women, even sometimes to women who are their superiors in the reporting structure.

Luckily, we’ve both worked with very progressive people—both men and women—who made a point to address any overt workplace disparity. But, for better or for worse, given that it’s hard to miss it even in this day and age, it made that aspect of writing this book very easy because we didn’t have to dig very deep to find the thread of that subplot.

Do you have any tips for our readers on how to foster the kind of amazing and collaborative relationship that the two of you have found in your friendship, especially if demands like school, work, or kids tend to keep them apart?

There are a million reasons why this collaboration is so enduring—and still so happy—but at the end of the day, the most important component is our chemistry. Lo is the neurotic, spreadsheet-loving, deadline-driven one. Christina brings the levity. As our editor has said on multiple occasions, “The world needs Laurens, but it also needs Christinas.” It’s true. If we were all Laurens, we’d be wrestling for control until it turned into a bloodbath. If we were all Christinas, we’d drown

in a pool of boy bands and glitter. Having both makes this possible.

The other thing is, when we began writing together back in 2009, we said at the very outset that *the books will not become more important than the friendship*. That has been a very, very important motto and one we have treated reverently. To maintain a deep friendship, it has to be put front and center.

Christina Lauren Shares Best Relationship Advice and Favorite Date Nights

Shifting gears, since you're both clearly romance experts, I have to ask: How would you advise our readers to keep things sexy and fun with a partner, even after years have gone by and kids and other commitments come into the picture?

Communication, communication, communication. The more open we are, the better our marriages are in all respects—in and out of the bedroom. We find that when things are more distant in our marriages, it's because we aren't speaking to our spouses as lovers and partners; we are only interacting as parents.

Related Link: [Parenting Tips: How to Feel Sexy After Motherhood](#)

Do either of you have a favorite date night? Do you ever double date?

We can't routinely double date because we live in separate states (!!), but when we are together, we have a lot of fun, just the four of us. Our husbands get along really well, and when we travel, they often take off and do their own thing together—sometimes stumbling back tipsy and hilarious.

Favorite [date nights](#) are usually spent discovering new restaurants in the area, catching a movie we couldn't see with the kids, or—probably most common—going to a concert together!

As two people who have written so much great romance, I'm sure you get asked all the time what your best relationship advice is. I'm curious, though: What's the best piece of advice you've ever been given?

If you're in a relationship, the best love advice we've ever received was what someone said at Lo's wedding, "Always assume good intentions." That means, if you're in a loving, stable relationship, the basic assumption should be that your partner has your best interests in mind. If you see the relationship through that lens, you are less likely to see strife or hurt where there is none.

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

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

Other than *DYHY*, we have two more books out this year. *Autoboyography* is out September 12th; it's the story of Tanner Scott, a bisexual teen who moves from the Bay Area in California to Provo, Utah and falls in love with the son of the local Mormon bishop. We love how this book came out; it's been something we've been working on for many years, and we are so proud of the finished product!

Then, in December (formerly October), we have *Roomies*, which is a little bit Greencard-meets-Once. It's the story of Holland Bakker, a twenty-something woman in NYC who is watching her MFA gather dust in the corner while she works front-of-the-house for the hottest musical on Broadway. Holland has an infatuation with an Irish guitar-playing busker at the subway near her house and offers to marry him to help him stay in the country...and land him a position in the ensemble for the show. It's a strangers-to-married story that

has been *the most fun* to write!

2018 holds LOTS MORE for us, but we haven't announced those projects yet, so for now we'll just have to say: we.cannot.wait.for.2018.

You can purchase Dating You / Hating You on [Amazon](#). For more from Christina and Lauren, visit their [website](#) or follow them on Twitter [@ChristinaLauren](#).

Relationship Advice: Keep Your Man By Becoming a Multi-Faceted Woman





By Megan weks

We can all risk becoming complacent at points in our lives. Therefore, my final tip to share on keeping the man you desire is to become and to remain a multi-faceted woman. This is a woman who is interesting, well-rounded, and has a life beyond the man or children. A big complaint I hear from men in my practice is that women lose their curiosity and sense of adventure about life and become creatures of habit who are addicted to comfort. I want you to know that you can't assume your man will remain attracted to you if you sink into this situation.

One of my biggest pieces of [relationship advice](#): You must work to keep things fiery and fun!

Do you have multiple interests and passions? If the answer is no, you risk losing your luster over time. In order for your man to remain interested in you for the long term, you need to

remain interesting. He needs to know that there is always something he doesn't know about you yet. If there aren't hidden tidbits of information to uncover about you, you've still got a chance to create some mystery about you to keep him interested. Here are some tips to become, and remain, that multifaceted woman who will fascinate him for life:

1. Learning. There are so many incredible things to learn about in this life and not enough time t! If you don't have a passion, that's okay. Be on the lookout for anything you feel even a tiny bit curious about because it can snowball into a brand-new interest or hobby. Put yourself in the right situation to learn about it by reading a book or going to a class or event about it. If you find that you never stick with anything or become bored, you need to know that to become great at something, you must be able to work at it, even without passion.

2. Don't lose yourself in your relationship or your children. Schedule time for yourself to fuel your personal growth as an individual. This will strengthen your relationship with your partner and will inspire your children to become more well-rounded,. My friend Shelley just took her eight-week old baby to Italy last week. She strapped him in the Babybjorn and took a hike to a vineyard with her husband. She came to the city last night with her baby in tow for a grownup dinner, and told us all about her trip. She's living her life and remaining curious and adventurous! I'm telling this story to spark your inspiration. Tammin Sursok from *Pretty Little Liars* says, "splice up your day in sections. Do a little adult, a little kid." (source: bravotv.com)

3. Be daring. Jack Canfield said that your greatest triumph is on the other side of your greatest fears. What they mean by that is that life starts outside of your comfort zone. Become aware of the fears that keep you stuck, and consciously push yourself forward to the other side of your fears. When you do this, you'll surprise yourself with your potential and ability

for growth, . which will not go unnoticed by your admiring partner!

Take out your pen and paper and create a list of interesting things you will incorporate into your world in the next few months. Looking back, you'll be surprised and proud of what you've accomplished by following through on your list. Your man will be thrilled to sit down with you at dinner to hear what's new in your ever-changing, ever-expanding world.

[Megan Weks](#) is an international dating and relationship expert who specializes in helping women get the admiration they deserve from men, and to keep it. She is a certified specialist in her field, but one of her biggest credentials is her personal story. Living in New York City for over a decade, Megan has had the opportunity to meet and date many different men. Through working with a relationship guru, she literally changed from crumb-picking and obsessing over men who didn't deserve her, to being called a "man whisperer" who men (including her now-husband) would never leave. Megan's career is devoted to helping women who struggle with the men in their lives, to turn it all around and keep the men they desire. Aside from her coaching practice of saving hearts, She writes a monthly love column for LVBX Magazine and runs a private online woman's discussion group where women are supported with these principles.

Relationship Advice: Can You Move Too Fast Moving In?



By Dr. Jane Greer

Actress Ariel Winter revealed that she's moved in with her boyfriend, Levi Meaden, after just several months of being together. While this is an exciting next step in the relationship, it raises the question of if it is ever too soon to move in with your significant other.

Is it how long you've been together, or the quality of the time you have shared that determines when the time to move in with your partner is right? Check

out my [relationship advice.](#)

In today's age of Skype, Facetime, and Google Hangouts people can almost be with each other all the time, texting or even Skyping in the middle of the night. When you are in love and spending all your time with your partner, it feels logical to want to take that next step and live with them. If your lives have become entwined, you may feel your relationship is resilient enough to deal with the ins and outs of joint living. Others, though, find that marking the passage of time as a couple helps give them security that the relationship is solid before feeling ready to consider moving in with their significant other. You are already sharing your heart, but are you ready to share your home?

Related Link: [New Celebrity Couple Ariel Winter & Boyfriend Levi Meaden Make Red Carpet Debut](#)

The most important thing is to be aware of the responsibilities that come with making a home together, and knowing if you have a deep enough foundation to work through it all as a team. It becomes about more than just the love you share and begins to include housework, the bills, child and or pet care, the actual square footage, who gets more closet space, food shopping, cooking, and whatever else goes along with cohabitating. Much of that requires clear communication about what you both need for yourselves and expect from each other, and most important, the compromise it takes to accomplish it. If you are ready to share the space and everything that comes with it, that is the first step in knowing you might be ready. Another thing to consider is how involved you have become in each other's lives. Do you spend most of your time together, including each other when making plans with family and friends? Are you basically doing everything as a pair anyway? If so, that is another indication that you might be in a good position to take that next step.

Another clue that you might be heading down this road is if you are already pretty much living together at one location, with a lot of your stuff still at your own place and really being inconvenienced because you don't have what you need a lot of the time. In that case, making the decision to consolidate and be in one house or apartment becomes the practical and considerate thing to do.

Related Link: [Celebrity Couple News: Ariel Winter Reveals She's Living with Boyfriend Levi Meaden](#)

On the other hand, if it seems like a sacrifice or an effort to make room for your partner, if you feel they are encroaching on your personal space, and or if you feel that your partner is reluctant and unwilling to accommodate your needs, then it might be worth taking some extra time to see where your relationship stands. Similarly, if you worry about losing personal time with your family and friends, about potentially now having to be accountable to your partner for your whereabouts, this is another red flag that you might not be quite ready. Finally, if your relationship has not been stable and you've had a breakup along the way, there is no need to rush into anything. You might stand a better chance of going the long haul if you make sure you have the important tools in place to tackle the daily challenges of living together.

Ultimately it is up to you to sort out where you stand with all of these issues, and determine when making that big decision suits both of you. There is no right or wrong time, it just depends on your own personal situation. It seems Ariel and Levi are ready, so here's to luck and happiness ahead for them.

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>.

Date Idea: Star in Your Own Romantic Comedy



By [Noelle Downey](#)

Looking for fun [date night](#) ideas for the weekend? Even if your love life might not be quite as glamorous as a Hollywood romantic comedy, that doesn't mean you can't live out your favorite movie-style date!

Take a cue from some of your, or your partner's, favorite rom coms and reenact a date idea from the movie.

1. 500 Days of Summer: Do you have a more realistic take on love? Then *(500) Days of Summer* is for you. Head to IKEA or a similar home goods store and play house in the set-up kitchens, living rooms and bedrooms. Be as silly as possible! It worked for Joseph Gordon-Levitt and Zoe Deschanel in the movie, so why couldn't it set off sparks for you, too?

Related Link: [Date Idea: Spring Into Romance](#)

2. How to Lose a Guy in Ten Days: Are you and your mate the competitive type? Start off like Matthew McConaughey and Kate Hudson in *How to Lose a Guy in Ten Days* and go out for lobster! It's an interactive food, but leaves room for talking, too. They play a game of questions in the movie, but feel free to take a different leaf from the movie's script and challenge each other with different bets. See who holds up their end and who cracks under the rom com pressure with this fun [weekend date idea](#).

Related Link: [Date Idea: Laugh Out Loud Fun](#)

3. It Happened One Night: Or, if you're into the more classic love stories, there's nothing like a road trip to live out your *It Happened One Night* dreams. Claudette Colbert and Clark Gable bicker all down the road, but after one night at a

roadside inn, the two can't help but fall in love. Hopefully your travels will be less bumpy than theirs, but either way, it's a great way to get some quality time and laughs in with your loved one.

Have a favorite rom-com date of your own? Comment below and share with our other readers!

Date Idea: Look Into Your Future



By [Noelle Downey](#)

Need an idea for a fun group [date night](#) out with friends or

your new fall fling? October is the month of spooky ghouls and goblins, and with Halloween approaching, there's no better time to explore the more mystical side of life...and death!

Looking to cuddle up and share a scream-filled night of fun this fall for a hauntingly good [weekend date idea](#)? Try these wonderful ways to get in touch with your spooky side!

1. Visit a psychic, and see what your future holds: This can be fun with friends or a date, and even if you don't believe in hocus pocus, you can still get a laugh. Try giving false signals or even just maintaining a serious face throughout the reading, as many fake psychics play off of your body language and reactions. See if you have the real deal in your presence.

Related Link: [Date Idea: Plan a Picnic with Your Love](#)

2. Get your tarot cards read: This is an ancient art, and can be done for couples as well as singles. See where your expectations lie, according to the cards. Maybe you'll find out a fling might be more than that very soon. Even palm readers can be a hoot! Again, if you believe in this sort of thing, then this date is obviously right up your alley, but it's still fun even if you're not a true believer.

Related Link: [Date Idea: Fall in Love in New York](#)

3. Watch a scary flick: Finish the night off by heading home to watch *Ghost*, a classic romantic movie filled with supernatural influences. More into the undead than ghostly figures? Try *Warm Bodies*, a film that combines a cute and

quirky love story with plenty of gory and spooky zombie action.

Have a cool supernatural experience of your own? Comment below and share with our other readers.

Relationship Advice: 5 Communication Keys Every Relationship Needs



By Dixie Somers

The strongest relationships don't usually just happen.

Relationships take building and work, and they may change or evolve over time. Good communication tends to be at the heart of every strong and long-lasting relationship.

When people are able to communicate better, they can enjoy happy times more fully and get through bad times without falling apart. Check out this [relationship advice](#):

Listen and Hear

Humans have a bad habit of wanting to talk and share too much about themselves. This is especially true of extroverts and people with dominating or energetic personalities. People also tend to feel better when they talk about themselves compared to talking about someone else. It takes thought and practice to force yourself to slow down and avoid talking too much about yourself or dominating every conversation.

Your friend, partner or spouse will be more comfortable and feel closer to you if you stop talking and just listen. This helps the person feel more valued and demonstrates that you care about them.

Importantly, there is a difference between just seeming to listen and really hearing and comprehending what your partner is saying. It can be easy to become a good listening actor: someone who appears to be listening attentively but is really just letting everything go in one ear and out the other. One common therapy trick for listening is to force yourself to repeat or paraphrase what the other person is saying. This can be uncomfortable or sound too much like a therapy session, but it can help to explain to your partner what you are doing and why. It's really all part of communication practice.

Related Link: [Top 7 Best-Dressed Celebrity Couples of 2013](#)

Honesty and Vulnerability

Every relationship demands honesty. This is the cornerstone of trust and healthy communication. When both you and your partner fully believe that each of you is being truthful in everything you say, then barriers comes down and neither person feels like they need to hide something or investigate what their partner is telling them.

Showing a person vulnerability can also improve emotional trust and connection in a relationship. Trying to have all the answers all the time or put forth the idea that you are impervious to harsh words or difficult situations may actually make your partner less communicative or emotionally close. It is natural for a person to have sympathy when they see someone they care about being vulnerable, not having all the answers or needing help with a difficult situation. This sympathy is often the gateway to deeper and more honest conversations.

Stay on Topic

While casual discussion may be whimsical, arguments or disagreements tend to spiral out of control. In an effort to gain the upper hand in the argument, a person may naturally bring up other problems or issues with their partner. This only makes the situation worse and intensifies the argument.

Discussing problems and disagreements is a critical part of any strong relationship, but it's important to stay focused. Pick a problem and work through it until it is solved. Even if your partner is being stubborn or obstinate, don't try to load them with more issues. The goal is never to win an argument with your partner. The goal is to resolve the problem.

Related Link: [Relationship Advice: 5 Must-Knows When Dealing with an Addicted Partner](#)

Body Language

Nonverbal communication conveys far more than words during a discussion. Only about 7 percent of an average conversation is conveyed through spoken words. About 38 percent of the meaning is conveyed by tone of voice. The remaining 55 percent is conveyed nonverbally through body language, posture or facial expression. These are all averages, of course, and a person's communication style may alter them. Certain people may be more verbal and keep an even tone that often doesn't convey much. They may also be even more non-verbal, often using hands or gestures to express ideas instead of words.

Regardless of the numbers, nonverbal communication is a critical part of any relationship. It is important you keep track of your partner's body language and also be mindful of what you may be communicating with your own. You may be communicating things you don't intend to.

Share the Small Things

Some people believe that long, meaningful and deep conversations with their partner hold more value than small and everyday conversations and events. Research by one team of psychologists suggests the opposite may actually be true. While occasional deep conversations are certainly important and necessary for a true and lasting relationship, the quality of everyday communication was more impactful.

This means sharing the small things that may seem insignificant. There are several reasons behind this phenomenon. First, the small, daily communication keeps a constant but not smothering connection going. Too many deep and heavy conversations may actually be too much for the average person, and they will respond by seeking distance instead of intimacy. Second, the small and everyday details often reveal as much or more about a person than long and deep conversations. An attentive partner will pick up these daily cues and gain better understanding and connection.

Everyone should regard communication as a skill. The good news

is that any skill can be learned and even a person who doesn't seem like a very strong communicator now can become better with attention and practice. Be proactive, do some reading or see a counselor for help and strategies to improve and strengthen your relationship. If the relationship doesn't improve or your spouse is simply unwilling to make the attempt, this could be a sign of problems beyond just poor communication. Divorce may be something to consider. It is important for your own health not to remain stuck in a relationship that isn't working or with a person who clearly doesn't show caring or respect for you.

Dixie Somers is a freelance writer and blogger for business, home, and family niches. Dixie lives in Phoenix, Arizona, and is the proud mother of three beautiful girls and wife to a wonderful husband. Dixie recommends visiting [Divorce Matters](#) if your partner is unwilling to commit to change in an unhappy relationship.

Relationship Advice: How Your Excitement Drives Your Expectations





By Megan Weks

Most recently, we talked about the number one thing you will need to [keep your man around](#). The [relationship advice](#) centered around the deep inner knowing that you are worthy. Usually, when that is sound, the other behaviors fall into place. However, there are some things that even the most confident women do to sabotage a man's feelings. The second biggest tip I can share for holding onto a man that you desire is to be aware of how your excitement drives your expectations.

It's important to understand how your excitement is interpreted by your man and manage your expectations in a healthy and attractive way.

Here is an example. I see many women getting ahead of themselves in their budding relationships. They have leaped

way beyond where the relationship actually is at the moment. They are putting the lamp, the book, and the purse on the table before it even has legs. It's important for the relationship to grow and become stabilized before expectations become too strong and create pressure.

Related Link: [Relationship Advice: Don't Let Him Be the One Who Got Away](#)

Your expectations help you do these things:

1. Lose the mystique and mystery that he loves about you. He really loves not knowing exactly how the relationship will unfold.
2. Decrease the fun for him. Your expectations feel like pressure to him, which simply kills the fun!
3. Make you seem needy. Your expectations can make your energy feel clingy and constricting, which is like taking a can of man repellent out of your purse and spraying it on him.
4. Take away the work that he needs to do to fall in love with you. Yes, he wants to work for his prize. Ignore this information at your own peril!

Related Link: [Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful Relationships](#)

Some tips to help you manage your expectations:

1. Keep your life intact, the way it was before he came along. Don't assume that each weekend will be reserved for the relationship. When you develop ideas about the way things should be, you'll set yourself up for disappointment. Disappointments from expectations can be damaging to early relationships. If he senses that he is unable to please you because of a series of disappointments, it can be the beginning of the end. If he feels like he's unable to please you, he'll eventually stop trying . He'll find someone who

gives more importance to what he does well instead of focusing on his shortcomings.

2. Don't jump to conclusions. When we feel disappointed, we can start to think the worst kinds of thoughts. Give him the time and space to surprise you. If you doubt him and make it known that you have doubts, he will be less inspired to please you!

3. Get your needs met by yourself or others so you require less of his attempts. Don't expect him to fulfill them right from the beginning. It feels much more light and airy to him when your needs are met by you, and his affections are just the icing on the cake!

Don't confuse this with not needing him at all or being too independent, which can backfire. What's cake without icing, anyhow?

Obviously, excitement is part of the dating and relationship process. Otherwise, what would be the point? The tip is, however, to keep your excitement in check so it doesn't explode into a too-early-expectations time bomb. If you want to keep the man you desire, you'll want to curb your excitement a little until you know for sure it's the real deal.

Slow and steady wins the race of love.

[Megan Weks](#) is an international dating and relationship expert who specializes in helping women get the admiration they deserve from men, and to keep it. She is a certified specialist in her field, but one of her biggest credentials is her personal story. Living in New York City for over a decade, Megan has had the opportunity to meet and date many different men. Through working with a relationship guru, she literally changed from crumb-picking and obsessing over men who didn't deserve her, to being called a "man whisperer" who men (including her now-husband) would never leave. Megan's career

is devoted to helping women who struggle with the men in their lives, to turn it all around and keep the men they desire. Aside from her coaching practice of saving hearts, She writes a monthly love column for LVBX Magazine and runs a private online woman's discussion group where women are supported with these principles.

Celebrity Couple: 10 Reasons Chrissy Teigen and John Legend are Relationship Goals



By [Katie Gray](#)

In Hollywood, there's a lot of lust and love in the air. Lately it seems that, sadly, marriages and relationships are falling apart left and right in Tinsel Town. This is probably due to the extra pressure and contrasting busy schedules that celebrity couples are faced with. However; our favorite [celebrity couple](#) is still holding it down: [Chrissy Teigen](#) and [John Legend](#). They give us major [relationship](#) goals! Chrissy Teigen is a model and cookbook author – having appeared many times in *Sports Illustrated*. John Legend is a ten time Grammy award winning singer, songwriter and musician. He's also won an Academy Award and a Golden Globe for his music. Legend even wrote a song for Teigen, which melted our hearts: "All of Me." It's dedicated to his love, and she stars in the beautiful music video for it. This pretty pair met on the set of his music video for "Stereo" and have been in love with one another ever since then in 2007. The couple's [celebrity wedding](#) took place in Como, Italy in 2013. Their celebrity baby daughter, Luna Simone Stephens, was born in 2016. This couple is goals, whether they're lounging at home or step out on the red carpet.

Here are 10 reasons Chrissy Teigen and John Legend are relationship goals:

1. Down to earth: This couple is just like the rest of us. They are very real and genuine people, which is why they have the admiration of the country. They posted a cute candid photo of the two of them for their pregnancy announcement. You can tell just by looking at their pictures that they are down to earth. They have been open about the struggles they went through trying to get pregnant, which is something many people face and can relate with. One time back in 2015 they posted selfies at home lounging. Chrissy Teigen tweeted photos of them at 10:46 A.M. and at 2:43 P.M. in the same positions,

relaxing. Just like the rest of us, they enjoy being low key at home, and sleeping in, too. Their dogs and four boxes of pizza even joined them during their entire day spent in bed! That is goals.

2. Always laughing together: This is a couple who knows that life is better when you are laughing! Whether it's in photos or videos, they are always spotted laughing and smiling together. They love to joke around and have a fun witty banter. All dressed up in formal attire, they went through security and borrowed the equipment to pose for funny pictures with it. One time Teigen even hilariously blew up Legend's spot and tweeted him about how she saw him liking her tweets, while he was in the bathroom. They posted silly videos during Thanksgiving with family using funny filters. Teigen even tweeted Legend, "John is so drunk he keeps humming 50 Cent."

3. Coolest parents at the playground: This family couldn't be happier, then when spending time together. They truly bring each other the utmost happiness. A lot of photos are swirling around of them with their baby daughter, Luna. They go on walks, to the park, take vacations and partake in fun outings for family fun. Not only are they relationship goals and parent goals – we all want them to be our mom and dad!

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

4. Eating constantly: Food is life, and Teigen and Legend know this. Teigen released her own cookbook *Cravings* last year in 2016. It is made for people who want realistic recipes. And for people who want it, "spicy, salty, sticky, crunchy, juicy and oozy." Often times Teigen and Legend will post food photos, as well as pictures and videos of themselves in the kitchen cooking it up. They say the way to someone's heart is through their stomach, and we all agree that is true. One of their most iconic moments to date, is when Legend was eating chicken off of a tray on Teigen's body while they were at the

pool. This pretty pair has even have taken cooking classes together! What a fun date! We know we are all craving, a relationship like this.

5. Humble: Teigen and Legend are very humble and sincere. They are also incredibly proud of one another. When Legend won an Academy Award, Teigen posted proud photos at the Oscars, and selfies that night of them sleeping with the golden Oscar statue in their bed. Often when they are at award shows, the camera catches them dancing and singing in their seats together, it's so cute! They watch sports together, in matching team apparel.

Related Link: [5 Most Romantic Celebrity Couples](#)

6. Love each other for who they truly are: All you need in life is, love. This celebrity couple proves that it is true. They are each other's soulmates. Teigen and Legend both embrace one another for who they really are as people, and accept one another's interests. During their anniversary one year, Teigen and Legend had a candlelit fancy dinner together. She let him watch college football on his phone for some of it as a present, because she knows it means a lot to him. Even in a relationship, we still are individuals and shouldn't lose ourselves. We don't have to have all of the same likes and interests, but it's important to realize that if it's important to them, you should realize that, and then it's important to you too. Relationships are all about compromise and acceptance.

7. Family oriented: From their interviews and things they post on social media, it's apparent that they are close to their family. In life, family is always the most important thing. Teigen is very close to her mother and they both always have family over. They have family dinners and big celebrations on the holidays. These two love being parents to their baby. Legend went all out for Teigen's first Mother's Day. He had the baby in a themed onesie and captioned the photo, "To my

wonderful wife, Luna and I are so lucky to have you in our lives. If our daughter can be even half as awesome as you, I will be so happy and proud. Happy 1st Mother's Day!" With Mother's Day approaching soon, we wonder what awesome surprise we can expect from them this year? Time after time, they out do themselves. We can't help but love them!

8. Loyal: The key trait of being in a relationship is to be loyal. Legend and Teigen are always on the same team, and that is very important. There was a time when people were "mom-shaming" Teigen, which is not okay. It's also sexist, so Legend stated, "Funny there's no dad-shaming. When both of us go out to dinner, shame both of us so Chrissy doesn't have to take it all. We'll split it." How wonderful is that? We are experiencing a time when women are fighting hard to have equal rights that are deserved and long overdue. This is the height of feminism and it's great that males are also on board supporting the issue, like Legend. A big issue is wage equality and also circumstances like this, mom-shaming. They score a million points in our book for the way they balance their relationship and maintain fairness!

9. Their love song: "All of Me" is a beautiful love ballad that Legend wrote about Teigen. It's about their relationship and how much he loves her. He dedicated it to her and it is a loving homage to her. She said in an interview about the song, "I did cry when I heard it, I'm emotional, but I really don't cry at things like that, but yeah, it's beautiful, and live it's pretty unreal." The two of them even star in the amazing music video for the song. (Which is also a piece of artwork by itself.) Watching the video, and listening to the song, it's evident that their love is true and their bond is strong.

10. Affectionate: This couple gives us goals because they know how to display the proper amount of affection. They manage to balance perfectly – not too little, not too much. Even the photo of Chrissy kissing John's nose was perfection. You can

tell when they are hanging out, they can't keep their eyes off of each other. They literally glow. Relationships are all about affection and passion. Because if you don't feel strongly about the person you're with, then you probably shouldn't be with them. It couldn't be more crystal clear that these two are truly in love. They take mirror pictures together, dance in waffle houses in evening wear attire, and are often in their own world together – which is how it should really be!

What are your favorite traits that make Chrissy Teigen and John Legend your relationship goals? Comment below!

Relationship Advice: Don't Let Him Be the One Who Got Away





By Megan Weks

You've been navigating the sea of men on the dating apps for months. You've been on at least 10 bad dates, and a few okay ones. You've been ghosted by the ones you actually liked. So now that you've finally met a good guy and it's snowballing into something REAL, you're overflowing with joy, relief, and maybe a little bit of nerves. You don't want him to fade away like others have in the past. So, you worry, "How can I keep him around?"

With these tools in your box, you'll be able to land your man and keep him for life. Here's some [relationship advice](#):

The number one tip to keep in mind is that you must work on your personal sense of worthiness. This might seem obvious, but it's the primary thing women need to work on to maintain successful relationships. All of our behaviors that are

perceived as turn-offs to men come down to our internalized level of worthiness.

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

You developed your sense of worthiness when you were a kid. We all naturally input selective information, which can either work for us or against us. It works whichever way we choose (or subconsciously choose), based on a belief from the past. For example, if you had brothers who told you that you were not lovable or unattractive when you were a little girl, you may have continued to believe the lies that you internalized then. Even after you grow into an undeniable foxette, a deep belief may linger that your beauty is only a mirage. No one is exempt from this. Even the gorgeous Jennifer Lopez feels unworthy of true love. According to *E! News*, she said, "It's how you feel as a child, being a middle child and seeming invisible sometimes, and trying to get attention. This is still a work in progress for me."

There are six ways you're showing him you're unworthy. Why not keep him instead?

- 1. Being over-accommodating to your man.** Making the relationship easier or more convenient for him. Going out of your way for him frequently. Being overly complimentary.
- 2. Feeling guilty, or having a sense of owing him when he does nice things for you.** Being unable to receive his offerings without reciprocating.
- 3. Over-giving and care-taking him.** Finding men that need fixing and trying to solve their problems. Becoming his therapist, giving business, career, psychological advice, etc.
- 4. Being jealous, doubting his feelings or intentions, and seeking constant reassurance.** Becoming overly concerned with his previous relationships, even though they're over.
- 5. Feeling unworthy of his admiration, and wondering why he likes you.** Feeling like you're not enough. Comparing yourself to his exes. Making up excuses for why he could not like a

person like you.

6. Rushing into a relationship before it's determined to be an ideal fit for your life. Also, staying in the relationship when your needs aren't being met.

If you are signaling these behaviors frequently, he'll catch wind that you're doubting your worthiness inside the relationship. Even if he knows that you're a catch, his mind will have a hard time fighting off the messages you're sending, and he'll eventually conclude that you're not worthy of his love! If you want to keep this great man you've found, you'll need to break through to your deep inner belief system to make sure you truly believe that you're worthy of his love.

Related Link: [Relationship Advice: 4 Ways to Keep Your Long-Term Relationship Hot this Summer](#)

Listen to the voices inside that tell you hopeful things about yourself. Those are your truths. Ignore the negative things. To make lasting change on your inner beliefs, you need to tell yourself you're worthy, all the time. Make it your new mantra. Eventually, you're going to believe it deep down inside. We are all here to love and be loved. He sees all of those hopeful things that you believe about yourself. Don't lose sight of that important fact.

[Megan Weks](#) is an international dating and relationship expert who specializes in helping women get the admiration they deserve from men, and to keep it. She is a certified specialist in her field, but one of her biggest credentials is her personal story. Living in New York City for over a decade, Megan has had the opportunity to meet and date many different men. Through working with a relationship guru, she literally changed from crumb-picking and obsessing over men who didn't deserve her, to being called a "man whisperer" who men (including her now-husband) would never leave. Megan's career is devoted to helping women who struggle with the men in their lives, to turn it all around and keep the men they desire.

Aside from her coaching practice of saving hearts, She writes a monthly love column for LVBX Magazine and runs a private online woman's discussion group where women are supported with these principles.