

Dating Advice: 3 Best Places for Women to Meet Women



Dating isn't easy in general, but dating within a small group of people like the LGBT community can be even more challenging. There's no denying that it takes time and patience to find your same-sex soulmate and to get to know them and build a relationship, just like it would with any relationship. For a [single lesbian dating](#), finding someone mostly comes down to location. You need to know the right places to check out and pay a visit to in search of that special someone.

Check out this dating advice about the best places women can find other women to date.

Go Online

For a lot of smaller communities, it is a lot easier to connect online. There are some specialized lesbian dating sites that allow you to easily browse through profiles and find someone you would like to get to know better. After you have spent some time getting to know a few people, you can schedule a date with someone you find interesting. Because you've already chatted online, it takes some of the edge off of the first encounter. There won't be as many awkward silences. The only thing left is to determine whether you have chemistry with one another.

Attend LGBT Community Events

If you prefer to meet potential partners in person instead of online, you can always attend a community event. Check out what's happening online at your local LGBT community center, or see if there are any "pride" events in your area. If you haven't come out to your family and friends yet, consider attending the events in a neighboring town to avoid encountering anyone you know. It's all about feeling comfortable enough to be open and flirt, so if you need a change of scenery, that is what you should do.

Visit Your Local Lesbian Bar

If you are out and proud, there is nothing preventing you from frequenting the local lesbian bars. People gather openly and without fear and judgment at these types of establishments. Everyone there knows who they are and what they want, so all that is left is to find someone you are attracted to and start

up a conversation. And remember, if you only want to party and hook up, the weekend scene is what you need. On the other hand, if you are looking for something more meaningful and permanent, you should definitely go out on a weekday evening. That way the atmosphere is more relaxed and you can have a quiet and friendly conversation.

These are just some of the ways you can meet other interesting women with the hopes to develop a relationship. So, choose which one works best for you and go for it! You never know where you will find love.

Relationship Advice: 4 Tips for Building and Planning a Wedding Website





The role technology plays in the wedding planning process has increased in recent years. Case in point: These days, roughly three out of four couples make it a point to create a wedding website that shares important information with their guests. Indeed, creating a wedding website is a great idea for several reasons. In addition to providing everyone with key details about your special day, it will also help your guests who are coming in from out of town to learn about where to stay and how to get to your ceremony.

As for how to plan and build your wedding website, including what to include and what can be left out, consider the following tips:

1. Start with a Wedding Website Template

Unless you or your partner have a lot of experience creating

websites, you should begin by [choosing a wedding website platform](#). For instance, Minted.com offers free wedding website templates that are designed by independent artists and have a personalized look and feel. Your wedding website should share a matching design with your invitations, as well as the chosen colors for your wedding and reception.

Once you've chosen your platform, it's time to think about what to include on the wedding website.

2. List Important Details on the Main Page

The main page of your wedding website should include all the important wedding details. This includes your names [in a font that's easy to read](#), the wedding date, and the time and location of both the ceremony and reception. The main page is also a great place to include a nice photo of the two of you and a short welcome message for your guests.

3. Provide Plenty of Schedule Information

In addition to the time of the ceremony and reception, a wedding website should also include information on any other planned activities surrounding the main event. For instance, if you're hosting a welcome dinner for out-of-town guests and/or a morning-after breakfast include the location and time on the website. Be sure to include only the events that everyone is welcome to attend on the wedding website. In the case of a rehearsal dinner, it's best to leave this off the website.

4. Include Local Travel Details

For guests driving or flying in for the occasion, a wedding website is the perfect place to include details about their travel and accommodations. Knowing this, your wedding website should [feature information about the nearest airport](#), as well as the names and phone numbers for any local hotels where you have reserved a number of rooms.

If you've arranged for discounts for airport shuttles or rental cars, include this on the wedding website as well. Basically, your site should be a one-stop travel information stop for anyone who is coming to your wedding from another city.

Have Fun Planning Your Wedding Website

Planning your wedding website should be more fun than stressful. Choose a user-friendly platform that will help you create a lovely and informative website. Be mindful of what to include and what to skip and the final product will be an attractive and helpful wedding website that your guests will truly appreciate.

Movie Review: Portrait of a Lady on Fire





By [Hope Ankney](#)

If you've been looking for a good period piece with romance and gender representation, then look no further than Celine Sciamma's newest directorial move. Ending the year off right, *Portrait of a Lady on Fire* is the French film that burns on female desire. Following the story surrounding the 18th-century painting, the focus of the film revolves around the woman, Héloïse, who refuses to pose for it, defiant against the arranged marriage she's being forced into. This where she meets the artist commissioned to paint the portrait, Marianne, who she ends up having a very complex and intellectual bond with. Told through Marianne's eyes, it's a film that's hopeful, heart-wrenching, and utterly poetic as a beautiful lesbian representation of love and loss.

Check out our movie review of

Portrait of a Lady on Fire, a stunning romance film for date night!

Should you see it: If you love period pieces, romance stories, female-directed films, or are just tired of not seeing enough lesbian representation in the industry, you should definitely mark your calendar to see *Portrait of a Lady on Fire*. It'll be a film you won't stop talking about in the new year.

Who to take: This [movie](#) is perfect for date night or just a G.N.O with some friends who want to experience a tearful yet beautiful love story! Filled with moments of complexity and the deeper layers of how love blossoms between two people, it's great for conversations over dinner about how the story made you feel afterward.

Cupid's Advice:

Portrait of a Lady on Fire details the relationship between two women who come into one another's lives in a way they both don't expect. A forbidden love story that relies heavily on trust and vulnerability, it pulls on anyone's heartstrings who have found themselves in relationships that are new and frightening. First time experiences and allowing a stranger into your chest can be a hazardous territory. If you're in-between a budding romance, but you're having a hard time allowing yourself to be completely vulnerable with the other, don't worry. Cupid has some [relationship advice](#) on how to knock your walls down as to let the other person in:

- 1. Communicate your fears:** Stepping into a new relationship, usually, means that you haven't shared a lot about yourself with your partner. They don't know about your insecurities, doubts, problems, or fears. But, if you allow yourself to peel the layers back and reveal some of those issues and walls that

you have built up, it'll be a relief for both you and your significant other. Besides, being vulnerable is one of the most attractive things to be in a relationship, and it will increase your intimacy and emotional connection ten-fold.

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2. Open up instead of shutting down: We've all been guilty of this. We get into an argument or something hurts our feelings, and instead of talking it through, we go completely silent and deal with it internally. In most cases, problems can be solved by choosing not to shut down but to open up. Communicating with your partner about something they did that affected you not only allows understanding of perspective, but it allows you, as a couple, to learn from the experience.

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3. Share aspirations and passions: It's a common theme in relationships that people fail to do what they love because they're afraid of what their partner will think. If you have a goal or dream that is incredibly important to you, allow your partner to know about it! When you share something that personal with a significant other, you are letting them into your world which can make your relationship even better than it is. The more you do this, the stronger and more unique your bond will become.

What are some ways you've opened up in new relationships? Let us know down below!

Movie Review: Queen & Slim



By [Ahjané Forbes](#)

If you are looking for an action-packed romantic thriller this Thanksgiving, Lena Waithe's screenplay of *Queen & Slim* is the [movie](#) for you. The film starts with a casual first date in a diner that takes a drastic turn after the pair are pulled over by a police officer. Slim, played by Daniel Kaluuya, feels pressured and shoots the officer in self-defense. Queen, played by Jodie Turner-Smith, decides to flee the scene with Slim. A modern day *Bonnie and Clyde*, the couple feels as though they can escape the law. However, the video of the incident goes viral on social media. No matter what happens, Queen plans to be Slim's "ride or die" until the very end.

Check out our movie review on *Queen & Slim*, the perfect thriller for the Thanksgiving holiday!

Should you see it: If you are fan of action, drama, and thrillers, this is a good movie for you to see. The film shows a modern-day version of *Bonnie and Clyde* if there had been social media at that time.

Who should you take: The movie is rated R, so consider going with your friends or your partner. There will be a lot of violence and adult behavior, so it is not appropriate for children.

Cupid's Advice:

Queen and Slim are there for each other through thick and thin. Their relationship escalated from casual to "ride or die" within 24 hours. Cupid has some advice on how to be a "ride or die" for your partner:

1. Have open conversation: A relationship has to have a solid foundation. Start with being upfront. Over time, you both will get to know each other, and it is important to be open and honest. This will help with decision making in the future.

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2. Show that you to care: When your partner is going through a tough time, be there for them. They might not want to talk about it right away, but If you always extend offers of help, they will appreciate it. Also, try to stay away from being too judgmental. Put yourself in their shoes to see how you would feel in that situation.

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3. Be solid: If you say that you're always going to be there for them, mean it. In your relationship, both of you will be dependent on each other in certain aspects of your life. Help your lover out with the task that they're struggling with.

What are some ways that you have been there for your partner? Let us know in the comments below!

Date Idea: Bet On It



By [Hope Ankney](#) and Kristin Mattern

Take a gamble on love this weekend and hit the strip with your

man! Head out to a local casino and set the stakes high as you roll your way into your sweetie's heart. You'll be up all night with this weekend [date idea](#).

Check out this date idea if you want a fun and competitive date that lasts all night!

Get glammed up for your cutie, jump in the car (or get extra fancy and rent a limo) and drive over to the nearest gambling spot. As you walk arm and arm onto the casino floor together, share the surge of excitement and anticipation for the night ahead. Sit at the same table and play against one another to encourage some friendly competition, or root your honey on as he plays a card game alone. See if lady luck is with you as you sit side-by-side and have a go at the slots.

Make this date a romantic weekend getaway and catch a flight to Vegas. You never know, you might just make it into some high roller suites! After some boozy kisses and some wins at blackjack, head out onto the strip to take in the sights. Catch one of the many shows, like Cirque du Soleil or David Copperfield, and then hit up the clubs. Dance the night away as you celebrate your winnings. Check out [Vegas.com](#) to discover places to stay, shows to see, where to eat and more – everything you need to make this casino getaway truly unforgettable.

Related Link: [Date Idea: Enjoy a Secret Sunset](#)

If you're on the East Coast, make Atlantic City your destination. Play roulette and poker, then head out for a stroll along the iconic boardwalk. Snuggle up on the beach with your babe if you want to wind down, or hit up one of the many nightclubs to keep the electric feel going. Not in a dancing mood? Atlantic City has tons of shopping – the perfect

way to spend your winnings. Check out AtlanticCityNJ.com for more information.

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If you're not looking to spend big bucks, set up a casino date at home! Have a fun and flirty night in as the two of you play rummy for pennies, blackjack for that last piece of pizza and maybe even a game of strip poker. Get creative and wager what you'd both like to bet for: kisses, hugs or the next movie you watch. Make sure to have some munchies on hand to nosh on while you play. Drink your favorite microbrew with your dearest, or share some sparkling wine. When you're done gambling, throw on a casino-themed movie like Ocean's Eleven and just relax.

No one loses on this date – you can bet on it!

Ever take your loved one out to a casino for date night? Tell us all about it in the comments below!

Date Idea: Play Romantic Dating Games





By [Hope Ankney](#) and Gabriela Robles

This weekend, spend the night indoors with your love by showing off your competitive side by organizing a few romantic dating games. This is a great [date idea](#) to share your best couple of friends too. So hurry over to an arcade and have a fun game night with your sweetheart!

Check out this date idea if you're up for a fun and competitive night with your partner!

Find a luxury bowling alley that's specifically set up for romantic dating games. Usually, these types of bowling alleys are done up in a glow-in-the-dark fashion and have a party-like environment that's extremely exciting. Most likely, there will be fun music, cocktails and tons of entertainment. Some luxury bowling alleys even have restaurants or grills attached to them as well as lounges, game rooms, cigar bars, and dance

areas. This atmosphere will insure an amusing night that both you and your date will enjoy.

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If an arcade is more your style, you can still enjoy a romantic dating game spot such as Dave and Busters. This popular spot has a restaurant that serves delicious appetizers, salads, entrees, and desserts – plenty of options. After you've eaten, you can head over to the games and get busy with your man. Show off your gaming skills behind the wheel by playing Daytona USA or impress your date with Super Shot. If you're in the mood to compete, play some QuadAir Hockey or try Dance Dance Revolution. The best part is that they have great deals. In fact, their Eat, Play, Win Combo is a surefire way to have a great evening that your wallet will love! Dave and Busters even have new games, so if you're addicted to Temple Run or Cut The Rope on your phone, try the arcade versions!

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Romantic dating games are about doing something fun and new with your significant other, so go in with an open mind and excited attitude. Who knows? You two might have such a good time that you'll head out to your local bowling alley or arcade each month. It's a great way to beat the chill and heat up your relationship.

What're some things that you do for your game nights? Share with us in the comments below.

Date Idea: Rent a Cabin in the Snow



By [Hope Ankney](#) and Gabriela Robles

Rent a cabin in the mountains with your partner and settle in for a comfy, romantic weekend together. Whether you're actually snowed in or just pretending to be, this [date idea](#) is a surefire way to light the flame together.

Check out this date idea if you're looking for something fun and

romantic!

If you're on the East Coast, check out the Poconos Mountains for some snowboarding, skiing, horseback riding and snow tubing. Or try the Woodloch Resort for an all-inclusive package deal. If you're on the West Coast, take a trip to Breckenridge Ski Resort, where you can enjoy tons of activities such as rafting, sleigh rides, balloon tours, and many delicious restaurants.

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Before you go, think about what you may need. Besides the cozy sweaters and warm slippers, remember to bring something fun for entertainment. A board game will bring out the playful side in you, so pack Cranium, Monopoly or Scrabble. As you and your honey get into the games, talk about which one is your favorite. Reminisce over old games you used to play or still do. Once you're done with your board games, uncork a bottle of wine and grab a deck of cards. Maybe your partner wants to learn how to play gin rummy, or perhaps you're both skilled poker players. If all goes well, you may have a new weekly tradition on your hands: game night!

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Outdoor activities are also a great way to romanticize a trip. Before jumping in the car, research the town you're staying in and find exciting things to do during your time there. Exploring a new place together will make for great memories that you'll think about for years to come. Go hiking, wine tasting and – if the snow allows – sledding to bring you two closer. When you've had enough of the cold air, head inside, cuddle up together and talk about your experiences that day. Talk about what activities you want to conquer on your next mountain trip.

This weekend is about sharing new experiences together. Whether it's your first time in this quaint mountain town or just the first time you've gone snowshoeing, focus on stepping out of your comfort zone and testing your capabilities. After a delightful few days, you and your sweetheart will be glad you had a weekend away.

Have any suggestions for places to vacation? Share with us in the comments below.

Date Idea: Go to an Eat-In Bakery





By [Hope Ankney](#) and Gabriela Robles

If it's too cold to enjoy the great outdoors and you and your sweetheart are going a little stir crazy at home, make a trip to a local eat-in bakery. It'll be a much-needed break from your usual routine of dining out at your favorite cafe or sports bar. Plus, you'll be able to keep warm and indulge in some delicious treats at the same time.

Date Idea: When it's too cold outside, eat-in bakeries are the perfect spot for you and your significant other to enjoy each other's company outside the house.

Eat-in bakeries will usually seat you, and then a waitress comes to take your order. They typically offer various supplies of coffees, teas and hot chocolates, so you'll be

able to have something to drink as you enjoy your sweet of choice. Think of tonight as a dessert date. Instead of a restaurant that smells like beer and fried food, you're in a place that holds the tempting aroma of pies and cookies. What could be a better way to spend a snowy winter night?

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When you first arrive, take a careful look at the drink and dessert menus; seek out new treats that you think sound tempting and ultimately decide together what you'd like to order. Step outside of your comfort zone and order something that you've never had before. If you're really in the mood for some sweets, order a second small dessert that you already know you love. Relax with a cup of your favorite dessert-esque drink as you and your man chat about your weeks and take in the scent of the sugary bakery.

Related Link: Date Idea: [Don't Let Fall Cool Your Dates Down](#)

Consider trying a slice of Mississippi Mud pie with a macchiato or indulge in a piece of apple strudel with a nice, warm hot chocolate. If you're a chocolate lover, order some brownie or hazelnut cake pops along with a choco-banana frappe or a chocolate cream pie paired with a dirty chai.

After the desserts arrive, share the treats with each other. Or if you want to indulge in a more private setting, take them to go. Experience a great night filled with delicious pastries, scrumptious drinks, and your loving sweetheart!

What's your favorite dessert treat to share with your date? Tell us in the comments below.

Dating Advice: Why 'Ghosting' is the New Normal in the Dating Scene



By [Hope Ankney](#)

Most of us have been the victim of abandoned text messages, empty voicemail boxes, and the complete disappearance of someone we thought we had a great connection with over drinks. This leaves us with a haunted mind that tries to understand what we did wrong to cause someone to vanish from our lives. An experience that is more common in our [dating](#) lives than most of us think, the term “ghosting” (the act of withdrawing or ending a relationship suddenly and without explanation) has

become the new normal.

In this dating advice, find out why “ghosting” is so trendy right now in the dating scene.

Is ghosting a new trend because of the rise of technology and social media? The absence of communicating with others face-to-face? The desensitization of considering others' feelings due to impersonal interaction? Those are questions that have circulated around the term “ghosting” for a while now, in an effort to understand the epidemic that has created open wounds and confusion. It seems that the main culprit to “ghosting” in our dating lives is the lack of vulnerable communication we have, now. Many people don't know how to cope with having an honest conversation, so they'd rather disappear instead of confronting the other person directly about their feelings. Dr. Fran Walfish, a leading child, couple and family Psychotherapist in private practice in Beverly Hills, California, provides her opinion on why “ghosting” has become so popular in modern dating:

1. Technology: As Dr. Walfish explains, “We are currently living in an age where people judge dates based on what technology they have. They slide this under the guise of ‘ease’.” With how technology-dependent our society is, nowadays, it's much easier to contact people on whatever social media app or texting device we have available to us. She goes on to say that people have normalized texting to be a front-runner in how we communicate in relationships, which ends up causing much more misunderstanding, uncertainty, and distance between people. This results in “ghosting” being a common practice that hurts and confuses the message receiver.

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With Your Partner

2. “Cookie Jarring”: This, as Dr. Walfish has coined, “is a dating term where you keep someone as a backup with no real intention of dating them. You use them as a possible escort for parties or group events so you don’t have to go alone, but you put them back in the cookie jar when you’re done.” This somewhat of a brutal way to put it, right? But, “cookie jarring” is actually a phenomenon that only further perpetuates “ghosting.” With millennials and Gen Z-ers being raised in an environment of selfish and narcissistic media, these daters lack the realization that their behavior could significantly impact another. So, when they’re using someone or treating them coldly, they often don’t see it as being rude or disrespectful.

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3. Peer Pressure: Young people seem to constantly worry about how their peers perceive them, especially on social media. Dr. Walfish details that “young adults seem more consumed with how they are viewed by their peers if they show up dateless, rather than building internal character by doing the right thing and treating others the way they want to be treated.” Not only that but sometimes friends persuade them to drop those they’re dating or seeing. We love to fit in, and it isn’t abnormal for us to do that by ‘ghosting’ someone that the peers we value are telling us to. Peer pressure is the culprit for many people disappearing on others, and the constant focus on social media can tell a person that they don’t need to be dating one person when there are so many potential partners out there.

4. Bottom Line: ‘Ghosting has become a phenomenon that, sadly, is here to stay. The dating scene has veered away from finding someone to build a relationship with, instead, focusing more on how easy and simple hooking-up is. This replacement has

caused a stunt in how we utilize our communication skills and function in healthy relationships. The [relationship advice](#) that Dr. Walfish gives on how to combat the ever-increasing, impersonal characteristics of modern dating is to stick to traditional dating roles. "Open, honest communication between two loving and solemnly committed partners is required to make all the types of role divisions in relationships work." And, if you aren't feeling the same connection that your date is, the best thing to say is what Dr. Walfish suggests: "You are a lovely person, but I feel like we are not the right match (or fit)." By doing this, you're at least not leaving someone in the dark, feeling abandoned and rejected without knowing exactly why.

[Dr. Fran Walfish](#) is a leading couples relationship and family psychologist in Beverly Hills, CA, as well as the author of the book [The Self-Aware Parent: Resolving Conflict and Building a Better Bond with Your Child](#). She also writes a weekly relationship and parenting Q&A that is published in the 'Beverly Hills Courier' newspaper and is a former co-star on WE TV's 'Sex Box.' You can find her on [Facebook](#), [Twitter](#), [LinkedIn](#), and [YouTube](#).

Movie Review: Last Christmas





By [Ahjané Forbes](#)

Last Christmas is a movie that sets the mood for the upcoming holiday. The film takes place in London and is directed by Paul Feig, who is known for his work on *Bridesmaids* and *Someone Great*. The female lead Kate, played by Emilia Clarke, has been having a streak of ongoing bad luck. After coming out of the hospital, she finds a job singing and working as an elf in a year-round Christmas store. When Kate meets Tom, played by Henry Golding, he impacts her life in a very special way by turning her misfortune into a positive experience. Eventually the two of them start dating, and Tom shows Kate that even damsels in distress can find love, too.

***Last Christmas* is a modern-day feel-good movie that makes you feel**

love for the holidays! Check out our movie review.

Should you see it: If you are a fan of a rom-com with a little sprinkle of reality then this the the movie for you!

Who to take: Take someone that you are comfortable sharing your feelings around. A few close friends or your partner would be a good date choice for this movie.

Cupid's Advice:

Last Christmas represents the heartfelt relationship between Kate and Tom and shows us that love can happen when you least expect it. Cupid has some relationship advice for those singles looking for love this holiday season:

1. Search for a person that you are attracted to: It's not all about looks! Attraction can be based on intellect and how a person makes you feel emotionally. Sometimes love comes in a way you may never anticipate.

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2. Adds value to your life: Find someone who feels good to be around and who goes the extra mile to make you feel special. A good partner will push you to be a better person and support you in both the good and bad times.

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3. Create your own ending: Not everyone's love story is the same. The way you plan to tell your story is completely up to you.

Are you going to see *Last Christmas*? Let us know in the comments below!

Movie Review: Lady and the Tramp



By [Hope Ankney](#)

Get ready for another animated Disney re-make! *Lady and the Tramp* is the next film to be offered a reboot, but unlike its predecessors, it won't be coming out in theaters. It'll be offered through Disney's newest streaming service starting on November 12th. Don't worry, though. The adored [movie](#) will still stick to its classic story-line. The journey follows a pampered Cocker Spaniel named Lady whose life is ripped away

from her once her owners have a baby of their own. She goes through certain circumstances that lead her onto the streets, where she meets the tough and brawny stray dog, Tramp, who comes around to protect her. Soon enough, a romance between the two starts to blossom, but the differences in who they are and where they come from threaten to keep them apart.

Check out our movie review for *Lady and the Tramp*, a perfect film for the whole family!

Should you see it: If you were already a fan of the beloved classic, love a good, family-friendly movie that caters to all ages, adore dogs, or are always up for a heart-warming experience, you should definitely consider seeing this film. And, unlike other animated remakes that Disney has done, *Lady and the Tramp* feature real dogs and isn't made up of mostly CGI!

Who to take: This movie is perfect for any family outing with the kids, your friends when you're wanting to experience nostalgia, or even as a light rom-com for a casual date night! The story-line is made to entertain everyone that sees the film which makes it an easy and enjoyable watch for anyone who is even slightly interested!

Cupid's Advice:

Lady and the Tramp is known for how it marries a child-like adventure story with an unforgettable romance. Always acting as a loose interpretation of *Romeo & Juliet*, it focuses on how differences between two people can hinder the success of a budding relationship. If you've ever found yourself in a position where you and your partner have major differences between both of you, don't automatically call it quits! Cupid has some [relationship advice](#) on how to stay together even when

it seems like you're differences can tear you apart:

1. Talk about expectations/differences and negotiate: It's tough to have a conversation about expectations in a relationship. It's even harder when that conversation steers towards things that bother you about certain aspects between you and your significant other. But, having these hard discussions can help you and your partner grow stronger. Work together when it comes to making decisions and following through on expectations. It's a good start to being able to have differences and disagreements that don't, ultimately, feel like a personal attack anytime they're brought up.

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2. Let the differences be a positive thing: Depending on the circumstances, some differences can actually be good to have in a relationship. Being with someone who shares the same opinion or values about everything as you do can actually be quite boring and bland. Differences between two people give texture to the romance and can make the relationship fun and exciting. You should always be growing and changing in your relationships, so being with someone who shows you new ways to perceive life and opens you to new experiences is always something you should be looking for.

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3. Only compromise when it's worth it for both of you: There's no such thing as a relationship without compromise. But, you should never find yourself in a relationship that has you compromising more than the other person. Every couple handles differences and the compromises to those differences in unique ways. So, the key to having a healthy and successful relationship is to find ways where compromise doesn't seem like a bad thing, and it can help both of you to become happier and better people.

What are some ways you've found a way to stay in relationships

despite your differences? Let us know below!

Dating Advice: 7 Effective Ways Out of a Breakup



By Bijan Kholghi

You'll agree with me that getting over a breakup is not easy. This situation can be very tough, and there's no way we can sugar-coat it. That said, the period after a breakup still presents ample opportunity for personal rebranding. A few months ago, I was neck-deep in this highly frustrating

condition. But I found a way that helped me grow.

Here are some of the compelling techniques and psychological methods that can help you rebrand and recover after a breakup or divorce.

Step #1 – Redefine & Reclaim Yourself

The first step to healing starts with redefining yourself and giving a meaning to your life. Relationships need total commitment to flourish, no doubt. However, the extent to which you gave up yourself in the relationship will determine how painful the transition phase will be for you. Perhaps you've always had this feeling of insufficiency or unworthiness about yourself prior to the relationship. Maybe you've failed at having your own life while the relationship lasted. Start by changing that narrative and start being the person you're happy to be.

Step #2 – Redefine Your Borders & Set Healthy Boundaries

Breakups give you a new chance to redefine your boundaries as a person. What does an ideal relationship look like to you? Take a moment to reflect on what your expectations are and better still, write these down. Having a clear idea of simple things like how much time you'd like to spend alone, with your partner, family members, family and friends with your partner, family and friends without your partner, etc can help. Other vital things can include whether or not you want to have kids, marry, as well as other things that may pertain to your career, personal, or social life.

Step #3 – Fix Your Broken Heart

Don't fall into the temptation of thinking about the good old

days. This is like an addiction, and the earlier you get rid of it, the better. First, accept that that phase is over. Make a list of those things you didn't like about the ex. This will help you avoid being fixated on their positive sides, which will only hurt you the more. Finally, take practical steps to fill the voids in your social life and identity with things like fun and other fun activities you've missed.

Step #4 – Truthfully Analyze Your Role

This part demands complete truth and honesty. Ask yourself how and what your contributions were to the failure of the relationship. Question why you didn't change and what you should try to do better in your next relationship. This is important to help you grow and do better the next time.

Step #5 – Analyze Your Personal Trigger Points

One part of [getting over a breakup](#) requires analyzing your fights to see what the common triggers were. Perhaps the strong emotions involved appear to have stemmed from old patterns that have been there from childhood. Sometimes, it's not really what the other person does that hurts. Often, it may be an old pattern getting triggered unconsciously. Understanding these will help you avoid the triggers and may help you set the foundation for a stronger relationship when the chance comes.

Step #6 – Don't Please Too Much, No More!

Being committed to a relationship should not mean going against yourself to please the other person. This is more like a disease, and most times, it may reduce how much a person is attracted to you. Don't lose yourself to trying to be a perfect partner. It's necessary to stop this before you go into your next relationship.

Step #7 – Analyze Your Sex Life for Issues

Many people like to ignore it, but it's no lie that good sex life is crucial for healthy relationships. Cracks in your relationship can cause a sexual disconnection for one or both

partners, and so your sex life can be a good indicator that something may be wrong. Your sex life should be balanced between being connected to your pleasure and the pleasure of the other person. This is also about putting too much emphasis on pleasing the other person.

Bottom Line

Analyzing the relationship for errors will help you get a better understanding of where things went wrong. More importantly, you'll be able to find the self-confidence and self-control you need to get over the phase. At the end of the day, get over an ex is still not easy. However, these techniques helped me through my difficult moments after a breakup. If you can try them, I'm hopeful they'll help the light shine through the cracks of your broken heart, again.

Bijan Kholghi is the founder of www.coaching-online.org and a life coach with a special psychological education in hypno-systemic coaching. His teacher Dr. Gunther Schmidt is the founder of Milton Erickson Institute in Heidelberg (Germany), a direct student of Milton H. Erickson, and a leading figure in psychotherapy education in Europe. His highly effective coaching and therapy method helps people getting aware of their unconscious pattern and gaining control over them. This leads to a more fulfilled and happier life.

Movie Review: The Sky is Pink





By [Hope Ankney](#)

If you're in the mood for a love story that pulls on your heartstrings and takes you on an emotional journey, look no further than Priyanka Chopra's newest Hindi [movie](#), *The Sky is Pink*. It acts as the true story of Aisha Chaudhary, a teenager who had pulmonary fibrosis whose parents dedicated their whole lives to helping her survive. Choosing not to focus on the illness aspect of the story, the film is narrated by the daughter, who instead details the incredible love story of her parents. She lets you know quite early on that she's speaking from beyond the grave, but her retelling of her parents' 25-year relationship is nothing short of hilarious, heart-warming, and, at times, heart-wrenching as it touches on the beauties of life and death.

Check out our movie review of *The*

***Sky is Pink*, a perfect rom-com for date night!**

Should you see it: If you're a sucker for romantic comedies, love a good immersive, emotional experience, or gravitate towards true stories, you should definitely go give it a watch. It's a modern twist on the general love story, and if anything, it's refreshing as it is inspiring.

Who to take: This film is perfect for date night with your partner or even a girls' night with your girlfriends! Having moments of tenderness mixed with humor is the recipe for a great movie experience with others. Besides, you can wipe each other's tears, too.

Cupid's Advice:

The Sky is Pink inspires us and how we treat our relationships. To see a couple go through such trials and tribulations spanning 25 years, and yet they still choose one another at the end of the day is something that should be enacted in our own lives. Knowing that the film isn't an act of fiction but based on a true couple makes its impact even greater. Here is some of Cupid's [relationship advice](#) on how to have a loving and lasting marriage, yourself:

1. Learn how to handle fights: It shouldn't be shocking to anyone that relationships will have their fair share of fights, but it is in how you deal with those fights that matter. Surprisingly, some studies have shown that arguing is one of the healthiest things a couple can do. It allows both you and your partner to explain why you feel the way you do and to find a way to solve the conflict. Couples that engage with arguments and learn how to handle fights are more likely to be satisfied with their marriage than couples who choose to ignore conflict, altogether.

Related Link: [Movie Review: The Joker](#)

2. Don't always empathize: We've all been in conversations with our significant other where one of us is having a bad day and the other simply says, "me too." Saying "me too" can actually be damaging to a relationship because it can become a barrier to real communication. Those words shut the other person's feelings down even though we think we're being empathetic. Instead, if your partner is having a rough day, choose not to empathize but to listen to what happened and offer your support. Having a commitment to listen to their problems is something that can make all the difference.

Related Link: [Movie Review: Hustlers](#)

3. Be a little old-fashioned: It's not always bad to have old-fashioned morals. When it comes to marriage, having traditional views on certain issues is actually a good thing to ensuring a long-lasting marriage. Is my partner going to be able to provide? Are they going to be a good parent? How do they get along with my friends and family? These are all questions that can determine if a marriage will be worth the long-haul. Don't get caught up in the feeling of love, because reason and logic have to be important aspects of your relationship too.

What are some ways that you've kept your marriage long-lasting? Let us know in the comments!

Movie Review: The Joker



By [Hope Ankney](#)

If you're looking for a dark and psychologically thrilling film to jumpstart Halloween, Joaquin Phoenix's adaptation of *The Joker* is the perfect one for you. The film focuses on the origin story of the infamous DC comic villain, and his descent into chaos and madness. Arthur (The Joker's given name) has never felt like he genuinely fit into society. As a failing comedian, he tries to find purpose on the streets of Gotham City. Yet, he continuously feels the need to wear two masks—one for his day-job and the other to try to fit into the framework of the world that has, overtly, rejected him. The only person who has shown Arthur any sense of empathy and kindness is his neighbor, Sophie Dumond. They form a

connection as she tries to help better his circumstances and make him feel less alone. Unfortunately, this comes on the heels of his descent into the madness that ultimately transforms him into the criminal mastermind we now know him to be as The Joker.

Check out our movie review on *The Joker*, a psychologically-gripping movie for you and your friends if you're trying to jumpstart the Halloween spirit!

Should you see it: If you're a fan of DC comics, dark thrillers, themes of isolation and empathy, or you're just are looking for something creepy enough for the spooky month of October, definitely go see it. Besides, there's something oddly reassuring about the relationship forged between Arthur and Sophie, a certain kindness for those struggling that isn't reciprocated nearly enough these days.

Who to take: *The Joker* is rated R, so consider taking your friends or a date that loves dark and gritty films! Be wary of the violence, but be ready for a lot of good and tense cinema.

Cupid's Advice:

Even though the [movie](#) doesn't entirely focus on the connection that transpired between Arthur and Sophie, it is one that we think is an important aspect to take note of! Our main character is susceptible to falling through the cracks, yet Sophie takes it upon herself to reach out her empathy and understanding of his isolation to try and help him in any way she can. This can also be said for any relationship where one of you is struggling more than the other. Being in a partnership comes with its ups and its downs, and sometimes we

need our significant other to be that Sophie Dumond for us when we're feeling down. Here's Cupid's [love advice](#) on how to be there for your partner when they're going through a tough time:

1. Be fully present when they want to talk to you: Not everyone wants to talk about their situation when they're struggling, but if your partner does come to you at some point to discuss their hardships, make sure you're there for them. Giving your significant other the undivided attention they deserve when they're speaking out about their circumstances is incredibly important for them to feel supported by you.

Related Link: [Movie Review: Hustlers](#)

2. Empower them, even if it's in small ways: Sometimes, a partner can be less than motivated to do even the smallest of tasks when they're down. But, if you keep encouraging them to complete something and make them feel worthy when they do, this can go a long way for helping them realize their worth and purpose. This can be as mundane as answering emails, cooking a meal, or even running some errands. Productivity can make a huge difference when someone is having a tough time.

Related Link: [Movie Review: The Lion King](#)

3. Let them know they're not alone: Adversity can cause people to have a negative view of themselves and their lives. As a partner, you must be able to validate their feelings while also letting them know they aren't going through this alone. Relationships are built on the foundation of being a team. Whatever happens to one affects the other. Help them not to lose sight of that.

How have you supported your partner when they've been going through a hard time? Tell us down below!

Check out some other movie reviews from Cupid's Pulse [here](#)!

Expert Dating Advice: How To Have Tough Talks With Your Partner



By Tori Autumn

At some point, many people have to say, “We need to talk,” to their partner, a phrase that could affect the relationship moving forward. Some examples of sensitive topics include [moving in](#), talking about [marriage](#), having children, being committed, financial responsibilities, arguments with family members, unresolved conflict, or the decision to separate.

How to make that tough talk with your partner easier!

Ultimately, the reason why you shouldn't be afraid to have tough talks with your partner is that having uncomfortable conversations test the strength of a long-term relationship.

Related Link: [Expert Dating Advice: Three Reasons Why My Worst Relationship Brought Me to My Best Relationship](#)

Here are some tips for nailing those difficult talks:

1. Make the Setting a Place You Feel Most Comfortable

The setting of the conversation sets the tone and could make a difference for how you both begin and end the talk. You can find a spot with little to no distractions, get there a little earlier so that you can feel relaxed, and have a general outline (mentally or written down) of the main points you want to talk about.

2. Practice Detaching From the Outcome

You are responsible for what you say, but you can't control how someone will react to what you've said. One of the biggest reasons why we delay tough talks is because we allow the fear of thinking our partner will get upset or change the way they feel about us to hold us back.

However, deciding to not have the needed conversation that you want keeps your true feelings on the back-burner. Instead of focusing on what goes wrong, the goals to be understood and to understand your partner should take priority.

In an [interview actor Will Smith](#)'s wife, Jada Pinkett-Smith talks about how she felt drained after hitting a wall in her marriage while trying to juggle her family's multiple careers. After admitting this, she said, "I just knew with the kind of

love that Will and I share – which is beyond romantic love – that we could transform our union and figure out how to re-create what we had.” She went on to say that she believed she and Will had the tools to keep a healthy relationship and family together.

If you know your partner pretty well, the outcome of the conversation was probably going to happen eventually, but speaking up about what’s on your heart now gives you both the accountability to move forward accordingly.

Related Link: [3 Ways to Know If Your Relationship Is Worth Saving](#)

3. Give Your Partner the Opportunity to Express His/Her Feelings

After you’re done speaking, let your partner get his/her time to react and say how they feel. This time is as equally important as when you led the conversation, so be fully present and listen, rather than speak defensively.

Tough talks do not necessarily get easier over time, but the way to have them is to start with lighter conversations and gradually move up into more honest conversations. Deciding to push past the awkwardness will give you the opportunity to express yourself and see how your partner really feels.

Ladies, want to know the 3 secrets to getting a man to take you seriously? Download your free guide [HERE!](#)

Tori Autumn is a certified relationship coach, blogger, and author. Her coaching business is named Tori Autumn Coaching and her website is tautumncoaching.com.

Read more at [Cupid’s](#).

Relationship Advice: An Unconventional Marriage



By [Dr. Jane Greer](#)

Once upon a time, there was a very clear, natural progression of how a couple moved from one phase of their relationship to another: they dated, became engaged, got married, and, finally, moved in together. Any other choice, years ago, would have been frowned upon and maybe even whispered about. Of course, that has all changed and now we see and generally accept any choice people make, in the order in which they make it, and the way in which they commit to each other – as long

as both members of the couple are on board.

Relationship Expert Advice: Have a Relationship Your Way

Whether they want to live together first, have a family first, or, possibly even, commit their lives to each other and never share a home, it is all happening out there. For example, actress [Kaley Cuoco](#) and her husband Karl Cook choose to be in a committed, monogamous relationship but also choose to [live apart](#). They tied the knot over a year ago but still maintain separate residences. Rather than worry about what family, friends, fans, and tabloids think of their arrangement, the busy pair say they value their independence, relish the time they spend together, and don't worry about what other people might be thinking. In other words, it works for them. There are pros and cons to every choice a couple makes as they build their life together and it is a matter of knowing what suits the individual people the best. So, how do you know if this possibility might be right for you? Will a situation like this enhance or hurt your relationship?

One question to ask yourself is how much do you need your privacy? Can you tolerate the company of another person without your own time over a 24-hour day? Consider also the accountability that can come with sharing a home with your partner, because sometimes even if you get up to simply go to the bathroom or kitchen your, partner might be curious about your whereabouts and ask you where you are going.

Related Link: [Relationship Advice: What We Can Learn From the Trials and Triumphs of Celebrity Relationships](#)

In addition, the practicality and logistics of your lives might make it difficult to uproot yourselves, especially if you live in different places. Deciding to have a long-distance

marriage can give you the opportunity to share a life while maintaining priorities of work, family, and friends. This can be especially true if you find each other a little later in life. In that case, you may have fully established an autonomous lifestyle, which includes routines and habits that are hard to break, and in some ways might not be suitable for sharing a home with another person.

That can be the case even if you live just a few blocks away from each other. If you both find yourselves sharing these concerns – and you each already love the home you created and don't want to give it up – this might be a way to have it all. Similarly, if you each keep early, late, or unusual hours at work, and coming home could be disruptive to your partner, maybe even totally conflicting with their routine, or if you travel a lot anyway and, with that in mind, it doesn't make sense to combine households, this might be something to consider. Finally, if you have a beloved pet and your spouse is allergic, it could be a way to avoid a deal breaker and still make it all work.

Ultimately, there can be many upsides to this, even beyond holding on to your daily life as you know it. There is less of a chance to get on each other's nerves, since you always have a place to go to get away and you won't be forced to be together if you don't want to be. It can keep your love fresh and more romantic because you can exercise more control over your appearance and how you present yourself to your partner. And if you have different methods of keeping house, one of you is messy and the other a neat freak, this will allow you to just be yourselves in your own homes without bugging the other person.

Related Link: [Relationship Advice: Talking Through the Tough Times](#)

On the other hand, living apart can have a real downside. You are more likely to miss out on little moments – inside jokes

and shared bedtime and morning rituals – and you're putting off the inevitable step of showing each other your authentic selves while you navigate the tricky waters of splitting up household responsibilities and chores. Because of this there, may be much less chance to learn to cooperate and work together as a team, which allows you to develop an up-and-running sense of partnership. You might not be there when you need each other, if one of you doesn't feel well, or if you want a spontaneous snuggle. It is also possible that you will feel judged by family or friends, and even strangers, for doing something that might be construed as different.

This is not a dish for everyone, but it might be for those with a particular taste. It offers the opportunity to marry the person you love despite obstacles you might not be willing to change, which would otherwise make getting married impossible for one or both of you. Being married but living apart might be an option to give life to your commitment instead of making it untenable. For now, Kaley and Karl are taking advantage of the upsides of living apart. They are building a life together and don't seem to be concerned that their relationship has been labeled "unconventional." Whatever decision you make for your relationship, know it is right for you, and try to tune out the noise, focus on each other, and continue planning for your future.

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>.

Read more at [Cupid's](#).

Dating Advice: Cookie Jarring



“Love is an untamed force. When we try to control it, it destroys us. When we try to imprison it, it enslaves us. When we try to understand it, it leaves us feeling lost and confused.” – a confused lover

When it comes to narrating a tale regarding the history and contemporary details of love and relationships, none claim to be an expert. Almost everyone seems to be somewhat baffled when it comes to the concepts of love and attachment. You can

never be definite about the path your current relationship, and therefore you should be taking precautions. All the while, however, you tend to indulge in a relationship no matter what happens or had happened to you in the past. You just can't keep yourself apart from this sweet poison that you're taking so deliberately – love. That doesn't mean you're not skeptical at the end of the day, which can lead to questions and uncertainty in your relationship. To get rid of that insecurity, you need to trust in your partner completely, and trust nowadays is hard to come by.

Social media and various dating apps offer you a world of possibilities. It's like a cookie jar you just have to reach in to to find your preferences. As a result, the term “cookie-jarring” came into existence in the dating advice world.

Let's suppose you're in a casual relationship with your neighborhood friend or your one of colleagues, and at the same time, you get involved with a potential candidate from www.DoULike.com. Now, you're in jeopardy. At first, you were not so sure about your local friend or colleague and to maximize the confusion, you find your 'DoULike' mate even more dynamic and influential. Now, you're just keeping your friend and colleague as back-up plans. The whole idea of dating someone as a back-up plan is referred to as “cookie-jarring.”

“Cookie-jarring” happens as a consequence of insecurity. If you're ever feeling unstable in your relationship, you may

drag yourself towards a backup option intentionally or unintentionally to find stability. It's the new trend emerging worldwide. The modern dating landscape is ever-changing. Because this process has a fail-safe option, you always have a fallback option where you have no need to be lonely or to panic about the possibility of rejection.

This is a tool of modern age dating, yet there is nothing charming about it. There is always a person who ends up getting hurt and has a hard time recovering from it mentally and psychologically. "It keeps you feeling dependent on having someone, anyone in your life – which is not the healthiest way to start a relationship," Theresa Herring, a licensed marriage and family therapist from Chicago, explained. She also stressed on the point, saying, "Plus, it could blow up in your face if the person you're actually interested in finds out and it prevents the person you've cookie jarred from meeting somebody who actually fond of enough to date them."

To sum up, a sincere byproduct of insecurity and lack of respect leads you to "cookie jar" your not-so-compatible partner who you kept as a bystander all along. The fact is, sometimes people simply don't know what they want, which can lead to "cookie-jarring" and a lifetime of regret.

"We often confuse what we wish for with what is." -Anonymous

Beware of the red flags, and embrace the decisions you make while in a relationship, be it a cookie-jar or not.

Dating Advice: The Best App

for Trans Women & Men



Dating apps have come a long way. According to some, they have an even longer way to go. At any rate, there are now some decent apps for transgender dating. Trans women and men are welcome on platforms like OK Cupid, Match, and more, but the [best app for them right now is Grindr](#). It was started 10 years ago and has become the biggest social networking app for trans, gay, bi, and queer people. According to the app's website, it has millions of daily users from all over the world.

In this dating advice, find out

more about Grindr.

Grindr is a modern dating app showcasing a vibrant LGBTQ lifestyle. Now, the app is extending into new platforms. It is, in fact, more than a dating app and features original content that touches on thorny social issues and blazing innovative paths throughout the dating community.

Grindr has managed to create a safe space for trans people to discover and navigate a vast dating pool. In the past, it had a reputation for flings, but all kinds of options are available now. There are a lot of gay men, trans women, and straight men interested in [transgender dating](#) on the app. There are quite a few FTM too. Recently, the app introduced options for members to identify themselves as “she/her,” “he/him,” or “they/their” as well as various gender identification options, including “queer”, “non-binary,” “non-conforming”, and “trans woman.” The app has banned nudity in public photos and gives the option to list what type of relationship you’re looking for.

Users can identify as bottoms, tops, or versatile. Safety and health are crucial to the founders of the app and users can disclose the date, on which they last got tested for STIs (if they wish). Members can send each other private messages and see images of matches based on distance. Grindr Xtra comes ad-free, with unlimited blocks and likes, the chance to view hundreds of possible matches, and additional filters.

More to It Than Meets the Eye

The site is very well designed and has sections on topics such as “What is gender identity?”, what it means to be transgender, cisgender, and non-binary, and the difference between being trans and being intersex. There is information about transphobia and what to do if you are trans and need help. There is a list of resources on the site put together by

the National Center for Transgender Equality for people in the US.

Another option the app points to is the Trans Lifeline, an organization by and for transgender persons. There is a number to call in Canada and in the US. Trans Lifeline is staffed by kind, helpful volunteers who are always ready to respond to community members' needs.

Runners-Up

While Grindr is the best app for trans people in our humble opinion, there are others which deserve to be mentioned and have some potential for those interested in transgender dating. These include Luckyapp.co, Zoosk, and OkCupid.

Lucky

This is a great app for hookups, very straightforward: you get "lucky" when you find a match. It's welcoming, anonymous, and great for trans men and women. The app supports all types of sexual orientations, so you can find a match no matter what your preferences are and what your gender identity is. It helps people explore their sexuality in a safe space.

Zoosk

This app is 100% free to use and offers live video and vocal "speed sessions" via computer and webcam. It has many transgender users, whom you can meet very fast.

Zoosk is a "site with a heart" whose scope goes beyond helping people meet and have a good time. The platform is very active in volunteer work, with staff regularly helping out at animal shelters, local arts groups, and Glide Memorial. Zoosk is always searching for new ways to make a difference to community life.

OkCupid

OkCupid makes it easy to sign up – all you need to do is link

your profile to your Instagram account. On the downside, the app requires a long profile. To see transgender men and women specifically, you can use a “filter” option. According to Quora users, though, you will only see those who self-identify as transgender.

If you meet a trans person on a dating app, don't ask them what gender they are (they have indicated this upon signing up) and don't ask them what genitals they have. This will put them off.

Movie Review: Judy



By Mara Miller

If you've seen *Wizard of Oz*, you know the song *Over the Rainbow*. Judy Garland not only took over the role as Dorothy Gale in the original *Oz* but had a successful movie career until MGM released her in 1950. *Judy* follows Judy Garland's trip to England in the winter of 1968 to perform in a series of sold-out concerts. She faces not only leaving behind her children in America, but also finds love as she struggles during her time spent in London.

In *Judy*, Garland's struggles between her music career and her family are a struggle and center point for this [movie review](#).

Should you see it: Yes! Renee Zellweger is an amazing actress, and from what little we've heard of her cover of *Over the Rainbow*, she brought Judy Garland back to life beautifully.

Who to see it with: Grab your partner for a date night to see this movie!

Cupid's Advice:

Garland had trouble balancing her career and family, and you might be, too, but don't beat yourself up over it. It can be a delicate scale when it comes to figuring out how to juggle work, kids, and a partner, especially when the work you do is demanding. Here's Cupid's Advice on how to stay organized so you can balance your work and personal life:

1. Self-care: Self-care is an important part of balancing your work and personal life. If you aren't taking care of yourself, your family and work performance will suffer. Take the time

you need to sleep in for 15 more minutes, go on a date, or take your kids to a playground and put the technology down for a while.

Related Link: [Movie Review: The Informer](#)

2. Let go of the guilt: It's easy to feel incredibly guilty when we can't be there for our families as working women. Maybe you work more hours than your partner who has a physically taxing job, so the dishes and the rest of the house have started to fall apart. Don't beat yourself up feeling horrible when a plate doesn't get washed or your new puppy tears up a DVD case. This will be good for you mentally and emotionally in the long run.

Related Link: [Movie Review: The Lion King](#)

3. Find a new appreciation for date night: Pick one night a week that you and your partner can get away from the kids with a baby sitter. Forget about work for a while and just enjoy being with them for a while. Couples who continue to date even after they get married have more of a chance of making things work than those who don't.

Do you have any other ways to keep your work and personal life balanced? Let us know in the comments below!

Movie Review: 21 Bridges





By [Katie Sotack](#)

Chadwick Boseman and J.K. Simmons star in a new action thriller that'll have you perched straight in your seat. Boseman plays an NYPD cop who uncovers a conspiracy surrounding two cop killers. The [movie](#) takes place in the course of one night where Boseman's character becomes increasingly unsure of who to trust. As tensions rise and the chase goes on, the city closes down all 21 routes of escape from Manhattan to prevent the killers from fleeing.

***21 Bridges* is a star soaked, action-packed thriller that'll leave you questioning who to trust and where to turn.**

Should you see it: *Avengers: Endgame* directors had a hand in making this film and Chadwick Boseman stars. If you're a fan

of the Marvel Cinematic Universe for its action scenes rather than it's one-liner comedy and enjoy the shaky anticipation a good chase, check out this movie.

Who to take: This is a movie for the in-depth friend who can talk about anything and everything afterward at dinner.

Cupid's Advice:

Knowing who to trust is not a science, but an art. Try as psychologists might, we can't all be trained in the micro-twitches of a liar's facial movements. Instead, think of trust as a building exercise. Here are [relationship tips](#) on establishing and maintaining trust.

1. Intuition: Security to the stars and traumatized victims, Gavin de Becker famously exclaimed to the world "Trust your intuition!" in his self-help book *The Gift of Fear*. Often read in self-defense classes and by women seeking ways to minimize attacks, the book is ultimately about relationships (both long term and immediate). The most essential advice from every chapter is, "trust yourself first and foremost." Social niceties teach us to suppress our illogical worries, but your body and mind have intuitive reasons for that gut feeling. Next time you feel something 'off' in your relationship, speak up.

Related Link: [Movie Review: The Lion King](#)

2. Honesty: The number one way to establish trust is honest and open communication. This means intimacy and it can sound scary. Take the process one step at a time. The first few dates are not the time to confess that embarrassing time when you walked into a wall because you were nose-deep in your cell phone. Talk about your hopes and dreams to build gradual intimacy and add in the embarrassing or deeper feelings once trust has been established.

Related Link: [Celebrity Vacation: Jason Momoa & Lisa Bonet](#)

[Explore Italy After Zoe Kravitz Wedding](#)

3. Keep True: A far more practical take on the establishment of trust is by staying true to your word. If you promise to do something, make sure you stick to it. Think of it from your partner or friend's perspective. Had they promised to pick you up at the airport but instead left you searching to find a cab, you'd feel cheated. Instances like this make a person seem unreliable and would encourage the receiving person not to trust the, with another task.

How do you experience trust in your relationships? Share in the comments below!

Movie Review: Hustlers





By [Emily Green](#)

If you're looking for a fun, action-packed girl power movie, look no further! *Hustlers* is a movie focusing on the revenge strip club employees take on their clients who are employees on Wall Street. This movie is based on a 2015 article for *The Cut*, that follows the story of two girls who worked as strippers, and as an attempt to get more money, they lured their clients to the club and spiked their drinks to cloud their memories. This movie has many notable stars, including [Jennifer Lopez](#), Constance Wu, Lili Reinhart, KeKe Palmer, Cardi B, Lizzo, and many more.

Check out our movie review on Hustlers, an action-packed film for you and your girlfriends!

Should you see it: If you believe that women are treated

unfairly and not paid as much as men, definitely go see it. Women deserve to be paid equally to men, and this movie is a great movie to remind you that you are worthy, and you are a BOSS.

Who to take: If you are looking for a female empowered film, grab your best girlfriends and head to the theater! It's the perfect movie for a girl's night out.

Cupid's Advice:

We're inspired by the drive these girls have, and the willingness to do anything for their family, no matter what. These girls know that even though they are being treated unfairly, they are true girl bosses and will do whatever it takes to fix that because they know what they deserve. Here is some of Cupid's advice on how to stand up for yourself in the face of adversity:

1. Practice being transparent and authentic: This can definitely be hard at first, but the more you practice being open and honest with people in your life, the more you won't have to deal with carrying a constant weight on your shoulders. Tell these people how you feel, and no one will be able to tell you otherwise!

Related Link: [Movie Review: Spider-Man: Far From Home](#)

2. Clarify first, without attacking: Figure out what the root of the problem is. You are aware of your viewpoint, but take a moment to listen to the other side. Are you truly in the right or wrong? By clarifying what you mean and listening to the opposing side, you can start a real discussion and get to the solution quicker.

Related Link: [Movie Review: The Lion King](#)

3. Recognize that no one can invalidate you: You are the sole owner of your feelings and emotions. No one can tell you how

to feel, what to feel, or invalidate your opinions. Have an open discussion with your peers, so they know their opinions are valid, and vice versa.

What are some ways you stand up for yourself in the face of adversity? Let us know in the comments below!

Check out some other movie reviews from Cupid's Pulse [here](#)!

Date Idea: Bring the Beach to You



By Sarah Ribeiro and [Bonnie Griffin](#)

Escape the cold winter months and bring the beach to you. Have your own island getaway with this [date idea](#) by planning a romantic and private stay-cation. Create your own blissful [date night](#) with your private beach island.

Date Idea: Create your own beach for date night and build your own island getaway!

The first step for this amazing date weekend is to crank up the heat in your house. Forget about how chilly it is outside by keeping your thermostat set to summer temperatures. You and your sweetheart can pretend you're on the beach while lounging around in each other's arms, blasting Bob Marley and dreaming of the sunshine. To really relax, dim the lights and lead each other in a soothing yoga and meditation session.

Related Link: [Dating Advice: How To Spice Things Up In Winter](#)

For dinner, enjoy grilled pork and pineapple kebabs and picture yourself in paradise. To really set the mood, keep a beach-themed film on in the background; 'Forgetting Sarah Marshall' is a great romantic comedy set in Hawaii. After you're finished eating, head back to the kitchen and have a friendly dessert-making competition with your partner: prepare the most tropical dessert you can think of, like key lime pie, fried ice cream or chocolate-dipped coconut macaroons. For something a bit easier, keep a bowl of fruit handy and feed each other. Passion fruit is tropical and in season in January, and it tastes great cubed and frozen.

For some added fun, turn your bathtub into a Jacuzzi. You and your honey can soak in the tub, drinking piná coladas and margaritas. Perhaps you'll even be inspired to plan a real

vacation together. Grab some travel brochures or pull up a travel website, pick out your favorite tropical locations and consider what activities you can do there: horseback riding in Hawaii, nightclubbing in Ibiza, hang gliding in Brazil. Figure out ways that you and your sweetheart can start saving up for your romantic getaway.

Related Link: [Date Idea: Pick Your Own Presents](#)

After a nice long soak, break out the coconut oil and give your love a tropical spa treatment: spread some beach towels on the bed and take turns giving each other massages. Find your favorite massage bar at lushusa.com – their Heavanilli bar is made specifically for the bedroom. If you want a challenge, create your own home spa treatments, like a simple seaweed wrap, or try a home-made facial with fresh fruit, olive oil or yogurt. No matter what, keep each other pampered in true vacation style.

Have any ideas for a faux beach getaway? Let us know in the comments.

Date Idea: Christmas Movie Marathon





By Samantha Mucha and [Bonnie Griffin](#)

Getting cozy with your partner by the fire while watching ABC Family's '25 Days of Christmas' should be number one on your to-do [date night](#) list this holiday season. Leave the freezing winter weather outside with this [date idea](#), and kick back for an indoor weekend with your sweetheart.

Date Idea: Cozy up to your love with a Christmas movie marathon!

Watching Christmas movies will not only put you and your lover in the holiday spirit, but the price is right – free. Throughout the month of December, there are a variety of holiday-themed broadcasts on all of the national networks. The choice is yours, really. Of course, if you're lucky enough to own a DVR, you won't have to choose. You can load up "Miracle on 34th Street," "8 Crazy Nights," and "A Christmas Story" and watch them whenever you please.

Related Link: [Date Idea: Go To a Turkey Shoot](#)

To make this into a romantic evening, pour some wine or brew up some hot cocoa. You can even go above and beyond by renting your partner's favorite childhood Christmas films. If you are in the mood to get nostalgic, ask your partner's parents to share old home movies of your boyfriend on Christmas Eve or Christmas Day. Watching videos of him as a child can help spark good feelings and could be a Christmas tradition that you decide to continue in your relationship.

Related Link: [Date Idea: A Day at Sea2019](#)

It's only getting colder. So, get the popcorn popping and throw on your best flannel pajamas. Cozy up with your holiday honey for the most relaxing moments you'll have for the entire holiday season.

What's your favorite Christmas movie? Share your top pick with our readers by commenting below.

**Date Idea: Wrap Gifts
Together**





By Samantha Mucha and [Bonnie Griffin](#)

The holiday season can be a stressful time with your partner, even though it should be full of joy and holiday cheer. To lessen your to-do list this December, and still have time for a [date night](#), try this [date idea](#) for something different with your sweetheart. Break out the wrapping paper, ribbons, and tape. It's time to channel your inner Christmas Elf.

Date Idea: Turn wrapping gifts into a magical date night!

There's no doubt that wrapping gifts is a difficult task. It's an endeavor that should be left for the most skilled and nimble-fingered family members. Yet, nothing says "I support you, babe!" quite like helping out. Have your lover join you.

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

It may sound like you are just recruiting your man to do your

chores while you sit back and relax, but that is not the case at all. It becomes less of a task and more of a constructive activity when you two do it together. Have your significant other bring over their unwrapped gifts (but not yours, you don't want to ruin a good surprise) and the two of you can work together.

To make your Friday night even more entertaining turn gift-wrapping into a game. Maybe your relationship could use a little competitive edge. Try timing yourselves to see who can make the best-looking package in the quickest amount of time. The winner has to bake cookies for the not-so-perfect wrapper.

Related Link: [Date Idea: Warm Up By Exercising This Winter](#)

Putting on some holiday music while sitting by a warm fire is a romantic conclusion to this date. After your gifts are piled neatly under the tree, sit back and relax with your beau. As the night of gift-wrapping fun comes to a close, catch a Christmas movie on TV and drift off to sleep cuddled up in each other's arms.

What unique date ideas do you have during the holidays? Share your ideas below.