

Can You Be Single and Still Have a Soulmate?



By Sarah Ribeiro

We hear it all the time: Your soulmate is out there. You'll meet your Prince Charming some day. Don't give up on finding true love. For single ladies, these statements can be some of the most hopeful pieces of advice...but they can also be soul-crushing to hear. What if you already found The One and lost him? Or what if your perfect match lives halfway across the country – or worse, the world? Is it even possible to be single and have a soulmate? Of course it is. Here are five tips for singles looking for lasting love:

1. You are loved: Who says your soulmate has to be a partner or the love of your life in a romantic way? A soulmate is someone who supports you through everything, loves you unconditionally, and would do anything for you – and you are the same to them. Whether this person comes in the form of a significant other, a roommate, a best friend, a sibling, or a parent, you have a soulmate in some form.

As spiritual counselor and transformational healer Audrey Hope puts it, soulmate love is just a different kind of love. “A soulmate love is not the same as dating. It is a science that requires one to follow higher sacred laws, a system of truth, and integrity. You will find him or her if you do what needs to be done.”

Related Link: [Fantasy Dating: How to Play The Game Right](#)

2. Your love is waiting: Whether you’re 20, 40, 60, or 80, there’s always a chance that you’ll find the love of your life at an unexpected time. You just need to stop limiting yourself. “The most important element in being single and wanting that soulmate is to be open to doing things differently,” says relationship therapist Denise C. Onofrey, MA, NCC, MFTC. “Be open-minded about who comes your way and have some deal breakers, but don’t be so rigid you miss out on love.”

3. Don’t be shy about your search: Onofrey recommends marketing yourself to find love. “Tell friends, family, casual acquaintances, and, if appropriate, your co-workers that you are willing to be matched with someone they recommend.” After all, you can’t find a soulmate if no one knows you’re looking!

4. Love yourself: You’re never going to find love if you don’t take the time to appreciate yourself first. Find activities that interest you and do them – even if it means doing them alone. Not only will you better get to know your self, you’ll give yourself the chance to meet new people whose interests

align with your own. Who knows? Maybe you'll find the love of your life while you're taking trapeze lessons or learning to speak French.

Plus, you may find that you can give yourself the kind of love and entertainment that you've always expected from a partner. "Don't miss out on a great event, restaurant, or holiday party because you don't have a date," says Onofrey. "Go anyway! Live your life fully whether you're partnered or not."

Related Link: [Are You Too Young For Marriage?](#)

5. You're never alone: Even if you're single, remember that you're loved, and that "single" is not synonymous with "alone." Plus, you can have more than one soulmate, so stop harping on lost love and look forward to what's yet to come. "The love that is your equal, the love that is necessary for your life and work will always find you," explains Hope. "There's not just one soulmate for each person. There is love that needs to be with you perhaps for a season, maybe a lifetime, or possibly forever, but it will be what serves your highest soul."

Tell us: How did you know when you met your soulmate?

'Online Dating Rituals of the American Male' Reality TV Star Marcus Pierce Says Being

Yourself is Key to Finding a Relationship and Love



Interview by [Lori Bizzoco](#). Written by Louisa Gonzales and [Whitney Johnson](#).

Marcus Pierce is no stranger to the online dating world, having been active on sites like OkCupid since 2006. The celebrity trainer and Artist Muse creative director also isn't one to shy away from fun opportunities, so deciding to appear on the premiere episode of Bravo's new reality TV show *Online Dating Rituals of the American Male* was an easy choice to make.

Related Link: ['A Million First Dates' Offers New Insights About Online Dating](#)

Marcus Pierce Talks Reality TV and Online Dating

The Los Angeles resident feels like the docu-series came along at just “the right time in my life. I’m kind of at the point where I’ve run out of options. Plus, I’m so busy with work and everything else,” he explains in our [exclusive celebrity interview](#). “And I’m always up for new experiences – especially when it has to do with a relationship and love. I feel like you can find it anywhere if you’re open to it.” Along these lines, *Bachelorette* fans may recognize Pierce from the second season of the show, where he was one of 25 contestants vying for Meredith Phillips’s heart.

Despite his personal beliefs, the handsome trainer understands the doubt surrounding online dating. In fact, he hasn’t always been on board with the concept. When he first joined the online dating scene, it was more of a “joke” to him. And he wasn’t the only one with that mindset: “Back then, I think people automatically assumed that, if you were online dating, you were desperate.”

Of course, his opinions have changed since then. “At the time, I was younger and wasn’t working as much as I am now. I had a lot more free time to actually go out and meet women. So, here we are, eight years later,” he says with a laugh. “Now that I’m busier, online dating just makes it easier for me to look for a relationship and love.”

So what can viewers expect when they tune into *Online Dating Rituals of the American Male*? Pierce assures fans that he’s always true to himself as he reveals “the good, the bad, and the ugly” of online dating. “I know who I am, and I know I have to be vulnerable, so I’m always just going to be Marcus,” he shares. “I’m a pretty loving guy. I’m very personable. I’m a communicator. No matter what I get from a girl, I’m still going to be me.”

Related Link: [Celebrity Blogger Perez Hilton Talks Online Dating](#)

Bravo Star Shares Online Dating Advice

The reality TV star also hopes that the show will allow people to learn from his experiences. He wants to help both men and women gain a better understanding of online dating, especially when it comes to developing their profiles. "You need to put your best representation forward. You know everybody's got their weirdness and their issues, but you don't want to put that all out there!"

Continuing with this advice, Pierce encourages online daters to show off their best qualities in the beginning and not worry about how you think a potential match will perceive your profile. "Always put up your best pictures. Don't put anything that's unflattering about yourself; let somebody naturally find out those things about you when they take you on a date. You don't need to lay it all out on the table. Include the things that will interest people and make them want to learn more about you."

Just like in real life, online dating matches don't always work out. Still, he doesn't let himself get too affected by rejection – and he advises others to do the same. "Don't think about what the other person is trying to get from you. Just be yourself, be vulnerable, and be open to love. And that person who truly belongs with you, who truly wants you for who you are, will find you."

Related Link: [How to Deal with Online Dating Rejection](#)

While he's dealt with heartbreak in the past, Pierce *may* be happily coupled up now. When asked if he was currently single, the reality TV star played coy. It looks like you'll have to

tune into the show to find out about his current relationship status!

You can follow Pierce onTwitter @thefitartist. Be sure to tune into the premiere of Online Dating Rituals of the American Male on Bravo this Sunday, March 9th, at 10/9c!

How Weight Can Affect Your Love Life



By April Littleton

Weight gain can affect all aspects of your life: your health, work, social and especially, your love life. Will your partner

still care about you? Will they still find you attractive? Cupid has some advice:

1. Body image: Usually, with the more weight you gain, the more insecure you'll feel about your body. If you're not confident in your own skin, your partner won't feel comfortable with your self-image either. Low self-esteem will cause anyone to lose interest in the fun aspects of life. You won't want to go out with your friends, family or your significant other because you're so turned off by the way you look. A relationship won't be success if the only activity you enjoy doing is staying at home and sulking.

Related: [How to Date when You're a Single Parent](#)

2. Let's talk about sex: If you find yourself unattractive, it's likely you won't show your body off to your partner. Sex isn't everything, but it is a common factor in most relationships. The heat you once felt with your significant other may fizzle out if you're not willing to show off your wild side at least once in a while.

3. No motivation: You won't have any desire or motivation to do anything for yourself if you continue to be unhappy with your physical appearance. Eventually, this negative attitude could affect your relationship. Most people in a relationship look for a partner with life goals, similar interests and hobbies. If you stop working toward your dreams, your honey might start looking for someone who is confident with themselves and living their life to the fullest.

Related: [Five Reasons Why Being Needy Will Push Him Away](#)

4. Health: Your health is important. You won't have the energy to do much of anything if you're not at your best physically. Your partner can only do so much for you in this situation. If you want to better yourself, you need to put in the work. Go to the gym. Maybe your boo will even offer to go with you.

Taking care of yourself physically and mentally shows your significant other you respect yourself. You can't expect them to treat you the way you deserve if you're not doing that for yourself first.

What are some other ways weight can affect your love life? Comment below.

Girl's Night Movie Pick of the Week: 'The Single Moms Club'



By April Littleton

Written, produced and directed by Tyler Perry, *The Single Moms Club* follows five single women on their personal journeys of self-discovery. The ladies are brought together by an accident at their children's school. They create a support group that helps them get through some of life's most challenging situations through the use of comedic relief and the strength they have in each other.

Should you see it:

Tyler Perry fans will be the first in line to see this film, but if you're unfamiliar with his work, take a look at some of the cast. Some well-known faces include Amy Smart, Nia Long, Terry Crews and William Levy. If any of those names ring a bell and you've enjoyed some of their previous work, consider taking a trip down to your local theater when *The Single Moms Club* premieres.

Who to take:

This movie is definitely all about girl power. Grab a group of your best girl friends for a Saturday night of fun. Of course, you can always drag your significant other along if you'd prefer to save this film for a couples' date night.

Related: ['Pompeii' is the Perfect Couples Night Movie](#)

What are some ways to date responsibly as a single parent?

Cupid's Advice:

As a single parent, getting back into the dating world can be hard to do. You have to think about yourself, your new partner and your child(ren). You don't have to give up completely. You can have a romantic life again and still be the best parent you can be. Just listen to your instincts and follow a few

tips. Cupid is here to help:

1. Take your time: When you're just starting out on the dating scene again, there is no need to rush any potential relationship. Take your time and get to know the other person well before you make any solid commitments. You have a child. Keep that mind. You shouldn't bring different people in and out of your kid's life. He/she doesn't need to be any more confused than they already are.

2. Communicate with your kid(s): Your child(ren) need to know what's going on (if they're old enough to understand) in your life. Before you go out on any dates, explain to them what you're going to be doing and make sure it's OK with them. Reassure them they won't have to worry about having a step parent anytime soon, and you're only trying to get to know someone on a more adult level.

Related: [How to Date when You're a Single Parent](#)

3. Consider feelings: If you decide to introduce your child(ren) to your new partner, make sure you realize this situation is a new experience for everyone. Your kid(s) and your new boo will need time to adjust to each other. Don't pack on the PDA in front of your family. Help everyone ease into this new relationship by keeping it cool.

How did you date responsibly as a single parent? Share your experience below.

Celebrities Who Have Gotten

Back Together After a Cheating Scandal



By April Littleton

Celebrities are known for being in the spotlight – especially if they are involved in a relationship with someone. Sometimes, this can get them into a bit of trouble if they aren't being true to the one they love. Whether the rumors are true or not, many celebrity couples have had their fair share of cheating scandals:

1. Kristen Stewart and Robert Pattinson: In July 2012, *Us Weekly* published pictures of Stewart having an affair with “Snow White and the Huntsman” director Rupert Sanders. The day after the scandal went public, the “Breaking Dawn” co-star

issued out a public apology to Pattinson through *People*. "I'm deeply sorry for the hurt and embarrassment. I've caused to those close to me and everyone this has affected. This momentary indiscretion has jeopardized the most important thing in my life, the person I love and respect the most, Rob. I love him, I love him, I'm so sorry," she said. After a brief breakup, the two ended up back together. However, the reconciliation didn't last. The couple broke up for the final time sometime last year.

2. Fergie and Josh Duhamel: In 2009, an exotic dancer named Nicole Forrester claimed she had an affair with then 39-year-old Josh Duhamel. In an interview with Oprah, Fergie addressed the claims. "It was difficult. When you go through difficult times it really makes you stronger as a unit. As a partnership. It does for us anyways. Our love is a deeper love now," she said. The couple went on to renew their wedding vows shortly after the allegations. The duo are also parents to son, Axl Jack Duhamel, born Aug. 29, 2013.

Related: [5 Celebrity Women Who Only Date Athletes](#)

3. Robin Thicke and Paula Patton: Last year, British socialite Lana Scolaro accused the *Blurred Lines* singer of cheating on his wife with her at a VMAs after-party. Scolaro told *Life & Style Magazine* that Thicke said, "I want to get you into bed!" upon meeting her. Patton's reps denied all of her claims and stated that Scolaro was "just a girl looking for attention." Thicke and Patton were high school sweethearts and married in 2005. They have a son, Julian Fuego Thicke.

4. Keith Urban and Nicole Kidman: Part-time model, Amanda Wyatt revealed to *Daily Mail* that Urban cheated on Kidman throughout their relationship. "I feel sorry for Nicole. Keith cheated on her repeatedly with me, right up to just before they got married," she said. However, the accusations didn't seem to tear the couple's marriage apart. Urban and Kidman had their first child together in 2008, and had a second daughter

in 2010.

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

5. David Boreanaz and Jamie Bergman: In 2010, the “Bones” star admitted to being unfaithful to wife, Jamie Bergman. He had an affair with Rachel Uchitel. Shortly after he came clean about his infidelity, text messages surfaced that showed the nature of his relationship with Uchitel. At the time, his wife was pregnant. The couple are still together, and have a son and a daughter.

Which other celebrity couples survived an infidelity scandal? Comment below.

Cassie Pierson Chapman on Her Celebrity Marriage: “You Can’t Help Who You Fall in Love With”





By Brittany Stubbs

Set in and around the capital of the high-stakes country music business, *Private Lives of Nashville Wives* follows a group of driven women as they navigate their lives through professional challenges, family issues, and social relationships in the South. Award-winning singer-songwriter Gary Chapman and his wife Cassie Piersol Chapman are two stars of TNT's new reality TV series. With a 23-year age difference, there has been some speculation about the couple's celebrity marriage, but they're here to prove that their relationship and love is the real deal.

Cassie Piersol Chapman Opens Up About Celebrity Marriage

The twosome first met on a tiny island in the Bahamas. "I had no idea who he was," Cassie explains. "Without Internet or cell service on the island, it's not like I had Google to look him up! I knew he was older than me, but I wasn't aware that he was 23 years older. At that point though, I didn't care."

Cassie then moved to Nashville in order to be with her man. "You can't help who you fall in love with."

Related Link: [Dating with an Age Gap](#)

In Gary, she found a partner who is patient and kind and loves her unconditionally, something she had never felt before. People have given looks and made remarks about her being a gold digger and a trophy wife, but she never lets negative comments phase her. "I don't care what people say. They can call me whatever they want."

Despite some criticism from others, the famous couple have truly found more advantages than challenges to their age gap. Gary claims that the reason their relationship and love works so well is because of their personalities and constant support for one another. "We genuinely have met in the middle," he says of their celebrity marriage. "My life experience is deeper than hers at this point, just because of the calendar, and while I believe she appreciates and enjoys the wisdom I've accumulated, she keeps me young and reminds me that if you want to live a happy life, you can't take everything so seriously."

One thing that the [celebrity couple](#) does take seriously is their desire to have children, something that viewers will see throughout the season. While other *Housewives* series tend to focus on the drama between women (although we'll see a little of that too), *Nashville Wives* shines more light on family dynamics. "The husbands and kids are more involved," Cassie says in our celebrity interview. "I think it makes the show more relatable and interesting."

Reality TV Celebrity Couple on Their Adoption

For the Chapman's, the cameras will capture the emotional and

stressful process of adopting their baby girl. Through this life-changing experience, Cassie became an advocate for private adoption. "I want to start a non-profit organization to help birth mothers find adoptive families. It'll be a private adoption service rather than an agency, because I don't think a lot of birth mothers know that's a possibility." The couple agrees that the private adoption path is a much better process for both the child and the parents. "We have a very open adoption with the birth mother," Cassie shares. "She visits all the time, within reason, and I love that our daughter will know where she came from."

Related Link: [Hugh Jackman on the Joys of Adoption](#)

Although they are busy being new parents, the duo understands the importance of making time for just the two of them. Making their relationship and love a priority doesn't always mean having to go out for a date night though. "When we go out, we inevitably end up running into people we know and talking to them, and then suddenly, we're just waving to one another across the room," Gary says with a laugh. "We don't actually end up getting to spend that much time together!" For this reason, they often have more fun just being home. After the baby falls asleep, they enjoy cooking dinner, having a glass of wine, and hanging out on the couch.

It's not hard to tell these two lovebirds are crazy about each other. Although Gary endured two painful celebrity divorces before meeting Cassie, he didn't let past wounds keep him from falling in love again. "You have to decide if the experience of falling for someone and having a beautiful relationship is worth the risk of the pain that you know is potentially out there. I made the choice to take that risk, and I'm so glad I did."

While Gary knows that this marriage will be his last, he definitely hasn't had his last wedding. The couple, now married for six years, have had four celebrity weddings: a

small ceremony that Gary's father performed, a mountaintop wedding in Breckenridge, Colorado, a ceremony at a Renaissance fair with Cassie's grandmother, and of course, one in Las Vegas.

Despite all of these ceremonies, the couple is making plans for at least one more. "We've yet to have a big, fancy wedding here in town where all of our friends can come," Gary explains. Though a date hasn't been set yet, it will be a traditional ceremony. "I want my dad to walk me down the aisle, and my mom to button me up – that kind of thing," Cassie shares. "I also want our daughter and Gary's children, my bonus kids, to be a part of the celebration as well."

Be sure to tune into Private Lives of Nashville Wives every Monday on TNT at 10/9c!

Cupid's Weekly Round-Up: Creating a Healthy Lifestyle With Your Partner





By Maria Darbenzio

Leading a healthy lifestyle can keep you looking good and feeling even better. It's easier to stay on track when you have someone with you, taking the same steps as you are. We gathered these great articles from our partners to help you out on your journey:

1. Get moving: Being active is a great way to keep your body healthy. You and your partner will be great workout buddies and really motivate each other to do your best. There are a large number of mobile apps available to help track your progress. Check out this list of the top five free fitness apps. (GalTime.com)

2. Set an example: Children often look up to people who are older than them, thus influencing their attitudes about nutrition and fitness. To help your kids live a healthy lifestyle, you have to first show them that you're committed to being healthy. Plan physical activities for the whole family and make exercise a fun time to spend together. (GalTime.com)



Interview by Shannah Henderson. Video by Sherilyn Henderson. With the Academy Awards airing on Sunday night, CupidsPulse.com was excited to catch up with [reality TV](#) star and former Playboy bunny Kendra Wilkinson at OK! magazine's Pre-Oscar event at Greystone Manor in Los Angeles.

Reality TV Star Reveals Her Favorite Films and Oscar Plans

At the party, sponsored by CIROS, Le Vian, Rock Your Hair, DSW, Cottonelle, and more, we chatted with the expectant blonde about her favorite films of the past year as well as her plans for Oscar night. Check out our exclusive [celebrity interview](#) with the reality TV star above!

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

Date Idea: Slumber Party



By Kristin Mattern

Go back in time this weekend and invite your cutie over for a good, old-fashioned slumber party! Break out the sleeping bags and grab your silliest pajamas for this fun date night that will have the two of you giggling like a couple of teenagers.

Related Link: [How to Get the Best Sleep You Can With Your Partner](#)

Get out the Twister and pour the grape soda because it's time to rock your house like you and your sweetie are high school sweethearts. Pick out fun games for the two of you to play. If

you used to love truth or dare, put a twist on this classic sleepover game and make it a bit sexy. For instance, dare your man to kiss you on your shoulder or ask him to reveal his favorite moment that the two of you have shared. If you're a couple of card sharks, amp up the flirty atmosphere with a rousing game of strip poker and make bets about who has to make breakfast in the morning. Top off the night with a pillow fight.

What's a slumber party without munchies? Make some truly sinful snacks that you used to nosh on as teens. Melt cheese over chips for quick nachos, or place cheese, grilled chicken and peppers between two flour wraps and heat it up on a skillet for stuffed tortillas. Maybe the two of you were candy lovers as kids; chew on Airheads and Sourpatch Kids, or scarf down some Sweetarts.

Related Link: [Romantic Dinner for Two](#)

After your food-induced coma has passed, share some laughs as you prank each other. Freeze his boxers when he's not looking. Slip a pinch of cayenne pepper into his dinner. Get a little cuddly with a tickle war. Keep it friendly and silly though; you don't want to send him home in the morning with hurt feelings.

When it is time to start winding down, set up your living room like you did when you were a kid prepping for a slumber party. Place the sleeping bags on the floor (yes, the floor!) in front of the television to set the mood. This way, you and your honey can snuggle up next to each other while you snack on popcorn and watch movies. Pick out your favorite films from your youth and have a movie marathon. Or watch your favorite shows together on Netflix – enjoy an entire season of *The O.C.* or *Dawson's Creek*. Snuggle up as you end your teenage dream together on this fun-filled slumber party date night.

Ever had a slumber party with your significant other? Tell us

how your night went in the comments below!

The Pros and Cons of a Whirlwind Romance



By [Whitney Johnson](#)

Taking a cue from some of our favorite celebrity couples – Kaley Cuoco and Ryan Sweeting, Kate Hudson and Matt Bellamy, and Jessica Simpson and Eric Johnson, to name a few – we thought it'd be fun to explore the benefits and pitfalls of quickie engagements. Plus, it's a topic our executive editor knows quite well: She got engaged to her now-husband after

only nine weeks of dating! It's not a decision to make lightly though. Here are three pros and three cons of a whirlwind romance – all important things to consider before giving your heart away.

Related Link: [Why Celebrities Fall In and Out of Love So Quickly](#)

Pros

1. You tackle the big issues immediately: Under typical dating circumstances, you may not discuss the serious stuff – how many times your heart's been broken, what you want in a future spouse, how many kids you want – until a few months into your relationship. With a whirlwind romance, you're forced to get down to the nitty-gritty details if you truly want a future together.

2. There's no time for apprehension: Every relationship reaches a turning point where it's easy to let fear control your actions. When you're falling in love fast, you tend to focus on the good instead of the bad, running to your destiny instead of away from it. "There's momentum and clear interest," explains relationship expert [Michelle Smith](#). "Everyone loves being loved, so when the feeling is mutual and obvious, sparks are going to fly."

3. It's a refreshing type of love: Sometimes, we can get burdened down with the complications that inevitably come with true love. A whirlwind romance, though, offers you a lightheartedness that's a great beginning for any relationship. "This fresh and free perspective is important to note," shares life coach [Kimberly Friedmutter](#). "You're not weighted down by expectations, and it's so much easier to breathe and just enjoy yourself."

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

Cons

1. You may not have a strong foundation: The healthiest relationships are built on a friendship, but if you've only known each other for a few weeks, you may not have that solid starting point. "Relationships should get better over time, and you should build on the connection you started with," says relationship expert [Andrea Syrtash](#). "When you immediately relate in a heightened way, it's tough to build from there. Whirlwind romances that start too fast can sometimes end too fast..."

2. You miss out on really dating each other: The first few weeks of a relationship, appropriately dubbed the "honeymoon phase," are filled with light-hearted and carefree experiences. If you jump right into something more serious, you lose this fun time with your partner. It's easy to combat this potential pitfall: You should "date" your significant other always, whether you're newly together, engaged, or married.

3. You (or your partner) might be in it for the wrong reasons: If you're getting over a broken heart or perhaps a bit bored with your current life, it's tempting to turn to romance to fill that void. After all, there's nothing like the allure of a handsome Prince Charming and a perfectly-fitted glass slipper! On the flip side, it's hard to truly know someone you just met, so your partner may be looking for an escape as well.

Have you ever been in a whirlwind romance? Share your story in the comments below!

Couples Therapy: A Way to Rebuild a Struggling Relationship



By Jefferson Singer and Karen Skerrett

Jeanne looked at Barry at the other side of the couch in our office. She asked him if he remembered when they were first married and lived in a horrible one-bedroom apartment that barely had heat. Did he remember how each morning he would make her the worst coffee in the world, using a leaky filter and a banged up metal pot- how he would carry it to the bedroom while she was still just waking up? Barry nodded that he remembered. Jeanne continued to search his face, "Why is it that that coffee tasted so good to me and now we have the most expensive coffee-making contraption that money can buy, and I

have to have my coffee just right, and I don't even want you to touch the pot?"

At the heart of this exchange, Jeanne has told a "we-story"- a shared story between members of a couple that defines and guides their relationship. Jeanne told this story to remind Barry of what they have lost and need to find once more if their relationship is to improve. In our new book, *Positive Couple Therapy: Using We-stories to Enhance Resilience* (Routledge), we provide a systematic approach for helping couples recover their unique we-stories in order to strengthen and/or rebuild struggling relationships.

Related: [Cold Feet Before the Wedding? Reasons to Use Your Head](#)

Couples therapy has long focused on the problems or what is wrong with too little attention paid to identifying and cultivating strengths, or what is right in the relationship. As couple therapists with nearly 70 years of combined experience, we have learned the critical importance of redirecting couples' attention to the affirming qualities of their relationship such as security, empathy, respect, acceptance, pleasure, humor, and shared meaning. We call these the 7 elements of We-ness (SERAPHS) and they are indeed the better angels of our relationships. Couples that feel this shared investment in each other possess the building blocks for healthy and resilient relationships, and this ingredient can be developed by finding and focusing on 'we-stories'.

Once couples can identify a "we-story", either recent or remote, they have a foundation that highlights what the relationship has to offer rather than what it lacks. Such a simple story can then become a metaphor, an image of what works between them and can be referred to during times of stress or challenge.

Related: [Why Looking for Love Is Like a Job Search](#)

Positive couple therapy: Using we-stories to enhance resilience provides simple and practical tools for reclaiming positive stories of connection- stories that provide a sense of hope to relationships that have become distressed. Examples of we-stories can be found on our website: we-stories.com or through [Amazon](https://www.amazon.com).

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Celebrity Couple Predictions: Jordin Sparks, Nina Dobrev and Gwyneth Paltrow





By [Shoshi](#)

For today's column, let's take a look at three celebrity couples that keep the gossip mills churning – whether it's because of a potential engagement, a possible new love affair, or never-ending separation rumors.

Jordin Sparks and Jason DeRulo: Lately, all eyes have been on this couple, wondering when they're going to get engaged. DeRulo made the smoothest move ever on Valentine's Day by gifting his girlfriend with 10,000 orange roses. How in the heck is he going to top that? What also has people buzzing is that the sultry singer proposed to Sparks in his latest video for "Marry Me."

Calm down, and stop waiting for your wedding invitations. They're only 24 years old – why is everyone trying so hard to marry them off? They're still figuring it out. That's not to say that they haven't started talking about marriage; right now, it's out on the table and being discussed. The two of them are best friends, so it's looking really good.

DeRulo is still trying to decide how and when to propose. I see it coming on a holiday or a birthday; New Year's Eve keeps popping up.

Related Link: [Jason Derulo Surprises Jordin Sparks with 10,000 Roses for Valentine's Day](#)

Nina Dobrev and Liam Hemsworth: Are these two Atlanta-based actors a new couple? They have recently been spotted on a date and sharing a few kisses.

If they do decide to pursue a relationship, don't look for this one to last a long time. No offense to Dobrev, but she's in a rebound situation after her split from longtime boyfriend (and *The Vampire Diaries* co-star) Ian Somerhalder.

Similarly, Hemsworth's energy is all over the place when it comes to his heart. Can you blame him? By the end of his relationship with Miley Cyrus, it had become a train wreck. He has a bit of healing to do. He isn't sure what he wants in a relationship, so he's just having a good time and looking to see who's out there. The *Hunger Games* actor has a few wild oats to sow before settling down again.

Related Link: [Find Out About Liam Hemsworth Post-Miley Hookup with Eliza Gonzalez](#)

Gwyneth Paltrow and Chris Martin: Oh, how the gossip is flying on the marriage of this longtime pair! Her reps have denied that she's having an affair with lawyer Jeff Soffer; there have been other names thrown around as well. The question remains is any of it true – and who knows? Only those people directly involved with the couple know the real deal.

When I look at the marriage of the actress and musician, it's in deep trouble – and not just because of affair rumors or because Martin may not be a happy camper living in Los Angeles. Long story short, the Coldplay frontman is bored to tears with their relationship, and he looks disconnected. If

things don't turn around soon, look for a divorce announcement. Martin is going to want to split, but Paltrow will make sure that it looks like she's the one who wants to end their marriage, as her image is very important to her. Martin will be fine with that as long as he gets to move on.

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

Learning to Compromise: My Way or the Highway!



By Monique Honaman for [Hope After Divorce](#)

"Marriage is about compromise; it's about doing something for

the other person, even when you don't want to." – Nicholas Sparks, *The Wedding*

I had a great conversation with two friends, both widowed, the other day. They're dating each other, and it's starting to get serious. While not pointedly addressed quite yet, it's clear that the "we should spend the rest of our lives together" conversation is not that far off in the future. How wonderful for them! To have found love again – and all the joy, happiness, and elation that comes with new love – after both having lost spouses is wonderful and very sweet to see. Of course, they should spend the rest of their lives together. Thank goodness for second chances and the fact that they met each other.

Once example of a celebrity couple who will be tying the knot soon is Christina Aguilera and Matthew Rutler. This will be Christina's second marriage; again, thank goodness for second chances! She has a young son, who Matthew will become a stepparent to, yet another transition that will hopefully be smooth for everyone involved.

Related Link: [Christina Aguilera Dating 'Burlesque' Assistant Matthew Rutler](#)

Deciding they want to spend the rest of their lives together is the "easy" part. The more practical and more difficult part comes when the discussion turns to where to live. His house or hers? Her family room couches or his? His china or hers? His toaster or hers?

It's crazy, but *this* is where it can become overwhelming. The reality is that both people own their own beautiful homes, fully stocked with every practical item (the blender, ironing board, and beach towels) and also filled with all sorts of things that are meaningful (grandma's mirror, great-grandma's gravy boat, and the painting bought on vacation in Italy many years ago). Their styles may differ: His Victorian period

furniture may clash with her Asian influence.

What to do? Of course, it's essentially no different than when two divorced people choose to marry and frankly no different from when two established single adults (never married, divorced, or widowed) but well on their way to being "real" adults (with more than a studio apartment outfitted with milk crates and a mattress of the floor) enter into marriage.

Often times, both partners come to the relationship with established "goods" as well as established habits, ideals, and traditions. Perhaps one likes to eat dinner by 6 p.m. each night, whereas the other enjoys eating much later. Maybe one likes to be up and out each Saturday morning by sunrise, whereas the other relishes the idea of lounging in bed reading the paper until lunchtime. Perhaps one likes to spend Christmas out of town surrounded by the chaos of dozens of family members, whereas the other likes to make the holiday a more quiet, intimate celebration.

Related Link: [Make Your Relationship Count This Year](#)

Younger and less-established couples certainly need to compromise as they begin their lives together, but it's often easier, as they don't generally have decades worth of "baggage" (both literally and figuratively) that they bring to the marriage. It gets tougher as we get older!

When I remarried several years ago, my husband and I brought together two households. As crazy as it sounds, we literally did have to decide to keep my silverware or his, my dinner plates or his, my toaster or his...and on and on! That was challenging in and of itself (actually, he had a lot of things that were "nicer" than mine, so it made for some easy decision-making). Some people might say that the best solution is to start new with everything, and as fun as that sounds, it's just not practical. Who has that kind of money to throw around, and why get rid of things that are meaningful to one

person or the other?

In addition to compromising on the things, we also had to learn how to merge our family traditions and our expectations for everything from how to save, how to spend a Sunday morning, what temperature to keep the house at, how many blankets to put on the bed, etc. This can be much tougher. After all, we were established in our routines. We had our “normal,” and defining a “new normal” isn’t always easy.

You know what, though? Defining a “new normal” can be fun if approached with the right attitude. If you aren’t open to compromise when dating, how in the heck are you going to compromise if you get married? Open yourself up to learning something new or even just experiencing something with a new lens. You might surprise yourself at how much you enjoy the change. After all, change keeps us vibrant and alive. Don’t become too set in your ways. Be open to new experiences, new traditions...even new toasters and new beach towels!

Does compromise become tougher as we get older? Are we more set in our ways? What do you think?

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

✘ *Monique A. Honaman, JD, MLIR, wrote “The High Road Has Less Traffic: honest advice on the path through love and divorce” in response to a need for a book providing honest, real, and raw advice about how to survive and thrive through one of life’s toughest journeys. The book is available at [HighRoadLessTraffic.com](#) and [Amazon.com](#). Monique writes for [HopeAfterDivorce.org](#), [FamilyShare.com](#), [LAFamily.com](#) and [CupidPulse.com](#). She can be reached at Monique@HighRoadLessTraffic.com. Follow Monique on Facebook and Twitter.*

JWoww Celebrates Birthday at 'Mob Wives' Star Big Ang's Drunken Monkey



On Friday, February 21st, at Drunken Monkey in Staten Island, owned by Big Ang of VH1's *Mob Wives*, reality stars came out from all over to support star of MTV's *Snooki & JWoww* star, Jenni Farley.

Everyone from cast members of *Ru Paul's Drag Race* to *Jersey Shore* to *Mob Wives* was there to celebrate with the five-month pregnant star, who looked fabulous.

Related Link: [JWoww and Fiance Roger Matthews are Expecting First Child](#)

“I wanted to do my party here last year, but we couldn’t make it happen,” Farley explained. She’s a big fan of Big Ang and worked with Illumination PR and Specialty Empire to put the event together.

Shutterball was the main sponsor of the party. All attendees got a Shutterball upon arrival and were shown how to use the cool new device to take instant, perfect selfies!

SAAS Hot Sauce were also a sponsor of the event. The birthday girl’s nearest and dearest left with a goody bag filled with Saas Hot Sauce (which Farley loves even more while pregnant), Soul Ku necklaces, Australian Gold Tanning creams, JWoww’s own line of skin care, Bootie Babe nail polish, Sweet Loren cookies, *The AstroTwins’ Love Zodiac* book, and an item from Sister-Bliss Extreme Aromatherapy.

Related Link: [‘Mob Wives’ Reality Star Big Ang Launches New Wine Line](#)

There was quite a buzz all night about how much everyone loved the Shutterball! Check out the fun on Instagram by searching #JWShutterball.

All details courtesy of Illumination PR.

5 Fun Facts About Jimmy Fallon’s Wife, Nancy Juvonen



By Louisa Gonzales

Lately, things have been especially good for Jimmy Fallon: He became a first-time dad to daughter Winnie Rose in July 2013, and last Monday, he premiered as the new host of *The Tonight Show*. The funny man had some big shoes to fill, taking over for past host Jay Leno, and felt pressure to keep the show's legacy alive, but he got through it with help and support of a special someone in his life: his wife, Nancy Juvonen. The couple first started dating in May 2007 and have been going strong ever since. In honor of their happy relationship, we rounded up five fun facts about Fallon's lovely lady:

1. The couple were introduced by Juvonen's good friend, Drew Barrymore: Juvonen works with Barrymore as partners in her production company, Flower Films. The two started the business back in 1995, producing small projects before working on larger films such as *Fever Pitch*. Barrymore and Fallon played

on-screen love interests, but it was off-screen where the real romance began between the producer and comedian.

Related Link: [Jimmy Fallon and Wife Nancy Welcome a Baby Girl](#)

2. Juvonen is older than Fallon: Age is nothing but a number for the two lovebirds. Juvonen is seven years older than her man, but the couple has shown no signs of letting their age difference get in the way of their relationship. After all, you never know who you are going to connect with.

3. Her engagement ring is one-of-kind: Fallon proposed in August 2007 at Juvonen's family home on Lake Winnepesaukee, New Hampshire. If that wasn't enough to convince her, his choice of engagement ring didn't hurt his chances either. When he did pop the question, he did so with an original piece: a beautiful emerald-cut diamond and platinum ring, designed and created by Neil Lane. Needless to say, she said "yes"— and the rest is history.

4. They had a fast-evolving romance: Juvonen and Fallon were together for about three and half months before they got engaged. Only four months later, they walked down the aisle and said their "I do's" in front of close family and friends. It's the first marriage for both of them, and hopefully, it'll be their last. The lovers have been together for nearly seven years, which is unusual for Hollywood standards.

Related Link: [Kaley Cuoco Admits Surprise Engagement Seems 'A Little Crazy'](#)

5. Juvonen and Fallon struggled to have a baby: The couple struggled to have a baby for over five years before their daughter was born this past summer via a surrogate. Once they knew they were going to have a child, they thought it would be best to keep it a secret until the baby was born, saying it would be more "fun" and "private" if they kept the news just between the two of them.

Cupid wants to know: Why do you think it is important for a woman to stand beside her man?

Cupid's Weekly Round-Up: Taking Time For Yourself



By Maria Darbenzio

For some couples, being together every minute of the day can be a bit much. It's okay to want some alone time; in fact, it can ultimately strengthen your relationship. If you want to take some time for yourself or just hang out with your girlfriends, look no further! We gathered these excellent

articles from our partners:

1. Host a girls' night in: Find a time when all of your friends can get together and have a relaxing night. Throw a dinner party, sip on some wine, and maybe watch a movie. Use this chance to catch up with everyone. Get some inspiration from Candace Cameron Bure and her girls' night in. (CelebrityBabyScoop.com)

2. Just talk: If you're not up for a girls' night, hanging out with just one person can do a world of good. Take your best friend for coffee or grab lunch at that vegan restaurant you've both heard about. Talk about anything and everything. It can help relieve stress and boost your mood. You may even get some helpful advice! (YourTango.com)

3. Make virtual friends: With the amount of digital media in our day-to-day lives, it's easier than ever to make friends virtually. Having someone away from your normal routine can help you if you ever need an outside perspective on things in your life. Of course, always be cautious about who you talk to on social media sites, but never pass up the chance to make new friends. (GalTime.com)

4. Enjoy a spa day: You don't need to go to a fancy spa to get glowing skin. Whether you want to spend the day relaxing by yourself or trying new beauty treatments with your friends, this list will help you experience pure bliss. Check out some of these treatments and start planning your at-home spa day. (GalTime.com)

5. Be happy: We all want to be happy with every aspect of our lives, whether it be family, friends, or work. Don't let negativity add unwanted pressure to your life. Like Charles R. Swindoll once said, "*Life is 10 percent what happens to you and 90 percent how you react to it.*" For ways to bring focus on your own personal happiness, read this article. (YourTango.com)

What are some ways that you take time for yourself? Tell us in the comments below!

Date Idea: Spa Vacation



By Kristin Mattern

Who says you can't swim in the winter? And no, we don't mean join the Polar Bear Club! This weekend, take your snow bunny for a spa getaway and dive into love. You'll both enjoy this romantic and relaxing date idea.

Rent a room at a hotel with the works and take advantage of the spa, pool, sauna and fancy restaurant. First, have a

couples massage and facial with your man, and bond over the shared relaxing experience. Sweat out some sweet romance as the two of you enjoy a steamy sauna session and then cool off in the swimming pool. You're sure to grow even closer as you take those refreshing laps through the cool water.

Related Link: [Date Idea: Take a Shot](#)

After feeling truly pampered, get dressed up and head on down to the restaurant with your dear. Order a nice bottle of wine to share over your three-course meal. Splurge on dessert, and then head out to a local nightclub for some classy cocktails and dancing.

If you're at a true health spa, try some organic, whole-food veggie or fruit juice to sip while you and your honey enjoy a detox dinner. Afterwards, catch a late yoga class and really get rid of any remaining tension that the winter months have brought.

Related Link: [Exciting and Inexpensive Honeymoon Destinations](#)

Looking to really leave the winter behind and experience true summertime? Take your dearest on a spa vacation to somewhere tropical. Check out sites like Travelocity and TripAdvisor to find some steals for your getaway. Make sure to pick a spot with extravagant pools and beautiful beaches. Pack your favorite bathing suits and leave the cold behind as you escape to an island resort. Enjoy the balmy weather and smooth sand as the spa staff spoils you beneath the warmth of the sun.

Escape the cold this winter and indulge in summer-themed spa date!

Have you ever skipped out on the snow to relive the summer with your darling? Let us know in the comments below!

The Prince and The Pauper: Closing the Gap Between You and Your Cutie's Lifestyles (or Wallets)



By Kristin Mattern

Love can cross boundaries, conquer differences, and even span oceans, but being in a relationship with someone who is Cartier when you are simply Kay can be a bit tricky. Maybe you and your partner are on an equal footing in terms of cash, but

you're a savvy saver, and he's a spend-thrift. If you and your significant other's lifestyles (or wallets) are on opposite sides of the fence, here are some tips to bring you closer together.

1. Show him what you're about: Money is a sore spot in a lot of relationships. Rather than sweat it out that you don't make enough moola, realize that it isn't the dollars that matter – it's *you* and the role you play in the relationship that counts. Be yourself and show off your unique qualities. Perhaps you're really funny or you always know the right thing to say. Even if you're not bringing in the dough, you still have many other assets that are just as important.

Related Link: [10 Relationship Behaviors You Think Are Odd..That Are Totally Normal!](#)

2. Appreciate his gift giving: Perhaps you're one of those people who feels uncomfortable when bestowed with gifts. If that sounds like you, figure out why you feel this way. As Dr. Georgina Rose, licensed physician and author of *Are You Ready for the One?*, says, "The moments of joy brought on by purchasing a special present or enjoying a memorable meal are worth more to some than the feeling of a greater security from your bank account." Gift giving is a way for many people to show affection, and showing that you're grateful for his sweet gesture is the best way to return the favor.

3. You squirrel it away and he spends like it's candy: It can be challenging to your relationship when you save every penny and your partner spends as if he's the next Rockefeller. "We each have different values when it comes to money and often these are based on our childhood and the way we saw our parents deal with materialism," explains Dr. Rose. "If you realize how insignificant the actual dollars are and try to understand the real value behind it, then your partner's expenses may be justified. Maybe what seems like a splurge for you is in fact a way of enjoying life."

4. Communicate, communicate, communicate: Try not to judge your boyfriend for his gift giving, and instead, make an effort to understand the gratification his spending brings to him. Rather than jump down his throat for making a big purchase when you feel like the two of you should be saving, talk it out. Keep in mind that you can't half listen to his reasons and then have it out with him. *Really* listen to him. Try to understand why it makes him happy to buy you things and then explain how it makes you feel without undercutting his feelings. Communication is the only way to shorten the gap between your different views on how to spend or save.

Related Link: [How Fighting Can Strengthen your Relationship](#)

5. Remember that money can't buy love: As the Beatles say, money doesn't win hearts. At the end of the day, money issues can actual boil down to a factor of different life values. If you really dislike spending and materialism and your partner is all about the bling, then it might be time for a split. If you can't see eye-to-eye on how to manage your finances, there's a good chance that many other aspects of your life won't line up as well.

Money is always a tricky part of life to navigate. The key is be understanding of why your significant other spends and discuss your own feelings about the subject. In the end, it's a question of values and making sure you are both on the same page.

How have you handled money troubles in your relationship? Tell us in the comments below!

Dealing with a Valentine's Day Breakup



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

According to AYI.com, one in five people were dumped on Valentine's Day. The best way to combat that seemingly horribly timed breakup is to get right back in the saddle! Look at this negative occurrence as a positive opportunity.

Good news is, it's still the beginning of the year. Make it your new New Year's resolution to let go of the one who broke your heart and focus on your fabulous self.

Related Link: [5 Celebrity Exes That Became Famous After the Breakup](#)

To start the forgetting process, make a list of what you don't like about your ex. Think about those times when he made you feel bad and didn't lift you back up. Then, write about the life you want. Who knows, thinking about your future may even inspire you to write a book or open your own business.

Erase all of your photos of him; if it's too hard to relive those memories, ask a friend to do it. Delete him from your phone too. The less you're reminded of him, the better.

Don't go on social media to check his status – and don't use mutual friends to do it either! Don't reread old emails, love notes, and text messages; you'll only make yourself upset. Don't listen to old voicemails either. The key is to remove all the triggers that relate to your ex.

Now, take a step back to get organized and then dive into your goals.

Go to the gym and take a spin class or drink some of that increasingly popular green juice. (It tastes decent but makes you *feel* great.) When you take care of yourself physically, your mental health and self-esteem improve too.

Not into the gym? Learn something new. Sign up for a French class or dig out your cookbooks and try different recipes. You won't have time to think about your broken heart when you're trying to figure out what “l'indépendance va vous libérer” means or how to not burn the soufflé that's in the oven!

Related Link: [How to Get Through a Breakup and Heal Your Heart](#)

Use this time to tap back into your responsibilities and remain active. My sister met her fiancé through the kickball league that she joined with her girlfriends. You never know when or where you'll stumble across The One!

This is also the perfect opportunity to explore new avenues of dating. Why not create an online dating profile? Let the

positive feedback you receive from people messaging you boost your confidence. Just be sure you don't compare your new potential mate to your ex. It's time to start completely anew. Good luck!

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

Any tips for dealing with a broken heart? Tell us in the comments below!

Dating with Dogs: What to Discuss Before Getting a Pet



By Eric Bittman, CEO/President of [Warren London](#)

So you've been dating your significant other for a while. It feels like true love, and you decide to take the next step: buying or adopting a cute puppy together. Before you pick up your fluffy Fido, there are a few conversations that you need to have.

Related Link: [Picking Out a Pet Together](#)

While two people may seem like a perfect couple, their ideas on dog training may be totally opposite. One person might think crate-training is the way to go, while their other half might cringe at the idea of keeping their pup in a cage during the workday. Your mate might think a dog should eat Purina puppy chow and nothing else, while you might want Spot to eat only home-cooked, human-quality meals. The list goes on and on.

Before you bring home your new dog, it's crucial to sit down and talk about these sort of things with your partner. This will save you the stress of screaming at each other while little Rufus is happily chewing your shoes. Think about the dog's feeding plan, walking schedule, sleeping arrangements, and exercise routine, and think about your own disciplinary techniques. If the conversation becomes hostile with no compromise in sight, it might be better to wait a bit – for the sake of your relationship and that sweet dog.

Note that there's not always a "right" way to train your pet, but taking your dog to a local professional may help shape your decisions. Once the issues are settled, enjoy every minute with your new friend. Raising a puppy will definitely bring you and your partner closer.

Related Link: [When Your Pet is a Deal Breaker](#)

This month, I asked actor Michael Rosenbaum, who recently wrote, directed, and starred in the movie *Back In the Day*, a few questions about dating with dogs:

Q: What is your favorite dog breed?

A: German Shepherd. My grandmother always had Shepherds running around the house while I was growing up.

Q: How many dogs have you owned?

A: My family had a St. Bernard, some poodles and a Golden Retriever growing up, but the first dog that I've ever owned is Irv, a German Shepherd.

Q: If you dated someone who demanded a little dog, such as a chihuahua or a yorkie, would you give in or push for a bigger dog?

A: I like more of a manly dog. Someone I can wrestle with and not have worry about stepping on by accident.

Q: You meet someone that insists that her dog sleeps in the bed with you guys. Is that the end of the relationship?

A: Irv sleeps with me every night. Maybe this question should be for the person I'm dating!

Q: What is your favorite brand of dog shampoo? (Hint: I will only accept one answer to this question!)

A: I like Warren London. It's all-natural, and that has to be good, right?

For more information about Eric Bittman, click [here](#). Stay tuned for next month's Dating with Dogs column!

Celebrity Video Interview: Molly Sims Talks About Her “Rocking Red” Hair: “I Feel Really Good!”



Interview by [Lori Bizzoco](#).

Molly Sims is known for her long blonde hair, but as of Tuesday evening, she traded in her golden locks for a red hue – and CupidsPulse.com Executive Editor Lori Bizzoco got the scoop straight from the star! “You know what, I feel really good,” the actress says of her new look in our [celebrity video interview](#). “I went from bombshell blonde to rocking red. I wanted a change – something different and fun and energetic and vibrant and bold.”

Celebrity Video Interview with Molly Sims

When it comes to keeping her red color, the former *Sports Illustrated* supermodel depends on [Nexxus](#) Color Assure products. “If something’s going to save me time and make me look good, I’m all for it!” she enthuses.



Molly Sims. Photo: Francis Tulk-Hart

Sims certainly knows a thing or two about making a transformation – whether it’s with her hair color or her career. “My parents really taught me that I could be whoever I wanted to be,” she shares in our celebrity video interview. It’s important to have a positive attitude about change too: “Everyone gets stuck in a rut. You kind of just have to dig your way out.”

Related Link: [Molly Sims Celebrates Pregnancy at Baby Shower](#)

Of course, we had to ask the style icon about her best fashion and dating advice. She encourages women to keep it simple: “You feeling good in whatever you wear is the number one most important thing.” She recommends a leather jacket, tank, and great jeans with a pair of boots for your next date night.

To learn more about Color Assure, check out Nexxus on www.facebook.com/nexxus.

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

Head to the Sam Brocato Salon for the Supersilk Treatment Before Your Next Date Night





The Sam Brocato Salon is located in New York's fabulous Soho neighborhood at 42 Wooster Street.

How to Date when You're a Single Parent



By April Littleton

Being a single parent has its challenges – especially when it comes to dating. When you're raising children on your own or co-parenting, getting back into the dating pool is hard.

You're not sure how your kids will adapt to someone new hanging around. Plus, is it even worth it to try to give your heart to someone else? Cupid has some tips:

1. Take your time

You don't have to rush into a relationship with anyone. You have your kids to think about and they don't need to be introduced to a new person every single week. When you're ready to start dating again, take it slow. Don't worry about what other people think. You start to date when you feel like it's the right time, not when anyone else says you should start testing the waters again.

2. Explain to your kids

When you do start to see someone new, you need to prepare your children for the situation. Whether they are too young to understand what you're telling them or not, you still need to let them know you're going to spending some time with her person who isn't their mother/father. Reassure them that the new love in your life isn't there to take the place of their other parent, but you're simply hanging out with someone else on a romantic level. Your children will have plenty of questions. Try your best to answer each one of them honestly without getting into any specific details about your love life.

Related: [The Do's and Dont's of Speed Dating](#)

3. Introduction

You obviously don't need someone who you've only been dating for a short time to meet your children. However, if things get serious between you and your new potential love interest, you need to start thinking about introducing your honey to the other important people in your life. Make sure your new boyfriend/girlfriend already knows about your kids (that

should have been one of the first things you told them when you first started dating) before you set up a date for the whole gang to meet. When the day does come for the outing, make sure you keep the activities fun, short and to the point.

Related: [How to Handle a Clingy Partner in a Relationship](#)

4. Be courteous

Be careful how much PDA you should – especially in front of your children. Everyone will need to adjust to you dating someone new, so make sure to avoid any situations that could be uncomfortable and/or hurtful to your kids. Also, your new partner might not be too fond of the idea of the two of you sharing serious affection for each other in public anyway.

5. Keep your past where it belongs

Your ex shouldn't be involved in any part of your love life. Don't bring him/her up unless the reason has something to do with the children you have together. If you want to develop a serious relationship with the new man/woman in your life, they don't need a constant reminder of the feelings you and your former flame once had for each other. You need to start living your life for you and your kids. Who you date has nothing to do with your ex and vice versa.

Do you have any additional advice for a single parent who's dating again? Comment below.

Cold Feet Before The Wedding?

Reasons to Use Your Head



By Marie Chan

Marriage is more than just a dreamy, fairy tale event in every woman's life. Understandably that it is exciting when planning for one especially if you are the bride-to-be. But, this is also the stage where a couple's relationship is tested. Arguments often come along during the planning stage. After you have prepared and paid for everything, you feel restless, hyped-up and experience "wedding jitters" the night before your big day. What should you do?

Here are some things to consider if you feel anxious before your wedding.

1. Think deeply about your doubts.

According to a research done by the Psychology graduate students of UCLA, 19 percent of women who reported that they are having doubts before the wedding end up in divorce after four years of married life. It would be best to simply call off the wedding if you are less than one hundred percent sure. It is not wrong at all to back out now than regretting a major decision in your life. So, consider all the factors why you have doubts before your wedding.

2. Talk things out with your partner.

Nothing beats the old fashioned way of talking things out. Couples who last long in marriage often say that communication is the key to a successful relationship. So, if you are feeling the pre-wedding jitters, be open with your partner about it. It would make you feel better having someone to share the mixed emotions before your wedding. Take this opportunity to remind each other of the good things that await you as a couple.

Related: [Beware of Sweetheart Scammers This Valentine's Day](#)

3. Seek advice from elders.

If you cannot contain the doubts before your wedding, you can seek advice from your parents or close relatives who have been married for many years. The wisdom they have gained through the years can cast a light to the doubts and questions bothering you. It would also help if you choose to confide in someone who you know is not biased.

4. Don't pressure yourself too much.

It is a good thing that everybody else shares your excitement about getting married. However, it can also add pressure on your part as the bride. Of course, you want your wedding to be perfect. But because of this, you tend to over think things. You worry about even the smallest and insignificant things. Remember, your wedding is a celebration of your union as man

and wife. You should enjoy this day.

Although some brides (and even grooms) feel the cold feet before their wedding, the challenge is how you manage these feelings while keeping yourself composed before, during and after the wedding. Surround yourself with trusted people who knows you well and whom you can really share your feelings honestly. Doubts before the wedding can be easily erased if you think about your real goal as a couple.

Related: [Why Looking for Love Is Like a Job Search](#)

It helps to know that you are not alone, but you have someone to share all your thoughts, doubts and fears. Cold feet before the wedding can be minimized by having a pre-wedding counseling and coordination. Remember when you get married, your life takes on another path wherein it is different than the life you are used to with your parents or yourself. You have to be ready – mentally and emotionally.

However even with all these – you are still experiencing this heavy and negative feeling that you cannot go through with this wedding, then by all means, use your head and call it off. What you feel is not just a simple case of wedding jitters or cold feet. You have to follow your instinct. Clear all doubts before pushing through with it. This way, you will avoid making costly mistakes in life.

Bestbride101.com is your complete wedding planning guide. If you are looking for the best wedding gowns, invitations, planning tools, wedding inspirations, and everything about making your wedding perfect, then you have to visit us today.