

Make Your Relationship Count This Year



By Dr. Tranquility – Lydia Belton, PhD, Ct. H.A.

how to improve your love life in the new year

Many couples come to me as part of my Date Therapy for Couples protocol and ask how they can make their relationships healthier. Being each other's strongest support system and not taking each other for granted is key. These underlining core values are the bond that makes it all possible. So whether you've been married for over a decade or you're in a brand new relationship, you can still keep the romance alive. Here are five tips to help make your partnership the best it can be in 2014.

Related Link: [Create an Action Plan to Make Every Date Feel Like Valentine's Day](#)

1. Date night: Love is easy and exciting in the beginning, but as we settle into real life, there's a noticeable shift. We're not always on our best behavior – which we automatically engage in during the courtship or “honeymoon” phase – but a date night can make a big difference. Keeping your romance fresh and making time for just the two of you is a great way to keep your love strong.

A date night can be as simple as preparing a romantic meal or as complex as planning a weekend getaway at your significant other's favorite bed and breakfast. Those of you staying at home can add a little extra romance with flowers and candles. Dress up and pretend like you're enjoying a fancy night out. Get creative and make this night your own!

2. Conflict resolution: All long-term relationships experience ups and downs, and it's important that you address the issues head-on. Find a moment in the nearby future to discuss it so neither one of you let the problem fester and get even worse. Gently, calmly, and thoughtfully share your feelings with your partner. Be sure to avoid using a fussy, loud, or defensive tone; instead, think of your situation as telling a story. Once you have the initial conversation, give yourselves about 15 minutes of alone time to fully digest everything; when you reconvene, I bet you'll work things out without any trouble.

Related Link: [3 Ways to Know He's Just That Into You](#)

3. Trust: Trusting each other enough to allow your partner the space they need is important. Take Jada Pinkett-Smith and Will Smith, for instance: While they are each other's strongest support system, they trust each other enough to enjoy their space apart as well. This time is key in allowing yourselves the blessing of missing each other. After all, they say that absence makes the heart grow fonder.

Plus, taking care of your own needs outside of your relationship will help you be a better partner. When we are nourishing ourselves, we can better nourish our joined energy, our love.

4. Real expectations: As we spend more time together, it's natural to inadvertently take advantage of your partner and vice versa. As I've said before, healthy boundaries are key. Be fair in your expectations of your partner. For those of you who are workaholics, even if you work with your significant other, your work is your work, and your relationship is just that: your relationship. Take time to nurture and enjoy it, and it will thrive.

Think of all of the celebrity couples that have experienced long-term love: Kyra Sedwick and Kevin Bacon, Goldie Hawn and Kurt Russell, and Pauletta and Denzel Washington, to name a few. There are good and bad times in all relationships, but remembering why you love your partner and what first attracted you to them will help you get through the rough patches.

We all grow and change, and we need to allow our relationships do the same. Making new memories to tie into your growth as a couple will keep your love strong.

Related Link: [Kyra Sedgwick Opens Up About Love for Husband Kevin Bacon](#)

5. Gratitude: Remember that, in this day and age, whether you're married, living together, or only dating, you always have the choice to stay or leave. Take your relationship day-by-day. Visualize where you want to be in five or ten years, and share this exercise with your partner. If you start each morning with gratitude for your partner, a day becomes a decade before you know it. True love is a gift, so be grateful for it!

Watch the Winners of the Match.com Propose Perfectly Video Contest!



2014 "BRADY BUNCH" RECEIVES SECOND CHANCE AT LOVE WITH THE HELP OF MATCH.COM

Last November, Match.com asked their successful couples across the country who were ready to pop the question to enter to receive a proposal of a lifetime that included an engagement ring and professional proposal planning as well as a videographer to capture the entire experience. Out of hundreds of inspiring entries, **Troy and Eliza from Tampa, Florida**, were

selected because of Troy's overwhelming love, admiration, and respect for Eliza, a widowed single mother of three who rarely takes time for herself. Troy (with the help of an all-star proposal team) quickly began planning the ultimate surprise for his future bride-to-be...but not before documenting their entire love story on film, unbeknownst to her.

Background on the couple: Troy is an Arena 2 football coach and former police officer who was injured in the line of duty. He met the love of his life Eliza, a third grade special education teacher, on Match.com in February 2013. Both joined the site after previous marriages. Troy was blindsided by a divorce after 19 years, while Eliza was widowed six years ago when her husband died unexpectedly in front of their son. They each have three children (six between them), making their family a unique and modern day *Brady Bunch*. Eliza's 13-year-old daughter has severe special needs, and despite all of their obstacles, Troy and Eliza have done a great job of blending their families.

About their proposal: On the day of the proposal, Eliza believed she and Troy were simply going to be part of a documentary about successful couples that met online – making her totally unprepared for what actually happened that day. The video crew filmed them at locations meaningful to their relationship, and Troy and Eliza used a Polaroid camera to capture the special day. That evening, she was surprised in her backyard where all six kids and Troy (with a ring) were waiting for her. The entire yard was lit up, and Eliza's friends and family were also flown in to celebrate the day.

Congratulations to the happy couple!

Going Solo Again: Bold New Beginnings



By Cynthia MacGregor for Hope After Divorce

Ah...we're moving into a new year, and don't we all love new beginnings? It feels like a fresh start, a new chance, a do-over. It feels like an opportunity to "get it right this time." The reality is that we can make a new beginning, a fresh start, *any* time. We don't need a special date marked in red on the calendar or a month that we know is at the head of a whole fresh year.

I've never believed in New Year's resolutions, but that doesn't mean I'm against making a fresh start. I just don't confine such activities to the first month of the calendar year. For instance, the beginning of spring is a time of

rebirth. Your birthday is always a good day to re-evaluate your life and see what needs re-calibrating. In truth, *any* time is a good time to begin anew.

Related Link: [Finding Yourself Again](#)

The point of this column, then, is to advise you *not* to limit your new beginnings to the start of the new year. Now, I am not telling you not to make a fresh start now. I am just telling you that, if your life is not satisfactory or it feels like things have grown stale, *any* time is a good time to take matters in your own hands and *do something about it*.

You did that when you got divorced, assuming you were the one who initiated the split. Your marriage was – for whatever reason – not what you wanted it to be. And instead of “putting up with it,” you did something about it. You got divorced – a bold step, especially if it also meant that you would be raising your kids pretty much single-handedly from here on out.

Josh Brolin and Diane Lane are one A-list couple who recently broke up. They were introduced in 2002 by Brolin’s stepmother, Barbra Streisand, and the two married in 2004. After being married for eight years, they announced their split last February. Sources reported them stating, “This was a hard decision for both of them to make; the relationship just ran its course.”

Related Link: [Josh Brolin and Diane Lane Are Officially Divorced](#)

Maybe now you’re finding that being a solo, like Brolin and Lane, is a tougher gig than you anticipated. What you shouldn’t do is find the first available unmarried male and hitch up with him just so you’ll have help with the kids. Does the phrase “out of the frying pan and into the fire” resonate with you?

The same is true in other areas of your life too. Don't assume that any change is automatically a change for the better. Sometimes it is; sometimes it isn't. Maybe the change resolves one problem or set of problems but dumps a whole different problem or set into your lap and your life instead.

What are you unhappy with in your life right now? Is your income too low even with the child support money? What can you do about it? Can you switch jobs? Do you want to go back to school and study for a whole new career that pays better? Or do you want to approach your employer about a raise?

Do you see too little of your kids because you work eight hours a day and also have to figure in commuting time? Is it time to think of a job at which you can telecommute from home? Maybe it's time to be really bold and start a business of your own from home.

Is your home unsatisfactory for whatever reason: too small, too difficult to maintain, dicey neighborhood, inconvenient location, or simply too many memories of when you lived there with your former husband? It may be time to move to a different place – even a rental house or apartment where the landlord or building super is responsible for repairs and upkeep and all that falls on your shoulders is housecleaning. Or a large house you can share with another single mom who can help you with childcare, cooking, housecleaning, and expenses. Don't assume that, just because you're living now in a single-family dwelling that you own, you should confine your search for a new home only to another single-family dwelling you own. Be bold! What other arrangement would work better for you?

Related Link: [Maintaining a Positive Image During Divorce](#)

Are you dating a man you know you have no future with, just so you have "someone" in your life? Sure, that type of situation offers you companionship and perhaps other advantages as well. (Does he help with the kids? Fix things around the house for

you? Make himself useful in other ways?) But if you don't love him – or even if you do, but you realize he's not your best choice in a life partner – now's as good a time as any to end the relationship. If you don't, it will be harder to meet your Mr. Right.

It's the start of a new year and a good time for new beginnings – but remember, as 2014 unfolds for you, that *any* time is a good time for new beginnings. Whenever you aren't happy with the status quo, stop and consider just what you could do to improve the situation at hand. Think creatively. Think outside the box. Be bold. And make the best of this year all through the year!

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



Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include "After Your Divorce," "Divorce Helpbook for Kids," "Divorce Helpbook for Teens," "Solo Parenting," "'Step' This Way," and others. Forthcoming books include "The One-Parent Family," "Why Are Mommy and Daddy Getting Divorced," and "Daddy Doesn't Live Here Anymore." She hosted and produced the TV show "Solo Parenting," which was broadcast in South

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The Do's and Don'ts of Speed Dating



By Louisa Gonzales

Make your single life more fun by starting off the New Year by trying something different. Try your hand at speed dating!. Speed dating is a quick and easy way to put yourself out there and maybe find someone you want to have a relationship with. It can either be a hit or miss, but at least you'll meet new people, gain new experience and maybe find new love. Before you head out there and give speed dating a shot, Cupid has some advice on the do's and don'ts:

1. Do dress to impress: It is important to dress nice, but not too fancy. Your best bet is to dress casual, but at the same

time you don't want to come off like you just rolled out of bed and went straight there . So, find something to wear that is flattering to your body and what makes you feel good. If you look and feel your best you will be more confident and comfortable.

Related: [Celebrities Who Met Men on Blind Dates](#)

2. Don't have too high of expectations: Speed dating is supposed to be fun. Going in with too high of hopes will lead to a bigger chance of disappointment. It may also keep you from giving someone a real shot. Go in knowing what you want, but also keep in mind you're going for a chance to get out and have a good time.

3. Do be prepared to ask and receive questions: Speed dating is talking to as many people as possible in a short amount of time. The goal is to find someone you have a connection with in the little time you have. Know what you want to find in a person and potential partner. Ask about their hobbies, favorite foods and places, etc, and be ready to share your own interests with them as well.

Related: [10 Blind Date Etiquette Rules](#)

4. Don't pretend to be someone you're not: Be yourself. Let your own unique personality shine through and don't worry about trying to impress the other person. If you are trying to hard to be someone you're not it may come off as fake. You are looking for a potential lover and you want to find someone who could fall in love with the real you.

5. Do be attentive: Who knows you could find your soulmate at the event. So it's best to keep all ears on the other person and listen to what they have to say. If your mind is wandering elsewhere you might miss something important about the person. Listening carefully, will help you in the end in deciding who was your best match and who you wouldn't mind going on another date with.

What are some of your rules for proper speed dating? Share your tips below.

5 Celebrity Couples Who Are Still Friends After Divorce



By Louisa Gonzales

Breakups are hard. Divorce is even harder. Some are nasty, while others end amicably, but even so, for some couples transitioning from ex lovers to buddies just isn't possible.

Many celebrity partners have gotten married over the years, and not all of them have worked out. However, some pairs have

managed to go from being in a romantic relationship to remaining friends. Here are Cupid's top 5 celebrity ex couples who still remain friends to this day.

1. Miranda Kerr and Orlando Bloom: The pair married for three years before calling it quits in 2013. The ex couple shares one son, Flynn, born in 2011. The ex lovers may have ended their marriage, which their reps stated the split was amicable, but the family is still spotted in friendly outings together. Having a son together it makes sense the two remains more than cordial with one another.

Related: [5 Celebrities with Open Marriages](#)

2. Courteney Cox and David Arquette: The two got hitched back in 1999 and were together for 11 years before splitting up and then officially divorcing in 2012. The ex lovebirds have one child together their daughter, Coco. The two have reportedly stated they still remain best friends and are both fully committed to raising their daughter together even though they are no longer married.

3. Ryan Phillippe and Reese Witherspoon: The couple who tied the knot back in 1999 married young, but remained together for eight years, unusual for Hollywood standards, before ending their romance. The ex lovebirds have a son and daughter together and still maintain a healthy relationship with each other to this day.

4. Demi Moore and Ashton Kutcher: The once power couple both made headlines when they first got together back in 2003 because of their major age difference, about fifteen and half years total! Their divorce may have been one of the nastier ones, there's speculation Kutcher was unfaithful, but the ex's have both since moved on. Kutcher stated he would always cherish the time they spent together in a tweet and the pair appears to still be friendly toward one another.

Related: [Top 10 Celebrity Couples of 2013](#)

5. Demi Moore and Bruce Willis: These two former flames haven't been married for years divorcing way back in 2000 after being married for 13 years. They had three daughters together. The duo remained close after the split. Willis even use to pose with his daughters, Demi and her now other ex husband Ashton Kutcher! Talk about having no hard feelings!

Do you think it is good to stay friends even after a divorce? Share your comments below.

Cupid's Weekly Round-Up: Planning Your Big Day





By Maria Darbenzio

It's the end of the holiday season, which also means that the new year has brought engagements and weddings to plan. The road to your big day may seem like a long one, but with a few tips, you can get through the journey without any major detours. CupidsPulse.com gathered these great articles from our partners to help you along:

1. Prioritize: The most important part of planning a wedding is choosing a date and budget. Without knowing the timing, you'll be unable to pick out flowers, choose a color scheme, or decide whether your ceremony will be outdoors or indoors. In terms of budget, well, we all know that weddings can come with a hefty price tag if limitations aren't set from the start.

2. Find inspiration: Writing your vows can be a fun opportunity to express your love in a unique way. If you are struggling with finding the right words, try some of these quotes on marriage to help move things along.

3. Seek comfort: What you'll be wearing under your dress can

be just as crucial as the dress itself. You're going to be in your dress for the majority of the day, so comfort and functionality is what you'll want to be looking for. There are tons of options available for the bride-to-be. Do some research on what's available, and then you can try them on and get a feel for what's best for you.

4. Talk honeymoon: Much like the wedding, honeymoons can leave your wallet looking a little barren. Talk to your significant other about what type of honeymoon you'd both enjoy and how much you're willing to spend. If you're a little lost, check out this list of destinations for a wide range of budgets.

5. Focus on the positive: It's hard to stay away from news of divorce and separation of both celebrities and non-celebrities alike. Don't let the negative news get you down! Focus on your relationship and take a look at couples who are happily married. On the other hand, those who have been divorced can give you some ideas of what causes a marriage fall apart.

What's your best tip for planning a wedding? Share below.

Date Idea: Go to an Eat-In Bakery





By 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.

Eat-in bakeries will usually seat you, and then a waitress come 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?

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.

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.

Trevor Silvester Shares How 'Lovebirds' Can Help Us Better Understand Our Relationships





By Leslie Chavez

When it comes to love, the phrase “treat others the way you want to be treated” doesn’t always ring true. When we’re all so very different, it only makes sense that we would want and need to be treated in different ways specific to our individual personality types. Relationship coach Trevor Silvester agrees: He says that a lot of the difficulties that we come across in relationships are from the fact that we treat each other as if we’re the same. Once we understand how we’re different, creating intimacy becomes simple.

In his new book *Lovebirds: How to Live with the One You Love*, Silvester explores romantic relationships and personalities through a bird analogy. A series of quizzes divide people into two categories, sky birds and ground birds. They are then sorted into eight subcategories loosely based on the Myers Briggs Personality Inventory: sight, song, feeling, and thinking birds. After these differences are established, he explores the relationship dynamics between each personality type. We had the chance to talk to him more about this.

Related Link: [When Do Opposites Not Attract?](#)

Congratulations on your book! You were a police officer before you became a cognitive hypnotherapist...so what inspired you to study relationships and write a book about love?

Thank you! I think two parallel paths led me to the book. The first was discovering that, while I was in the police force, my calling was really to be a therapist. The second path was my spectacularly unsuccessful relationship history. Just about everyone I loved left me for someone else, and I think it made me curious about what goes on between people who start out loving each other but then can't sustain a relationship. The answers I got from working with couples with this question in mind led to *Lovebirds*.

You have said that one of the biggest mistakes we make is to treat other people as if they are just like us. What's the first step in better understanding our lovers and their differences?

Read my book! Seriously, assume that they've got a good reason for doing what they do and being the way we are. It's so easy to take it personally when a partner goes against the way you like things or sees the world a different way. When you see differences between you as just things to work out – and not as name-calling opportunities – you've got a chance to turn potential weaknesses in your relationship into strengths.

With these differences in mind, you compare people to birds and define personalities as being either ground birds or sky birds. Can you describe these two types of birds in more detail?

Ground birds are people who like order. They have rules for how things should work and tend to think that their way is the right way. They like to know the detail of things and work steadily toward a decision. Sky birds get bored by detail; they don't tend to have rules – or be very good at following

them – and tend to make decisions intuitively. You can probably see how a combination of these types could create conflict very quickly.

Related Link: [Five Reasons Why Opposites Attract](#)

On another note, you explain that relationships are never done – love is about relating, and relating never ends. So how can we get better at maintaining positive interactions and keeping communication open?

That's a great question. I've often helped couples who love each other, but couldn't make each other happy, become closer by learning the things I point out in the book. One big bit of advice is to never make the argument about the relationship. Make that you're staying together a given, which then makes whatever the dispute is about something smaller that you can work on. I work on the basis that all behavior has a positive intention, so even when your partner is doing something that annoys you, assume that, at some level, they have a good reason for doing so.

Would you say that types of people who are similar (two ground birds, for instance) will naturally get along better than types who are opposite (a ground bird and a sky bird)? Are there any celebrity couples that come to mind to support your answer?

Yes, I find that they do. A saying I have is that opposites attract, and then, they drive each other mad. People tend to like people best who are like them, so similarity is a good basis for any relationship, but – and it's a big but – our lives can be made so much richer by learning to embrace other people's differences. My wife sees the world very differently than me, and I think we both feel that that makes our world's bigger and more fun.

I hesitate to label people I haven't met, but I would say that President Obama is likely to be a sky bird, possibly an owl.

The First Lady, I think, is a ground bird, probably a swan. Sticking my neck out even further, I'd say Brad Pitt is probably a sky bird, and Angelina Jolie is a ground bird. She seems to be the engine of the relationship.

Related Link: [Celebrity Couples Where Opposites Attracted](#)

And finally, do you have any upcoming projects that we can share with our readers?

I'm hoping to run some Lovebirds Workshops in the United States this year. My next book is called *How to Click*, and it's using *Lovebirds*-type information to help single people date. I also have another book in the pipeline: *Grow! Lessons from a Therapist's Chair So Your Child Never Has to Sit in One*. It's about raising resilient children, and it'll be out in the United Kingdom in 2014.

To get more advice from Trevor Silvester on how to understand your lover, purchase his book at lovebirdsbook.com.

How to Handle a Clingy Partner in a Relationship





By April Littleton

Wanting to be around your love on a regular basis is perfectly normal, but sometimes individuals can get a little out of control with their feelings and end up smothering their boyfriends/girlfriends. Clingy behavior can result in a bad breakup. If you're in a similar situation right now, Cupid has some advice:

1. Set some rules: When it comes to your space and privacy, set some boundaries for your partner to follow. Having your significant other follow ground rules and vice versa will keep your relationship running smoothly.

Related: [What to Do when He's Still Dating Others](#)

2. Spend time apart: Don't play along with your partner's little game. You don't have to spend every waking minute with your boyfriend/girlfriend out of fear of upsetting them. They need to learn how to trust in you, your relationship and let go of all other insecurities if they want to maintain a relationship with you. You had your own life before you met

your significant other, and it's guaranteed they had the same before meeting you. Continue to spend time with your friends and family and carry on with your day-to-day schedule.

3. Express your concerns: If you see any red flags in your relationship, let your partner your worries and concerns. Don't let your honey continue to carry on with behavior you don't condone it. If you feel smothered or you can't seem to get a moment alone for yourself, sit your significant other down and tell them how you're feeling. If they continue on with their excessive, controlling behavior, you might need to start thinking about ending the relationship.

Related: [10 Ways to Make a Long Distance Love Work](#)

4. Listen to their fears: Most companions resort to clingy behavior out of fearing of losing their partner. Sometimes, they could be still holding on to old feelings from past relationships or they might just have a problem with jealousy. Whatever the case may be in your situation, help your significant other feel at ease by listening to their issues. Talking it out and reassuring your commitment to the relationship might help with the problem the two of you are facing together.

5: Make an effort to bond: All your partner may be looking for is some attention from you. Make an effort to spend some time with him/her if the two of you haven't really been seeing each other on a regular basis. Spend the day doing some of your honey's favorite activities, and end the evening by doing some of yours. The time you spend together might cure your significant other's need to cling to you so tightly.

Related: [Ways to Help Single Friends Find a Partner](#)

6. Call it quits: If you've tried everything and your partner is still showing signs of clinginess, the issue might be more serious than you think and you should think about ending the relationship. Your love could be dealing with bigger problems

than the ones he/she is letting on, so it would be a good idea to take a step back from the relationship until they can figure out what they'll need in order to feel secure with the person they love.

How did you handle a clingy partner in a relationship? Share your experience below.

The Price You Pay for a 'Free Ride' Can End Up Being Your Last



By April Littleton

Directed by Shana Betz, *Free Ride* follows the journey of Christina (played by Anna Paquin), a woman who desperately wants to be rid of her dangerous relationship. She moves to Florida without warning only to find herself in a much more terrifying situation than the one she was already in. She is thrust into the world of drugs and her only savior is herself.

Should you see it:

True Blood fans will see a familiar face in this film (Anna Paquin.) If you're not familiar with her work, maybe the drama genre will lure you in. Other actors and actresses to look out for in this movie include Cam Gigandet, Drea de Matteo and Liana Liberato. If you're still on the fence, just think about trying something different if you normally go to the theater to see a comedy or an action film. After all, it's always nice to switch your style up every once in awhile.

Who to take:

Free Ride might not be the best choice for date night, but this movie would be great to see with a bunch of girlfriends or age appropriate family members. However, you could get away with seeing this film with your boyfriend/girlfriend if the two of you are just looking for something casual to do together.

Related: [Anna Paquin and Stephen Moyer Show Off Twin Son and Daughter During Family Outing](#)

What are some healthy ways to end a relationship?

Cupid's Advice:

Breaking up with someone is never easy. When you know the relationship between you and another person just isn't going

to work, it can be hard to get them to realize the same truth. You don't have to act out just to get someone to leave you. Instead, try to do things the right way. Cupid has some tips:

1. Be honest: The best way to begin and end anything is through honesty. Don't string your significant other along if you know the two of you aren't meant to be together. Let them know your feelings have changed. They might feel the same. Either way, the breakup will be a lot less difficult as long as both parties are on the same page and understand where the other is coming from.

2. In person: Don't break up with someone via email, text or any other way that doesn't involve you meeting your partner in person. Not only is ending a relationship in such an abrupt manner cruel, but it also shows the other person you never truly cared about their feelings. If you still want him/her to be in your life, do the right thing. Break up with your honey in private and let them down gently. Don't play the blame game, but make sure they understand why you don't see things working out between the two of you.

Related: ['The Secret Life of Walter Mitty' Hits Theaters on Christmas Day](#)

3. Keep calm: Breaking up is hard to do, but you need to make sure you do it with class. Don't lose your temper over the small stuff. Your partner is bound to be upset, so brace yourself for some not-so-kind words and actions. No matter what he/she says or does in the heat of the moment, realize it's only out of hurt and anger. Keep your cool and try to be patient with them.

What are some other healthy ways to end a relationship? Comment below.

10 Ways to Make a Long Distance Love Work



By [Whitney Johnson](#)

Long distance relationships aren't always easy, but that doesn't mean they're not worth the extra trouble. In truth, they *do* take a bit more effort, but with these 10 tips, you'll overcome the miles separating you and your significant other.

1. Talk every day: No matter how far apart you are, a simple phone call will work wonders. Hearing your loved one's voice will not only make your day better; it'll also make you feel like a bigger part of your partner's day.

2. Take advantage of technology: Sure, you can't cuddle on the couch as you watch *Scandal* on Thursday nights...but that doesn't mean you can't enjoy it *together*. FaceTime or iChat will allow you to share in your TV-watching night; that way, when you're in the same place again, you'll both know what Olivia Pope and Fitz have been up to.

Related: [7 Secrets to Make a Long Distance Relationship Smokin' Hot](#)

3. Talk about each other: Just because your BFF may not know your boyfriend well doesn't mean you can't talk about him. Reminiscing about your last kiss or sharing your excitement over seeing him again with your girlfriends will bring the two of you even closer.

4. Plan ahead: In any relationship, it's important to have something to look forward to – whether it be a simple date night at your favorite Italian restaurant or a romantic trip to Turks and Caicos. When you live in different cities, it's even more important to pencil in your next get-together.

5. Save up: With that thought in mind, you have to save your money for those frequent plane tickets or road trips. You never want that big sale at Bloomingdale's to get in the way of seeing your someone special.

6. Send presents: On those weekends when you can't visit your man, send a sweet care package or simple card to let him know you're thinking about him. Even something silly like a box of his favorite cereal will show that you pay attention to what he says – a little thing that make a big difference.

7. Text, text, text: Yes, you need to try to fit in a phone call every day, but texts will help you stay even more connected. If you get a supportive e-mail from your boss or totally screw up during your important presentation, shoot him a quick text to tell him how you're feeling. You can discuss your days in more detail later in the evening.

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

8. Stay positive: Like any relationship, you'll experience ups and downs – only those low moments may be even harder to handle without his arms around you. Surround yourself with pictures and special mementos from your time together. They'll help remind you why you're putting up with the long distance in the first place.

9. Feel confident: Be sure of yourself when it comes to your relationship. It's easy to let the lack of physical closeness translate to lack of trust or jealousy.

10. Think about the future: At a certain point, you have to decide if you want to make a real commitment to your significant other. Are you willing to give up your job, your house, and your social circle to relocate for your love? If so, tell him you're ready to take that next step.

Cupid wants to know: What's your best tip for making a long distance relationship last?

Cupid's Weekly Round-Up: How to Be a Better Partner





By [Whitney Johnson](#)

If one of your resolutions is to be the best girlfriend you can be, we're here to help! Thanks to these great articles from our partners, you'll be off to a fantastic start.

1. Reflect on your love: The New Year is the perfect time to think back on the past twelve months and look forward to the future. Consider these touching quotes from well-known authors, artists, and poets. Maybe you'll even be inspired to write some sweet words of your own!

2. Partner up: Take a cue from *Real Housewives of New York* star Jill Zarin and join your man in supporting a cause that's close to both of your hearts.

3. Make him happy: Make your partnership the best it can be by focusing on your beau and what keeps him smiling. Guys aren't so complicated – it'll be easier than you think!

4. Fully commit to your beau: With next week's premiere of *The Bachelor*, you'll be obsessing over what lucky lady is going to win Juan Pablo's heart before you know it. Why not focus on

your own man instead and help your relationship grow even stronger?

5. Take the next steps: If you've been with your someone special for the past few weeks and know that he's a keeper, it may be time to take your relationship to a new level. Consider these five tips as you plan your first overnight date.

How will you become closer to your partner this year? Tell us in the comments below.

Keep Talking to Your Kids After Divorce



By Rosalind Sedacca, CCT for [Hope After Divorce](#)

It can be tough – but necessary!

As a divorced parent, you can never pay too much attention to your communication skills with your children. It keeps the doors open for a healthier, more positive relationship with them. It makes you more sensitive to issues of concern early on, so you can nip them in the bud. It also encourages your children to talk about what they are feeling, questions they have, and situations that are creating conflict for them.

Related Link: [Solo Parenting: Reconsidering Your Ex](#)

Don't sit down and say, "Let's talk." Instead, find a comfortable time and place where conversation can flow naturally and easily. Then, bring up related subjects in a casual way. Watching television or movies at home can often be a catalyst for valuable conversation. Driving in the car together is another great time for discussion, questions, and sharing feelings.

Consider Bruce Willis and Demi Moore. Despite being divorced for over a decade, they're often seen at red carpet events with their three daughters, Rumer, Scout, and Tallulah. By maintaining a friendly connection with each other, these exes ensure that they both have a positive relationship with their kids and that their family unit stays intact.

Here are some tips that can help you ease into more productive communication with your kids.

- Asking *why* can be intimidating and close off your conversation. Instead ask *what happened* questions, which keep the dialogue open. Then, move into talking about *feelings* which provide insights into what's *really* going on with your child. Validate their right to their feelings, even if you're uncomfortable hearing about them. When they feel safe in

expressing their emotions, you'll get real clues as to how your divorce is affecting them – and whether there are changes taking place worthy of your special attention.

- Be patient. Don't react or respond until you get the full message. Sometimes, it takes some meandering for your child to reach the crucial point of what they want to say. Don't coax – or shut them off too soon!

- Remember that preaching, moralizing, or “parenting” comments can put up barriers to clear communication. Listening is your most valuable skill and tool. Paraphrase back what you're hearing to make sure you're getting it right. “So you were annoyed at dad for forgetting to call you last night” is far different from saying “I don't blame you for being angry at dad. He's so undependable.”

- Watch your judgments and put-downs, even with upsetting information. Don't belittle your children, call them names, or insult their behaviors. Talk *to* them – not *at* them. The difference is felt as respect. Be careful never to put down or disrespect your child's other parent in your conversations...as tempting as that may be at times. Keep your kids out of the divorce drama as much as possible. That's when real emotional damage is done.

Related Link: [How to Cooperatively Co-Parent After Separation or Divorce](#)

- Acknowledge your children for coming to you or sharing with you. Praise their braveness. If you were at fault, apologize honestly and discuss how you can make changes for the future. Sometimes, post-divorce parent-child communication can be a very slow process as you rebuild trust and a sense of security.

- Show that you accept and love them – even when their behaviors are not acceptable. Help them come up with some acceptable solutions they can understand and feel good about.

Support and positive role modeling go a long way toward influencing your children in the right direction.

Put yourself in your child's place, and you will likely make wiser decisions when it comes to talking about sensitive areas in their life. Afraid to talk about touchy subjects? Get some help from a counselor. Good parents know it's essential to talk to your children and be there for them when they need you – especially when they're reluctant to start the conversation. Don't let them down!

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

✖ *Rosalind Sedacca, CCT is a Divorce and Parenting Coach and author of the ebook, How Do I Tell the Kids about the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love! Acclaimed by divorce professionals, the book provides fill-in-the-blank templates that guide parents in creating a family storybook with personal photographs as an ideal way to break the news. Rosalind is a contributing expert at [HopeAfterDivorce.org](#), [DivorceSupportCenter.com](#), [FamilyShare.com](#), and [CupidsPulse.com](#). For her free ebook on Post-Divorce Parenting: Success Strategies for Getting It Right!, her free ezine, articles, coaching services, and other valuable resources, visit Rosalind's [site](#).*

Top 10 Hollywood Couples of 2013





By April Littleton

The year 2013 is slowly drawing to an end, and it's only fitting to look back at some of the most memorable [celebrity couples](#) to grace the television screens and magazine covers. Here are Cupid's top 10 favorite famous lovebirds of this year:

1. Jessica Biel and Justin Timberlake: The former 7th *Heaven* star began dating Justin Timberlake Jan. 2007. The Hollywood couple briefly split in 2011, only to reconnect in the fall of the same year. Timberlake proposed to Jessica Biel in Jackson, Wyoming in Dec. 2011. They married at the Borgo Egnazia resort in Fasano, Italy in Oct. 2012.

A Celebrity Relationship That Started in College

2. Prince William and Kate Middleton: The Duke of Cambridge started seeing Kate Middleton in 2003 when the two were university flat mates. The famous couple became engaged in

Kenya in Oct. 2010. In April of the following year, the long-time lovebirds had a celebrity wedding in Westminster Abbey, London. The newlyweds welcomed their first child, a baby boy named George, on July 22, 2013.

Related Link: [Celebrities Who Met on Blind Dates](#)

3. Jay-Z and [Beyoncé](#): The *Love on Top* singer secretly married Jay-Z in New York City on April 4, 2008. Since then, the Hollywood couple have been more relaxed about the status of their relationship. Beyoncé announced her celebrity baby news on live TV during the 2011 MTV Video Music Awards while performing one of her singles. She said, “Tonight, I want you to stand up on your feet. I want you to feel the love that’s growing inside of me.” After her performance, the singer dropped her microphone and revealed her growing baby bump. The couple’s daughter, Blue Ivy Carter, was born on Jan 7, 2012.

4. Brad Pitt and [Angelina Jolie](#): Everyone should know the story of how these two met. Remember the movie *Mr. and Mrs. Smith*? The famous couple have been together for eight years now, welcoming three biological children together as well as three adopted kids.

5. Nina Dobrev and Ian Somerhalder: *The Vampire Diaries* co-stars confirmed their celebrity relationship in 2011. Two years later, the duo called it quits, and Nina Dobrev began dating *Dancing with the Stars* professional Derek Hough. Just six weeks after the famous couple went public, the two went their separate ways, saying the relationship “played itself out.” Since then, celebrity dating rumors about Ian Somerhalder and Dobrev rekindling their romance have been spreading.

A Hollywood Couple Who Waited for

Same-Sex Marriage Before Having a Celebrity Wedding of Their Own

6. Kristen Bell and Dax Shepard: More than three years after announcing their engagement, the happy celebrity couple finally got married. Kristen Bell and Dax Shepard began dating in late 2007 and got engaged two years later. Wedding plans were postponed when the pair decided to wait until same-sex marriage was legal in California, which happened in June. To celebrate, the former *Veronica Mars* star tweeted, “@daxshepard1 will you marry me? Xo #marriageequality #loveislove.” The married duo also welcomed their first child, daughter Lincoln, in March.

7. Drew Barrymore and Will Kopelman: Drew Barrymore began dating Will Kopelman in 2011, and the two became engaged a year later. Married since June of last year, the famous couple had a daughter, Olive Barrymore Kopelman, and are expecting baby number two!

8. Kristin Cavallari and Jay Cutler: *The Hills* star married Chicago Bears quarterback Jay Cutler a year after the birth of their son Camden Jack, who was born in 2012. In Oct. 2013, Kristin Cavallari announced she was pregnant with their second child.

Related Link: [Celebrity Women Dating a Much Younger Man](#)

9. Jessica Simpson and Eric Johnson: The singer became engaged to Eric Johnson in Nov. 2010, whom she dated since May of the same year. She gave birth to their first child, Maxwell Drew Johnson, in May 2012, and their second, son Ace Knute Johnson, on June 30, 2013.

10. Halle Berry and Olivier Martinez: After her celebrity divorce from model Gabriel Aubry, Halle Berry began dating actor Olivier Martinez in 2010 after meeting on the set of their film *Dark Tide*. The Hollywood couple got engaged two

years later and married on July 13, 2013. The pair welcomed a son together, Maceo, in October.

Are there any other famous couples you were hoping to make the list? Comment below!

Dating with Dogs: Picking Out a Pet Together



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

Picking out a pet as a couple can be a cause of stress in a relationship. The biggest choice is usually deciding whether you want a big dog or a small one, but it can be much more

complicated than that.

There are many factors in determining what breed you and your partner should choose. First and foremost, consider your family size and future plans. Some dogs are known to be great with kids, while many breeds are too aggressive for little kids. Some of the best breeds with small children in the house are Beagles, Poodles, Labs, and Golden Retrievers.

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

Another factor can be how much exercise you're able to give to your dog. Some dogs – like French Bulldogs and Pugs – need walks and exercise but would be great apartment dogs. Other breeds, including Huskies and Labs, require a lot more space and are quite energetic. If you and your partner aren't home much or live in a very harsh climate, a dog who is happy spending most of his time indoors would be ideal for you.

And sometimes, you have to choose a dog because of his personality. When my wife and I lived in New York City, our main concern was getting a pet that would be happy in a small apartment. My allergies to longer-haired breeds and a dislike for heavy shedding also narrowed our options, but we still had a big number of breeds to consider. One day, my wife told me that she saw a cute Boston Terrier on the street with the funniest personality, and after a little research, we were able to make a relatively quick decision. We loved the breed so much that, after a year, we added a friend for Maurice – our new pup, Brittney, also a Boston Terrier. We can't imagine our lives without these cuddly black and white pals.

Related Link: [Brandon McMillan Chats About Finding Homes for Pets on 'Lucky Dog'](#)

No matter how you decide what kind of breed to bring into your family, you'll know when you find the right dog!

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

Dr. Sue Johnson Discusses How to Develop Your 'Love Sense'



Interview by [Whitney Johnson](#). Written by Brittany Stubbs.

In a society constantly questioning monogamy and companionship, Dr. Sue Johnson, a clinical psychologist and developer of Emotionally Focused Couple Therapy, uses cutting-edge research to help ordinary people understand why and how we love. In her new book *Love Sense: The Revolutionary New*

Science of Romantic Relationships, she presents scientific evidence to show how human beings are meant to mate for life and how to develop one's own "love sense," which is our ability to develop long-lasting relationships. In our exclusive interview with the author, she shared her inspiration for the book as well as her thoughts on our culture's fascination with failed love.

What inspired you to write this book?

I didn't actually want to write books for the public. I'm used to talking to mental health professionals, but I noticed how many people came to our practice and were in need of an emotional connection with their partner. They were talking about the pain involved in watching a relationship dissolve before their eyes. So it felt urgent for me, as a researcher and academic, to share this amazing information on adult bonding and love that has been denied from a more general audience. We know more about love, and we have more control of love than we think. It's my responsibility to help ordinary people know that they need love and tell them about this new science.

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

You discuss the idea that humans are meant to mate for life, which is controversial in our society given the high divorce rates and infidelity. What led you to this belief?

There's a good amount of chemical evidence that human beings are suited for monogamy. For example, we're flooded with Oxytocin (often referred to as the "bonding hormone"), which only occurs in mammals that are meant to stay together, cooperate with one another, and look after their young when they're vulnerable.

In our society, we're taught to fully depend on someone in a relationship, and when that relationship doesn't work, instead

of fixing it, we go and look for another relationship and try to make that work. When relationships end, you see all the stages of grief people experience before they go on to the next relationship. For me, this is just proof that it's obvious humans depend on and need monogamy, despite all the arguments society has about how we're all so naturally promiscuous.

There's evidence that we're most healthy and happy when we're in these close relationships: with parents, with children, with close friends, and certainly with partners that we make love with. All these chemical and bonding hormones that go on make it obvious that we're meant to be monogamous, but the real issue is that we don't know how to pull it off.

You talk about how romantic love is an attachment bond, like that between a mother and child. If two people don't feel that way, does that mean their relationship is doomed? Or is that a feeling that can be learned between lovers?

If people really don't have that longing for each other, they usually just accept that they're friends. But longing for one another is something that's wired in us, and once that's triggered and you start to feel this closeness, it doesn't mean you know how to take the next step. If you can stay with each other through that longing and reach each other in those moments of disconnection, it's almost like you will fall more and more in love.

Building on all of this, let's go back to the title of your book. You give your readers the ability to build on their own "love sense." So what would you say is the most important rule someone should follow to sustain that long-term love?

One of the most important rules is to accept the most basic thing about us as human beings: We were never designed to be single or face life alone. Self-efficiency is a lie. So accept that you're a mammal and that you have these needs wired

inside and that you need other people's support and comfort – these things are what make you a human being. And if you can accept that you have these needs, then you don't have so much trouble listening to them and sharing them with a partner.

Speaking specifically about the women's movement, for example, part of this time was to empower women and teach them to be assertive and strong, which is really great. But it seems to me that the strongest thing about women is that they know how relational they are. They know they are stronger when they can turn to one another and connect with them. And that's something that I think the feminist movement has sometimes missed. It's something we need to teach men. We get so obsessed with being these powerful individuals, but we're actually wired to be most powerful when we're connected to others. So accepting your needs of longing, of closeness, of support – that helps a lot in building that long-lasting love.

Related Link: [Ways to Help Your Single Friends Find a Partner](#)

So much of our society focuses on breakups and divorces. Do you think that fixation on failed-love has an impact on the way we perceive love in general?

I understand that bad news and gossip grabs people's attention, and that's why we focus on these topics. But I think focusing on instances where marriage doesn't work or doesn't last generates this pessimistic attitude about relationships. It's demoralizing. And the irony is it's not true anymore. Scientist like myself are beginning to make it clear that we need love relationships, and we know how we can hold on to them and better them. The sensationalism around affairs and divorces just kind of obscures the fact that we are getting a handle on love and understand it more than we ever have before.

To purchase Love Sense, check out Amazon or your local bookstore.

Cupid's Weekly Round-Up: Find True Love in the New Year



By [Whitney Johnson](#)

The start of a new year is like a blank slate. It's the perfect time to evaluate your goals and figure out what you want to accomplish over the next 365 days. If you're single and ready to settle down, use these great articles from our partners to open up your heart to love in 2014:

1. Get inspired: Thanks to these 50 romantic quotes, you'll be more than ready to find the relationship you deserve. So snuggle up with a cup of hot cocoa and get ready to be

inspired! (YourTango.com)

2. Rediscover your passion: It's easy for romance to take a backseat during the hustle and bustle of the holiday season. Whether you're partnered up with someone who you think may be your soulmate or you're working up the courage to say hello to your crush, these four tips will help you reignite your love life. (GalTime.com)

3. Tap into technology: If you want to settle down in the new year, it's time to change your approach to dating. Use this foolproof advice to perfect your online dating skills and meet the man of your dreams. (YourTango.com)

4. Take a deep breath: Former *Baywatch* star Gena Lee Nolin encourages us to enjoy this time of year – whether you're single, in a new relationship, or happily married with four children (like she is!). After all, "true happiness comes from within." (Celebrity Baby Scoop)

5. Ring in the new year with someone new: Just because you're single doesn't mean you can't have a fantastic New Year's Eve. Why not find a single guy and plan a first date for December 31st? Sparks may fly! No matter what you decide to do, reflect on the past year and set clear goals for the coming twelve months. (GalTime.com)

How will you find true love in 2014? Tell us in the comments below!

Celebrity Couple Predictions:

Jessica Simpson, Miranda Kerr and Beyonce



By [Shoshi](#)

For today's column, let's consider three couples who have controversy currently surrounding them, whether it's because of baby weight, a surprise split, or anti-feminist song lyrics:

Jessica Simpson and Eric Johnson: This blonde pop star has come a long way, which makes it so easy to root for her success. Recently, she announced that she's going to stop acting and retire from the entertainment world. Her focus is now on being a business woman and mother.

All of that also means that she's finally ready to marry her

baby daddy, Johnson. When I took a closer look at their relationship, it looks like everything is falling into place for them. The question of will they or won't they tie the knot is about to be put to rest. This time, the wedding *will* take place. It's a wonderful time for them to get hitched, now that they have two cute kids and Simpson has lost the baby weight.

This celebrity couple has a pretty normal relationship, and their wedding should be held in 2014. Don't expect too much drama – everything is going strong with them.

Related Link: [Jessica Simpson Welcomes Baby Boy Ace](#)

Miranda Kerr and Orlando Bloom: This beautiful couple has called it quits, which was a surprise to many people. Rumors have circled that Kerr cheated with Leonardo DiCaprio and Justin Bieber, while Bloom has recently been seen with Liv Tyler, causing the media to assume they're more than friends.

When considering the lost love between these exes, it looks like it just ran its course. Their relationship was well over before they made it official. They still care deeply for one another and always will, but it is more like a friendship. They tried to stay together for their child but realized it was just better to say goodbye.

Bloom will date around a bit before settling down again, breaking a few hearts along the way. He's going to enjoy being a single dad. As for Kerr, there are plenty of suitors circling her. After all, models hardly ever have a hard time finding rich men to love them.

Related Link: [Orlando Bloom Says He Still "Loves and Cherishes" Ex Miranda Kerr](#)

Beyonce and Jay Z: How can I not bring up this power duo considering the current controversy sounding them for the song "Drunk Love," in which Jay-Z compares their relationship to Ike and Tina Turner? The lyrics have stirred mixed reviews

from fans and feminists alike. How can a strong woman like Beyonce allow those lyrics on her album? Keep in mind that the singer has never called herself a feminist; other people just view her in this way.

This is all to say that these musical stars don't have the amazing relationship that most of their fans want them to have. I know some people will not like me saying it, but when I look into their marriage, it's not that great. There's a rumor that Beyonce thought about leaving Jay-Z because he didn't put his family first, and it definitely has many elements of truth in it. Plus, there are often reports of Jay-Z having relations with other women. His entrance into the sports world will put even more strain on their relationship.

It'd be awesome if they had the picture-perfect marriage that has been marketed. If you are one of the people who believe that they are crazy in love, it's all good. Just remember that, no matter how much money or fame someone has, we all go through the same ups and downs in our relationships.

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

Eric Smith Helps Nerds Sail Through the Waters of Love in 'The Geek's Guide to Dating'





By Kerri Sheehan

In the *Mario 64* video game, the title character wins over Princess Peach's heart by saving her from Bowser, a villainous kidnapper. *Spiderman* characters Peter Parker and Mary Jane Watson fell in love despite Parker's nerdy demeanor and web-slinging abilities. In *Star Wars*, Han Solo wowed Princess Leia by showing her that he was more than just your average galactic player. So how did all of these "nerds" manage to navigate the dating world and find their special someone? Chances are they got their hands on a copy of *The Geek's Guide to Dating* by Eric Smith!

Smith is the cofounder of Geekadelphia, a popular blog covering all-that-is-geek in the City of Brotherly Love. In his newest book, the blogger hopes to help his fellow nerds and give them a step-by-step guide to put their heart on the line and fall in love. Throughout the book, he makes references to *Star Trek*, *Firefly*, *Pokémon*, and many other fandoms. A self-proclaimed geek himself, Smith was able to connect these ideas to the dating world so nerds can really grasp the concepts he discusses. The author also encourages

his readers to switch off the “pick-up artist” technique in favor of showing understanding and respect for women. Featuring eight-bit pixel art by Juan Carlos Solon, *The Geek’s Guide to Dating* will make any gamer feel like they’re right at home.

Related Link: [‘Chuck’ Star Vik Sahay Shares Love Lessons from ‘Nerd Herd’ Member Lester Patel](#)

In Chapter One, you outline the different types of geeks and talk about their strengths and weaknesses when it comes to dating. Which kind of geek do you identify with the most? How has this description helped and hindered you in the dating world?

I would probably identify most with the gamer and the book geek. Sometimes, I play a crippling amount of video games, and I’ve been known to take days off of work just to play a new release. My co-workers can tell because I won’t show up on a Wednesday if the video game comes out on a Tuesday. The only reason this hobby has hindered me when it comes to dating is when people aren’t really open to joining in and trying something new like video games. As for the book geek, I spend a lot of time scouring flea markets or used bookstores, trying to get rare titles and exciting finds.

In terms of how these qualities have helped me, I think I have the ability of recall, which is a really nice thing. I love remembering random dates and unique moments of my fiancé’s relationship with me. I still remember what my fiancé wore on our second date when we went to this really small restaurant in Philadelphia – it was a pink dress that she got from this place called Smak Parlor in Old City. And on our first date a year and a half ago, she wore this green eye shadow that I’m never going to forget. It’s fun to know little things like that because mentioning those things can really make someone’s day.

You refer to readers as Player One and their potential love interests as Player Two. You pointed out that players must look inside of themselves before finding a Player Two. Can you delve deeper into this advice?

We're talking about the whole "Manic Pixie Dream Girl" concept. Many people tend to think that there is someone out there with a quirky, Zooey Deschanel nature who is going to make you a whole person again. It's like her character in *The 500 Days of Summer* when Tom (Joseph Gordon-Levitt) thinks she's going to fix him. I think it's really important to love and take care of yourself because you probably won't be good for someone else otherwise.

What do you say to a girl to change her mind about dating a geek?

There are always new things to learn in life, and you never know what someone will show you. My fiancé was super weirded out by the fact that my OkCupid online dating profile talked about the fact that I have a bunny. His name is Rorschach (after a character on *The Watchmen*), and I laid it all out right there on my profile. She told her friends about it, and they were like, "Really, he has a rabbit? Are you sure you want to meet this guy?" And, happily, she did because we're getting married!

Related Link: [5 Tips for Creating a Perfect Online Dating Profile](#)

Do you have any advice for gamer guys who are currently attached to a non-gamer girlfriend?

Introduce your significant other to a game that has an interesting storyline. *Bioshock Infinite*, *Vengeance*, and *Assassin's Creed* were great when I was showing my fiancé the video games that I was really into. It got to the point where she wouldn't let me play *Bioshock Infinite* unless she was sitting right there with me, so we spent two days playing

together, and it was really romantic. She'll play games, but she really likes to watch the ones that have a riveting and intense plot.

If you're dating someone who does want to play and try them out, then you can pick out games that have two-player opportunities. You don't want to make your significant other watch you slog through a football game when they can't jump in at all. It reminds me of when I was a kid and went over someone's house to play video games; you would really just be watching them because they wouldn't let you play!

Lastly, you give a lot of advice to male geeks looking to get a lady. Do you have any advice for female geeks who want to find love?

It's really a lot of the same stuff that I say to the guys. Share your ideas and pursuits, and don't close someone out because they're not into the same things as you are. Remember that we're long past the days when it was strange for a girl to ask out a guy. Just go for it!

*For more information about Smith, you can check out his web series, [The Geek's Guide to Dating](http://www.quirkbooks.com/post/geeks-guide-dating-webseries-chris-shannon) at www.quirkbooks.com/post/geeks-guide-dating-webseries-chris-shannon or connect with him on Twitter @ericsmithrocks. To purchase *The Geek's Guide to Dating*, visit Amazon.com.*

'The Secret Life of Walter Mitty' Hits Theaters on

Christmas Day



By April Littleton

Ben Stiller stars and directs in this film based on James Thurber's short story about a daydreamer who escapes reality by sinking into his world of fantasies that involves romance, action and heroism. Walter decides to stop living in his imaginary world when his job, along with his co-worker's, becomes threatened.

Should you see it:

Ben Stiller fans and Kristen Wiig fans won't have a doubt in their minds about seeing this film. Also, if you have no set plans for the holidays, why not spend the day enjoying a new comedy at your favorite movie theater?

Who to take:

If it's possible, bring the whole family along with you when you're ready to hit up the nearest Cinemark. After all, it is the holidays. You can fly solo if that's what you prefer or if your loved ones are out of town. This film would be good to see with a boyfriend/girlfriend who has a good sense of humor as well.

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

How do you build up the courage to ask the person you're interested in on a date?

Cupid's Advice:

Putting yourself out there to another person can be tricky, especially if you're shy or you've experienced a recent heartbreak. Everyone who has experience with the game of love knows that rejection isn't a fun feeling to experience, but sometimes it's worth it. You don't want to be left wondering 'what if', and at least you'll have an idea of where you stand with your crush. Cupid has some tips:

1. Be straightforward: Don't play games with a potential love interest. If you're considering another person on a romantic level, let them know how you feel. Being open and honest is considered a turn-on, so don't be shy and go after what you want.

2. Show you're interested: Your crush won't know that anything is different between the two of you if you don't show or express your feelings. Make sure you're making clear that you're interested in them. Call them from time to time. Get to know them on a more personal level. Ask them out for coffee or a simple lunch date. You don't have to move too fast, but you do want to make sure the feelings you have for them are reciprocated. Also, keep in mind that you need to move forward

with the relationship at a pace comfortable for both you and your potential honey.

Related: [Ben Stiller Says Jennifer Aniston and Justin Theroux Are Happy](#)

3. Be creative: When it comes to date ideas, you want to keep things simple for awhile. That doesn't mean you can't spice things up and come up with something unique. As you start to get to know your boo, incorporate some of the things they like with your dates. If your love interest is really into the outdoors, go on a hike or try out a mountain bike trail. Visit a local museum if he/she enjoys culture and fine arts.

How did you build up the courage to ask the person you're interested in on a date? Share your experience below.

What to Do when He is Still Dating Others





By April Littleton

You're in love, but the person you're dating might not feel the same way. In fact, you just found out he's still fooling around with other women. A situation like this can be tricky to handle – especially if you haven't been seeing your man for that long. How do you get the point across that you want a commitment without scaring him off? When do you decide to walk away from the relationship altogether? Cupid has some advice:

1. Do the same: At this point in time, your partner might not be ready to commit to you. He may be focused on other things such as school, a career, etc. Instead of stressing over him not making you a priority, start getting back out on the dating scene. If he's still seeing other people, you shouldn't put all of your focus and time solely on him when he's obviously not doing the same for you. Keep yourself open to new possibilities and new love interests. You never know, someone who's ready for a serious commitment might be waiting for you just around the corner.

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2. Keep busy: Don't sit and wait around for your boyfriend to call or text you. Continue on with your daily routine. Your life shouldn't revolve around another person – especially if that certain individual isn't seeking an exclusive relationship with you. If your man wants you, he should show it and fight for you. When he realizes you're no longer waiting around for him and you're not going to be a second choice, he'll either get his act together or you'll be free to find someone who's worth your time.

3. Read the signs: A man who wants to be with you will do whatever it takes to do so. Does your guy call and/or text you often when the two of you aren't together? If not, he's probably using that time apart to connect with other people. Have you met his family? Do your loved ones like him? The first step to a serious commitment is the approval of both parties family and friends. You don't want to be with a guy who hasn't introduced you to the important people in his life. If the two of you are constantly doing things by yourself and you haven't met anyone else in his life, he isn't serious about you and you need to rethink the status of the "relationship."

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4. Talk it out: Your significant other may not be aware that an exclusive relationship is what you're after. If the two of you have been an item for awhile and he's still seeing other women on the side, have a talk with him first before you call it quits. Let him know how you're feeling about the situation. Tell him if he wants to continue being with you, he must stop dating around. A serious commitment might not be on his mind right now and if that's the case you need to find a way to move on. Don't keep yourself in a situation you know isn't going to work out in your favor.

What are some other things you can do when your man is still dating others? Comment below.

'America Now' Host Leeza Gibbons Says, "Until You Think You're Worth the Love You're Looking For, It Will Elude You"



Interview by [Lori Bizzoco](#). Editorial by Kristin Mattern.

Award-winning host Leeza Gibbons knows heartbreak and learned through experience that sometimes, to find a relationship and

love, you have to start over. A successful businesswoman, she climbed from public radio to popular entertainment news broadcast shows like *Entertainment Tonight*, *Hollywood Confidential*, and *America Now*. But while her career powered forward, Gibbon's romantic life didn't progress so smoothly. After three celebrity divorces, she decided that it was time to focus on herself. Little did she realize that through this process, she would end up meeting her soul mate and now-husband, Steven Fenton. In our exclusive celebrity interview, the popular host gives some inspiring relationship advice for starting life anew.

Leeza Gibbons Opens Up About Her Relationship and Love

The broadcaster met Fenton on a blind date that she mistakenly believed was a business dinner. "I met him at a restaurant, and two hours later, there was no ask, no agenda... and so I went into my comfort zone of asking questions and made it like an interview. He thought I was kind of rude, I think, and I left abruptly thinking, 'What was that about?'"

Afterwards, the two didn't speak for a while but eventually reconnected when Gibbons hired him to work for her. Over time, and after much denial, she realized she had fallen for her genuine, gentle, and loyal team member. "I had found what was missing: being part of a team, being part of a relationship. We really treasure that we are teammates." But before Gibbons found her happy ending, she made the difficult decision to change her life.

Related Link: [How to Know When to Get Hitched](#)

The journalist came to terms with a life "redo" by "standing emotionally naked in front of a mirror and saying, 'Wow, look at that – is this the person you want to be?'" She claims that

a redo can come at any point in life, no matter your age or who you are. If you find yourself stuck in a life that doesn't feel like it belongs to you, it's time for a change. But where do you begin? "You have to drop the dread and banish the blame before you can start any reinvention. Those are the two essentials," she advises in our exclusive celebrity interview. "It's not an easy choice, but all choices start with a beginning, and there's an energy to starting something that can sweep you along to the changes you need to make."

For the retake on her own life, she used people she admired to become the person she wanted to be. She calls them "pace setters." Through this positive mindset, Gibbons later had the privilege to meet some of the men and women she looked up to, including Olivia Newton John, who gave her the following advice: "She told me to keep my heart open to love but to walk with the pain of being alone and really re-establish my relationship with myself to become someone who was 100 percent whole. Then, I would attract that kind of person into my life."

Related Link: [Single in Stilettos Show: Why Do Men Disappear?](#)

Exclusive Celebrity Interview: New Author Shares Relationship and Celebrity Divorce Advice

Gibbons took these words to heart and earlier this year released her first book, *Take 2: Your Guide to Creating Happy Endings and New Beginnings* which delves even deeper into her experiences and teaches others how to take control of their lives. "We are all on a path of becoming who we are, and the secret to the dance is knowing when to do what," says the author. She shares that you have to learn to gracefully move from one stage of life to the next and let go of the person you were in the past to be happy now. If it sounds like a

balancing act, Gibbons thinks otherwise: “Balance is bogus. We have a high standard for ourselves, but at some point, flexibility and forgiveness – the two f-words – are the ones that are going to give us sanity.”

For those who find themselves entering the dating world after a long hiatus, the celebrity host says to get to know yourself and be real about who you were when you got hurt. “We have to teach people how to treat us. We have to treat ourselves with love, dignity, and respect. When we value who we really are, the rest of the world takes note and mirrors that. Until you think you’re worth the love you’re looking for, it will elude you.”

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Gibbons also enjoys co-hosting *America Now* with Bill Rancic, who she describes as a “kid brother.” The show aims to empower people, much like she has in other facets of her life. The broadcast gives viewers a snapshot of what’s going on in the often frightening world and provides tools for people to cope. “We send you to our website AmericaNowNews.com, and we put a lot of resources there so you can really take control of your life,” the host explains. “People are so overstimulated today, and everything is moving so darn fast; we want you to feel like you’ve got it going on and can recover.”

In addition to being an author, on-air talent, mother, and wife this inspiring woman is also a philanthropist and created Leeza’s Cure Connection, which works to aid caregivers of family members with Alzheimer’s. She founded the nonprofit organization after she was personally touched by the disease. “My mom and grandma both died of Alzheimer’s. The first time that my mom didn’t know my name...there’s just no pierce to your heart that is worse than that. What we do is offer free services to caregivers: the husbands and the wives, the sons and the daughters. It really has been the greatest work I’ve

ever been privileged to do.”

For more information on Gibbons, visit her website, <http://leezagibbons.com/>.

Cupid's Weekly Round-Up: Tips for Having a Fun Family Holiday



By [Whitney Johnson](#)

The holidays are meant to be spent with the ones you love most: your family. Whether you're a newlywed spending your

first Christmas with your husband's family or new parents trying to survive those sleepless nights, it's important that you soak up this time together. With this thought in mind, CupidsPulse.com has pulled together these great articles from our partners, filled with the tips you need to have a fun-filled holiday with your family:

Related Link: [Drew Lachey Talks About Spending Time with His Family](#)

1. Bond as a family: It's no secret that your kids won't be little forever, so why not enjoy this time before it's gone? Take a look at these gift ideas to bring your family even closer. (GalTime.com)

2. Show your bestie you care: Many women find a BFF in their sister or mother, but even if you're not related to your best friend by blood, you probably still view her as family. These 37 friendship quotes will remind you how special your bestie is. (YourTango.com)

3. Celebrate your loved ones: Making people feel loved and special is important all year long, not just during the holidays. Here are four ways to show your family and friends just how much you care. (GalTime.com)

4. Embrace your inner kid: Take a cue from Alyson Hannigan and her husband of ten years Alexis Denisof and be a kid at heart. We promise you'll enjoy the holidays even more through the eyes of a child! (CelebrityBabyScoop.com)

Related Link: [Make Your Holiday the Best One Yet](#)

5. Tell your partner you love her: With the needs of your little ones filling you and your wife's days (and often your nights), it's easy for you to feel like you're missing out on time as a couple. Use these 15 tips to make sure your actions show your sweetheart just how much you love her. (YourTango.com)

Cupid wants to know: How will you bond with your family during the holidays?

How to Know When It's Time to Get Hitched



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

Deciding to get married is not a choice you should not make lightly. It's different for every couple, and timing is everything.

We're advocates of the popular rule of thumb that says it's important to see all four seasons of a person before deciding

on marriage. It's easy to love someone in less than a year, but it's hard to really *know* them in that short time frame. To truly know someone inside and out, you have to make sure you spend quality time with one another and make an effort to see each other consistently. You have to be with a person through happy times, sad times, and tough times in order to see their true colors.

Related Link: [Why Celebrities Prolong Their Engagements and Hide Their Wedding Plans](#)

It's easy to love someone when it's new and fun, but what would it be like if you lost everything that makes your relationship so secure? As cliché as it sounds, marriage has to endure "for better or for worse." Know yourself first. Are you the type of person who makes hasty decisions? Or have you always known what you want? Are you secure in where you are with your life personally right now? These are all questions to consider before jumping into a bond with another human that is meant to last forever.

Think about how much you've changed in your life to date. We live in a world of fast transitions – from schools to careers to friends to homes to hairstyles and everything in between. Before you make a vow, you have to be able to honestly evaluate whether or not you know what you want in the long term. It's easy to get swept away by love, but marriage is about permanence.

As far as length of engagement is concerned, it doesn't matter how long or short the two of you are engaged. If you want to plan a quick wedding and tie the knot immediately, that's great. If you have an engagement that lasts a few years – like Kristen Bell and Dax Shepard – then that's fine too!

Related Link: [Kristen Bell and Dax Shepard Are Married!](#)

Some couples want to be engaged and take that next step

together but put off the actual wedding because the timing for marriage isn't quite right. They may know they want to spend their lives together but recognize that they need time to sort out finances, job promotions, buying a house, whatever it may be.

It's impossible to base your love and marriage on statistics and what other people are doing. People are quick to give their opinions on other people's relationships. We've all heard of the couple who dated for five years and then broke up and met their true love. We've also heard about the couples who were engaged and married within six months and are still living happily ever after...and those who aren't.

The only real way to know if you're ready to be married is if you have zero doubts when it comes to being by your partner's side for the rest of your lives. No matter what, always make sure you're getting hitched for the right reasons.

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

How did you know when you were ready to get hitched? Tell us in the comments below!