

# Date Idea: Honoring 9/11



By Emma L. Wells and [Bonnie Griffin](#)

[Date ideas](#) can't always be about romance, flowers, and fun. Some days, like September 11th, need to be spent in reflection and deference for spiritual renewal. The terrible events in American history on this day still have repercussions that reverberate in our society nearly 18 years later. September 11th is known as Patriot Day and is a national day of service. Cupid has some [dating advice](#) for a date night to mark this significant occasion.

## Connect With Your Partner With This

# Volunteering Date Idea

The events of September 11, 2001 were undoubtedly damaging to our country in countless ways. On this day, pay homage by helping to fix some of the problems in your community. Visit your local homeless shelter or VA Hospital. Volunteer for a cause that matters to you, whether it be related to food, justice, education, the environment, or something else – as long as it's important to you. We can't change the events of past, but we can do something to better our future.

**Related Link:** [Expert Dating Advice: 5 First Date Ideas to Get Past the Winter Blues](#)

Take pride in your country by visiting a 9/11 or veteran's memorial. Some cities have museum exhibits, and many places host non-denominational memorial services you can attend. You can also support the troops by working with one of the many organizations that collect cards and packages to send to soldiers overseas. You may consider signing up as a volunteer for a disaster preparedness group, such as FEMA or the Red Cross. You and your partner can research and make an emergency plan together if you don't already have one.

**Related Link:** [Expert Dating Advice: Tired of Online Dating Sites? 3 Ways to Get Off As Quick As Possible](#)

Another way to follow this dating advice is to watch a 9/11 documentary or read a book about the tragic day with your sweetheart. Two acclaimed films you can check out are *The Second Day* and *Project Rebirth*. Consider picking up a historical book about the events leading up to and including Patriot Day. If you are looking for a shorter read, check out *A Time of Gifts* by the late Stephen Jay Gould, published just days after the Twin Towers were hit.

**Related Link:** [Date Idea: Explore Love on a Road Trip](#)

Participating in these date idea activities with your significant other will deepen your relationship and love. Connecting over issues you both believe in will draw you together and make your partnership stronger. Seeing your partner interact with a young child, sick patient, or the elderly will give you a better understanding of their values. Before volunteering, make sure you and significant other are on the same page and have similar goals and expectations for the day.

**How will you honor 9/11? Tell us below.**

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## **Date Idea: Kidnap Him!**



By Emma L. Wells and [Bonnie Griffin](#)

Of course, we don't mean that you should *actually* kidnap your sweetheart! But a faux kidnapping surprise is a great way to spice up your relationship and love. This [date idea](#) is about catching him off guard and showing off your spontaneous side.

## Be Romantic and Exciting With This Spontaneous Date Idea

Surprise your significant other in the morning by telling him you're kidnapping him for the day. He'll love how genuine and carefree you are. Just remember to stealthily check his schedule ahead of time and make sure that he doesn't have something important planned.

For this date idea, you should have a whole day filled with surprises for him. For starters, whisk him out of bed and take him to a big pancake breakfast for the two of you. Don't tell him ahead of time where else you're going; it's for you to know and him to find out!

**Related Link:** [Date Idea: Mid-Year Resolutions](#)

With this relationship advice, you'll be visiting some of your favorite past date spots. Think back on your relationship and the places you fell in love, then head out to the places that have significance for you as a couple. You can go to where you first met, where you had your first date or kiss, and where you first told each other "I love you." It will be very romantic to recall all those special moments together.

**Related Link:** [Date Idea: One, Two, Walk in My Shoes](#)

To make this weekend date idea even more exciting, consider adding a treasure hunt component. After you kidnap him in the morning, give him a set of clues that you and him will follow

throughout the day. It's a great chance to test your riddle skills! Give the day some variety by not just visiting places but doing activities too. Stop at locations where you can do a project or play a game together.

**Related Link:** [Relationship Advice: How to Approach Social Media Post-Breakup](#)

This date idea is great for seeing how far you've come as a couple as well as all of the possibilities you have for the future. After your spontaneous day, have a relaxed and romantic candlelight dinner waiting at home and end this date on the right note.

**What kind of spontaneous date ideas have you planned? Tell us below!**

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## Movie Review: Ophelia





By [Bonnie Griffin](#)

Coming to theaters June 28th, IFC's movie *Ophelia* brings us the story of Hamlet with more action and steamy romance than we've seen before, starring Daisy Ridley and George MacKay. Set in medieval-era Denmark, Ophelia falls for Hamlet, but their union is threatened when treachery strikes the royal court, derailing Hamlet's claim to the throne. Ophelia is caught in the middle, torn between choosing love or loyalty. Check out Cupid's [movie review](#) below!

**Check out our movie review on *Ophelia*, a romance and drama-filled film that's great for date night!**

**Should you see it:** If you're looking for a movie that combines romance, drama, and action, then *Ophelia* is the movie for you.

**Who to take:** *Ophelia* is a great emotional story of love versus loyalty that would make a great movie for [date night](#).

## **Cupid's Advice:**

We're intrigued by the multiple dynamics in IFC's *Ophelia*. The blooming romance between Ophelia and Hamlet, the betrayal in the court by Hamlet's own family, and the battle Ophelia faces to choose between her love for Hamlet and her loyalty to the throne. This is bound to be one super-charged romance that you don't want to miss. Cupid's has some advice on when you should decide between love and loyalty:

**1. When the one you love is making a negative decision:** We've all been in love with someone who occasionally makes a poor decision. We are all human and mistakes are inevitable. Sometimes, the person you love might make a poor choice that forces you to choose sides, such as choosing their side over your loyalty to your family. Just because you love someone does not mean you always have to agree with them, especially if they are asking something of you that is not in anyone's best interest.

**Related Link:** [Movie Review: See The Modern Retelling of 'Little Women'](#)

**2. When loyalty means ditching someone you love:** Sometimes the people or organizations we are loyal to try to make us abandon those we love. Have you ever had a job you were loyal to tell you that you cannot call out to take care of your sick child? They want you to put your loyalty above the health of your sick kid and that is a time you might want to fight the battle and choose love over loyalty; after all, if they ask you to leave behind your sick child, it sounds like that loyalty only runs one way.

**Related Link:** [Movie Review: Adrift](#)

**3. Choosing your life partner:** It is never a happy thing to think that members of your family might reject the person you love, the person you want to spend your life with and marry, but it happens. If your family tries to force you to choose

your loyalty to them over your own happiness and the person you're in love with, it can be hard to choose a side because it's a tough situation. Ultimately, you need to decide what you need to be happy, and if that is the person you fell in love with, choose them because your happiness is just as important as your family's. In the end, they may accept your partner over time.

**Have you ever been faced with having to choose between loyalty or following your heart with the person you love? Share your advice for maintaining those relationships when faced with this kind of dilemma below.**

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## **Movie Review: Hampstead**







By [Mara Miller](#)

If you're craving a good romance starring Diane Keaton, this romance about an American widow in Hampstead falling for a grumpy Irish loner may be for you! Inspired by a true story, Emily gets more than she bargained for when she takes up a cause after Donald's home is threatened by real estate developers. They fall in love while she tries to convince him to fight against those threatening his home. Check out our [movie review](#).

**In this movie review, *Hampstead* is a great date night movie!**

**Should you see it:** Yes! This is a feel-good romance about fighting for what you believe and supporting your partner.

**Who to take:** Take your partner for a date night! Snuggle up with some nacho cheese and pretzels and enjoy.

**Cupid's Advice:**

Seeing Emily support Donald through his tough times while they fall in love is inspiring. Cupid has some ideas on how you can be supportive of your partner through difficult times in a new relationship:

**1. Be strong:** Showing your partner that you can be strong for them when they need you will give them strength. It will show them that you have their back when no one else does.

**Related Link:** [Movie Review: After](#)

**2. Try not to make it about you:** No matter what it is that is making your partner face difficult times, try not to focus on your needs or wants. Doing so can make your partner feel unimportant and unloved.

**Related Link:** [Movie Review: A Star is Born](#)

**3. Encourage them:** Encouraging your partner and trying to help them to face their issues will reinforce the fact that you are supportive and care about what they are going through. This is true no matter if it's a new relationship or one that has lasted over ten years.

**What are some other ways you can support your partner through difficult times? Cupid wants to know!**

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## Movie Review: Aladdin





By [Bonnie Griffin](#)

Disney's live-action movie *Aladdin* is a vibrant take on a classic animated movie starring Will Smith as the Genie and Mena Massoud as Aladdin himself. *Aladdin* is about a kind-hearted street urchin desperate to impress a girl who happens to be a princess. In his attempt to impress Princess Jasmine, Aladdin falls prey to the power-hungry Grand Vizier who convinces him to go after the genie's lamp, but Aladdin decides to keep the genie to himself and he is faced with some hard decisions when the power of the genie nearly steers him down the wrong path and almost costs him the girl.

**Check out our movie review on *Aladdin*, a fun-filled film for the whole family!**

**Should you see it:** If you're looking for a fun film that teaches the value of friendship and honesty while making you

laugh, and that not all girls care about fame and fortune, then *Aladdin* is a great film for your whole family.

**Who to take:** *Aladdin* is great for the whole family, so bring your kids along for this fun family-friendly movie.

### **Cupid's Advice:**

We're inspired by the strong friendship that grows between the Genie and Aladdin, and the unconditional love Jasmine has for Aladdin without him being a prince. It can be hard to do what is right when fame and riches are dangled in front of you, and good friends and people who love you can help you when you're struggling with deciding between doing what's right and what's easy. Cupid has some advice on maintaining a strong friendship or relationship when you are tempted by monetary rewards and fame:

**1. Money and fame are fleeting:** Money and fame may come and go. The people who care about you and have stood by you throughout life's obstacles are more important than something that can be so easily lost. Remember to choose the people who love you before you choose something that could cost you that important relationship, even if it means money and fame. They've earned your support just as they've supported you.

**Related Link:** [Movie Review: After](#)

**2. Make time for each other:** Life can be crazy, and if you add in things like money and fame it can become more hectic than you'd ever imagined. It can be easy to leave your partner or friends behind if you come into fame and money without realizing you're doing it. Avoid making your friends and partner feel forgotten by making time to spend together, even if it means carving out time in your calendar that no meetings or work can ever be scheduled to ensure you make time for your loved ones, do it because that quality time is important.

**Related Link:** [Movie Review: Isn't It Romantic](#)

**3. Thank them for their support:** They were there before you made it big, and they loved you before you had fame or money. They supported you so make sure they know you appreciated them being there by saying thank you and by being there for them when they need someone in their corner.

Have you ever been faced with having to choose between fame or money and doing what is right for your friends or your partner? Share your advice for maintaining those relationships when faced with this kind of dilemma below:

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## **Date Idea: Back-to-School Cookout**





By Emma L. Wells and [Mara Miller](#)

What's the best way to prepare for the new school year? With a party, of course! Enjoy the last few days of summer by hosting a back-to-school cookout with your beau for all your friends. Use this [relationship advice](#) to bring you and your significant other even closer. You don't have to be in school for this [date idea](#) either! Backyard barbecues are fun no matter what age you are. It's time to fire up the grill and make some ice cold drinks for everyone to enjoy.

## **Plan a cookout for a fun and relaxing date idea this weekend!**

This weekend date idea should be casual. Set-up a buffet with a variety of picnic treats. Try branching out beyond burgers, hot dogs, and potato salad. You can make a nice grilled chicken or rack of ribs and some seasonal veggie kabobs. Don't forget the sides too! Skip the greasy potato chips and make some yummy cornbread instead. Fruit salad is a good standby, but maybe try something more adventurous like

a watermelon Caprese salad. It'll have your guests coming back for seconds and thirds! For dessert, put out a sundae bar to satisfy everyone's sweet tooth.

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

If you're not into doing too much work for a party, you can always plan a potluck party instead. Just ask your guests to bring a main dish, a side, a starter, or a dessert, and be surprised by the spread that comes together!

If you live in an apartment, condominium, or townhouse, don't write off this relationship advice just because you don't have a backyard. Plenty of parks have cookout areas with grills and benches that you can use. To keep things really simple, grab a few picnic blankets, a cooler, and a frisbee, and head to your local park for some nice outdoor time.

**Related Link:** [Date Idea: Bookworms](#)

Enjoy your last few days of freedom before the school year starts by organizing some fun games for your guests. If you have enough room, you can play touch football, kickball, or badminton. Or take some tips from your inner child and play some old school recess games like Duck Duck Goose or Red Rover. The most important thing to remember to make this date idea a success is to kick back and relax!

Follow this love advice, and you and your significant other will have a blast playing host. You'll see how well you guys mesh when working on a project. Plus, this weekend date idea is a great excuse to bring your groups of friends together. If things go well, there may be more joint parties in your future.

**What are some ways you and your honey host a successful cookout? Tell us below!**

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# Date Idea: Light Up Each Other's World



By Emma L. Wells and [Mara Miller](#)

The Jewish New Year, Rosh Hashanah occurs in early autumn of the Northern Hemisphere. Even if you aren't Jewish, there are many [date idea](#) activities that you and your partner can do with this special holiday in mind.

## Here's how you can celebrate Rosh



# Hashanah with this date idea!

Since many of your Jewish friends will be attending religious services during Rosh Hashanah, you can put together a thoughtful New Years gift basket for them. Your friends will appreciate this gift that says “Shana Tova” or “Happy New Year.” There are many Rosh Hashanah symbols and traditions you can include in your basket. On Rosh Hashanah, Jews dip apples into honey to signify a sweet new year, so make sure you include some yummy apples and delicious locally sourced honey in your basket. Other food items you can include are pomegranates, nuts, chocolates, and dried fruits. You can make chocolate-covered strawberries too!

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

Be sure your basket includes candles as well. On this date idea, you can even get crafty with your beau by making them together! Check to see if any specialty candle shops in your neighborhood offer candle making classes. You can also purchase candle making kits from a nearby craft store, or go the DIY route by looking up a tutorial online and buying the supplies yourself.

Candles are pretty simple to make. Once you two get the hang of it, try making different colors, patterns, and sizes with the wax. Make a bunch – some for your own home and others to give as gifts. Your friends will be excited and touched that you made the candles yourself. Plus, you can use these homemade candles for a candlelit dinner and make your next date night even more romantic.

**Related Links:** [Date Idea: Get in the Game](#)

Don't worry if you've just met someone: This weekend date idea is perfect for the start of a new relationship and love! Doing something creative with your significant other will allow you

to glimpse a side of them you might not have seen before. Follow this love advice to get to know each other better.

**How will you celebrate Rosh Hashanah this weekend? Tell us in the comments below!**

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## Date Idea: Hometown Tourism



By Emma L. Wells and [Mara Miller](#)

Who says you have to get out of town to be a tourist? This [date idea](#) is perfect for couples who can't take a vacation, but who want to spend some quality time improving their relationship.

# With this date idea, let your city surprise you this weekend!

There are many ways to make this date idea a success. First, experience the sights, tastes, and sounds that your city is known for. Make a list of the biggest tourist attractions in your hometown and complete as many on the list as you and your beau can do in one day. If you live in a big city, pick a new neighborhood to explore. Does this area have a walking tour, a museum, or any historical or famous spots to visit? Afterward, head to a popular spot for lunch. If you're lucky, maybe a local band will be playing. You'll be surprised by how much goes on right under your nose!

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

If you want to venture beyond just one neighborhood, make this date idea a themed day. Decide to walk around to all the best museums, historical sights, or specialty eats in your city. At the end of the day, rank them from your favorite to least favorite. That way, you can revisit your top picks!

You can also consider doing activities you may have done before but not in a long time, like going to the zoo or aquarium. It will be special to experience them again with your significant other. Plus, this [dating advice](#) will allow you to see old things in a new light.

**Related Link:** [Date Idea: Garage Sale](#)

Don't forget your tennis shoes! This date idea requires a lot of walking, so make sure you wear comfortable clothing and sensible footwear. You can still be stylish and sexy. For instance, wear skinny jeans, a black silky top, and red sneakers. After all, you don't want aching feet to interrupt the fun!

Follow this [dating advice](#) and add some sweet shots and selfies to your photo album. Take a snap together at every stop you make. Consider filming parts of the day and make a montage of your date. You'll create memories that you and your partner can cherish for years to come.

Have you ever been a tourist in your own city? Tell us below!

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## Weekend Date Idea: Get Crafty



By Emma L. Wells and [Mara Miller](#)

As kids, we spend much of our free time drawing or creating some unique works of art (even if no one knows what they are),

but as adults, we often let our creativity take a backseat to our many responsibilities. With that thought in mind, it's time to get crafty with this [date idea](#)! On your next night out, take your honey to the local pottery store where you two lovebirds can create your own clay pieces or paint ones already made.

## Let love be your muse this weekend with this date idea!

Channel your inner [Demi Moore](#) and Patrick Swayze and create your own clay pieces with this [relationship advice](#). Many pottery stores, artists' studios, and community colleges offer workshops in pottery-making where you can create anything from vases to bowls and plates. Maybe your beau has a secret artsy side just waiting to shine! If you two enjoy yourselves, you might consider joining a weekly or monthly pottery class together to really focus on improving your creative abilities. You'll probably meet other couples too and have the opportunity to expand your social circle.

**Related Link:** [Date Idea: Build a Fort](#)

If you can't find a place to craft your own or just don't feel up to the challenge – or the mess! – try to find a craft store like Michael's, Hobby Lobby, or Joann's where you can purchase all sorts of fun pottery pieces and decorate them yourselves. Find that perfect vase to house your next bouquet of wildflowers and see how in sync you are by working on a single project together. In a quiet pottery studio, there will be plenty of time to talk while you work. If you're a new couple, this is a great opportunity to get to know one another, and if you've been together for a while, it'll give you a chance to reconnect. Painting is also a great activity if you are looking for group weekend date ideas to enjoy with your favorite couple friends.

**Related Link:** [Redecorate](#)

If you are in need of some inspiration, let your partner be your muse. Use their favorite color or shape to guide you. To make things more fun, decide to make something for each other and then swap your handmade gifts at the end of the date. That way, you'll both have something to help you remember the day.

**Have you ever gone on a crafty date? Share your story below!**

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## **Date Idea: Pop the Cork!**



By Emma L. Wells and [Mara Miller](#)

While wine tasting at a vineyard is an excellent and romantic [date idea](#), it can also be costly and hard to arrange if you don't live near a winery or the savings for a trip. Even better: you don't need to head to Napa to enjoy a romantic and fun night with your beau for your next [date night](#)!

## **Let the wine and conversation flow this weekend with this date idea!**

Wine tasting can actually be an easy and cheap date idea in this [dating advice](#). Try visiting different restaurants and bars in your area. At each location, ask for a glass of your server's favorite wine. If you want to stick within a certain price point or have a preference of red versus white, it's totally acceptable to share when you order. Just say something like, "We'd really like to try a glass of your favorite white wine, preferably in the 10-20 dollar range."

**Related Link:** [Date Idea: Rain, Rain, Come Out and Play](#)

Ask your server why this particular wine is their favorite or where the grapes were grown; that way, you can learn a little bit about each wine you taste. Test your palate and see if you can taste what they're talking about. You might even consider bringing along a wine tasting guide. A simple Google search will bring up many options to get you started. Take notes on your phone to help you remember what wines you liked best (either the name of the wine or even just the region of the vineyard).

This date idea can be as flexible or planned as you want. You may prefer to scope out restaurants or bars ahead of time and make an itinerary for the evening. If you want to be a bit more spontaneous, just pick a starting point, enjoy your first glass of wine, and then stroll around the block until you find your next spot.

To make the most of this dating advice, think about heading out earlier in the evening so you snag the happy hour deals. After a few stops, find a good spot for a nice dinner. Consider switching it up by ordering your favorite wine for your partner to try. If they don't like it, you know it won't go to waste!

**Related Link:** [Date Idea: One, Two, Walk in My Shoes](#)

Making this date idea a success is easy; just be open to trying new things and having fun. As the wine flows, so will the conversation. Location hopping will help you get to know your hometown better, and you may even find a new favorite place to hang out.

**Tell us about your favorite wine tasting adventure with your partner!**

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## **Relationship Advice: How to Deal With Estranged Family Members**







By Dr. Jane Greer

When we think of family, we often have an image of togetherness, but for almost one-fifth of the population that is not the case. Studies have shown that family estrangement affects up to nineteen percent of people. And while it may be fairly common, it is often painful and can interfere with everyday happiness. That can be the case whether it is a child who no longer talks to a parent, a sister who no longer talks to a brother, an aunt who no longer talks to a nephew or any other variation. It can become even more relevant and harder to ignore when a family event takes place such as a big holiday, a wedding, or the birth of a baby because there is the natural desire to share those things with someone who, at least at one time, played a prominent role in your life. This may be what Meghan Markle and Prince Harry are experiencing since they welcomed their first child. She has been publicly estranged from her father, and the arrival of her son might raise questions and emotions about that situation, especially since her father told *The Sun* that he worries he will never meet his new grandson.

# In this relationship advice, learn how to approach estrangement from your family members.

There are so many twists and turns that can lead people to a place where there is no contact at all. Once that is established, it is often difficult to undo it. Perhaps a long past grievance led you to this place, but it has since been forgotten about or doesn't seem at all as important as it once did. So how do you know if it is the right move for you to use this life event, whatever it might be, as a catalyst to reconnect with family members you are no longer in touch with? And when, on the other hand, should you accept that no matter how much you wish you could reconnect that it is essential to your own health and wellbeing to recognize their limitations and continue to protect yourself emotionally by leaving things as is and not trying to bridge that distance between you? In other words, when is it okay to reach out, and when is it time to let go?

**Related Link:** [Relationship Advice: Should You Elope?](#)

If, in fact, there was a misunderstanding, or a family member cut you off with no real explanation and it is a complete mystery to you, these big life events can be a chance to try to clear the air. You can simply say that you know you have not communicated in a long time, but you would like to take this opportunity to attempt to reconcile any disagreements between you. At that point, you can ask if there was something you did to anger the other person, and possibly even move past it. Another scenario in which you might be able to find a meeting place is if you have had repeated grievances – about anything from politics to personal choices to a value clash – and you have not been able to find a middle ground. Might now be a time you can agree to disagree? Is the introduction of a

new family member – either through a birth or a wedding – or the celebration of a holiday enough to make you both realize whatever it is you are fighting about isn't so important that you can't put it to the side, respectfully acknowledge each other's differences, and go forward? In those situations, seriously consider if you have more to gain by being able to do this than you would lose by insisting on being right or refusing to acknowledge that your relative might have their own preference or opinion. You might even be able to learn how to co-exist as a family in spite of your opposing convictions.

**Related Link:** [Relationship Advice: The Afterlife Connection](#)

The times when you really have to ask if it is healthy and a good idea to try to reconnect with an estranged family member are when there has been a clear betrayal. In my book *How Could You Do This To Me? Learning To Trust After Betrayal* I talk about the different types of betrayals. One type is the unaware betrayal in which the person who does it is completely unaware they are doing it. Another type that I call the deliberate betrayal is much more complicated to get beyond. In this case, the person knew they were doing something that could hurt you, but they did it anyway. When this occurs, it is much harder to trust them again. How do you know they won't continue to behave that way and violate your trust another time? If you aren't sure, sometimes the only thing to do is to keep your distance so that despite whatever good news you might have to share, you aren't at risk of opening yourself up and being vulnerable to getting hurt and disappointed again.

Most people don't get to the point of estrangement without serious consideration. In all likelihood, there has probably been more than one issue in the relationship, and you have likely given your relative many opportunities to do better. Even so, it is common to have that continued desire to find your way back to them. Who knows what Meghan will decide to do in the future in terms of involving her father in baby Archie's life. If the reports are correct, he violated her

trust more than once, and it might be hard to bridge that gap since that can corrupt the whole foundation of a relationship. Hopefully one way or another she, and you, will be able to find peace and know when it is more important to take care of yourself than to look for a reunion.

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

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## **Relationship Advice: How to Approach Social Media Post-Breakup**





By Dr. Jane Greer

It is nearly impossible to do anything privately these days because almost everything is caught on camera and then shared on social media. With that in mind, breaking up and moving on can carry an even heavier and more transparent burden since most steps are documented on Instagram, Facebook, Twitter, or another social media site. For example, John Cena was spotted holding hands with a mystery woman only days after his ex, Nikki Bella, confirmed she's in a relationship with Artem Chigvintsev. All of this played out on the internet. Sometimes the one left behind doesn't feel ready to move on, but when they see their ex out there with a new love they might feel motivated to either try to put themselves out there too or, at the very least, look like they are. This raises the question, is using social media a good choice when trying to get over an old flame?

**In this relationship advice, we**

# explore how to approach social media after a break-up.

Seeing your former lover's posts with a new partner often stings, and might push you to actively seek social interaction with other people in an effort to offset the rejection and loneliness you are feeling, or to spark jealousy. Either way, it can be tempting to document your journey and share it for everyone to see, especially your ex. Whatever picture you present will offer a silent confirmation to him or her about how you are doing after the break. For those who are still mourning the loss of a relationship, putting a happy face out there on Instagram and Facebook can be a way to aspire to feel better than you do, a way to paint a picture in which you appear to be over it, no longer sad, and looking ahead to your future beyond your connection to your ex. Whether you are at a rooftop cocktail party, on an actual date, or lounging by a pool, the message you are sending is that you are carrying on and your life is moving along fine without the other person. The truth, though, might be that you would rather be home in your pajamas or are still pining for your lost love. If that is the case these photos can be a way of faking it until you make it. In the same way you might try to put a smile on your face even if you don't feel like it, there is the hope that doing this can help pull you out of your rut and get you back on a better road since it is forcing you to leave the house and be around other people.

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

Additionally, some may truly be over the breakup, having survived the tornado of it, and are in fact happy now, meeting and dating new individuals. As a result, they may be eager to show off that they are happy and doing all right. But is it okay to present your life publicly in order to let your ex

know he or she is in the past and you are now living in your present? Will this be a positive move for you? To what extent do you want to use social media? For some, it can certainly be helpful, but can it also be hurtful?

There are a number of factors to consider when you determine if using social media at this point is the right choice for you. If you have always had a strong online presence, you might not want that to change just because you are suffering through a heartbreak. After all, you have lost a partner, but you don't have to lose your usual connection to the world and feel you have been flung off the map entirely, too. In that case, keeping up with all of that might seem very natural and even help keep some normalcy in your life while you heal. But what if you feel pressure from having to "put on a happy face" and maintain your accounts, and that adds to your feeling more overwhelmed? In that instance, it might not be good for you right now. Along the same lines, putting a fictional story out there of what can look like a fairy tale life might also make achieving it feel even more elusive, and therefore might have the opposite effect of what you are hoping to accomplish, sending you further into despair rather than pulling you out of it.

Keep in mind, also, that when you post publicly you become exposed and open yourself up to all sorts of judgments and comments – anything from someone suggesting you are moving on too soon to making a statement about the way you look. Consider if you will be able to handle this, or if you are already so sensitive and vulnerable that you are at risk of feeling even more bruised by their criticisms and opinions, many of which may be sparked by envy on the part of your followers. It's possible then that opening that door will make you feel worse rather than better. Also, try to determine why you are choosing to put yourself out there in this way, and understanding that might help you decide if you want to follow through with it. Are you doing it to get back at someone who

wronged you? Are you hoping to one day reconcile with your ex, and this is a means of showing him or her that you are valuable and strong, and not pathetic without them? Or are you truly recovered and happy to be back out in the world?

**Related Link:** [Relationship Advice: Can You Handle Sex Without Love?](#)

Finally, as you move through the murky journey of getting back on your feet, remember that in the same way, your own posts might make you and your life appear better than you may feel or that it actually seems to you, the same could be true for your ex. Much of what you see in their online photos may simply be their own social media front. Keeping this in mind can help offset feeling upset that they seem so happy without you.

The bottom line is that there is no correct answer, it is a matter of what is going to be right for you. Posting may be one of the ways to highlight that you are managing rather than sulking and feeling wounded. Furthermore, if you are no longer in personal contact, social media might be the only way to get the message out there. Ultimately, if it helps you feel better about yourself, gives you true support instead of demeaning statements, and the desire to get good photos mobilizes you off the couch and back out into the world, then this choice might serve you well.

Even if John had no intention of spreading any news, it is sometimes hard to keep it quiet. It seems like he is traveling down a new path without Nikki, whether we hear about it on social media or not.

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



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

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## Relationship Advice: Talking Through the Tough Times



By Dr. Jane Greer

Sustaining a marriage or an ongoing relationship can be hard,

and everybody hits different rough patches along the way where they think they made a mistake choosing their partner and they can't see a lasting future together. Even in what seems like a great connection, there are times when people think they want out. Fortunately, in most cases, they don't act on these heat-of-the-minute thoughts, but rather look to find ways to move past them. Neil Patrick Harris and his husband David Burtka recently talked about how they keep their 15-year relationship happy and healthy. The couple, who share 8-year-old twins and got married in September 2014, said that for them it is all about communication. They said they try not to let emotions and disappointments get bottled up, but instead talk through the issues before they become too big to overcome. That's a good strategy for everyone.

**How can you navigate the potholes you hit in your relationship and get out of them so you don't get stuck, and can instead continue to go the distance and stay on track? Check out this relationship advice from Dr. Jane Greer.**

Often, in the surge of anger, one person may tell the other that it's over and they want out. While they might mean it when they say it, they don't actually intend to follow through and leave or make the other person leave. I call this the Deal Breaker Card, and it gets played when somebody has reached their last nerve and feels a sense of hopelessness that their relationship is ever going to change and get better. While it offers a sense of relief as well as control so they don't feel trapped, and sometimes is meant to intimidate their partner into shaping up and let them know they aren't kidding about

how upset they are, it does in fact work against you. In order to get through the tough times, you need to feel like you are a team and have a we're in this together bond. Once you play the Deal Breaker Card, it is going to shake the foundation of your union and create anxiety and insecurity for your significant other. Your partner is now going to focus on – wow, we can be broken – which can deplete the trust you share and might make your partner no longer feel safe with you, which can get in the way of being able to focus on the issues to make the changes necessary to improving the relationship. It takes away from the sense of being a team, the idea that you can get through anything. Instead of strengthening your sense of resilience, it divides you and can make it harder to get through the conflict. So while you may feel like telling your partner that's it, I'm out, we're through, avoid playing the Deal Breaker Card. Think it, but don't say it. What you might say is that sometimes you feel hopeless about your relationship going forward and you wish it can get better, which makes room for your partner to feel encouraged and work with you to make that happen. Take Neil and David's lead and acknowledge that you are at a fragile place and talk about how you will be able to get beyond it and endure over time. Discuss what you are facing, knowing that the problems in front of you are real and in order to stay together you should try to do your best to talk through them. Instead of playing the Deal Breaker Card, use that anger to consider seeking the help of a counselor, or make a clear effort to work harder to listen to each other. See it as a chance to pay more attention to your mutual needs so whatever argument you are having doesn't bring you to the end of the road.

**Related Link:** [Relationship Advice: Can You Handle Sex Without Love?](#)

Another thing to be aware of is what I call Love You, Mean It, Hate You, Mean It moments. I talk about these in my book *What About Me? Stop Selfishness From Ruining Your Relationship*, and

most couples deal with these at one time or another. No matter how much you love your partner, at some point he or she is going to do something that angers, frustrates, or disappoints you and, when that happens, you might feel like you actually hate them. This is totally normal, it's the natural ambivalence that is a part of every relationship. It often surprises people because when they fall in love they typically imagine that is how they will always feel for each other and they can't imagine ever having feelings of hate for the other person. However, as I explain in my book, most loving feelings in an adult relationship are conditional and subject to how you treat each other. Loving gestures beget loving feelings, and the same goes for negative behavior. With that in mind, accept it and use it as a tool to acknowledge your anger and disappointment. You might even consider developing a shorthand in which you say, Hate You, Mean It, just to let each other know when one of you has done something upsetting. Neil and David joked about using tasers to get through to each other, which is a variation on this theme. Keep in mind that you always want to balance out the Hate You, Mean It moments with the Love You, Mean It moments so you can focus on the positive.

**Related Link:** [Relationship Advice: Should You Elope?](#)

There is no question that maintaining a solid relationship is challenging and requires prioritizing each other along with truly listening and sharing your time and attention. This is what Neil and David say has gotten them through and continues to keep them on solid ground. That, and a little humor such as their kidding about the tasers always helps. Hopefully, if you find yourself wanting to play the Deal Breaker Card or being flooded in a Hate You, Mean It moment you will be able to take a step back and remember why you fell in love with this person in the first place, so that you can sprinkle some Love You, Mean It moments and therefore make it worth the trouble to try to find your way to those feelings again.

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

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## Relationship Advice: How To Spice Up Your Marriage





It's not uncommon for married couples to fall out of touch as time goes on and their routine leaves less room for intimacy. The excitement that once characterized their relationship has all but run dry, and now, even their time in the bedroom feels dull and predictable.

The good news is that every willing couple can reignite the passion in their marriage, and the process of exploring can be just as fun as the acts themselves.

**If you're on the hunt for some saucy ways you can surprise your spouse, here are a few tips.**

### **Start Texting Again**

Send flirty messages throughout the day, and don't be afraid to include a little dirty talk. Many couples might reserve text messages for chores and reminders, but this is a highly underestimated form of communication that can help build anticipation and make you feel appreciated. Let your partner

know you're thinking about them throughout the day ... and what you'd like to do to them when they get home.

### **Go on Dates**

Skip your usual restaurant and go exploring. Dress up in something sexy, including some nice lingerie underneath, and truly go the extra mile to wine-and-dine with your spouse like you did when you first met. If you're both too tired from work and kids, that's okay. Plan a romantic date night at home with rose petals, a candlelit dinner and some tasty dessert. Leave no stone unturned and pull out all the stops to impress your S/O.

### **Try New Positions**

Couples tend to fall into synchronicity the longer they're together, and that includes how they have sex. While a comfortable rhythm is great, it can also make you feel under stimulated and bored between the sheets. Look up some new positions and try them out. You may just wind up laughing together, which never hurt anyone.

### **Experiment With New Toys**

Buy a [prostate massager](#), some vibrators, clamps or other sex toys that you've never tried before. You may feel funny using them at first, but it can be a great learning experience that will make physical intimacy fun again for you and your partner. You'll also get a better feel (literally) for what you like, and this can be an exploratory period in your marriage that leads to greater satisfaction and fulfillment for both people.

### **Dress Up**

One of the best moments in a relationship is when you can just wear sweatpants in front of your significant other. But the comfort of a marriage can sometimes cause personal upkeep to fall to the wayside. Buy some new clothes and freshen up around your partner. The little effort goes a long way, and you can begin to feel as if you're just starting to date

again.

Marriage is the end-goal for a lot of people, but it's really just the beginning of an epic lifetime together. Don't be afraid to communicate your needs with your partner. As long as you're both committed to each other, you can overcome every obstacle and make each year together exciting and new.

**How did you and your partner re-ignite your marriage? Share with us below.**

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## **Relationship Advice: Signs Your Partner May Be Cheating**







By Paige Jirsa

As painful as the truth may be, there are clear signs of infidelity that shouldn't be ignored. You may have noticed some different behaviors or strange changes in your partner lately; at first, you may have chalked it up to them having a bad day at work, but now their actions are really starting to affect you and your relationship.

**If you notice any of these cheating signs, it may be time to investigate further.**

### **1. Suddenly Secret**

If your partner suddenly changes the passwords on their devices, doesn't let you use their phone, and seems jumpy when you ask them about their day and whereabouts, this could be a sign that they are cheating. Your partner may be trying to hide text messages and probably feels nervous when you ask

about their day because they don't want to get caught in a lie.

## **2. Changes in Intimacy**

One night of not being in the mood isn't a red flag, but weeks of receiving the cold shoulder in bed is cause for concern. Your partner may be too occupied with their cheating partner that they don't want sex when they come home, or they may have contracted an STD and don't want to pass it on to you. If you have recently contracted an STD, this is a very obvious sign that your partner was unfaithful; you should get [checked](#) immediately.

## **3. They Start Mistreating You**

If your partner suddenly becomes more critical and negative towards you, this may be a sign that they are cheating. They are subconsciously trying to justify their bad behavior, so they point the finger at you to make it your fault in their mind. They may also seem more distant or act withdrawn from the relationship.

## **4. Missing Money**

If there are unexplained withdrawals or expenses coming out of your account, or your partner comes up short on bills and asks you for money, this may be a sign that they are splurging on another person. They may be spending money to take the other person on dates or to go see them far away. This also ties in to unexplained, out of the blue "business trips" that your partner may have started going on. Most companies pay for employees to travel, so excessive expenses while your partner is away may indicate that they are having a long-distance affair.

## **5. Improved Appearance**

If your partner goes from sweatpants to snappy suits, you may

want to start asking questions. While this may not seem like a red flag, most people don't drastically change their appearance unless they are trying to impress someone. If your partner starts dressing up and going to the gym along with any of these other signs, take it as a clear indication that something is off. If they dress up and take you on a date, they may truly be trying to impress you to liven up the relationship. If they change their appearance and start going out without you, it's time to investigate!

*Paige Jirsa work with [STD Testing Facilities](#), which provides users same-day STD testing in a discrete and proficient manner.*

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## Movie Review: After





By [Courtney Shapiro](#)

If you're looking for a movie full of love, romance, and a mysterious love interest, then *After* should be on your list. Based on the best selling Wattpad novel, the film follows Tessa in her first semester of college. As a hard worker, and loyal girlfriend to her high school sweetheart, Tessa has large plans for her future. However, her small world is about to open up when she meets Hardin Scott, the dark rebel who will make her question herself and what she wants out of life. Check out our [movie review](#) on why you should see *After*.

**In this movie review, *After* is the perfect combination of drama and romance for your next date night or girls night out.**

**Should you see it:** If you have read the book, or are a fan of romantic movies, then you should plan a movie night!

**Who to take:** This film is a great idea for date night. Grab your significant other and fall in love with the on screen romance.

### **Cupid's Advice:**

Tessa has to decide whether to stay in the path she knows or veer off and open herself up to new experiences. We have some advice on what you should do when you're faced with two different life decisions:

**1. Take time to think:** Don't rush into any choices. Weigh out the options of each decision and go through why making that decision could either help or hurt you in the end.

**Related Link:** [Movie Review: Captain Marvel](#)

**2. Talk to people:** It is hard to make a choice all by yourself. While the end result is only affecting you, it can be beneficial to get an outside opinion on what you're thinking.

**Related Link:** [Movie Review: Isn't It Romantic](#)

**3. Stay calm:** Don't get in stuck in your own head. Everything is supposed to happen for a reason, and the outcome of your decision will reflect that. Do whatever feels best at the time and let the rest play itself out.

**Have you had to pick between two life decisions? Share your advice below.**

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# Ask The Guy's Guy: Should I Follow My Boyfriend To Where His Job Is?



By [Robert Manni](#)

Question from Kaylee M: "My boyfriend and I have been together for a while now, and we both know we're going to end up together for a while. But, he might have to take a job that's 6 hours from my home, and that might be an issue for me. I'm very close to my family and not sure if this is a move I want to do. What should I do?"

## Boyfriends moving away, should you

# go with him?

Hi Kaylee:

You have a lot of variables to consider before making a decision about this move. It's great that you have a strong bond with your boyfriend, that he has a great opportunity, and he wants you to join him. Now it's time to ask yourself questions. What are the opportunities for you if you join him? Do you have a career where you currently live? If so, can you get a transfer to the new locale or easily find a similar job there? Have you visited this location? Did you like it, and could you see yourself living there? Do you know anyone there? How difficult would it be to visit your family if you move?

Six hours by car is substantial, but it's not like moving across the country. You mentioned seeing yourself together with your boyfriend "for a while". How long is a while? Is it long enough to pick up and move your life, career, and away from your family? Only you know the answers to what's in your heart and what his intentions are.

**Related Link:** [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

I'm not trying to throw water on what could be a great opportunity for both of you. I'm suggesting you consider how all the variables of this move will impact you and your life, friends, and family connections. I'm also wondering what your boyfriend has to say about this opportunity as it relates to you. After all, you will be making a sacrifice since he already has a job set up. Was this opportunity a surprise or something he has been working towards? As you can see, there is a lot for you to consider prior to making a decision. You may discover that it can turn out great for both of you. Or not. Only you can get the answers you need to make a wise decision. After all, your number one priority and consideration is to yourself. Good luck!

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email [gillian@nvmediainc.com](mailto:gillian@nvmediainc.com)

**More about the Guy's Guy:**



Robert is the host of Guy's Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly "Guys' Guy's Guide" exploring current guy-focused topics.

His novel, THE GUYS' GUY'S GUIDE TO LOVE, praised as the "men's successor to Sex and the City," has been developed into two feature-length adapted screenplays, a scripted television series (pilot and treatment), and a series of non-scripted Guy's Guy show concepts.

Robert has appeared on broadcast television (NBC's Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio programs and podcasts, as well as a contributor to Huffington Post, Thought Catalog, Cupid's Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by [DatingAdvice.com](http://DatingAdvice.com).

Robert developed the Guy's Guy Platform to help men and women better understand each other and bridge the growing communication gap between the sexes. He continually creates a fresh, robust palette of timely Guy's Guy [content focused on life, love and the pursuit of happiness](#). Whether it's navigating the challenges of dating, relationships, friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.



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# Relationship Advice: The Beauty, Meaning, & Power of Love



Love is amazing, and everyone should experience it at some point throughout their life.

Take a look at our relationship advice on why love is beautiful,

# meaningful, and powerful:

## Why is love the most beautiful feeling?

Love is a bright, positive and good feeling, which triggers kindness, positive emotions and the desire to share it with your soulmate. Love is one of the [steps to healthy relationships](#). If the feelings you have for a person make you constantly worry, then, most likely, they have nothing in common with love. The root cause of such a scenario may be the inability or unwillingness to understand yourself. People tend to cling to the past. Sometimes, it is difficult to leave and start life from scratch. Everyone has their own vision of love. People are sure that they know how ideal relationships should look like, that's why the reality makes them suffer. It is necessary to learn to reject all conventions, which do not allow you to love, and only then this beautiful feeling will bloom in all its glory. It is hard to describe love with words. It needs to be felt, experienced and revealed. You should work on this amazing feeling. Only your own experience will help unlock the secrets of love.

## What is the meaning of love?

What is the meaning of love, and why do people think that this is the most beautiful feeling, without which life becomes limited, faceless and monotonous? Love gives strength, saves from loneliness, makes you feel that someone needs and misses you. It helps understand the essence and meaning of existence. This wonderful feeling opens up new qualities in people, making them more tolerant, kinder and better. It is love that makes it possible to understand a person, to look into their soul, to accept them with all their strengths and weaknesses. People in love seek to share everything they have as well as to help, support and make the life of a loved one easier. The meaning of love is that it binds close people. Members of a big family realize that they are strong when they are

together, and whatever surprises they face, they can overcome any problems. Love gives faith and hope in the future. Probably, the meaning of love lies in something different for each person. It is enough for someone to see a loved one several times a month, and for others, it is important to fall asleep and wake up together every day. Nonetheless, whatever views on this wonderful feeling you have, the main thing is that it makes you happy and allows to feel the fullness of life.

### **What is the power of love?**

It is very difficult to meet a person who doesn't dream of meeting a person who will share their views, read between the lines, support, pay attention to signs. That is, everyone dreams about meeting a soulmate. The power of love is that people are ready to give in to the partner, make compromises, change their principles, put the healthy wishes of the beloved one above their own, and even sacrifice themselves for the sake of this wonderful feeling. A life without love becomes gray and dull. For some people, even the meaning of existence is lost. This feeling can be compared with the healing balm, which makes you healthy. The power of love is manifested by a twinkle in the eyes and is reflected in any field of activity. A man in love feels a huge surge of energy, and it seems to them that they are up to the task at hand. All the problems and hardships seem insignificant and easily solved when a person falls in love. Probably, this high feeling gave the world people who are admired by more than one generation. It's about artists, writers, poets, composers, singers. Often, they were inspired by all-consuming love, which doesn't allow to think about something else. They poured out their feelings on canvas and paper, giving the world brilliant works and proving once again that love is the most beautiful feeling.

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# Relationship Advice: Being in a Happy Relationship in the 21st Century



The impact of technology has increased over the years, and it threatens to change our lives and the way that we interact with each other. Its influence is more substantial on relationships because they depend on real human interactions.

## Relationship Advice: Being in a

# Happy Relationship in the 21st Century

Being in a happy relationship requires a different set of rules and practices. For this relationship advice, those rules and practices are like these:

**1. Explore your options:** Being in the right relationship begins with being with the right person since dating someone who isn't right for you can lead to a lot of heartache for both of you. Therefore, instead of rushing into a relationship that might be doomed to fail, take your time and evaluate your options. Find out what you want in a partner and go for it. Settling for less will make you unhappy in the future. You should consider online dating sites like [interracial dating central](#) where you can meet a lot of people.

**2. Communicate in real time, in real life:** Nothing beats real face-to-face communication. No screens, no Wi-Fi, no Internet buffering can ever replace the authenticity of a discussion in person. Research has actually shown that when you have physical contact and interaction with someone, it improves your bonding and intimacy with that person. That's something you won't get from video chats.

**3. Use technology:** Just because technology can diminish our intimacy and bonding time doesn't mean we can't use it to our advantage. If you're in a long-distance relationship, technology should probably be your best friend. With video calls, you can stay involved in your partner's life without skipping a beat. They say distance makes the heart grow fonder. Whenever your heart grows fond, you can simply pick up the phone and talk to them.

**4. Ignore social media's standards:** One of the predominant causes of unhappiness (especially in relationships) in the 21st century is social media. Social media enables everyone to

share parts of their lives with the world. There are no filters for what's true and what isn't—only what you choose to share. Unfortunately, most people don't know this, and they try to match the unrealistic standards that other people post on social media. Not meeting these standards often leads to a lot of unhappiness. You can avoid this downward spiral by ignoring social media's standards, and simply measuring your relationships by your own standards. After all, you have to live with yourself.

**5. Beware of questions:** Google has gotten us addicted to instant answers when we want them. These days, you don't even have to type in anything. You can simply say the question aloud into your phone, and it spits out the answer. This quick and easy question-and-answer experience has tricked us into believing that everything should work like that. With relationships, it's a little different, and the truth is that your partner isn't obligated to give you answers any more than you're obligated to give him. If, however, they do agree to it, you have to be ready for the answers.

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## Relationship Advice: Can You Handle Sex Without Love?





By Dr. Jane Greer

As women strive for equality, they are exercising their freedom of sexual expression more and more, which for many might mean a choice to have casual sex. However, with that freedom and choice comes great responsibility, and the important task of taking care of your emotional self and well-being. That is possible only once you know what you want and can tolerate, and, when it comes right down to it, if you can handle sex without love. Diane Von Furstenberg spoke about her fling with Richard Gere, saying it was just a “f\*\*k,” which is how she wanted it to be. While it is more common for men to have sex and keep it just about the physical connection, with few or no feelings of intimacy involved, women regularly struggle with separating the two. Often emotions come into play despite their best intentions, since so often women feel most vulnerable when they are in intimate situations and often literally are and symbolically feel naked. So how can you know if you can handle a fling with no strings attached?

# With this relationship advice, learn if you can handle a fling without love.

By challenging the stereotypes that have confined and limited women for so long, you can consider your sexual identity and what it means to you in terms of your happiness and your sexual esteem, and what might give you the most pleasure and fulfillment. Sometimes that might mean indulging in a purely physical romp with someone. That can happen if, for example, you want to sleep with someone you just met, because you are on vacation and want a brief romantic escapade, or you are at a wedding and want a one night stand. Furthermore, you may have just gotten out of a long relationship and aren't ready to jump back in to a serious commitment, so casual sex might seem appealing. If you find yourself facing any of these scenarios, ask yourself if you will be okay if you never hear from this person again. Or if you begin to feel connected but they aren't interested in anything more than the sex, will you be able to disengage without experiencing a great loss? The most important thing to consider is how you will feel when it's over. The key is to be able to enjoy the experience, and have it enhance your self-esteem.

**Related Link:** [Relationship Advice: Will Your Perfect Partner Vision Become Reality?](#)

Sometimes the only way to know if it is going to work for you is to take a chance, jump in and see where you land. You know best what your Achilles' heel might be, and if there is a chance you could come out of it with a big emotional ouch because you may find it hard to let go, this might not be the right move for you. With that in mind, if you are in the driver's seat you can give yourself the permission to say yes to your desires and feel empowered by them when it comes to



your sex life decisions. The essential thing to be aware of is that whatever your action may be you are doing it by choice, one that you are making for yourself with full awareness of the consequences, and thereby can feel confident about. In this way, you will be a woman who takes charge, is in control, knows what you want as well as what you don't want, and will be better able to build your inner security which will reflect in your general wellbeing.

**Related Link:** [Relationship Advice: Should You Elope?](#)

For Diane, it was simply about getting physical. It requires clarity, like she had, to know from the start that you'll be fine if nothing more develops from your sexual encounter. If you are able to take an inventory and determine where your tender spots are, thereby avoiding heartbreak, hopefully you will be able to keep it light and fun. In the end, knowing what you can handle is the best indication of whether or not a sexual rendezvous without a commitment will be a positive or negative in your life. If you tend to get attached quickly and are very sensitive to rejection, just sex might not be for you. You want to be your best protector. When it comes to casually getting between the sheets and thinking about how you'll feel after, trust your gut.

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

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# Dating Advice: 5 Activities for a Fun and Fresh Date With Your SO



Valentine's Day is over and done. But, celebrating and expressing love should never be limited by a holiday or a certain month of the year. Trying out new things as a couple is proven to strengthen any relationship regardless of stage. Sure, a candlelit dinner, flower bouquets, and expensive chocolates do sound romantic, but you can do that any day with your S.O. Go for something new, and never be afraid to try out other things!

**Once in a while, isn't it amazing to go all-out? Whether you and your S.O. are the outdoorsy types or incorrigible homebodies, here is some [dating advice](#) with five simple activities you can do for fun.**

### **Camp Under the Stars**

For the outdoorsy couple, an excellent Valentine's celebration would mix romance and adventure, and that's exactly what you can get when you go camping. Camping in the wilderness makes you feel as if you were the last people on earth. It's just you and your SO underneath the stars, surrounded by the quiet and peace of nature. Nothing can be more intimate than that.

Plus, camping outdoors has lots of [benefits to your physical and mental health](#), including stress reduction, getting exercise, breathing fresh air, and unplugging from social media, to name a few.

Of course, if you don't fancy the long trek and lugging heavy camp gear to the site, you could always [go for glamping](#). It may not be as thrilling or as adventurous as traditional camping is, but you'll have more comfort and convenience in exchange. In any case, you can always rough it up next time.

### **Do an Arts and Crafts Day**

Not everyone enjoys going out. Some people just want to stay in and relax with their SO at home. You can watch some movies, play video games, and share a home-cooked dinner. Or you can do something that you don't do every day to celebrate the holiday—like doing arts and crafts.

Whether you and your partner are artistically inclined or not, there are plenty of benefits of doing arts and crafts. Staying at home, making origami, [creating a photo book](#), coloring, or just doing something creative is a great way to have fun and just relax. You can compete with your arts and crafts with something 'romantic' as prize for the winner.

## **Try Paintball**

If you and your partner are itching for some thrill and adventure, invite all your friends and organize a paintball competition this weekend. There's nothing like adrenaline rush to add fun and excitement to your celebration.

Paintball is perfect for people who want to have fun and let off some steam at the same time. You're free to go wild, get competitive, and make as much mess as you can. A game of paintball may be just what you and your partner need to decompress and loosen up some knots.

First time trying the sport? Learn all about the rules and whatnot of the game using this [detailed paintball guide](#).

## **Have a Slumber Party**

Who says only kids can have slumber parties? Adults need them too! Slumber parties are a lot of fun, and you and your significant other deserve to as much.

You can stay up watching all your favorite movies, playing video games, doing your nails, having a rap battle, holding an impromptu concert, or simply chatting. It's a great way to catch up especially if you've both been so busy doing individual things.

Having a slumber party also takes away the stress of planning a romantic celebration on one or both of you. And you save yourselves from struggling with a million other couples who are rushing to make it on time for their dinner reservations.

## **Spend a Relaxing Day at the Spa**

For the busy couple, a relaxing spa day may be the perfect way to celebrate special days. Sure, spending the holiday at the spa may not be the most romantic thing to do for others, but both of you deserve to feel more refreshed and a really great massage and pampering. Adventure and excitement can wait until the next holiday or weekend. For now, you both deserve to treat yourself.

## **Final Word**

You're not obligated to celebrate and express your love for each other all the time. But these little things make a huge difference for any relationship. Planning such activities add spice to any relationship and will make your significant other feel loved. You don't have to stick to conventional ways of celebrating all the time. If you and your SO have the time, energy, and resources, why not do something fun and unique and even more extreme?

**What are some fun date ideas you do with your SO to keep the spark alive? Share below!**

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# **Dating Advice: Five Steps to Winning a Second Date**





In today's world of fast immediate gratification and apps that teach us to swipe left and right, there are so many options for dating that quantity seems to prevail over quality when it comes to meeting someone long-term. If there isn't a connection on the first date, we are off to set up a date with the next person we meet online. Sometimes it takes a few dates to build a connection. Let's dig into some crucial moments advice for getting a second (and maybe third) date with someone.

## **Dating Advice: Five Steps to Winning a Second Date**

**1. Be respectful of their time:** Choosing a location for the first date is one of the most important factors in getting a second date. It's easier to get comfortable and suggest your date travel closer to you. The respectful and courteous thing is to compromise on a location for your date. The meeting place should be a convenient, neutral location for you both. For example, if you like to play basketball but your

date has never stepped foot on a court, this may not be the best idea for a first date. Similarly, if you live in the city and your date lives in the suburbs, don't invite them to your town just because it's faster and easier for you to get home later. Agreeing on a location together will lay the foundation for any potential relationship. It's surprising how many first dates fail because this simple rule isn't followed. Additionally, if you really want to impress your date, knowing what they like to eat and do is sweet and thoughtful.

**2. Listen and ask:** The bottom line: stop talking, listen to your date, and then ask questions. Even if you have funny stories, use them sparingly. Attraction often happens when someone feels heard by the person sitting across from them. Give your date a chance to speak if you don't want to come across as a selfish, narcissistic chatterbox. Ask about their interests and maintain a healthy give and take in the conversation, paying special attention to topics that really interest your date. Listen without interruption if you like your date. It will let them know you're into them. Don't bombard your date with overly personal questions that it puts them on the defensive. Your conversation should feel like a friendly, pleasant chat, not an interrogation at a police department. Remember, it's hard to be vulnerable, but someone feels heard when they're talking, they tend to open up more. Be mindful of that.

**3. Don't wait too long:** It's a sad truth, but guys often wait too long before asking a girl on a second date. It could be because of a packed week with other options, because they aren't interested, or as simply because they're afraid of rejection. You might want to move on if it's been two weeks since your first date with someone unless they have a reasonable explanation as to why it took so long to get back in touch. If they make you wait the second time around, then it's a pattern that you need to decide if you want to live with when being courted by someone. The same goes for moving

too quickly. Don't be too forward or aggressive by asking someone out as soon as you get home or text them repeatedly.

This article was written by [Meetwife.com](http://Meetwife.com), an online dating site that has several women looking for marriage.

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## Date Idea: Homemade Smoothies



By [Sarah Batcheller](#) and [Mara Miller](#)

It's hot outside, and you and your beau have exhausted every effort to bare the record-breaking heat. One thing you may not have tried, though, is a day inside blending together your favorite ingredients to concoct the perfect smoothies. All you



need for this [date idea](#) is a blender and your favorite fruits. A day well-spent indoors this summer is just what the two of you need to wind down and cool off!

## **Check out Cupid's best relationship advice for beating the summer heat with this date idea!**

Smoothies are fantastic because they're an easy and delicious homemade treat. Whether you have a sweet tooth or you're a health nut, there are dozens of smoothie recipes out there for you. The Food Network has listed fifty of their own, and you're bound to find more as you search. You can stick to traditional strawberry banana, or you can try your hand at more unique recipes. SimplyArtisanal.com has some very fun ideas that are sure to "wow" your lover like vanilla fig and peach fuzzy navel. Don't be shy about blending different recipes; the whole point is to stay in and try something new!

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

Half the fun of this weekend date idea is in the preparation. Pick out your favorite recipes; make a list of everything you'll need; and hit the grocery store. It doesn't matter if you're on a budget or willing to splurge – you can find something that fits your desires. If the two of you want to challenge each other, split up at the grocery store and pick out your favorite ingredients. Follow this relationship advice and surprise your partner's taste buds with your creation!

**Related Link:** [Frugal Foodies: How to Save on Dining Out](#)

You and your partner can even have a contest to see who can come up with the best recipe. For added fun, create categories like "most original", "best tasting", or "most disgusting."

Then, the date will be more about the time you're spending together and less about the actual smoothies (not that we're against that). If you're turning the smoothie-making into a day-long event, you'll want to remember to make small portions each time so that you can both try them all!

**What is the best smoothie recipe you've ever made? Tell us in the comments below!**

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## Date Idea: A Day at Sea



By [Sarah Batcheller](#) and [Mara Miller](#)

Embrace the other elements with your cutie and spend a day

exploring the ocean. This weekend date idea can include so many different activities at sea, including jet skiing, scuba diving or snorkeling, and sailing. Being out in the vast water and so far away from dry land will allow you two to really indulge in some alone time. Consider this relationship and love advice and make a day out of conquering the great, blue sea!

## **Get ready for this ocean-inspired date idea!**

Jet skiing is a fantastic option because it's highly accessible. There are tons of companies on every beach. Once you've found one that matches your budget, make an appointment. After you arrive, the instructors will have you sign a waiver and take a short safety course. Then, you can strap on your life jacket and head to the shore, where they'll help you enter the water. If you want to compete with your lover, you can rent two jet skis or if you want to get cozy, rent one to share. Either way, you'll be able to venture further out into the ocean than you have ever before.

**Related Link:** [Date Idea: Beach and Beyond](#)

In order to partake in deep-sea scuba diving, you have to take lessons and be licensed. This is always an exciting date idea, but if you're just going out for a day at the beach, you may want to opt for some snorkeling instead. You can purchase snorkeling equipment at many sporting goods or department stores, and from there, all you'll need is your ability to swim! Underneath the pier is a great place to snorkel, as a lot of sea critters gather there. You can also bring your snorkel right offshore where you'd normally swim and take a gander at what's lurking around your feet.

**Related Link:** [Date Idea: Bring the Beach to You](#)

If you or a friend owns a sailboat, then use this weekend date idea to spend the day lounging on the deck with your sweetie. You can even make it a couples date and invite your best friends. Boating is not only exciting, but it provides an escape from everything back on solid land. Pack some food and drinks, and you'll be able to stay out there all day!

**What's your favorite way to explore the ocean? Tell us about it in the comments below!**