

Moving In Together: How to Know When the Time is Right



By Nisha Ramirez

For many couples, moving in together is a gradual process. It starts when you leave a toothbrush at your partner's house after a few nights and suddenly they have more of their shirts than you can count tucked away in your top drawer. However, other couples view moving in as an equivalent to getting married, which can be intimidating. Either way, deciding to share space with another person is something that you don't want to rush into. After all, everyone shows their true nature once you become roommates with them, and sometimes that's not pretty. Here are some ways to know when the time is right to move in together:

1. You sleep in the same bed every night: No matter where you go during the day, if the night always ends with a big sleepover, chances are you're ready to move in together. Coming home to the same partner is a huge step that really shows you're committed. Although moving in together entails a lot more than just sleeping in the same bed every night, this can be a great sign that you and your beau are able to coexist happily.

2. You share huge purchases: If you and your partner share big purchases like electronics or even pets, you're already displaying signs of co-ownership. Being able to share expensive and treasured objects says a lot about your future together in a new home. Living together means learning to share bills, living spaces and a bathroom, so it's good if you're able to start somewhere.

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3. You both want to live together: Moving in together isn't something that you spring on a person. It should never be a surprise, so that means don't give a birthday gift of keys to your apartment. Talk to your partner and see how they feel about taking this big step. If you aren't on the same page about living [together](#), then you won't be able to coexist for very long.

4. You are okay with giving up some of your independence: Sharing a place means having to let your significant other decide on a few things. Are you not going to be home on time? Are you taking a trip with your friends? Because you are both living under the same roof, you need to be respectful of your partner and be ready to let go of some of your independence. However, it's important to not become too dependent on them.

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5. You're able to find your own space: If you get into an argument with your partner and you two live together, you can't pack a small bag and spend the night at your apartment. Instead, you have to know how to find your own space to clear your head within that same household. Before you make the decision to move in together, work on your communication and relaxation skills. Had a fight? Try locking the bathroom door and having some me time while regrouping in a hot bath. You may be living together, but you have to know how to be solo as well.

How do you know when the time is right to move in together?

Top 3 Pre-Date Primping Rituals





By Dana B. Myers

Ten years ago, I met my husband on Match.com. I was on my *Husband Safari*, ready to meet *him* whether it took three months or three years. I was simply committed to the *process*. If you've ever done it, you know that the dot-com-dating experience can be exciting, daunting, thrilling, annoying and exasperating. It can boost your ego or leave you totally deflated.

As I made my way through the online dating numbers game, I felt all of that and more. But one thing I hadn't expected was how much time and effort the whole Husband Safari would take – specifically, the time it took to get ready for all of those first dates that went nowhere. Fergie and J.Lo may have teams of stylists to craft their every look, but as a mere mortal, it was just me and my make-up brushes left with the task.

Of course, beautifying oneself to attract positive attention from others is a basic human behavior. It wasn't as if I was going to show up with a bare face and a bad attitude. So, instead of begrudging the effort it took to prep for dates, I

chose to create seductive beauty and body rituals.

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These sexy, simple pre-date rituals became one of the most powerful tools I had for shining up my inner sexy self-confidence. And you know what they say, right? Confidence in a woman is sexy.

Related Link: [Why Amazing Confident Women Remain Single](#)

Below are three of my best pre-date, primping rituals. They'll give you a chance to [flirt](#) with yourself, meditate on what you truly want from a mate, and also have some fun. Check it out:

1. Compliment Your Curves: Choose a flirty chemise to wear while you do your make-up and hair. A chemise is a much more curve-flattering option than a bulky towel for the in-between time after your shower, before you dress for the evening. (Leighton Meester wore Stella McCartney's sumptuous blue Clara Whispering Chemise on a recent *Gossip Girl* episode.) You'll instantly feel flirtatious and more feminine. Admire your gorgeous self in the mirror – you're irresistible!

2. Get Bedroom Eyes: With your brushes and shadows ready, prepare to create a soft and smoky look. Use pictures of Emma Stone and Keira Knightly as your eye-inspiration. As you apply the make-up, gaze into the mirror and imagine you're looking into the eyes of a future partner. Lower your lids a bit, and tilt your head slightly up and down; raise a brow seductively, never breaking eye contact.

3. Say "Eau Yes!": Choose an eau de parfum that matches your mood for the night – fresh, sultry, playful or mysterious. Then dab it on a few spots, like below your belly button, on your ankles, or on the inside of your elbows. Those less traditional spots will be your secret. The sense of smell can be very powerful when it comes to physical attraction, so use it to your best advantage. Take a page from Jennifer Love

Hewitt, and choose a perfume infused with pheromones to elicit an intense reaction that your date will forever associate with you.

Bonus Ritual: Affirmations

When your sexy beauty rituals are complete, say a self-loving affirmation out loud to help make a solid connection to loving your beautiful self. It's the ultimate self-confidence booster as you're preparing for your date.

Dana B. Myers is the author of The Mojo Makeover, which provides tips and tricks on beauty, love, sex and dating. She's also a sexy lifestyle expert and the founder of Booty Parlor.

4 Ways to Exit a Relationship Gracefully





By Dating Diva, Jennifer Oikle, Ph.D., for GalTime.com

how to break up with your head held high

You know it's time to move on from your current relationship, but every time you think of it, you cringe.

You hate to be the bearer of heartache, so you've been putting it off. But now things are getting worse: he knows something's up, the irritations are piling up, or the energy is draining you.

Bottom line? You've got to woman up and get the job done so you can both move on with your lives.

But not just any break up will do. *How you call it quits is important.* It can either be so ugly that it makes it hard to move on or, if done elegantly, it can be a useful springboard to your next relationship. Thankfully, there are some savvy exit strategies which will ensure that both you and your new ex are able to transition as smoothly as possible from one romance to the next.

EXIT STEP 1: CHANGE YOUR VIEWPOINT

As long as you think about breaking up as breaking his heart, it's hard to take the plunge. But the truth is, if you aren't the right match, then splitting now is the biggest gift you could possibly give him *and* yourself. Because then you'll both be free to pursue the right relationship that can last. So take a moment to adopt a new mindset and go into the next steps knowing you are giving him the most precious gift possible: his freedom to be loved.

EXIT STEP 2: GIVE A HEADS-UP

Nothing, and I do mean nothing, is worse than being blindsided by a breakup. When it seems like a breakup comes out of the blue, it's truly traumatic. People hate to feel out of control, like something is being done *to* them, rather than participating in a decision. So never let The Conversation be the first time you've talked about going your separate ways. When things start to get hairy, be sure you bring it up clearly, and attempt to problem solve. Then, if the problems aren't resolving, it won't be a surprise to anyone, and emotional preparations will have paved the way to separate.

EXIT STEP 3: HAVE THE CONVERSATION, GRATITUDE-STYLE

These days, it's so easy for people to wuss out and break-up the weenie way: via email, text, or voice message. You don't want to be that person. Value yourself and your new ex enough to end it, face to face. But not with just any sad or angry conversation, you want to part ways with graceful gratitude. So prepare ahead of time by thinking of the things you appreciated about your partner, the lessons you learned, and the gifts you offered to each other. Then at a good time, sit down and be super clear about your decision to move on. Provide whatever level of detail your partner needs to understand the why's. But do so in a gentle, kind way by sharing all of the things you are also thankful for during

your time together. Invite your partner to share in a similar way, despite the pain or discomfort of the circumstance.

EXIT STEP 4: MAKE A CLEAN BREAK

Break ups have a way of being messy, on again-off again affairs, which only end up causing more pain. So once you've celebrated your relationship for what was good, and shared the reasons you no longer can be together, it's time to agree to a No-Contact Period. In the weeks immediately following a break up, it's really hard to move on if you keep touching base via email, text, or phone. It's like pulling the scab off your wounds- they take longer to heal than if you just leave it alone. By agreeing to not connect with each other for a period of time, say 2 weeks to 2 months, you give each other the space to grieve, begin emotional separation, and let go to stand on your own two feet again. Be sure you agree on a time frame you can each live with, and if you both wish to remain friends, you can reconnect after that time.

After your parting, give yourself time to heal and move on before dating again and you should be ready to start from a fresh, clean, positive place!

What's the BEST break-up you've ever had? Comment below.

How to Handle the Morning After a One Night Stand





By Daniela Agurcia

You're single, and you're on the prowl with your friends on a Friday night out. You meet a hot potential one-night-stand at the bar, you find yourself having casual conversation and a drink that turns into laughter and some more drinks, and eventually you're dancing with each other and saying, "Let's get out of here." Throughout this entire spontaneous and exciting night, you don't tend to hold back, and maybe that's exactly what you need at the time.

With a flirtatious night that leads you back to their place, the last thing on your mind is how the next morning will be. In the moment, you find yourself feeling as if you've known this person for months while chatting, laughing, and dancing away with them, and then the next morning will most likely be soberly...awkward. Here are some ways to prepare yourself for the morning after a one night stand:

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1. Laugh it off: The best way to handle an awkward situation, like waking up next to someone you've only known for a couple

of hours, is to just laugh it off. If you get up awkwardly and frantically, you'll probably embarrass yourself and the person in bed next to you. Just remember that they're in the same position as you, so they'll most likely just join in on the laughter. After all, one night stands are supposed to be fun.

2. Sneak away: You don't owe it to your one night stand to stay and thank them for a nice night or to make them breakfast. The best part of a one night stand is that you don't ever have to see them again if you so choose. Make the perfect exit by quietly crawling out of bed early in the morning and have either a cab or a friend pick you up. If you want to see that person again, but also want to make a quick escape, leave your name and number on a piece of paper next to their pillow.

Related Link: [Justin Timberlake Talks About Friends With Benefits](#)

3. Keep it casual: The one mistake is having expectations the morning after a one night stand. Don't expect the other person who was so sweet to you the night before, to woo you the next morning, too. It's better to just accept that it was a casual hook-up so that you won't get upset or feel offended. If you're in the right mindset and on the same page as the other person, then you'll leave with no regrets.

What are some other ways to handle the morning after a one night stand? Share your thoughts below.

'Hollywood Exes' Daphne

Wayans on Divorce: “We’re Still A Family”



By [Lori Bizzoco](#) and Sarah Ribeiro

When Daphne Wayans got divorced, she didn't let her broken marriage keep her from finding happiness – or stop her from making a name for herself. The ex of comic Keenen Ivory Wayans will be on the upcoming season of 'Hollywood Exes' with an agenda to present herself not as an ex-wife but as a woman. “I've been avoiding being in the public eye for a very long time,” Wayans says. “I stopped looking at how I couldn't do it and started looking at how I could. I'm not very interested in necessarily being famous, but I'm interested in the good that comes out of it.”

While some women may find themselves embittered after a

divorce, Wayans isn't joining the cast of VH1's hit reality show to get anything off her chest. Instead, she wants to help other divorced mothers like her. "I get told that I have a little bit of a different viewpoint in life. I tend to try not to look at the minutia of things. I try to take a big step back and have a bird's eye view of the scene."

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Because of that, she says, 'Hollywood Exes' gives [divorced](#) women a new perspective on how to deal with their divorce. A pivotal moment that brought Wayans on camera happened during last season of 'Exes': "I was watching one of the interviews on the show, and they focused on the friendship that was left there after the divorce – not what wasn't there or what was destroyed."

That friendship, she says, is the outlook that kept her relationship with Keenen strong after things ended – and the reason she is on board for this upcoming season.

Wayans explains, "That's the kind of thing we expressed during the pitch for the show. Originally, I got cold feet, and I couldn't go on the first season. But in the end, I was really proud of the women – there was no ex-husband bashing."

This, she says, is why her divorce worked out for the better: "It was hard and heartbreaking, but I kept the picture of our friendship in the back of my mind. I just started caring for him as a person, as someone I wanted to care for, and we got back to that point where we cared about each other again."

Related Link: [7 Lessons We Can Learn from Celebrity Divorces](#)

Her positive view on a split is what Wayans hopes to bring to 'Hollywood Exes,' and she hopes viewers can take that and apply it to themselves. "The biggest thing that I've learned is – particularly when you've had children – you're still a family. Keenen and I may not be a married couple anymore, but

we're tied together by these five children. That's what's left when the smoke clears. Through all the fighting and dismantling of the marriage, you're still left with a family. You need to figure out what you couldn't when you were married: how to get along."

Tune into the upcoming season of 'Hollywood Exes,' scheduled to premiere this spring, on VH1 to keep up with Daphne Wayans. You can also follow her on Twitter at @DaphneWayans.

Date Idea: Document The Romance With A Flash



By Steven Zangrillo

Even for the strictest of mathematical minds, creating art is one of the most rewarding experiences. Making photo memories with your soul mate distinguishes you as a couple and supplies physical proof that you are meant to be together.

Pick a location for the shots, be it the nearest park, museum or beach. If there's a place of value to the both of you – the place where you met, a place you love to visit together – head there first. Start snapping away pictures, capturing images and new memories one click at a time.

There are many easy-to-use photo-editing programs available online. You can download them through the Mac App Store, Amazon, or purchase them at your local Software store. Once you load you upload your photos, you and your partner can hang out and edit them together. There is even new social media, like Instagram and Hipstamatic, that let's you edit straight from your phone or tablet. You'll be learning a new skill as a couple. Learning together is an incredibly important component to growing closer with your mate.

So, start snapping away. Let your creative minds take care of the rest.

What has been the most unique and creative photo capturing location for you and your honey? Let us know below.

Predict the Future of Your Relationship And Love with

Celebrity Astrology



By Teresa Lopez

There are two things that every girl loves: horoscopes and checking out [celebrity couples](#). We've put the two together, as we are going to be looking at some of the hottest Hollywood couples and what their star signs have to say about their relationship and love. From polar opposites to people born on the same day, we've got it all! So, here's a taste of celebrity astrology that may help you predict the future of your relationships:

Related Link: [Top 5 Celebrity Couple Predictions](#)

What The Stars Say About Relationships And Love

Kristen Stewart and Robert Pattinson: Although they've experienced a few rough patches in the past, this famous couple has amazing compatibility when it comes to their charts. Both have an ascendant sign that is almost close to identical. Although this is questionable because of how uncommon it is, if it *is* the case, it means that this couple will have very similar world views. Not only are their ascending signs in conjunction, but they also have conjunct Mercuries, which means that they think alike as well! Similarly there are positive signs of strong sexual attraction and romance: Stewart's Uranus is conjunct to his seventh house, which means that they are both very romantic and inclined to please. Although they may have been rocky before, these two have all of the makings for a long lasting relationship and love.

Catherine Zeta Jones and Michael Douglas: Because these two share the same birthday, their charts are almost identical. The only differing aspects are caused by location and time of birth. Almost everything is compatible here, except for Zeta Jones's Mars being conjunct to Douglas's moon. This can be extremely stressful on a relationship, despite the fun energy that it can provide for a short period of time. Because of this, we believe that this relationship may last for several years but will subsequently end in a celebrity break-up due to stress and potential hardship.

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

[Brad Pitt](#) and [Angelina Jolie](#): Oh, Brad and Angie! So many of us were curious how they were going to work out when their celebrity relationship first started – they seemed so opposite! Turns out that it's not just their personalities that are juxtaposed but also their horoscopes. Many of Pitt's

planets fall into Jolie's sixth house, the one that indicates work relationships and services, such as charity. Obviously, this speaks worlds to Pitt's commitment to adoption and community service that coincided perfectly with the beginning of this relationship. Although it can be difficult to say what drives the very private pair, this Hollywood couple's major aspects are usually opposite each other: They have sun opposite sun, and Venus and sun opposite ascendants. Many of these opposite aspects can cause stress and negativity in a relationship, although keeping things fresh and unique. It is important that as much excitement as they may find that they realize that they need to be cautious around such harsh juxtaposing aspects. We may see, in the future, this fiery relationship and love fizzle out and die.

This post was written on behalf of Hollywood Psychics. If you want to learn if you and your partner are as compatible as Kristen Stewart and Robert Pattinson, start a live psychic chat today!

Top 10 Dating Dos and Don'ts





By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

Before stepping into the dating world, you should always know your target audience. In the animal kingdom, you do not see zebras reproducing with monkeys. Know your type in terms of looks, personality, goals, interests, etc. Don't date a partier if that isn't your thing; don't date a bore if you like adventure; and don't date a religious zealot if you never want to step foot in a church. You will just be wasting your time, and your relationship will likely be doomed from the start.

With that thought in mind, here are our top 10 dating dos and don'ts:

1. Be positive and warm. Always smile, and don't be a Debbie Downer. Check out when you're not feeling chemistry, as it can come back and haunt you later – remember that it's a small world, and everybody knows everybody. Be your own PR person; you never know if he will introduce you to his brother, cousin or friend. You always want to leave a good taste in someone's mouth about you.

2. Be present and discuss. Nothing too deep though. Ask about his hobbies and interests, but don't interrogate a guy and act like a private investigator (where are you from, what do you do for a living, etc.). Never talk about the future because it will guarantee no future. Examples are getting married, having kids or inviting him to a wedding in six months when you barely know each other.

3. When you are having a great time, don't stay too long. An hour and a half should suffice because too long will turn into too much information and too much alcohol. Leave him desiring more and wanting to see you again. Always leave on a high note. When things are going good, exit. If there is a connection, he will pursue you.

4. Be thoughtful and initiate a plan. It's okay for a woman to plan a date, just not the first date. Don't always expect a man to do everything. He isn't your father; he's the man you are dating. Men want love and attention just like women.

Related Link: [Date Idea: Take An Autumn Stroll](#)

5. Compliment him. If he looks good and smells good, tell him! Everyone wants to feel good about him or herself.

6. Guys cannot stand a girl that is too chatty and catty. It is an automatic turn-off. Another turn-off is a girl who nags. Remember that guys like a girl who can make meaningful contributions to the conversation and not just talk about other people.

7. Dress sexy but not provocative. Men are visual creatures. A little leg and a little arm never hurt, but do not go overboard and send the wrong message. Be sure to leave something to the imagination.

8. Don't drink too much. Two drink maximum, ladies! Any more, and you may become sloppy. A turn-on is someone who can hold her own and still carry on a conversation without relying on

liquid courage.

9. After a great date, you can send a thank you text, but that's it! Don't smother a guy and over-pursue him. No one likes desperation in a woman.

Related Link: [How to Find Love Online with Non-Traditional Dating Sites](#)

10. Guys don't like when you compare your relationship to another one. They don't want to hear about your friends and their relationships. Just remember, the male ego is fragile and needs to be handled with care.

Lori Zaslow and Jennifer Zucher are the founders of Project Soulmate, Manhattan's premier matchmaking service for elite singles. You can follow Project Soulmate on Twitter at @ProjectSoulmate and Facebook.

Secrets to Staying Married for 50 Years (Or More)





By GalTime Lead Ambassador Jenny Tiegs for GalTime.com

Danny DeVito and Rhea Perlman have separated after 30 years of marriage. Why does it feel so sad? Maybe because, in a reality-TV world, we are so used to seeing relationships go the way of Kim Kardashian. Here's how to put aside the sad news of spotlighted break-ups and focus on staying with your own leading man for 50 years (or more).

1. Stay Alive: This may sound like a smart-aleck answer, but it is true. Take a good look at yourself and realize that you're not that strapping 20-something anymore and you have to take care of your health in order to make it to 50 years of marriage. Joe Hewitt, a retired pastor, mediator and married man of 50 years was blunt when asked how to make it to celebrate that many wedding anniversaries.

"To make it to the 50th wedding anniversary, first of all, the couple has to stay alive." Make the choice and decision to be healthy for you, your partner and your family.

2. Take Time to Talk: Life is busy for everyone at every stage of life, but it is vital to your marriage to take a time out

each day and reconnect with your spouse. Christina Steinorth is a licensed psychotherapist and author in Santa Barbara, California and believes 30 minutes is all it takes to stay connected.

“With all the interruptions couples have between jobs, kids and smart phones, it’s very easy to lose touch with each other over the years, only to find out five or ten years down the line that you have very little in common anymore.”

If you can’t find a solid half-hour, Steinorth suggests breaking into 15-minute sessions. In-depth talks that will involve some Kleenex aren’t necessary – just some simple conversation. “Talk about your day, make plans for the weekend or even talk about current events,” she advises – all to build and maintain a strong bond.

3. Check-Ups: Everything we own needs maintenance: our cars, our teeth, even our technology need to be charged and updated. So why wouldn’t we do the same for a marriage? Dr. Carletta Perry, a psychology professor, therapist and relationship and life coach, tells couples not to be afraid of attending counseling, a workshop or a fun couples retreat.

“Check ups can provide you with a third-party perspective on issues you ‘talk’ about well into the wee hours of the morning,” she says. These exercises will help you learn what’s normal for relationships, teach you new things about how to be a stronger couple or just learn how to have more fun together. Most of all, participating in a check-up can also reassure you that you’re not alone, Dr. Perry says. “Everyone has problems...even that perfect couple you compare yourself to.”

4. Know When to Speak and Know When to be Silent: Certified dating and relationship coach Yvonne Chase says the key to her parents’ marriage was being adept at responding with words and with silence. Chase’s mother told her, “You don’t have to

respond to everything you see in your marriage. Stop picking the little things. So what if he didn't cover the toothpaste? It's not worth it. Know when to speak and when to be silent."

Chase also provides a bit of self-reflection with a hint of Gandhi: Be the change we wish to see.

"Change *you*. Don't waste your time trying to change your spouse. It's an exercise in futility. Work on the person in the mirror and that will bring the changes you want to see in your marriage."

5. Fight! We've heard it before, so why hasn't it stuck yet? Happy couples need air – and resolve – their grievances.

"Couples who don't fight at all are actually more likely to divorce than couples who do fight, but do it productively," Jennifer Soos, a marriage and family therapist in San Antonio, Texas points out.

Happy couples have figured out how to hash out their problems in a manner that is respectful and gets problems solved. To do this, you need to know the "rules of fight club." They include starting conversations with a soft-start-don't go into a discussion with swords already drawn. It's also wise to know when to take a break if you get emotionally overloaded. A half-hour can make a huge difference when things get heated, so step away and return when you've taken a breath. And lastly, don't be too extreme on either end when an argument starts. Soos warns that couples enter gridlock when one or both people either refuse to talk or want to fight about everything at that moment.

Finally, one of the best pieces of advice came from Jack Quinn, married 52 years, who simply says, "Don't sweat the small stuff and don't do anything that you would be ashamed to tell your children or your wife."

Dr. Greg Smalley Reveals How to Fight Your Way to a Better Marriage



By Jennifer Ross

Dr. Greg Smalley was fortunate to be raised in a loving family who believed in the sanctity of marriage. From a very young age, he attended marriage conferences held by his father, Dr. Gary Smalley. This foundation ultimately led to his own passion and to the marriage counselor and author that he is today. In his latest book *Fight Your Way to a Better Marriage:*

How Conflict Can Take You to Deeper Levels of Intimacy, Dr. Smalley explains what it means for a relationship to benefit from the opportunities that fighting presents and how a marriage can succeed because of disagreement. We had the chance to interview Dr. Smalley and hear what he had to say about his upbringing and how it influenced his life.

When watching your father's conferences, what principles did he speak about that really struck a chord with you?

I think one thing that stuck with me was my father's passion for doing something that made a difference. And I never forgot that. Something else that I saw from my dad is that he was the same person at home as he was up on stage. He worked to implement the things that he was teaching.

He also taught us the concept of honor, the importance of viewing your wife, your kids, your loved ones, as priceless treasures. I want my heart in my marriage. I want my heart with my kids.

Let's talk about that concept of honor. Do you think that's the main principle that most adults are misunderstanding or misinterpreting in their marriages?

When we become comfortable with someone, it's easy to lose sight of honor. When we lose sight of someone's value, we are likely to treat them in hurtful ways. If I don't value myself, then it's pretty hard to value other people as well. If we just did those two things every day – cherish our loved ones and value them – then we would also be nourishing them. If that's all we did, can you imagine how strong our marriages would be in this country? But again, it's hard to do that because we've got all this other stuff going on.

Can you briefly explain how fighting can improve a marriage? It sounds so counterintuitive.

The problem is that, culturally, we tend to perpetuate that myth that conflict is a bad thing. We see fighting as a sign that your marriage isn't that strong. There's amazing benefits if we are willing to walk through the doorway of conflict. Some of the greatest things that I've learned about my wife have happened on the other side of conflict.

I hate the words "conflict resolution," and I never use that term. Sometimes it's not about an issue to resolve. It's about how to manage the situation when we bump into a difference. Every relationship will have conflict. It's a normal part of life. So really, my book focuses on how to find success in these times of arguments.

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You state that fights are really about fear and not about money, kids, etc. If that's the case, then why do we focus so much of our energy on fighting about money or kids?

I think that's what we are taught to do. We see it on TV and in movies. Conflict is driven by something deeper than the surface level issue. I call it an emotional button. It's like an iceberg. The topic is what we see, so we spend all our time worrying about that. But man, there's a lot going on down deep, and that's the stuff that we have to learn how to handle. I need to learn what my buttons are because ultimately to break out of conflict, I've got to learn to deal with me first.

You talk about the unproductive fights between you and your wife. Considering the amount of experience you have with understanding marriages, how did you find yourself falling into this common trap?

I have my bad days, and I'm no different than anybody else. I may know more things, but I'm still gonna get my buttons pushed. There's only two types of reactions: when we fight or when we flight. What this does is create a reactive cycle. My

button gets pushed, and I react. The way I react pushes my wife's button, and she reacts, and we just keep spinning around. It's what we all do.

And finally, what is the one thing that you want readers to take away from your book?

What I like is the sequence for breaking this cycle; I show a very simple way to figure out how to solve things as a team. We're usually taught that we need to talk through our arguments – and that's really the worst advice you can give someone. It really does need to go in order. I gotta deal with me first, get my heart open, and then I can go after my spouse and care for her heart. Together, we can solve whatever needs to be solved.

You can purchase a copy of 'Fight Your Way to a Better Marriage' in bookstores and online nationwide beginning November 6, 2012. For more information about Dr. Smalley, you can visit his website at smallemarriage.com.

Hollywood Stars Who Rebounded With a Hot and Heavy Romance





By Daniela Agurcia

The best revenge is happiness. You may feel like wallowing in your sorrows after a breakup with someone who you once thought was “the love of your life,” but the best thing to do is get back on your feet and start dating again. Feeling sorry for yourself won’t get you anywhere, and won’t help you move on to bigger and better things, which is what you should want. Regardless of the reasons of why you and your partner ended things, you should want to look better than ever and get back into the dating scene.

You rebound to find that hot and heavy romance you were lacking in your previous relationship, and that’s just what these celebrities did:

1. Kim Kardashian and Kanye West: We all remember the infamous divorce between Kim Kardashian and NBA player, Kris Humphries that lasted a total of 72 days. We all thought that Kardashian, 31 would avoid dating for a while after all of the accusations over her divorce with Humphries, but just months later she was reported dating none other than Kanye West. The reality tv star bounced back quickly and looks happier than

ever in her new relationship. Kardashian has been living the fabulous life with West from driving his luxurious Mercedes to taking a trip together to one of the most romantic cities in the world, Paris. Regardless of what people are saying, the couple is currently unstoppable and this must be driving Humphries absolutely crazy.

Related Link: [Can A Rebound Relationship Turn Into True Love?](#)

2. Eva Longoria and Eduardo Cruz: It was a tragic ending for Desperate Housewives star Eva Longoria's three-year marriage with Tony Parker when he was found cheating. Longoria was absolutely devastated when the trust was lost and she found herself filing for divorce in November, 2010. Just months later in February, 2011 the latin beauty began dating a man ten years younger than her, Penelope Cruz's brother, Eduardo Cruz. The on and off again couple keep laying on the PDA that has the unavoidable sparks flying between the two. Post-divorce has never looked so good, having now dated someone younger has the star looking younger and hotter than ever.

3. Ashton Kutcher and Mila Kunis: Even though Ashton Kutcher and Mila Kunis were always rumored to have a fling with one another after years of filming That 70's Show together, it's finally official. It was never the right timing between the two since Kutcher was married for the past six years to 49-year-old Demi Moore. But ever since last November, when Moore and Kutcher split, rumors have been flying and Kunis was finally captured smooching Moore's ex at an LA party. We can't all help but wonder how it feels for Kutcher, 36, to go from dating a woman 13 years older than him to almost ten years younger than him. Even the new pair is trying to keep their distance in public as a respect for Moore, their chemistry is raging and you can see the love from miles away.

Related Link: [Rachel A. Sussman Helps Us Recover After A Breakup In 'The Breakup Bible'](#)

4. Kate Winslet and Louis Dowler: Kate Winslet made a complete 180 when she went from dating behind the scenes director, Sam Mendes to the hot model, Louis Dowler. Winslet has taken an immediate upgrade in the looks department, dating the Burberry model shortly after her separation to Mendes. Is the oscar-winning actress looking to settle down after her 7 year marriage to Mendes, or is she just looking to have fun with the popular British model...and others? There's no harm in getting back on your feet after a long marriage and sudden split and testing out the waters. Some hot and heavy romance with a model could be just what the doctor ordered for a sad case of the blues.

What other Hollywood stars rebounded with a hot and heavy romance? Share your comments below.

Are We In Danger of Dating Like Celebrities?





By Joshua Pompey

We see it year after year. Celebrities enter relationships, only to see them quickly dissolve in record times.

For every one Brad Pitt who finally settles down to commit, there are a hundred Derek Jeters. Russell Brands and Kristen Stewarts. In fact, Bill Maer once said, "Men are only as faithful as their options." The fact is, when it comes to celebrities, options are unlimited for both males and females. When the going gets tough in the celebrity world, the tough can get going and be just fine! The bottom line is that there's no true incentive to make things last *forever* once the initial rush fades.

Unfortunately, this is translating outside of the celebrity world these days. The modern era of dating has completely flipped the world upside down. Attention spans are shorter than ever, and online dating has created the same unlimited options for everyone that at one time were only available to celebrities. People are always on the look out for the next big thing, entertaining way too many options, and having way

too many superficial relationships.

Related Link: [3 Benefits of Meeting People Online](#)

So, what are some ways to avoid the shallow world of celebrity dating? Here are three ways:

1. Focus on the person:

Many people who date online play the numbers game. They go on multiple dates per week, thinking they will find “the one” much quicker. This is a bad idea, because it will just result in more superficial conversations and never truly getting to know someone on a deep emotional level. Falling for someone takes time and effort.

Related Link: [Five Conversations to Avoid on that First Date](#)

2. Realize that life is not a movie:

We tend to always see celebrities living “happily ever after” and want the same for ourselves. We think if we look hard enough, we’ll find that “perfect” person the way people in the movies do, who sweeps us completely off our feet. The problem is, the “perfect” person in our imaginations may not exist. Life is not a movie. Just look at what usually happens to real life “fairy tale” celebrity marriages when they meet their “romantic fates.” Serial dating in the hopes of finding the perfect person is a lost cause unless you are realistic with your expectations.

3. Allow logic to enter the equation:

Celebrities tend to rely more on emotion than logic because there are very few consequences. They will still have their millions, movie deals and mansions when the relationship ends. Us “real people” may not be so lucky. Acting purely on emotion may leave our lives seriously damaged if the relationship doesn’t work out. Allow logic to enter the equation and think long term before forming a relationship

that is based on infatuation and sexual attraction.

Don't become just another celebrity-like statistic. Remember, the dating troubles of us normal folk won't be featured on any magazines. We don't have as many chances as those in the celebrity world, and we have the chance of ending up cold and lonely if we make too many love mistakes along the way.

Joshua Pompey is the author of four online dating guides for men. You can find plenty of free information at his website, so check out www.GetRealDates.com for plenty of free articles, including the "Seven Habits of Highly Successful Online Daters."

Can Politics Ruin Your Relationship?





By Mark Miller for GalTime.com

Relationship Politics...

There aren't many outstanding "inter-political" couples we can look up to. Up until last year we could cite Republican Arnold Schwarzenegger and Democrat Maria Shriver as peaceful partners, but they've since said "hasta la vista, baby." Arnold's back making movies and Maria's no doubt back dating human-sized men.

The most high-profile couple with opposing political beliefs (that is still together) is Democratic Strategist James Carville and Republican Consultant Mary Matalin. The two were married in 1993, one year after they staffed opposing Presidential campaigns, and have said they don't talk politics at home. (Which is probably a good idea for relationship longevity for couples on opposite sides of various spectrums – not to talk politics, religion, or which of your spouse's friends or relatives you would "do" if given the opportunity).

So what about us normal folk – the people who don't make a living working and breathing politics, but still have opinions

on the issues? Here are some additional tips on how to keep the peace with a partner of a different political party as this nasty election season heats up.

Don't bring it up: What's the first rule of Fight Club? "Don't talk about Fight Club." Politics can be just as brutal – though you usually don't have to wear a protective cup.

Agree to disagree: Even if we like to think of ourselves as "open-minded," most of us have our minds made up about major political issues. Your efforts to change your partner's mind will not only be unsuccessful, but could result in having heavy objects thrown at your head in a heated fight. You can often spot such people walking down the street. They're the ones with an omelet pan embedded in their skulls. Just smile understandingly and say, "I know... I know."

Focus on the positive: Your partner must have some other redeeming qualities besides their politics, right? After all, Albert Einstein and the Kardashians were able to carve out entire careers without mentioning politics, and how often do you even hear their names in the same sentence? Instead of emphasizing your differences, focus on your shared hobbies and opinions. Some middle-of-the-road interests to get you started: Pizza, football, puppies, The Beatles, light bondage. You know, those sorts of things.

Be up front: Sure, lies are fun and exciting, and lying gives you a thrill that nothing else can match, but... where was I going with this? Oh yeah – be honest with your significant other about your beliefs, and be honest with yourself about how important those beliefs are to you. And, of course, be honest about how that spanking the other night was just a tad more painful than you'd expected. Or am I just bringing up too much of my own experience here?

Be respectful: Making fun of other people is great – but not when you're trying to develop a relationship. You don't have

to agree with one another, but at least don't belittle the other person's beliefs. So, get in the habit of saying things like, "While I don't share your feelings about Mitt Romney (or President Obama), I respect them."

Share the remote: Don't watch Bill Maher in front of your partner if he or she is a Bill O'Reilly fan. DVR all your favorite programs, and sneak out of bed to watch them in the middle of the night while your partner sleeps. Or, watch clips online at work, like a real American. Or, use those shows as punishment for one another. If she overcooks or burns dinner, she must watch an episode of Bill Maher's show. If you forget her birthday, get ready to watch Bill O'Reilly's.

Show your true colors: If you're really itching to show your pride, passive-aggressively support your political party by wearing red or blue garb. Your significant other will never know that you are secretly campaigning, and if they call you out, you can make THEM look crazy. "OMG, you can't even look at the color red without thinking of Sarah Palin?!?" This is a technique known as "Gaslighting" – making someone think that they are actually going crazy. And romantic relationships don't get much more fun than that.

If all else fails, cut and run: Americans only get worked up about politics every four years (or two, if you're a midterm person). Tell your partner you've been called out of town on business until November 9. That will give him or her a few days after the election to stop gloating and/or crying. Meanwhile you can sip drinks by the pool in sunny Canada. Dysfunctional? Of course. What's your point?

Politics aside, a wise person once said that the four most important words a man can use to ensure longevity in a relationship are "I'm sorry" and "Yes, dear." Although I'm also a big fan of flowers and an evening of love-making. Just be sure that neither the flowers nor the bed sheets are red, white and blue.

Is It Time to Update Your Facebook Relationship Status?



By Ashley DelBello

It's not official until it's on Facebook. We've all heard this before. And as Facebook recently hit its one-billionth user, it's becoming truer in almost every aspect of life, including relationships. With some, Facebook has even replaced having the "the talk" with "can we update our relationship status on Facebook yet?" A little extreme, but as Facebook is the one of the most prominent social networking sites relationship statuses are now an important milestone in dating.

So when do you update your Facebook relationship status? Too soon and you may have to publically face going from “in a relationship” back to “single” before your next date (which has now been cancelled). If you wait too long, your significant other can become irritated and it could start to cause problems as it may be more important to them than you realize.

Follow these simple rules when considering updating your relationship status:

Related Link: [5 Ways Social Media Can Help Your Relationship](#)

New Relationships. Have you already had “the talk?” Deciding that you’re exclusive should definitely take place prior to updating your relationship status and should also be a safe indicator that it’s ok to announce that you guys are dating. While we all want to shout from the top of our lungs when we are in a new relationship, it’s usually best to wait and make sure it’s going to work out. No one wants all the annoying questions you’ll receive from people you haven’t heard from in years when you have to change your status back to “single.”

The Break-Up. There’s no need to rush to update your status as soon as you leave your ex’s house, but you will want to change it before it too much time passes and you’re left looking a little pathetic. However, your Facebook profile is highly visible to almost everyone and it’s not something you want to change lightly. Give it a few weeks and when you’re absolutely sure that it’s over, go ahead and make the change. If the relationship ended [amicably](#) and you were together for a long period of time, it couldn’t hurt to give your ex a heads up that you are going to change it.

Related Link: [Q&A: How Can Social Media Help My Long Distance Relationship?](#)

Making Your Status Private. Of course, you could avoid all of

this by simply clicking “only me” for your relationship status. Not as fun and there will most likely be a time you’ll have to make it less private, but if you’re currently in a situation that allows you to keep it to yourself, then it’s definitely something to ponder.

Any Public Relationship Status Update. Think it through and consider all the possibilities of making a change – you certainly don’t want to be the one constantly making updates to your relationship status or be on the receiving end of unsolicited advice so make sure it’s worth it.

Tell us: When do you update your Facebook relationship status?

Wolfgang Puck of ‘Top Chef: Seattle’ Says Taste Is the Most Important Part of Cooking for Your Loved Ones





By Whitney Baker

Fans of reality television will recognize world-renowned chef and restaurateur Wolfgang Puck. Not only was he responsible for the food served at the infamous wedding of Kim Kardashian and Kris Humphries (filmed for 'Keeping Up with the Kardashians'), but he has also appeared as a guest judge on previous seasons of 'Top Chef: Las Vegas' and 'Top Chef: New York.' And now, Puck is excited to join the tenth season of the cooking-competition series in Seattle as a permanent judge alongside Tom Colicchio, Gail Simmons, Hugh Acheson and longtime friend Emeril Lagasse with Padma Lakshmi returning as host.

This season of 'Top Chef: Seattle,' which premieres on Wednesday, November 7th at 10 p.m. EST on Bravo, focuses on the contestants going back to the basics, something that Puck considers incredibly important when cooking. "I really believe that cooking to learn the foundation is the most important part," he shares.

As for this season's 21 chef'testants, Puck says, "I saw that there were a lot of talented people who did great dishes, but

a lot of them also lacked fundamentals.”

Having a strong foundation of cooking skills can also come in handy when preparing a dish for your significant other. When cooking a meal for your partner for the first time, Puck recommends preparing something you feel confident cooking, “not something completely new where you are unsure of how many minutes you have to cook it or if the seasoning tastes good or if the combinations of spices and herbs are just right.” Additionally, it’s important to buy the best quality ingredients and to keep it simple.

Related Link: [Tips to Keep Things Exciting with a Date Night at Home](#)

Now that you’ve chosen the right ingredients and a simple recipe that you know how to cook, how do you know if what you’ve prepared is a hit or a miss? “I tell all of my young chefs – and everybody in the kitchen – that the most important thing for a chef is to taste,” Puck explains.

Another cooking lesson that ranks high in Puck’s opinion? Learning from your loved ones. After all, the chef began cooking professionally at age 14, and before that, he spent time in the kitchen with his mother, who was a chef in the Austrian town where Puck was born.

Growing up, Puck’s mother followed the farm-to-table ideology that is sweeping across America’s restaurants, and as the chef shares, it was totally logical at the time. “You know, we went outside into the garden, picked the vegetables and made a vegetable soup” – a statement that reiterates the high importance that Puck places on knowing basic skills in the kitchen!

Related Link: [Date Idea: Turn Up the Heat in the Kitchen](#)

Of course, Puck has come a long way since then, having changed the way Americans approach the art of cooking by combining

classic French and Asian techniques. Though he's sitting at the judges' table now, Puck can't help but look back and consider how a young Wolfgang would've done on 'Top Chef': "I think I would have done pretty well because I always had good instincts about food, and I was always very clear about using great ingredients."

Even so, the playing field was quite different when he first entered the scene. "At that time, you didn't have as many talented young chefs who worked really hard and were really good at it."

Considering the changing culinary landscape, none of this season's contestants reminded Puck of a younger version of himself; however, that's not to say that they didn't impress him. Offering a glimpse at the upcoming season, he shares, "There are a few contestants who actually had their own ways. You know, there are so many chefs who can execute great recipes, but there are very few who actually have their own ideas for those great recipes."

"When somebody is a 'Top Chef' winner, you almost expect them to have their own ways and their own ideas – and then execute them perfectly," he adds.

Be sure to tune in to this season of 'Top Chef: Seattle,' which premieres on Bravo on Wednesday, November 7th at 10 p.m. EST. For more information about Wolfgang Puck, you can visit his official site at www.WolfgangPuck.com.

Date Idea: Take An Autumn

Stroll



By Samantha Mucha

Now that the leaves have changed colors and the intense summer heat has died down, take a walk hand-in-hand with your lover. This Friday night head out together and chat about your tedious workweek. Relieve the stress and unwind as you stroll through your neighborhood park in the crisp autumn air. Romance doesn't have to be intense and fiery, so take this time to let go and let yourselves be present with one another.

Going for a leisurely walk has plenty of perks. You get to catch up with your sweetheart, swapping stories you didn't get a chance to share before your morning commute, or late dinner.

It's also the perfect way to squeeze in a little exercise that you may be skipping over now that it's getting chillier

outside.

The best part about this date idea is that it's free! You and your partner can enjoy bike trails, paths, parks and walk along the waterfront for absolutely nothing. The bigger the park the better, the more free space you get to enjoy. If you are in New York, Central Park may be exactly what you're looking for to leisurely get away. If your mind is set on something a little less crowded, then check out the High Line for a cozier, more scenic route.

If you are not near New York or any city in general, casually stroll through your neighborhood, or a hiking trail near your home. The walk you take doesn't have to be complicated; it's all about spending valuable time with your sweetheart and getting to know them even better.

The less of a plan you have the better. Start walking and talking and see where you end up, you just may find a new special spot. Throw on your jacket, grab your lover and head on out.

What date ideas do you have planned for November? Tell us below.

What's Love Got to Do With It?





By Paul N. Weinberg

Here's the myth: Cupid's arrow strikes you in the heart, you fall in love and you live happily ever after.

But we all know that real life doesn't quite work that way. A more familiar story goes like this: You meet someone. The two of you have great chemistry, and you really hit it off. You jump into a relationship and you fall in love. This seems like "the one" ... except that six months or a year later, you're no longer together and you are once again single. Now repeat until emotionally exhausted.

Does this pattern of falling in and out of love sound familiar? I've observed it in singles for years so I'm no longer surprised each time I hear that a friend who was in love the last time I saw them is no longer with their partner. And very often, he or she is already in love with someone new.

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

So if love often condemns us to a series of relatively short-

term relationships – and with all due respect to Tina Turner – the obvious question is: “What’s love got to do with it?” In other words, why isn’t falling in love enough to establish an enduring, long-term relationship. And what does it take to keep us together after the emotional thrill is gone and the sexual excitement has faded?

Related Link: [4 Steps to a Stronger Long-Term Relationship](#)

The simple answer is that for most people, the long term glue that binds together our personal relationships is emotional intimacy.

What is Emotional Intimacy?

Although intimacy and love often go together, love is not intimacy, and love in a relationship does not guarantee intimacy. And although a sexual relationship may lead to an emotionally intimate one, you can have sex without intimacy and intimacy without sex. So sex is not intimacy either.

Put simply, emotional intimacy is about connecting and being connected on an emotional level to your partner. It’s the sharing of your innermost thoughts and feelings, coupled with all the ways of being together – a glance, a touch, a silent moment, a laugh, or just being present and attentive – that provide the foundation for an emotional connection in a personal relationship.

Intimacy is the complement to love that requires trust, openness, vulnerability, safety, empathy and honesty and involves deeper levels of communication that are conveyed through the sharing of feelings and emotional needs. Intimacy exists at the deepest level where each of you is able to not only feel and understand the other but also be felt and understood by the other.

So love is just one part of the larger landscape of connection in personal relationships. And it is intimacy rather than love

that brings emotional depth to the connection, permits a deeper knowing of yourself and your partner, and adds longevity to your relationships.

*Paul N. Weinberg is the coauthor of **The I Factor**, a new book about intimacy and connection in personal relationships. Available in print and ebook versions through Amazon and the Apple iTunes Bookstore. www.theifactor.com*

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Dating After Divorce: How Soon Is Too Soon?



By Marni Battista

There is a certain philosophy that touts the best way to get over someone as getting *under* someone else. When we peruse the headlines and photos that cover those magazines at the check-out line, it seems clear that most Hollywood celebs certainly subscribe to this way of thinking.

Although Kim Kardashian's divorce from Kris Humphries isn't even finalized, there's talk about Kanye West designing her engagement ring. Plus, we've seen photos of their romantic trip to Italy for her birthday and heard rumors of them moving in together. Her recent marriage, albeit a short one, should have still been a significant part of her romantic life. It seems as though it's long forgotten – almost as if it didn't exist at all.

Thus, we wonder, when is “too early” to start dating after divorce? Here are a few lessons learned from Kimye's whirlwind romance and a few tips on navigating the dating world after divorce and answering the question, “How soon is too soon?”

1. It's okay to stay private about your romantic life. Kim's relationship with Kris, their wedding, and their subsequent divorce was splashed across every news outlet, gossip rag, and television station, practically documenting every minute of every day of her most private moments. Then, just weeks later, we got to watch concerned Khloe meddling in her sister's relationship business further as she questions Kanye about *his* relationship with Kim.

After a somewhat catastrophic end to a 72-day marriage, Kim pledged to keep her private life under wraps. But it seems as if she's been more enthusiastic than ever to share her life with millions, which could prove to be her downfall. While we know *People* will most likely not be camped outside your door, it could be yours too. If you were recently divorced or your divorce was just finalized, it is not necessary (nor do we

recommend) to announce to the world your newfound status. (This includes minute-by-minute tweets and Facebook status updates.) There's no glory or dignity in "punishing" your ex by going public.

Related Link: [6 Things Women Should Never Do in a Divorce](#)

Moreover, subscribing to Facebook as "Vaguebook" is also not recommended. Posts such as "So over it" or "Remind me never to trust men again" aren't going to help you recover in the long term. Avoid sharing your pain publicly, as it ultimately only creates ill will, makes friends of both you and your ex uncomfortable, and leaves everyone feeling shocked and helpless.

If you feel ready to date, however, get out there! Whether it's six months post-divorce or two years, there's no need to call everyone in your social circle and ask if they have anyone to set you up with. We say keep it on the down low and take it easy. Also, consider your underlying motives for putting "the word out" to the general public. If it makes you fiendishly delighted that your ex finds out your "good news," thereby thinking you have "moved on," it's time to re-think your dating readiness. Any sort of delight in his possible pain means you still have some healing and forgiving to do before diving into the dating pool.

In fact, Kim may even be taking a bit of our advice; she *has* stated that if she does indeed get married again, "The next time, I want to do it on an island with just my friends and family, and that's it." Kim, we gotta tell you: we 100 percent agree.

2. Take your time. Kim says of her marriage to Kris Humphries, "I think I fell in love so quickly and wanted that to be my life so badly, but I just didn't take the time to find someone." Taking your time applies to standard dating as well as dating after divorce. Some of the biggest losses you'll

experience in divorce are things like having regular love in your life, a warm body next to you, an activity partner, and someone to rely on.

So while it may seem like Kim is barely heeding her own advice by jumping quickly to a serious relationship with Kanye, she does note that they have known each other for 10 years; perhaps she did, in fact, "take her time." What's important to remember is that jumping into anything will not get you any closer to happiness if you forget about your actual needs.

Related Link: [Breaking Up Without Breaking Down](#)

Check in with yourself post-divorce and evaluate if your needs have changed. You might be looking for someone different because you yourself have also changed. Remember, more than 60 percent of second marriages fail, and more than 70 percent of third marriages fail. That's typically because men and women marry the same person with a different face again and again. Make sure you reflect on your dating patterns and do the internal work necessary to change those patterns. Fixing your broken picker now, before you head back into the pumpkin patch to look for your horse and carriage and the Prince Charming who comes with it, can help you prevent making the same mistakes.

3. You are in control of your life. Kim has a string of rocky relationships and two failed marriages behind her, but she hasn't let that affect her faith in love, marriage or happiness. One of the main reasons people wait to start dating after a divorce is caution about the prying eyes of family and friends, along with worries about what others will think about your new dating life. Kim seems to have skipped over that part rather breezily, and she has many more people to contend with than you probably do.

She has stated she ignores negative comments and no longer follows gossip blogs. If you're worried about what people

around you will think when you begin dating again, avoid bringing up your dating escapades right away. But if it's making you feel good, just remember that **you** are in charge of your own happiness. When it comes down to it, it's you, yourself, and you – not anyone else.

Marni Battista, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Is Your Career Killing Your Relationship?





By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

is your career your first love?

Russell Crowe and his wife of nine years, Danielle Spencer, have separated, according to Australian news sources. The two were on opposite sides of the globe when the news broke, she in Australia shooting *Dancing With The Stars*, and he in Los Angeles shooting the film *Noah*.

Like many other split couples with big careers, extensive travel schedules and calendars packed with commitments, could their whereabouts be an indication of what went wrong with their marriage? Did their careers take priority over their love lives?

Have you ever asked yourself this question: Which comes first my love life or my career?

Most of the time, there's no easy answer. For celebrities, the choice can be particularly hard since their work often takes them far away for long periods of time. But you don't have to

be a star to grapple with this tug-of-war. At some point, if you have a career, you will be forced to make tough decisions when your job and your relationship collide. While having a career should not preclude being in a relationship, the questions often become: How much is too much? And how much of a toll does it take?

If you're the one left alone on a Saturday night (as one of my patients was when her boyfriend couldn't make it to her sister's wedding because he had to work) what is important to keep in mind is to not take your partner's working overtime personally. It is easy to fall into the pattern of feeling they are choosing the office over you, while they may just see it as their professional responsibility. If this is going on for you or the person you're seeing, what you can do is look to put some checks and balances in place. If it's the sixth night in a row that you haven't been home before midnight, it may be time to have a talk with the boss and set some boundaries.

The other thing you can do if you know you are going to be overwhelmed with work and anticipate being exhausted is to give your partner fair warning. That way, they can make other plans and not feel ignored or abandoned.

You want to preserve the emotional intimacy you share with your partner because that can ultimately help sustain you as you make your way in the world. If you work to balance it you can maintain your career and your love life, rather than ending the relationship as Russell and Danielle have done.

Celebrity Couples Who Let an Affair Ruin Their Relationship



By Jennifer Harrington

Hollywood romances are notorious for being short-lived and frequently ending because of infidelity. Many star couples beloved by fans have ended relationships because of the heartbreak and scandal caused by one partner's wandering eye. No doubt healing any relationship scarred by cheating is difficult, but with the constant glare of the paparazzi and media, celebrities are in a far more challenging position when considering forgiving-and-forgetting their partner's indiscretion. Here's a look at a few high-profile couples who called it quits after an episode of the roaming-eye:

Brad Pitt and Jennifer Aniston: Both blond, beautiful, successful movie stars, Brad and Jennifer were media darlings throughout their five-year marriage. During this time, they were considered to be a rare success of wedded bliss in Hollywood. It all came to an end when Brad co-starred with Angelina Jolie in the movie *Mr. and Mrs. Smith*. Team Jolie and Team Aniston t-shirts were worn by fans as speculation swirled that Angelina was the cause of Brad and Jennifer's split. Several years after Brad and Jen's divorce was finalized, Brad finally admitted that he fell in love with Angelina on the set of the movie while still married to Jennifer. Understandably, "Brangelina" is still a sore topic for the *Friends* star, and Brad now uses one word to describe his marriage to Jennifer: "pathetic".

Related Link: [Brad Pitt Trashes Marriage with Jennifer Aniston](#)

Arnold Schwarzenegger and Maria Shriver: Arnold, the bodybuilder turned actor turned Republican California governor, and Maria, the journalist from a prominent Democratic family, seemed to be an unlikely pair when they first started dating. But, married since 1986 with four children, they seemed to be living "happily ever after"... until the news broke in 2011 that Arnold had fathered a child with a former household staffer. Maria quickly filed for divorce. Today, the couple is focused on co-parenting their children. According to Arnold, "We work together even though we're going through a divorce... we make sure that the kids grow up to be really good human beings."

Related Link: [Five Reasons Why Powerful Men Like Arnold Schwarzenegger Cheat](#)

Hugh Grant and Elizabeth Hurley: Hugh and Elizabeth were together for 13 years. However, when Grant was arrested in 1995 for soliciting a prostitute in Los Angeles, his relationship with Hurley, the Estee Lauder model, slowly began to crumble as Hugh admitted on *The Tonight Show with Jay Leno*

that he had done a “very bad thing”. The English lovebirds finally called in quits in 1998, but today, remain close friends and Grant is the godfather to Elizabeth’s son Damian.

Recently, we saw the turbulence in Rob Pattinson and Kristen Stewart’s relationship, because of her wandering eye, so there’s no doubt cheating is here to stay in Hollywood.

Why do you think cheating is so common place in Hollywood? What other celebrity couples can you think of that have been ruined by cheating? Comment below.

How To Find Love Online With Non-Traditional Dating Sites





By Karla Stephens-Tolstoy

The emerging alternative to dating sites has become social networks such as Facebook, Twitter and LinkedIn. Each of these sites are free to join and let you chose as many “friends” as you like, with little or no limitations on communication. If you have a particular Romeo in mind, social media can provide some great avenues for making a connection:

Related Link: [Five Ways Social Media Can Help Your Relationship](#)

Facebook

Facebook’s benefit certainly comes in the numbers. With everyone and their aunt as an active member, this service can connect you with virtually anyone. A good option with FB is freely being able to browse the friends of friends. This can even allow you to spot potential catches, and have the mutual friend set up a blind date. The How To’s of Facebook are pretty simple, especially if you have a target in mind:

1. Locate their page.

2. Do some intelligence gathering: Find out his online m.o. to best target when and how to reach him.
3. Consider commenting on posts and topics that they follow as a way of introducing yourself.
4. Determine ahead of time what you will and will not share.
5. Set casual goals for each contact: sharing more, getting personal, moving to the next step (a phone call), meeting in person, etc...
6. Have a line of conversation ready to go before initiating contact.
7. Plan your attack and execute your approach.

Related Link: [Q&A: How Can Social Media Help My Long Distance Relationship?](#)

Twitter

Twitter is an odd beast, as some barely touch it while others live and breathe by the tweets. It can offer a nice window into the thought process of a prospect. The trick with Twitter is to make your characters count and your creativity shine.

1. Research the topics and people they follow for a shared interest.
2. Plan your approach, whether through direct or shared contact.
3. Be pithy, it's part of the appeal: The limit of 140 characters requires tight, single statements. Back and forth attempts here seem forced and out of place.
4. Steer the communication to a fuller venue like email, Facebook.

LinkedIn

LinkedIn serves as the largest professional town square online. A lot of informed daters look to this as the go-to fact sheet on a subject. It can say a lot about a person beyond their education and work history. This is great for cold calling, or looking for love without a lead.

1. Determine the type of professional and location for whom you are looking.
2. Find the LinkedIn groups that meet that criteria.
3. Comb the member lists for those groups.
4. Research any potential prospects through social media before contact.
5. Send him a connection request.
6. Consider sending an InMail (internal message) introducing yourself.

The one certainty of social media is that it doesn't appear to be going anywhere. Platforms rise and fall in popularity, but this would appear to be the new phone book/nightclub of our times. For good or bad, it's having a direct effect on how people meet up, and your presence there can make all the difference.

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When is it OK to Be Friends with an Ex?





By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

“You know, Justin and I are great friends. We love each other. We want the best things for one another,” Cameron Diaz told “Good Morning America” in 2011, long after her relationship with Justin Timberlake had ended and while they were promoting the comedy “Bad Teacher” together.

While the former pair have publicly complimented each other, even since Timberlake become engaged to Jessica Biel, is being friends with an ex only the stuff of scripts and on-screen romances?

Often when people end a relationship they say, “Let’s be friends.” It makes sense. You’ve been the most important people in each other’s lives for a long time, maybe even years. It’s hard to make that clean break – it can feel like a gaping hole in your life. So you decide to continue to be a part of each other’s life. But staying connected isn’t always easy or the best choice. So when, if ever, is it OK to be friends with your ex?

Couples rarely break up on equal footing. Instead, one person

might be eager to get away while the other wishes to continue to be together. That's where it gets tricky. If you are on the side of hoping for more with that person, you run the risk of remaining attached and not allowing yourself the possibility of meeting someone new who might be better able to fulfill your needs. And if staying connected was a problem while you were dating, imagine how hard it will be to get your ex's attention now. You may just be setting yourself up for frustration and disappointment which ultimately might make you feel more empty and sad. If you remain focused on your ex, it could hold you back from finding your future.

The rule of thumb, generally, is this: It probably isn't such a good idea to try to be friends unless neither one of you holds any hope to be with the other romantically.

Give it time. And if one of you calls the other after years of talking? Maybe then there will still be good feelings remaining and enough time and space will pass so the two of you really can be friends.

Falling In Love: When to Say the L-Word for the First Time





By Sarah Ribeiro

You and your significant other have been together for quite some time now. You've experienced great dates, bad dates, and more romantic adventures than most couples you know. You've met the parents, made plans for the future, and have even discussed living together. There's just one thing you haven't done, and it's a rather large elephant in the room: said "I love you." Both you and your partner have likely contemplated saying it, and it might have **almost** slipped out more than once, but you're unsure whether you're ready to say it. If you need some help on knowing when it's time, here are some ways to know you're ready to say the L-word for the first time:

Related Link: [Letting Go of Past Loves](#)

1. You've made the commitment: If you and your partner are attached at the hip 24/7 (yes, that includes overnight), are making plans for "what's next" and both envision a future together, it's safe to say "I love you." After all, you must love each other to make these commitments, and to be with each other through good and bad.

2. You trust each other: When it comes to love, trust is a make it or break it kind of thing. Telling your beau you love them conveys that you trust them not only with your heart, but with the most important parts of your life. The L-word is a promise to be there for each other in the toughest of times and to care for each other – even when it’s hard. A promise like that can’t be made without trust.

Related Link: [Shrinkwrap: When Are You Exclusive?](#)

3. You’re able to communicate: Communication is key in any good relationship, but you can’t be completely open with your partner if you don’t have the traits mentioned above. Communicating with your love is all about commitment and trust. If you’re able to commit to and trust your sweetheart, you can be open with each other and explore each other’s feelings, needs, and desires. Understanding and appreciating what your honey has to say, and being able to say what you want without fear of them running out is a sure sign that you can say “I love you” to them and mean it.

When do you know to say the L-word for the first time? Share your comments below.

Date Idea: Hang Out At a Haunted House





By Steven Zangrillo

Don't let the kids fool you: Halloween is a time for grown-ups, too. Even though adults approach this day differently, there is no excuse for us to restrict our inner child to dormancy. Don't let yourself and your sweetheart yawn yourselves into a stupor at another monotonous Halloween cocktail party. Readjust your weekend plans for some scary, romantic excitement. Grab your honey and head to the nearest Haunted House.

Haunted Houses, mind you, are more than just a bunch of scary rooms. There are hired actors to guide you along the journey to provide an experience that is sure to bring you into a horrifying, almost-too-real adventure. Rural areas are known to feature haunted hayrides, forest walks, or even creepy farm houses. Those couples who are closer to urban areas will be pleased to find huge, multiple floor walk-up living nightmares. Take to Google and search out the best-reviewed offerings in your area. Wear something comfortable, because if this Haunted House is worth the trip, you two will be snuggling – or clinging – to each other.

The hired actors for these productions are an absolute riot. In some Haunted Houses, you might find yourself in a room full of vampires trying to seduce you and your man. You'll make it out alive, and maybe even a little flattered!

Where is the scariest haunted house you've ever been to? Let us know below.