

Stars Who Go Public With Love and Affection



By Samantha Mucha

Finding the right person is a thrilling experience, but keeping your hands off of one another in public is often a challenge. A new relationship is filled with flirty kisses, not-so-secretive butt grabs and romantic handholding.

In some cases, a little PDA is cute and picture worthy. Finding the balance between over-the-top scandalous make-out sessions and a cute peck on the cheek is the key to being a favorite couple versus a hated couple. These celebrity couples are all successful at acting like a couple in the spotlight without going overboard with their PDA:

1. Selena Gomez and Justin Bieber: Every time a photo of this duo surfaces, they are usually smiling, [holding hands](#) or sharing a kiss. Since Gomez and Bieber are young and have a young fan base, acting appropriately in public is important for them not only in the relationship world, but for their careers as well. Nothing Bieber and Gomez do would be banned PG rated film.

Related: [Justin Bieber Proves Honesty Is the Best Policy](#)

2. Khloe and Lamar Odom: This celebrity couple is famous for their baby talk and goo-goo eyes, however they do it in a way that makes people fall in love with their love. These lovebirds share a special bond that's obvious to those who see them interact. Sweet kisses and giggles are all this couple allows the press to capture, making them appear innocent and sweet.

3. Liam Hemsworth and Miley Cyrus: This is another fairly young couple who shares their love for one another with linked arms, holding hands or gentle kisses. Each photo seen of Hemsworth and Cyrus appears happy and simple. Whether it be a giggle on the beach or a deep glance into each other's eyes at an award show, this couple is the epitome of happiness and love.

Related: [Liam Hemsworth Says Miley Cyrus Would Beat Him in 'Hunger Games'](#)

4. Nick Cannon and Mariah Carey: Smiling faces are an understatement with this celebrity pair, especially when pictured with their beautiful babies. The duo is usually spotted holding hands and placing kisses on each other's cheeks, creating a special glow about them whenever they are together.

5. Katie Holmes and Tom Cruise: Holmes and Cruise are another charming couple whose photos demonstrate their closeness and the way they deeply care about one another. Cruise always

wraps his arms around Holmes or has his hands poised on her face while he plants a kiss on her lips. Their long, trusting relationship is evident in the simple, but pleased way, this celebrity couple glances into one another's eyes.

What couples do you think go public with love and affection? Share your stories below.

Top 3 Reasons Celebrities Seek Therapy



By Dr. Fran Walfish

Many of us aspire to live the glamorous life of a celebrity. When captured on camera, they almost always look happy, healthy, wealthy and full of life. As the leading Beverly Hills psychotherapist, I am here to tell you that everyone's problems are the same. Yours, mine and those of the rich and famous all have common threads. It's true that when you have money, the worries about how to make the rent and pay bills are eliminated, but they are replaced with panic about where your next hit will come from and how to remain in your lifestyle. Here are the top three issues for which celebrities seek therapy:

1. Communication problems.

Just like you and I, no one is perfect ... not even celebrities. I teach my patients first to accept their own flaws. We must be kind and non-judgmental to ourselves if we ever hope to accept our companions, spouses and children. When communication (taking turns talking and listening without judgment) breaks down with defensive arguing, criticisms or interrupting, it causes a crack in the foundation of the romantic relationship. Distance between partners can emerge and begin a life of separateness, secrecy, cheating and divorce.

Related: [How to Communicate to Get What You Need](#)

2. Parenting issues.

I have treated hundreds of children of celebrities. The most common reason is to help parents identify, implement and follow-through on boundaries. Contrary to public belief, this is not more challenging because of affluence and privilege. I was on clinical staff for 15 years at Cedars-Sinai Medical Center where I treated underprivileged and underserved families. The issues were the same as in 90210. It is simply hard for parents to say "no" to their beloved kids. It's even harder when kids have parents with work, charity, and a

variety of other commitments that fill their calendars. Parents feel guilty about not being available to their children, and when they are there, they don't want to fight. They take the easier road by saying "yes."

3. Controlling personalities.

The old saying that 'opposites attract' holds true in the way that we are drawn to our partners. For most couples, there's usually one dominant and one passive partner. Individuals fall anywhere within a spectrum from mild to extreme. An extreme example is a 90210 couple in which the husband controlled all of their money. The wife never had her name on their mutual checks, nor was she allowed to have a housekeeper. The couples therapy involved slow-motion step-by-step exploration of the source and meaning of the husband's control. It took long, hard work to chip away at his defenses and help him let go of some of his rigidities.

Related: [5 Ways to Stop Sabotaging Your Relationships](#)

The bottom line is that when there are two people in a relationship, things must feel good (enough) to both partners. Here are my top 10 tips:

1. Always be curious and open enough to look within and become more self-aware.
2. Be kind and nice to your partner, spouse, and child(ren).
3. Do not strive for perfection. Be "good enough."
4. Don't get caught in power struggles.
5. Never engage in negotiations, bargaining, or deal making.
6. Balance nurturing with setting and holding boundaries.
7. Listen when dealing with conflicts. Reflect out loud what you hear the other person feeling and needing.
8. Encourage healthy expression of all emotions, including anger.
9. Nurture the relationship by having quality one-on-one time, date night, and daily talk time at least once a week. The

foundation of your family is built upon the bricks and mortar of your marital relationship.

10. Shield your children from hearing Mom and Dad fight. It raises their anxiety.

Dr. Fran Walfish is a Beverly Hills family psychotherapist and the author of The Self-Aware Parent.

Nine Unexpected Places to Find Love



By Kelly Rouba, GalTime Writer

You can find love anywhere, just make sure to keep your eyes open!

Finding love is never easy– or so it seems when you're single. As many women will admit, the bar scene isn't always an ideal place to meet men and flirting with someone at work is sometimes frowned upon. So if you're "looking for love in all the wrong places" or just unsure of where to mingle with eligible singles, GalTime's relationship expert Nikki Leigh has a few suggestions that just might help you get on the right path to meeting the man of your dreams.

According to Leigh, it's possible to meet someone just about anywhere; whether it's while shopping at the grocery store or while working out at the gym. But if you're looking for a true partner, Leigh believes there is a strategy or two that can help you find someone that you're more likely to be attracted to and really interested in. "If you want to meet someone that may be more compatible with you and [who shares] your likes and dislikes, think about meeting people in places and around things that really interest you," she said. "If you love to read, you could meet someone at a library or at a book store or at a book reading or signing. If you are very health-conscious, think about going to a gym or a health food store."

Also keep in mind when you're looking for love, it's important to be open-minded. "A key to meeting people is to always be open to the idea of making new friends and reaching out to people," Leigh asserts. Here are some more of Leigh's tips with helping you find love in unexpected places:

9 Unexpected Places to Find Love

- The post office
- On the bus, subway, or other public transportation
- An airport
- In a night class or another type of class, such as cooking class

- At a church or church events
- At local senior events, if you're an older adult; oppositely, many colleges are hosting "young alumni" events and some organizations even have mixers for young professionals
- Online (aside from dating sites, you may want to try gaming sites or sites devoted to hobbies of interest to you)
- In the park
- At a local store

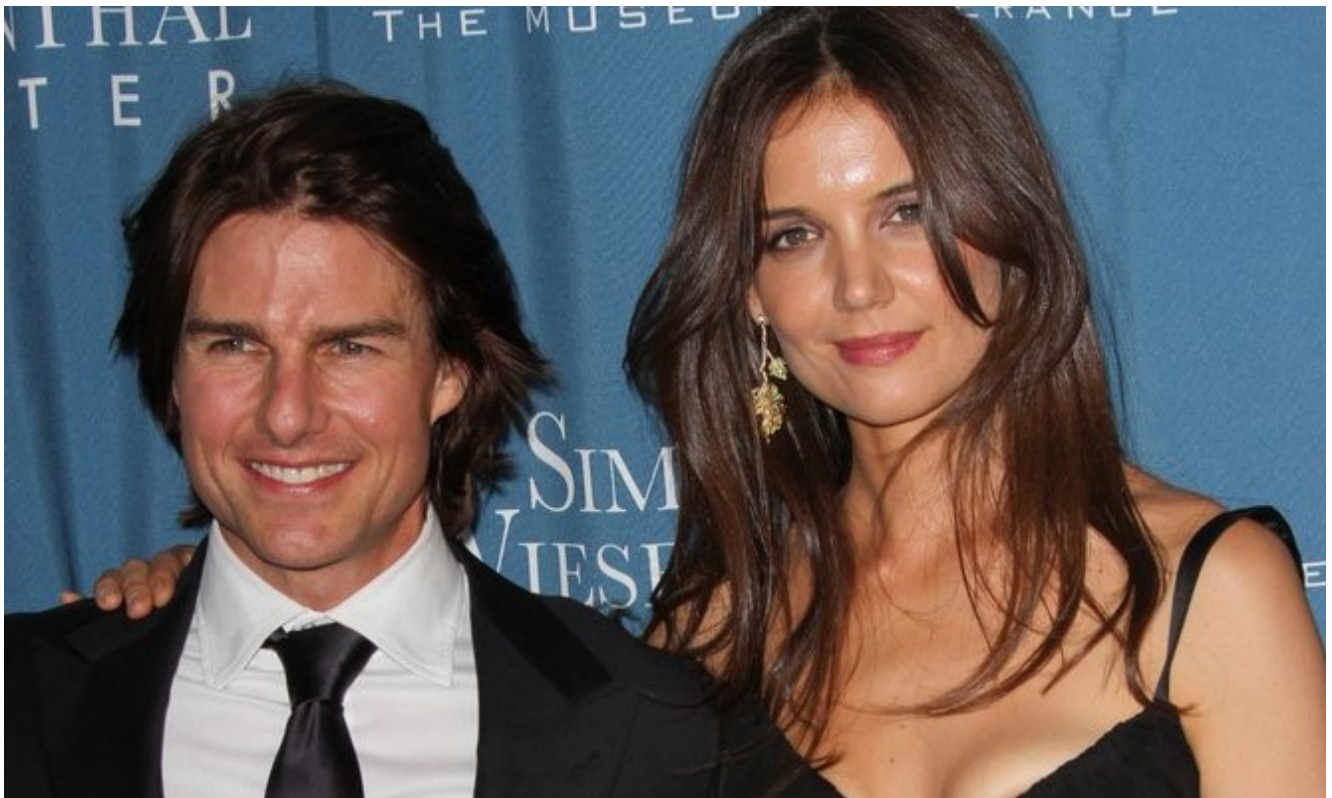
"There can be a fine line between reaching out to meet new people and coming across like a crazy stalker," Leigh cautions. Remember, if you do decide to approach someone at a public location or event, make sure to do so with tact.

"If you're in the grocery store and you see an interesting guy or girl and a quick glance in their cart reveals they have similar taste, you may want to say hello as you pass them," Leigh said. "Then, if you can meet their gaze, smile at them, a smile is very warm and friendly." Noting that you should be careful not to leer at the person, Leigh continues "After that, if they smile back at you or, if they are pondering a decision in one of the aisles, you can subtly mention a favorite of yours and recommend they try it, but never be pushy or get in their face." There is a real art to being subtle yet friendly and a little flirty.

"This approach can also be used on a train, bus, or subway, especially when it's a route you travel frequently," Leigh adds. "I've talked with people who have done this with great results, and I've had a great number of fun conversations in the grocery store."

Next time you see someone who catches your eye, don't be afraid to say hello and flash him a suggestive smile. You never know where it might lead you!

'What to Expect When You're Expecting' Has an All-Star Cast!



By Matthew Dougherty

This comedy features an all-star cast including Jennifer Lopez, Cameron Diaz, Matthew Morrison, Elizabeth Banks, Dennis Quaid, Chris Rock and Anna Kendrick. The plot follows five couples, all expecting children, who must overcome the issues that couples all face when expecting a child. The trailer is quick on the laughs and the heart making for what could be a fun summer comedy stuck in between all the big action

blockbusters. With a cast of respectable actors like this all signing on to do the same film, the script has to be good.

Should You See It? If you need a break from robots, aliens, superheroes, or all three this could be a great film with which to just go and have a laugh.

Who To Take: Anyone really. The comedy seems light enough to bring your mother or little sister. But it could also be a great date movie or outing with friends. Your significant other will like that the jokes are not all directed at women and expecting mothers.

Do you have a big decision to make in your relationship? Here are some tips on how to keep away from trouble:

In *What to Expect When You're Expecting*, all five couples' problems stem from one thing: the decision to make a baby. Having a child isn't the only major decision that couples have to make, however. Here are some tips on how to make sure you and your significant other are making the right decision with the least amount of turmoil possible:

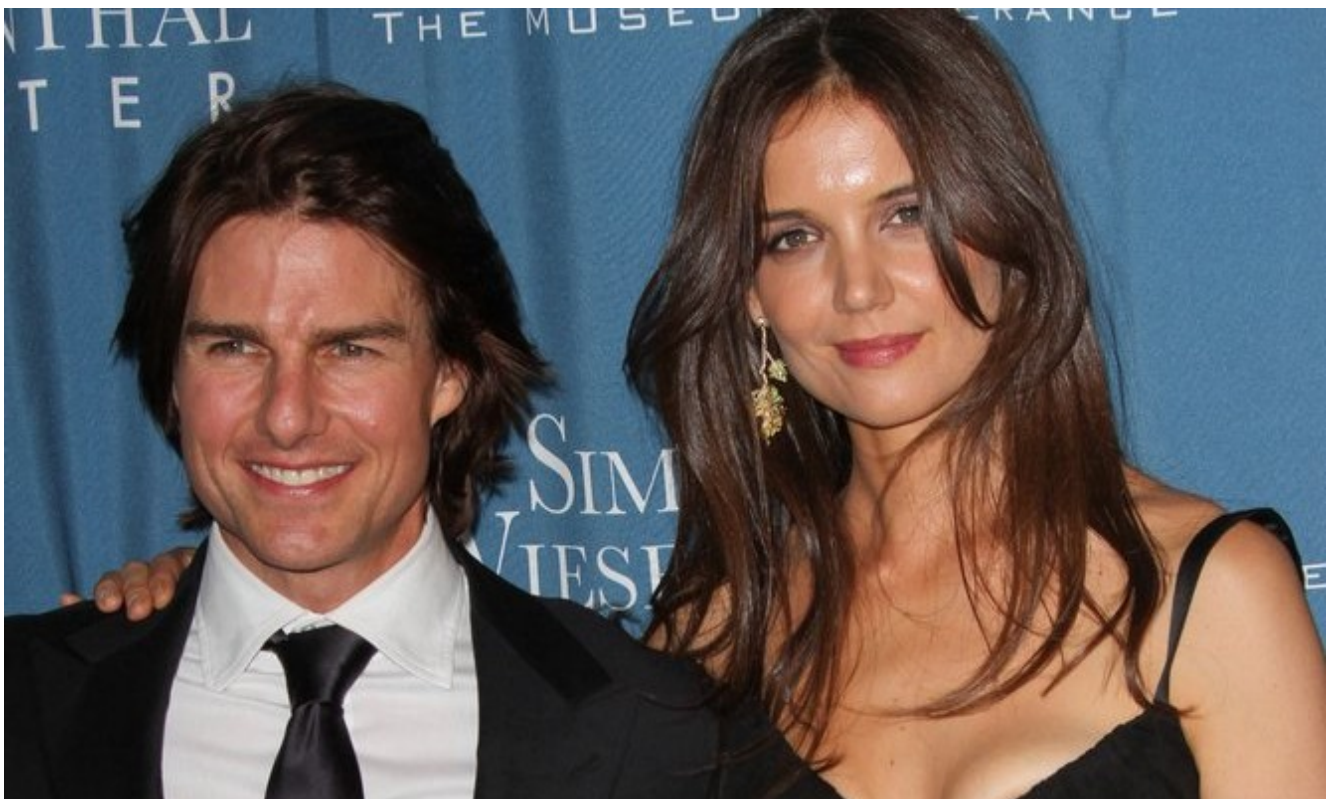
1. Make sure both parties are on board: One way you can run into trouble is if your significant other does not completely agree with a decision. Talk to them and make sure that you both are getting what you want.

2. Plan it out: Do not rush into things. Instead, plan as much as you can out beforehand so there are no unexpected surprises. You can be spontaneous, but by planning enough things out, the spontaneity can only be positive.

3. Do it for you: Make sure this is a decision you want to make. Do not take pressure from your friends, family, or even your significant other. Take a step back and make sure this decision is right for you, because if not, you can harm a lot of other people in the process.

Have you dealt with a major decision in a relationship? Share your experiences below.

U.S. Women's Soccer Star Hope Solo Chats About Her Training and Love Life



By [Whitney Baker](#)

Despite her hectic schedule as she prepares for the 2012 Summer Olympic games, Hope Solo, goalkeeper for the United

State's Women's National Soccer team, strives to live a balanced life – both on the field and off the field. When she's not training, she loves being social and enjoying life. As for romance? She is looking for a confident and honest partner, someone who wants the best in everything that they do.

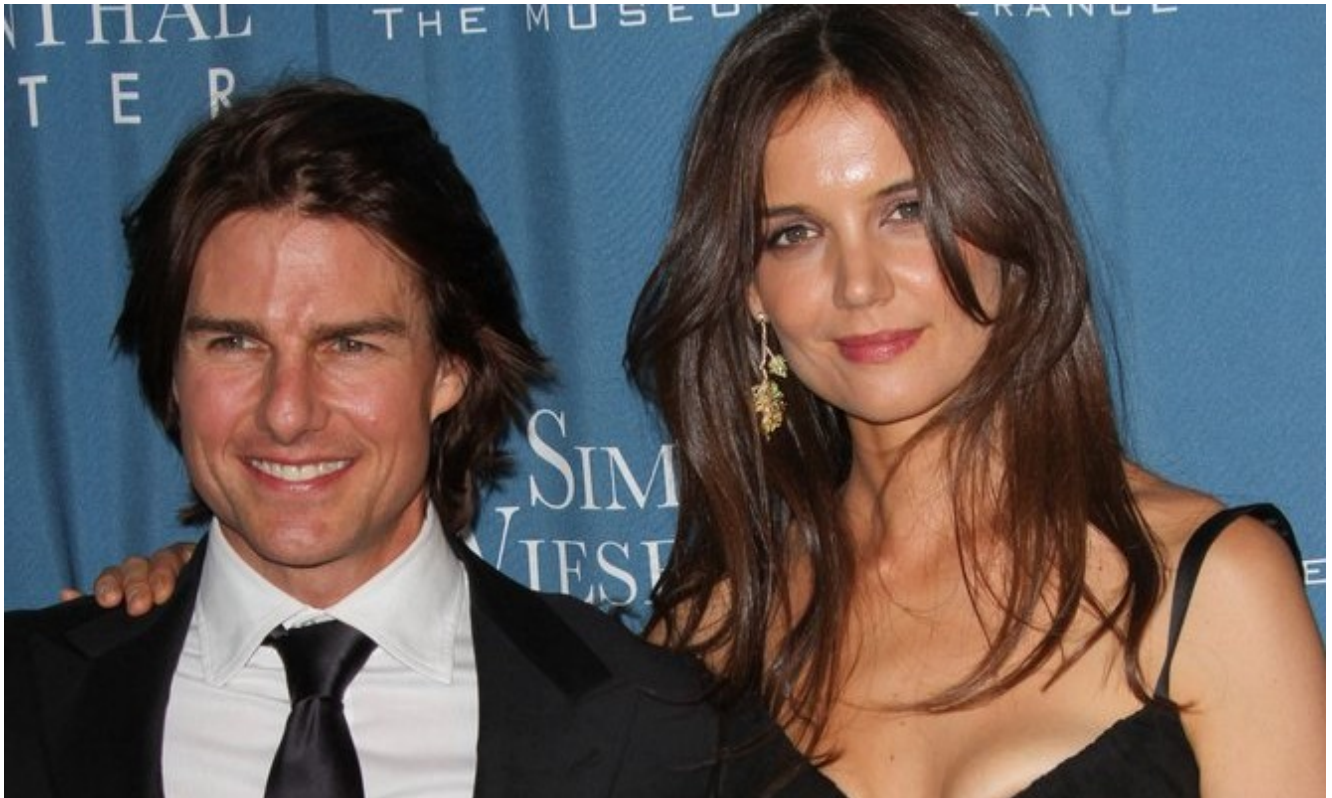
Solo's also partnering with Unilever to promote their Simple Skincare line. As someone with sensitive skin, she understands the importance of a skincare line that she can trust as she travels from city to city.

For a chance to win a trip to Los Angeles and meet Solo, visit the Escape with Hope Facebook page!

For more videos from CupidsPulse.com, check out our YouTube channel.

Date Idea: Say Cheese at a Photo Shoot





By Amanda Martin

Spend this weekend enjoying the beautiful outdoors with your honey while making photo memories that last a lifetime.

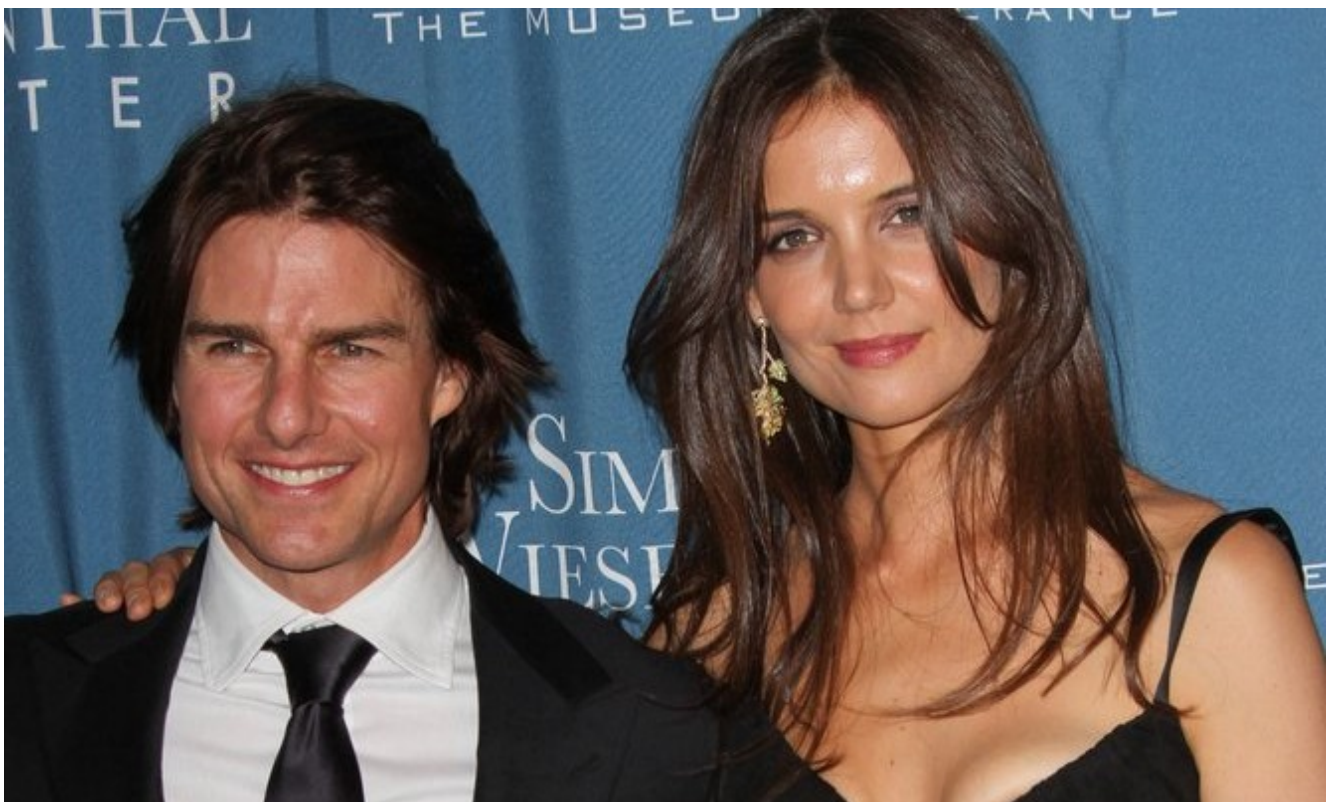
Visit a park or local garden and soak up the surroundings while enjoying the company of your significant other. Smell and identify the flowers, pack a picnic lunch and spend time throwing around a Frisbee. This is no time to be camera-shy. Be sure to capture these photogenic moments by asking passers-by to take pictures. You can even turn this into a mini photo shoot. Style your boyfriend or girlfriend how you think they look sexiest and then have them pose.

When you're ready to go home, upload your pictures and start a scrapbook. It's easy to do using a website such as Snapfish. Don't limit yourself; you can also make calendars, mugs, posters and cards. These souvenirs are a fun way to catalog your [romance](#) and they help remind you of the great times you had together.

How do you make your memories last a lifetime? Let us know in

the comments below.

Celebrity Trainer Gunnar Peterson Discusses Relationships, Health and his 8-Week Gunnar Challenge



By Nisha Ramirez

Celebrity trainer Gunnar Peterson, is all about keeping

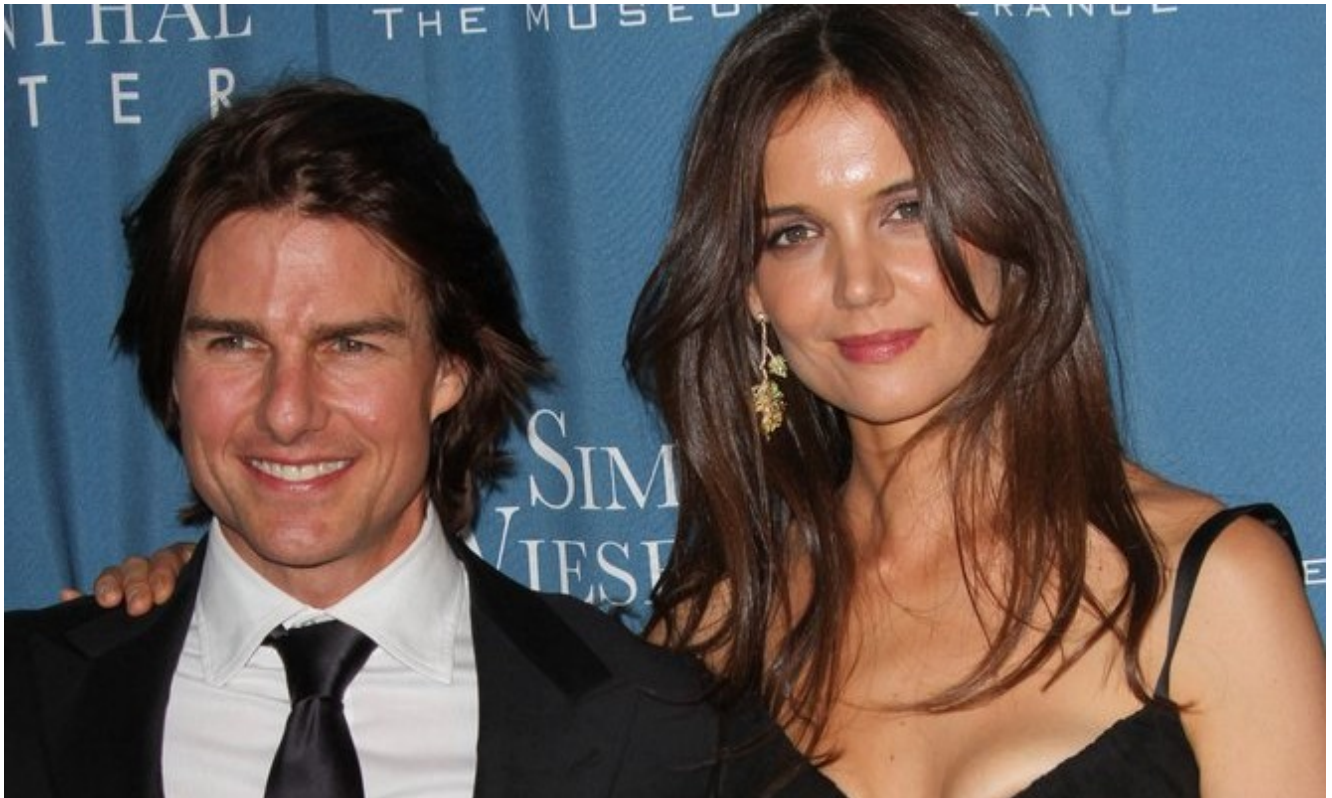
celebrities in top shape for when they're on and off camera. For those who are looking to get in shape celebrity-style, Peterson is debuting a new diet and fitness program called The Gunnar Challenge. The trainer guru says that his 8-week challenge is great for couples and a must for anyone looking to boost their confidence. He doesn't advocate for training couples together, but he did make the point that couples should have mutual fitness goals. By accepting The Gunnar Challenge for yourself first, you can make a dedication to yourself that will yield positive results. The interactive online challenge starts May 21st and Gunnar wants you to accept the challenge for yourself and your love life. Beach season is only a few weeks away, so why not get started?

To find out more about Gunnar Peterson and how you can get involved with The Gunnar Challenge, www.gunnarchallenge.com.

For more videos from CupidsPulse.com, check out our YouTube channel.

Where Did Macho Go?





By John Powers

Modern love is complicated. Expectations are higher than ever and men are being forced to evolve or risk becoming obsolete. This man believes that there are positives to masculinity that are often overlooked. Here are some tips to help you let your man be a man:

Smell His Pheromones

He is a man, and sometimes smells like one. You should cherish his manly characteristics. His testosterone brings balance to your relationship. Do not force him to shave his chest. If he wants to grow a beard, let him. Admire his manliness, and encourage him to enjoy sports and spend time with other men.

Related: [Pros & Cons – Bonding With Your Man’s Friends](#)

Let Him Dress Himself

As long as he wears khakis to your cocktail party, you should allow him to veto the argyle cardigan. He is not Mr. Rogers. If he wears a sportscoat, don’t bust his balls about the

jeans. They are not as tight as the jeans on a hipster in the West Village, but they are new and clean. Be proud of the man you're with, and he will walk proudly beside you.

Embrace His Sexuality

He is heterosexual, not metrosexual. Allow him to indulge his primal urges. Let him take control in the bedroom, and stay open-minded. He likes your lady lumps, and you should appreciate your differences. Just because you're vegan doesn't mean he can't enjoy an occasional steak.

Related: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

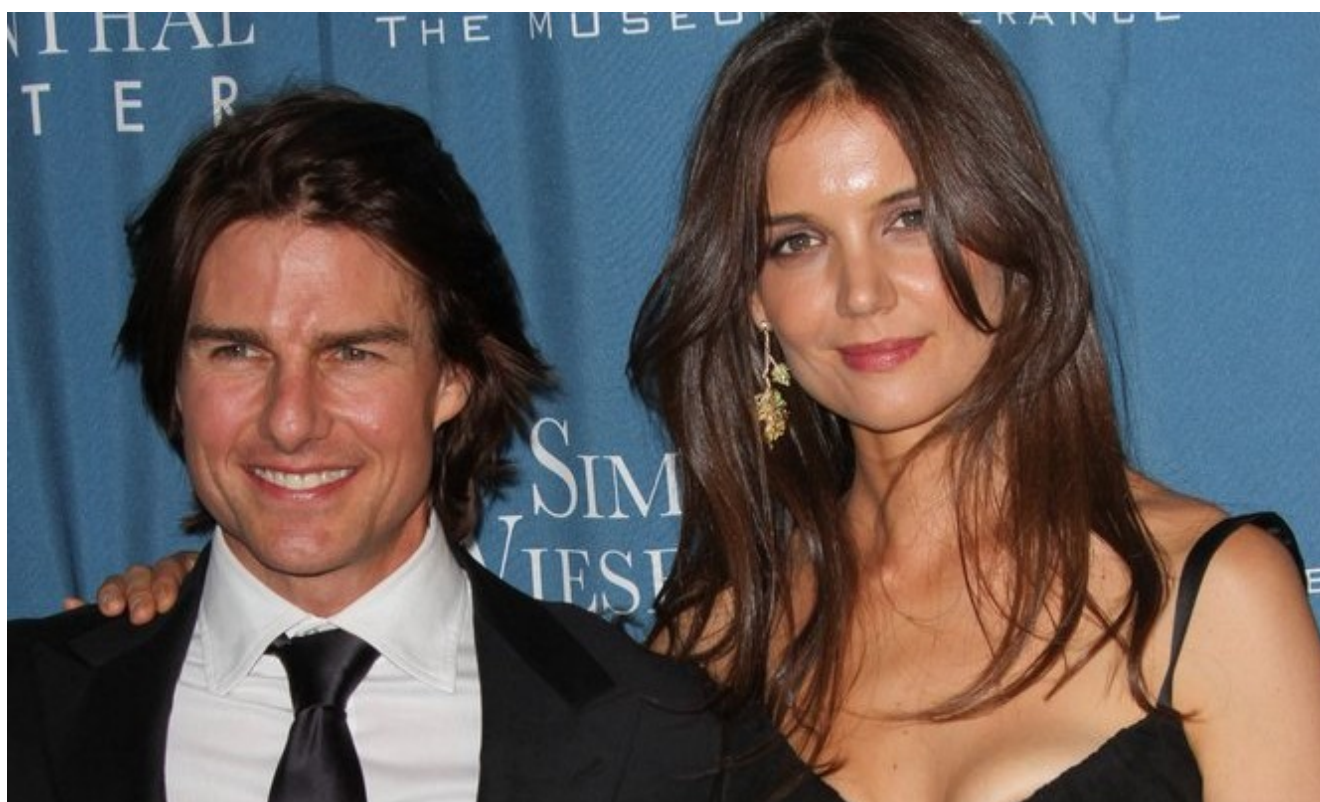
Masculine Men

Too often these days women look at Johnny Depp or even Justin Bieber as their ideal man. A man need not appear feminine or prepubescent. Hugh Jackman and Christian Bale are both happily married and full of machismo. An old-fashioned man knows how to treat a lady right.

Clearly your man and his masculinity are vital to the success of your relationship. Follow these tips to ensure your man feels like one.

John Powers is a heterosexual, single male. He does graphics for TV by day and standup comedy by night. He enjoys playing and listening to rock music, driving around with the top down on his convertible, walking aimlessly around Manhattan, and sipping on deep red wine near the beach.

Dr. Steven Craig Explains How Change Is Essential in 'The Six Husbands Every Wife Should Have'



By Creshawna Parker

Okay, so you and your husband dated, fell in [love](#), got married, had a few kids and now you realize that he's no longer the person he was when you first married him. Sound familiar? What happened to the man you once knew? Don't fret; change is very common among couples. Things you once desired out of the relationship are no longer the things you need as your relationship progresses. It's healthy for couples to grow

as individuals, but sometimes it's hard to adjust to the change, and the person we once married becomes a stranger sleeping in our bed, walking around our house and kissing us "hello and good-bye" every morning. Therapist and author Dr. Steven Craig speaks more about this in his new book, *The Six Husbands Every Wife Should Have* advocating that successful relationships should be viewed as fluid entities that are made by continually maturing people. In his practice and in the book, he teaches couples who are at various stages in their relationship to learn how to adapt to every stage they experience together. Here are some points we discussed with him:

In the introduction of your book, you said the things that your wife initially loved about you, she no longer liked at one point. How can a man appreciate and adjust to change instead of resenting it?

Many men are socialized to believe that change is bad. But these same men complain endlessly about their friends who tell the same old boring stories and do the same stupid things they did twenty years ago. Men need to recognize that the most successful people in life are those who are out in front of the curve – changing before everyone else does. Those are the trendsetters, not the same tired old guy who says the same things over and over again.

Related: [Three Tips to Enjoy Marriage Despite the Battles](#)

You mentioned that it's important to reinvent yourself. How can a husband reinvent himself to please both him and his spouse?

I believe we should look at the process of changing like a tree that is continually growing. As a tree grows it gets more branches and becomes more full and more well rounded. It doesn't become something entirely different. It only grows bigger, stronger and more complete. Husbands need to look at

themselves in the same way. Changing doesn't make one weak or different, it only makes one more well rounded and more capable. In the book I also outline many very specific myths men (and women) hold about how changing is bad and explain how these beliefs only hold people back in life.

If every wife should have six husbands, do you believe it's necessary for every husband to have six wives?

Absolutely. In each stage of marriage I outline both the ideal husband and the ideal wife. After all, success in relationships is about finding ways for couples to grow and change together. That requires both spouses to change and mature through the years.

Can your book work for couples who are at various stages in their relationships?

This book can be read by anyone at any stage of marriage and many people do just that. I recommend that people read the entire book or just the parts that pertain to them. I have a bias against self help books that require one to read the entire thing in order to find one thing that pertains to them. I wrote this with that in mind. I want people to be able to read just the parts they want to and get something from that. When they start heading into a new stage they can pick up the book again and learn about what is to come.

Some couples believe that the reason for a breakup is when someone in the relationship changes. However, you state that a marriage fails when people don't change. What is the difference between the two and how can a couple recognize when change is for the better?

I like to view myself (and all of us) as a stock on the stock market. When my wife [married](#) me she wasn't just buying me, she was buying my potential. She was hoping that I would grow and mature through the years. If a stock doesn't yield it's potential, we sell it. The key is to realize that mature

people change and mature couples figure out how to change together. If both people haven't changed over the course of 10 years then something is terribly wrong.

Still, recognizing when change is for the better is a difficult process. Sometimes it feels wrong, but is still the best thing. In short, anything that allows the couple to grow rather than stagnate is a good thing. Anything that encourages them to resist change is not good for them. In my book I outline many ways to identify healthy changes versus unhealthy ones depending upon the stage of marriage you are in.

Related: [How to Master Being in Relationship](#)

From your experience, what would you say is the most difficult/rewarding stage a couple may face?

I believe the most difficult stage is also the most rewarding one. It is the Baby Years. However, the reason this stage is so difficult is misunderstood. People often blame the baby, saying that infants mess up relationships. In reality, they are just a lot of work. What makes marriages so difficult at this stage is that the parents aren't prepared for how much they are each going to change. At this stage of marriage, intimacy changes, communication changes, our needs change, our expectations of each other change among other things. Couples eventually figure out how to deal with the new baby, but it's learning how to deal with their "new" spouse that makes things so difficult.

Related: [Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do"](#)

What is the most important message you would like for readers to understand in your book?

I always tell people to embrace change with the same enthusiasm they embrace each other. A life long love affair is about falling in love over and over again with the same

person. If that is what you are looking for then changing makes it all possible.

Do you have any additional advice for our visitors?

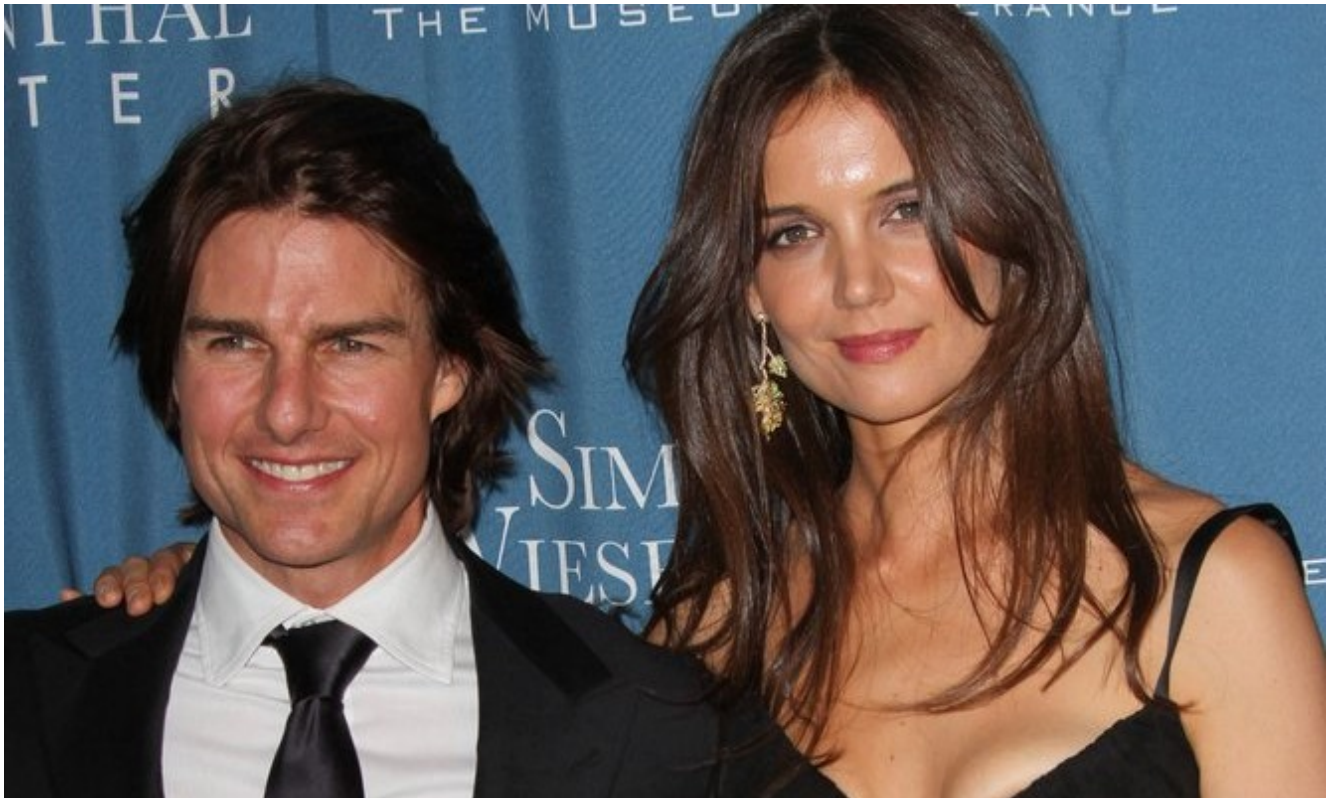
Start off on the right foot. Begin your [marriage](#) with the promise that you will each commit to growing and changing together. I believe we should use the following vows when getting married. Try these and see how that changes things:

I promise to share my life with you for as long as I live. To accomplish that, I promise to change when my marriage needs me to change and to grow when my marriage needs me to grow. I promise to be more than the husband you need me to be today. I promise to be the husband you need me to be today, tomorrow, and in the future. Life is about change, and I promise to change.

To read more about how change can benefit you and your partner's relationship, purchase *The Six Husbands Every Wife Should Have* at Amazon. For information regarding Dr. Steven Craig's practices, visit drstevencraig.com.

Best Celebrity Moms (Who Also Make Great Wives)





By Che Blackwood

Making a relationship work is hard. Throw in full-time jobs, opposing schedules and nosey families, and it can be darn near impossible to find the time you need to make it work. Now, add children to the mix, and some might begin to assume you're attempting to commit partnership suicide. Any woman that has the privilege of being called Mom, or even those who've tried their hand at babysitting, knows that after making macaroni necklaces and finishing science projects, there isn't much time left at the end of the day to dedicate to yourself, let alone your partner. Fortunately, it is possible to fulfill your parental duties and keep your mate happy without completely sacrificing your sanity, shower time or friendships. While it may sound like an urban legend, these celebrity moms have found a way to make juggling kids, love and inner happiness look somewhat easy:

Related: [Snooki's Pregnancy – Can You Salvage Your Image?](#)

1. Victoria Beckham: This former Spice Girl ditched her Posh-like alter ego for a life of domesticity after marrying sexy

soccer player David Beckham in 1999. Four kids later, Mrs. Beckham can be found naming handbags from her clothing line after daughter Harper and taking her sons to FAO Schwartz. While it's obvious that Beckham is a [fun mom](#), she's also a stunning wife. Low-cut dresses and six inch heels keep this mama looking hot and since their last child isn't even a year old yet, it's obvious that after thirteen years, her style has kept her husband interested.

2. Gwenyth Paltrow: Paltrow makes sure her children, Apple and Moses, think she rocks by taking them to see their dad, Coldplay's Chris Martin, in concert as often as possible. On top of raising her children amongst some of music's biggest legends, she's also made a career out of mommy-blogging, dishing on the most kid-friendly restaurants and best toys. However, this celeb doesn't pretend that being a wife and mom is easy. She's reported that the pressure has caused trouble in her relationship, but in the end, commitment wins out. The actress reminds us that love can't overcome everything, but that the willingness to try sure can. Her devotion to her family makes her one of the coolest moms we know.

3. Jennifer Garner: Garner is the epitome of a laid back mommy. Regardless of her Hollywood status, Mrs. Affleck walks her children to school every day, is frequently spotted bringing her two daughters to the park and focuses on each of her children's individual interests. The actress is so humble that she had no problem dishing in an interview that her eldest daughter, 5-year-old Violet, called her fat. While a great attitude makes for a great mom, her bouncy personality has made her a great wife to actor Ben Affleck as well. In fact, he admitted publically that his wife's unique demeanor leaves him happier and more at ease than he ever thought possible. With their first son having been born a month ago, let's hope Garner can continue to keep this growing family happy.

4. Nicole Richie: This former party girl ditched her crazy

habits when she married rocker Joel Madden, but she didn't walk away from her almost natural ability to be hip. As a fashion designer, Richie has named a number of her companies after daughter Harlow. She's also performed on stage with her children's favorite show, *Yo Gabba Gabba*, and can be spotted bringing Harlow ice cream at ballet class and taking son Sparrow to the beaches of Malibu. With such a rocky past, Richie seems to genuinely appreciate and cherish every moment of motherhood. However, she hasn't forgotten the needs of her husband. The lovebirds continue to make time for each other, recently visiting Coachella, enjoying intimate date nights and making it a point to actively raise their children together.

Related: [Nicole Richie Gives Motherhood Advice to Pregnant Jessica Simpson](#)

5. Jessica Alba: This Hollywood actress went public about the pressure of raising a baby in the public eye after giving birth to her first daughter, Honor. After the birth of her second daughter, Haven, she's grown more accustomed to life in the limelight. Never photographed without her children, Alba manages to keep their lives as private as possible without sacrificing their time together. Ransacking her house, she has made her life kid-friendly by adding education into everything she does. Alba admits that raising children is hard, but by taking the pressure off of herself, this Bohemian beauty has turned into a baby-raising bombshell. She and husband Cash Warren have also taken the pressure out of their relationship by taking the time to hang out alone. Whether stealing a weekend away in New York City or sneaking in a day at the beach together, Alba has made it a point to keep her relationship fresh; and it appears to us that Warren couldn't be happier!

What other celebrity moms do you think should be on our list? Share your comments below.

Which Avenger Would Be the Best Date?



While *The Avengers* certainly doesn't cater too much to the romance crowd, it does feature a cast of burly and charismatic superheroes that will have people swooning over them for months to come. Whether you want to be them or be with them there is no question that this cast is pretty incredible. But which Avenger is the best contender for a candlelit dinner?

Contestant #1: Iron Man-

Bio: Tony Stark (Robert Downey Jr.) used to be in charge of a major weapons manufacturer but changed his ways after a run in with terrorists in Afghanistan. Now he spends his money, which he has a lot of, creating and modifying his suit as Iron Man. Personality wise, Stark seems not to care about a lot of things, but if you get close enough you could mean the world to him.

Pros: With Stark's insane amount of money, you could have dinner in Rome once a week! Also, the guy has a great sense of humor, and when it comes down to it, he will do whatever he needs to to protect what he loves.

Cons: Stark is known for being a playboy, so if you don't feel a real connection with the guy, he will move on to the next one. Plus he's a superhero, his job isn't exactly the safest in the world.

Contestant #2: Captain America-

Bio: Steve Rogers (Chris Evans) used to be a skinny nobody back in the early years of World War II. But after a doctor saw potential in him, he received the Super Soldier Serum, which put him at the peak of human potential. However, he ended up getting frozen in ice and waking up again in the present. Tough break.

Pros: Steve Rogers is genuinely a great guy. He will fight for whatever he believes in no matter how trivial or potentially devastating it may be. He is also perhaps the most humble of the Avengers.

Cons: The guy knows nothing of the world we live in today. The way the world works has changed a lot since the 1940s, something that may be a bit frustrating when trying to [connect](#).

Contestant #3: The Hulk-

Bio: Dr. Bruce Banner (Mark Ruffalo) became the Hulk after a freak accident involving Gamma radiation. Since then, he has had trouble controlling when he unleashes this horrific beast and remains in hiding from the government.

Pros: Banner is a pretty timid and overall nice guy. He could also defend you against just about anything.

Cons: You won't like him when he's angry. But seriously, your first fight could end in you getting crushed.

Contestant #4: Thor-

Bio: Thor (Chris Hemsworth) is literally a god. From the Norse realm known as Asgard, Thor was sent down to Earth by his father to learn how to be anything but arrogant, which he did before returning to his realm.

Pros: Thor has learned to be humble and proved in his own movie that he can handle a [date](#) pretty well. He could also show you the beauty of the cosmos like no one has seen before.

Cons: Since he's a god, he can be a little arrogant, even after he learned his lesson. He is also a little intense at times and doesn't have much of a sense of humor. Oh, and his brother is an evil mastermind that tried to take over the universe.

Contestant #5: Hawkeye-

Bio: Clint Barton (Jeremy Renner) is an agent for S.H.I.E.L.D. and known as the world's greatest marksman, wielding a bow and arrow as his weapon of choice. Not too much is known about him otherwise since he only had a brief cameo in last summer's *Thor*.

Pros: Barton is a confident man, one who is aware of exactly what he is capable of, a good quality in any significant other. Also, since he has no superpowers, he may not be as cocky as, say, Tony Stark.

Cons: As a part of the secret agent organization S.H.I.E.L.D., he probably has very little free time where he isn't battling the forces of evil.

Contestant #6: Black Widow-

Bio: Natasha Romanoff (Scarlett Johansson) is also a spy working for the secret agent organization S.H.I.E.L.D. Previously appearing as a side character in *Iron Man 2*, Black Widow is known to be able to kick some butt, and looks great while doing it.

Pros: She is beautiful, and a good person to have in a tight spot. Personality wise, she is pretty relaxed and has a fun sense of humor.

Cons: Like Hawkeye, the secret agent thing probably leaves Black Widow with very little free time. Also, if you are a guy, she is way stronger than you, and in some cases that might not be okay with you.

And the Winner is...Captain America!

Steve Rogers is an absolute dream come true. He's hot, he's smart, but most of all, he has more heart than the rest of the Avengers combined. Who cares if he is still in a 1940s mindset? That leaves him room to discover this far more advanced world by your side.

(*Runner Up:* Thor, just because much of his dialogue sounds like poetry.)

Disagree with our love for Captain America? Which Avenger would you want to date the most? Sound off below.

Relationship Rescue: 7 Steps to Take Before Divorcing



By Tristan Coopersmith

Picture this: You are at the altar, on the brink of saying “I do” to your hunky fiancé. Your designer dress is stunning. The weather is perfect. You’ve never had a better hair day. It all seems so dreamy until the officiant tweaks the vows a bit instead saying, “til death do you part or you aren’t willing to work on your marriage anymore.” Naturally, you’d be awestruck. After all, such words certainly don’t channel those fairytale wedding fantasies. The fact though is that most marriages don’t end with one spouse six feet under; they dissolve because couples often try to rescue their relationship after the chance of survival window has closed.

Take Jennie Garth (our beloved Kelly from the original *90210*) and Peter Facinelli (the grown up *Twilight* hunk) for example. Together nearly TWO decades, this couple recently called it quits, reportedly after trying to work on their marriage. But as any marriage counselor will tell you, working on it may not be enough, especially if that work begins too late. So what's a couple in marriage distress to do? Before you say, "I don't anymore," follow these steps for a promising road to relationship rescue:

1. Accept that you've got issues... big ones. Just like in recovery programs, denial is not option if you want to see a brighter day. Challenges must be faced head on, recognizing that they won't just magically evaporate one day, but rather they must be worked through and seen as opportunities to grow.

Related: [Kim Kardashian's Divorce – A Reminder About Relationship Mistakes to Avoid](#)

2. Communicate. Chances are if you are strutting down divorce road, you've likely ceased communication, or at least communication of the healthy kind. Decide now, today that you will work diligently to express yourself clearly and respectfully, and that you will listen with a loving heart and open mind.

3. Nurture your relationship. Great marriages take a lot of deliberate TLC. Love fades when spouses don't routinely invest in each other. Daily tune-ups can point a broken relationship towards the path of healing. Try simple gestures like compliments, words of appreciation and intimate touch.

Related: [Newlywed 911 – Protecting Young Marriages](#)

4. Get help. Marriage counseling can work wonders, if you strike while the marriage iron is hot. Seek a counselor who you have chemistry with and who's philosophies and methods align with you. According to Pepperdine University Professor

of Marriage and Family Therapy's Mario DiSalvo, "Marriage counseling is usually unsuccessful due to couples seeking help six years too late," so don't wait!

5. Set goals. Without meaningful goals, any partnership will struggle and eventually fizzle. When it comes to a marriage, goals help couples get on the same page about the present and provide a roadmap for the future. Such goals can be co-created by a marriage therapist. They should be measurable and hold both parties accountable for their success. Be sure when developing goals that you acknowledge stepping stone successes along the way, and celebrate them!

6. Build a support circle. Turn towards trusted friends and better yet, couples who's marriages you admire, for support. When the going gets rough, enlist such sources to help you stay strong, focused and positive.

7. Take a trip down memory lane. Re-reading your vows, visiting the scene of your first date, or reenacting your proposal, all offer rich reminders as to why you got married in the first place. Oftentimes life can get in the way of love but a simple reminder of how and why you ended up together in the first place can do a relationship wonders.

Tristan Coopersmith works one-on-one, in groups, through e-courses, in workshops and taking listener calls on-air to uncover people's blocks to guide them towards healthy, fulfilling, sustainable, relationships through designing personal plans for success.

Your Mom's Top 5 Relationship Mistakes: Don't Make Them



By GalTime's Dating Expert Jennifer Oikle, PhD

With Mother's Day around the corner, you've probably got mom on your mind. Sure, you've got a million things to thank her for.

But chances are— unless your mom and dad had a storybook romance, you also inherited a few not so lucky relationship habits from being your mother's daughter. In fact, watching your parent's relationship is the biggest way you learned how to relate to men, so it's not surprising that you may have picked up some patterns that remind you of your mother.

The good news is— you don't have to make the same man mistakes

as mom. You can choose to *learn* from her instead. Below are the top five relationship habits you may have learned from your mother and how to chart a new, healthy, happy course for love.

Mom Mistake #1: Staying Too Long in a Painful Relationship

Many mothers stay in hurtful marriages “for the children.” If you watched your mom play this role, you may have learned that you too, should suffer, for the sake of love. Now, you may have a hard time leaving relationships that just aren’t right for you because you don’t want to hurt anyone.

Related: [Discover ‘The Old Fashioned Way’ in Ginger Kolbaba’s Newest Book About Love](#)

To bust out of this rut, you’ll need to examine your definition of commitment. Commitment only works when it’s healthy for both partners involved. Once harm is being created in a relationship, you owe it to you both to move on and create a loving, harmonious environment to thrive in.

Mom Mistake #2: Denying Your Needs

You may have watched your mom so busy pleasing everyone else that it didn’t even seem she had any needs of her own! If so, you might find it hard to allow yourself to have a need or ask for help.

To curb this pattern, practice tuning into what you need first and speak it out loud to your partner. He can’t honor your needs, if he doesn’t know what they are. Also, you don’t have to do everything by yourself. Notice when you wish you had some help and ask for it.

Mom Mistake #3: Warring with the Opposite Sex

If your mom and dad constantly fought, you may have learned to associate love with pain. Now, you almost don’t know what to

do if things are smooth sailing with your partner, so you'll create tension and conflict to stay in your comfort zone.

Related: [Exclusive Celebrity Interview: Soon-to-Be Mom Terri Seymour Jokes About Simon Cowell's Son Dating Her Daughter!](#)

To break this habit, notice when you begin to nag, complain, or start an argument with your beau. Was it when things were actually beginning to feel too good? Or did you have a legitimate concern? Pause the conversation to see what you really think, feel, and need. Then restart it, with a calm "I statement" that avoids any blame of your partner.

Mom Mistake #4: Giving Up Your Self

Many moms mistakenly become role models for giving up your right to have a life! By always putting their spouse and kids ahead of their own happiness, they can teach you that you too have to give up who you and what you love to have a romantic relationship.

Ironically, you have the most to offer a relationship when you are fulfilled from within. So, even when you are in a relationship, be sure to take time out for your best friendships, your favorite hobbies, even alone time (a bath and a nap anyone?) that rejuvenates you.

Mom Mistake #5: Constant Self Criticism

Was your home filled with criticism? Maybe mom and dad berated each other, put you down, or were hard on themselves. If nothing was ever good enough for your mother, you might find you are just as hard on yourself as your mother ever was.

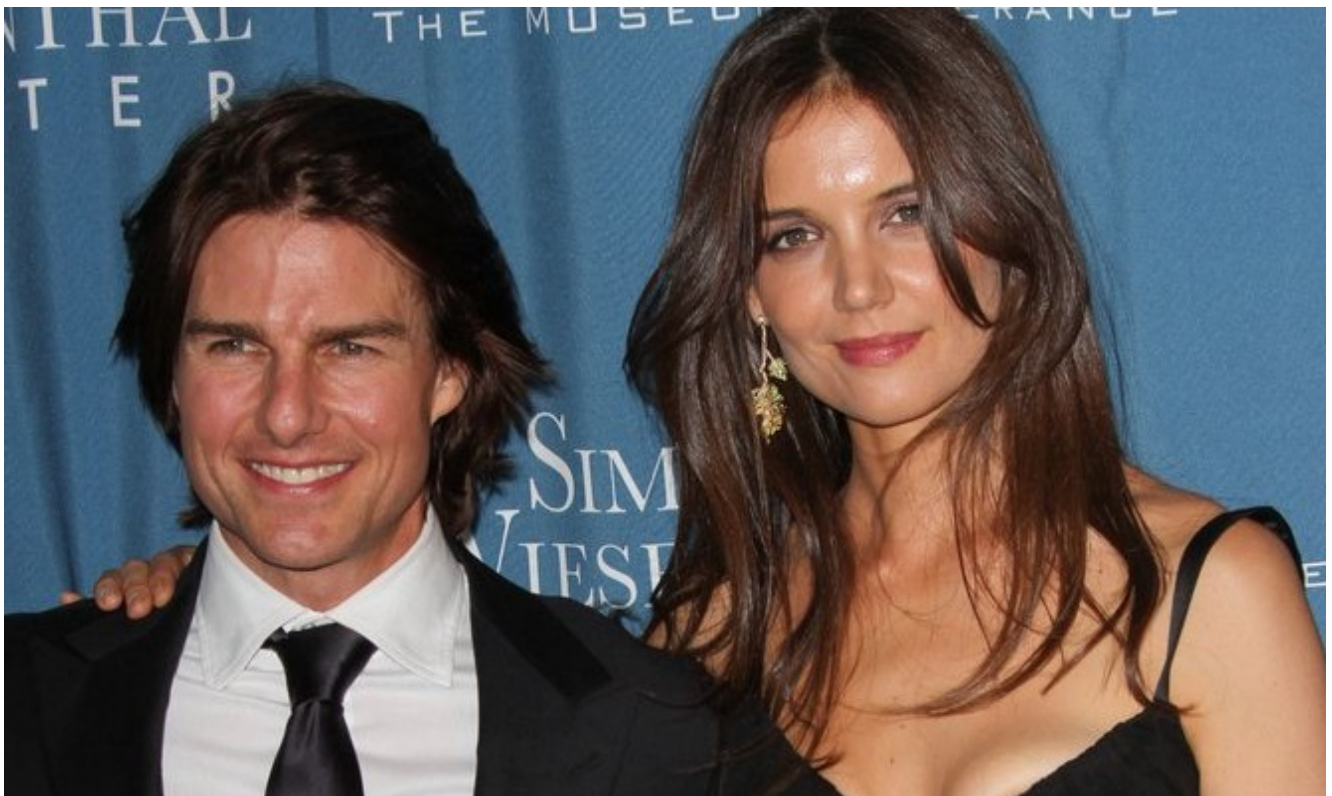
Related: [Dating Advice: Celebrate Your Moms](#)

To move on, you'll need to begin offering yourself the kind of mothering nurturance you wish your mom had given you. Notice how you think about yourself and agree to never say anything to yourself that you wouldn't utter to your best friend.

By thanking your mother for all that she gave you that was good, and working on shifting anything you picked up that wasn't healthy, you can honor your relationship with your mother and ensure that her mistakes turn into wisdom well learned

What did your mom teach you about relationships? Share your comments below.

Pros & Cons: Bonding With Your Man's Friends



By [Whitney Baker](#)

When you embark on a new relationship, you end up with more than just a great guy in your life. Soon enough, you will meet his friends, his family and his co-workers, and your social circle is immediately changed – for better or for worse. Some of these new friendships may come easy for you, while others may be a struggle. Either way, try your best to be open-minded: don't make assumptions about his friends or their feelings towards you and always be yourself. Remember that there are pros and cons to bonding with his buddies. Here are a few things to consider before introducing yourself:

Pros

1. Finding common ground with your man: It's important to understand who your boyfriend was *before* he was your man. One of the best ways to do so is by bonding with his friends. Friendships often have a huge impact on people, and by growing closer to his friends, you're often able to deepen the love that you share for him. Plus, seeing you bond with his friends is sure to charm your beau even more.

2. Going on fun group dates or vacations: Having "couple friends" is a great way to strengthen your relationship, and the best way to meet couples is through your current group of friends. Sure, a date night or romantic getaway for two is great, but it's nice to have a group of friends for an impromptu party or weekend trip. The more, the merrier, right?

Related Link: [Relationship Advice: Marriage Survival Guide for Tough Times](#)

3. Expanding your inner circle: Thanks to your man's friends, you may meet a new girlfriend or two. These new friendships will enrich your life as well as your romantic relationship. Knowing that he introduced you to some new fun people is bound to make your boyfriend feel good.

Cons

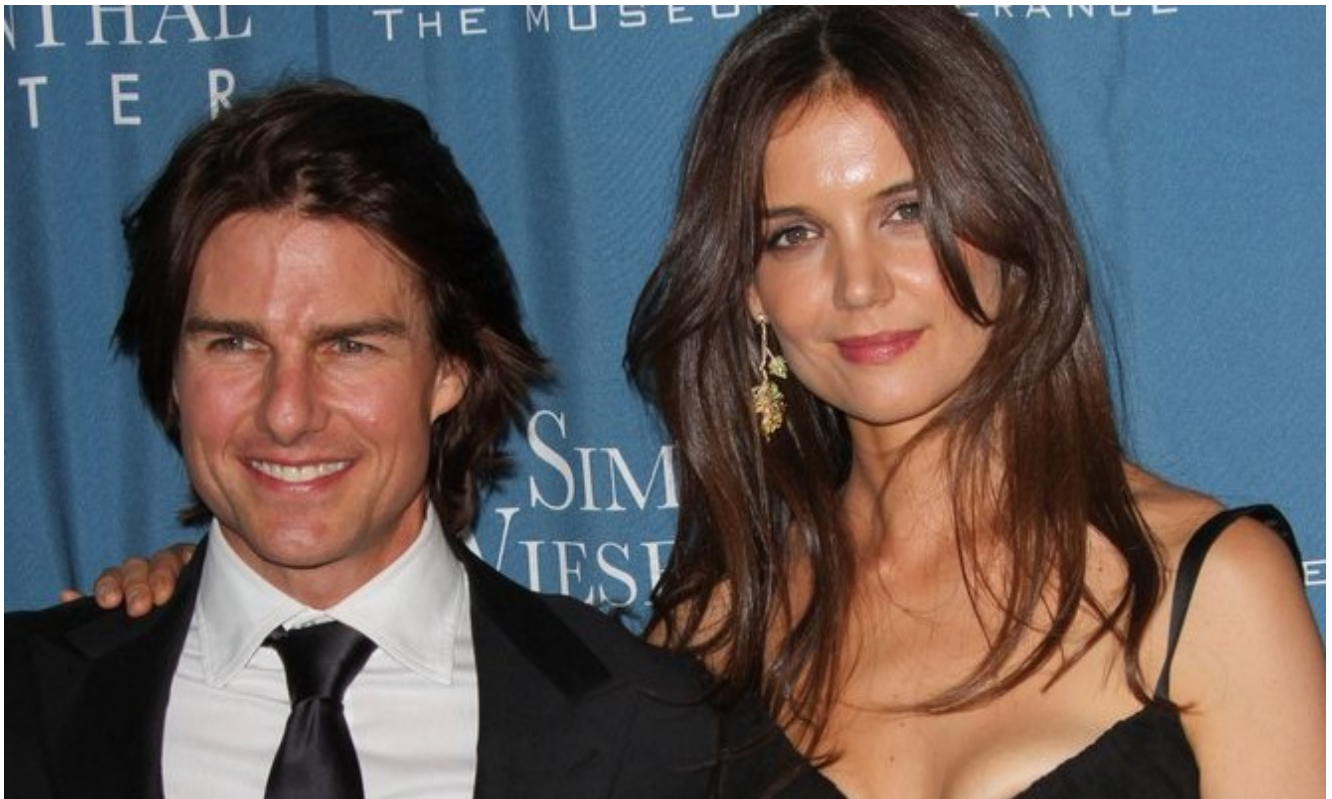
1. Acting like “one of the boys”: Your interests most likely vary from your beau’s, but when you’re bonding with his male friends, you may start to act like one of the guys, making him see you differently. It’s great that you enjoy hanging out with your boyfriend and his friends, but make sure to give your man some time alone with them. Give him a chance to miss you!

2. Neglecting your girlfriends: Bonding with your boyfriend’s friends may keep you so busy that you forget about your girlfriends. Who are you going to call when the weekend rolls around and he decides to take a boys-only camping trip? Sometimes it’s okay to do your own thing; having separate friends and interests will give you even more to talk about when you spend time together again.

3. Causing unnecessary drama: Your man may start to feel like you’d rather spend time with his BFF than with him; or, he may think that the two of you are moving forward with your friendship without him – even though he’s the reason you’re friends in the first place. Before you get too close to his buddies, check in with your boyfriend and make sure he’s okay with your new friendships.

When it comes to bonding with your man’s friends, what has your experience been like? Share it with our readers by commenting below.

Date Idea: Celebrate Cinco de Mayo with Your Mate



By Amanda Martin

This weekend is Cinco de Mayo, a day commemorating the Mexican army's defeat of the French at the Battle of Puebla. The holiday is celebrated by people of many different backgrounds, so why not use this as an opportunity to have fun and spend some time with your significant other. Here are some ways to get close with your partner while celebrating Mexican culture and history:

If you really want to spend the holiday authentically, traveling to the city of Puebla is the best way to do so. If you're looking for a trip that can be fun and romantic, this is the place to go. Puebla is easily accessible by car, and spending time together on the road will give you an opportunity to catch up. You can visit historic sites like Fuertes de Loreto, to get a better understanding about the holiday, or visit Boulevard Cinco de Mayo to check out the

parade.

If you prefer to stay in the United States, look for local parades in your area or venture out and explore another state.

San Marco, Texas has a lot to offer at this time of year. There's a Miss Cinco de Mayo pageant, a hot sauce/salsa contest, a statewide menudo cook-off and plenty of music. You and your honey will be immersed in culture, live music while enjoying the outdoors.

For a more intimate experience, spend the night celebrating indoors by cooking a traditional Mexican meal. Cinco de Mayo only comes around once a year, so make the most of the custom while getting close with your partner.

What are your plans this year? Let us know in the comments below.

Why We're Wired to Sabotage Our Relationships





By Dr. Daniela Roher and Dr. Susan E. Schwartz

In any relationship, you are bound to encounter a few bumps in the road. When this happens, you may be tempted to point a finger at your partner, blaming him or her for your relationship woes. But years of study show that, more often than not, your partner isn't the reason you are at a crossroads. You are.

Your very own physiological wiring, biochemical makeup, and past childhood experiences can sabotage a relationship when you least expect it. And until you understand what's going on "under the hood"—what's triggering issues between the two of you—you'll end up repeating the same dysfunctional patterns over and over again.

There are three ways our minds and bodies work against us in relationships:

Related: [5 Ways to Stop Sabotaging Your Relationships](#)

1. Our bodies are wired for cruise control.

Our conscious mind is only capable of processing 40 pieces of information each second, which means that more than 95 percent of what goes on in our minds is outside of our awareness. This overflow of information is automatically handled by our body's limbic and hormonal systems. These systems control feelings of love and desire, whether we feel emotionally safe and happy in our relationships, and how bonded (or distant) we feel toward our partner. These systems also control what happens when a relationship heads south. When disagreements and arguments spike, the hormone cortisol spikes, too, creating high levels of stress and increased feelings of hesitation and doubt. Even after the two of you work things out, cortisol sticks around, leaving you to question the stability of your relationship, and where things are headed with your partner.

2. Our left brains meddle with right-brain emotions.

The right hemisphere of our brain plays a central role in relationships: it processes unconscious and nonverbal socio-emotional information, and it allows us to feel empathy for our partner. Two people in love communicate in a right-brain-to-right-brain fashion: by gazing into each other's eyes, holding each other, and by touching—which is all more intuitive and emotional than logical.

Related: [How to Communicate to Get What You Need](#)

3. We are wired to recreate the past.

Our childhood experiences, including our relationship with our parents and their relationship with each other, create a scaffolding for how we experience love as adults. Adults long to recapture the love they felt (or the love they wished they'd felt) growing up, even if this fantasy doesn't reflect reality. For example, if you were raised by a single parent, and that parent was always preoccupied with work, you might easily spot and be turned off by partners who put their

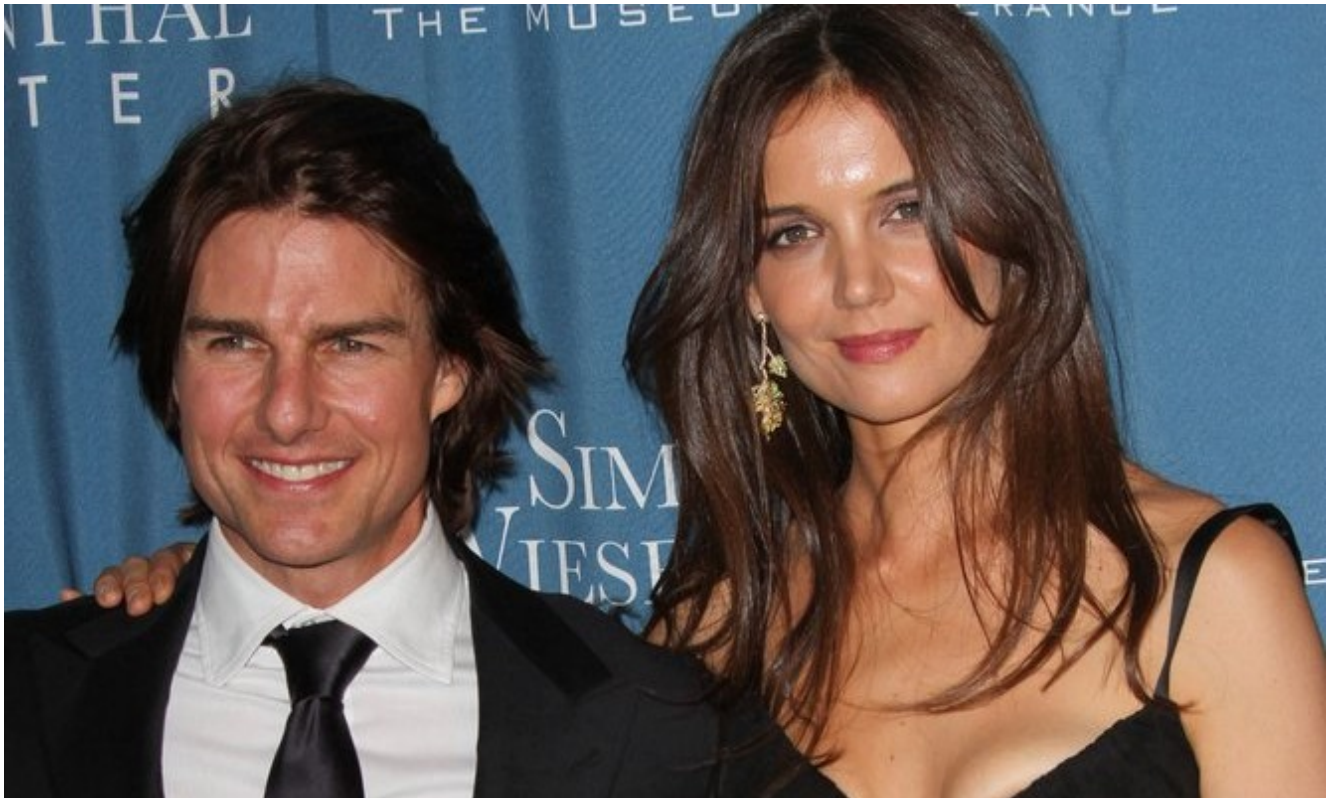
careers first. Finding a person who focuses selflessly on you, giving you the attention and love you've always craved, fills a personal void. However, if you don't become aware of this connection, you might unconsciously be attracted to people or experiences that recreate your past, even if your past was dysfunctional.

Understanding the connection between past and present not only explains who you are attracted to, it provides you with an opportunity to change. It's also a life preserver when your relationship gets rocky, because it will help you to understand what you and your partner are feeling, where these feelings come from, what triggers them, and why.

*Dr. Daniela Roher is a psychoanalytic psychotherapist with nearly forty years in a career that has spanned three countries and two continents. Dr. Susan E. Schwartz is a Jungian analyst trained at the C.G. Jung Institute, who lectures worldwide. Together, they have co-authored the new book, **Couples at the Crossroads: Five Steps to Finding Your Way Back to Love** (January 2012). To learn more, visit www.CouplesAtTheCrossroads.com.*

Kissing On Screen: Do Celebrities Get Jealous?





By Che Blackwood

In the real world, most couples are uncomfortable with the idea of their partner locking lips with a co-worker. Since infidelity is one of the leading causes of divorce and emotional cheating is grounds for a split, it's hard to imagine anyone condoning an out-of-relationship make out session; that is, unless you're in Hollywood. Stars have contractual obligations to kiss their co-stars, and their partners have to be understanding in order for their relationship to work. To avoid jealous outbursts and maintain healthy and loving relationships, celebrity couples make sure to follow these simple tips:

1. They work together: Whether they met on or off screen, famous couples like Kristen Stewart & Rob Pattinson and Olivia Wilde & Jason Sudeikis have managed to share the silver screen with their real life partners. Getting paid to kiss your romantic interest is a sure fire way to keep the jealousy tamed.

Related: [5 Ways Playing Hard to Get Can Damage Your Love Life](#)

2. They visit each other on set: While stars can often be away from their honeys for months at a time, the truly devoted grab every possible opportunity to see one another. Loving couples, like Shia LaBeouf and Karolyn Pho, know that absence can make the heart grow fonder ... at first. But too much time apart is a relationship killer.

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

3. They're supportive: You don't have to understand your partner's career, but the couples that last know that you *do* have to be supportive. By rehearsing together and staying connected through the ups and downs of stardom, Tinsletown twosomes are able to keep their love strong, regardless of occupation.

4. They vacation together: Couples that play together, stay together. After long stints of work, lasting duos like Prince William and Kate Middleton know the best way to keep the fire burning is to get away from whatever was blowing it out.

5. They communicate: By far one of the most important parts of a relationship is communication (or the lack thereof), and it can make or break a relationship. Kris Humphries and Kim Kardashian prove that without a healthy dose of conversation, busy and stressed stars won't get far in their quest for love. By staying open about their feelings with one another, the rich and famous can get rid of jealousy altogether. In the end, when you're with the right person, no amount of on-screen kissing will break your bond apart.

How do you and your beau ward of jealousy? Leave your comments below.

Bachelorette Party Ideas on a Budget



By Andrea Woroch

Most of us don't have the budget for a Parisian-themed blowout à la *Bridesmaids*, but that doesn't mean the bride-to-be should settle for the early bird special in the name of savings.

Though it may seem like bar-hopping at nearby watering holes is the cheapest way to go, money becomes no object once the booze starts flowing. There are other ways to host a memorable ladies' night out sans the life-size cookie and gut-wrenching bar tab, so consider these six ideas before rounding up the girls:

1. Get Out of Town:

This is the ideal option but not always the most economical. There are ways to reduce the costs associated with an all-girls getaway, but be prepared to plan well in advance. First, consider a one-night stay somewhere nearby, or relatively close to attendees' respective homes. Once a location is established, let party-goers know the details so they can get booking. Find party accessories online for less, and outfit the bride in a little girl's tiara for up to 75-percent less than speciality retailers.

Related: [Dating Advice: 7 Things All Healthy Relationships Require](#)

2. Scavenger Hunt:

Channel your inner child and create a scavenger hunt for the bride, complete with challenges to solicit free drinks from strangers and requests for silly photos. If you live in a big city, check out StrayBoots for inexpensive packages tailored for bachelorette parties and be prepared to uncover unknowns in your hometown.

3. At-home Wine Tasting:

If the bride-to-be isn't into the bar-hopping-male-stripper scene, consider hosting an at-home wine tasting. Cut costs by asking attendees to bring a bottle of their favorite wine-and-snack duo. You'll need a wine glass for every attendee, plus water and bread to serve as palette cleansers. If you want to go all out, consult [this advice](#) from Real Simple magazine.

Related: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

4. Lots of Laughs:

The stress of wedding planning is likely getting to everyone, so a night full of laughter might just be what the doctor

ordered. Check out your local comedy club and call ahead for front-row seating. Make yourselves known to the entertainers by ordering bachelorette-themed party wear online, making sure to grab free shipping codes from sites like FreeShipping.org to avoid delivery charges.

5. Paint & Sip:

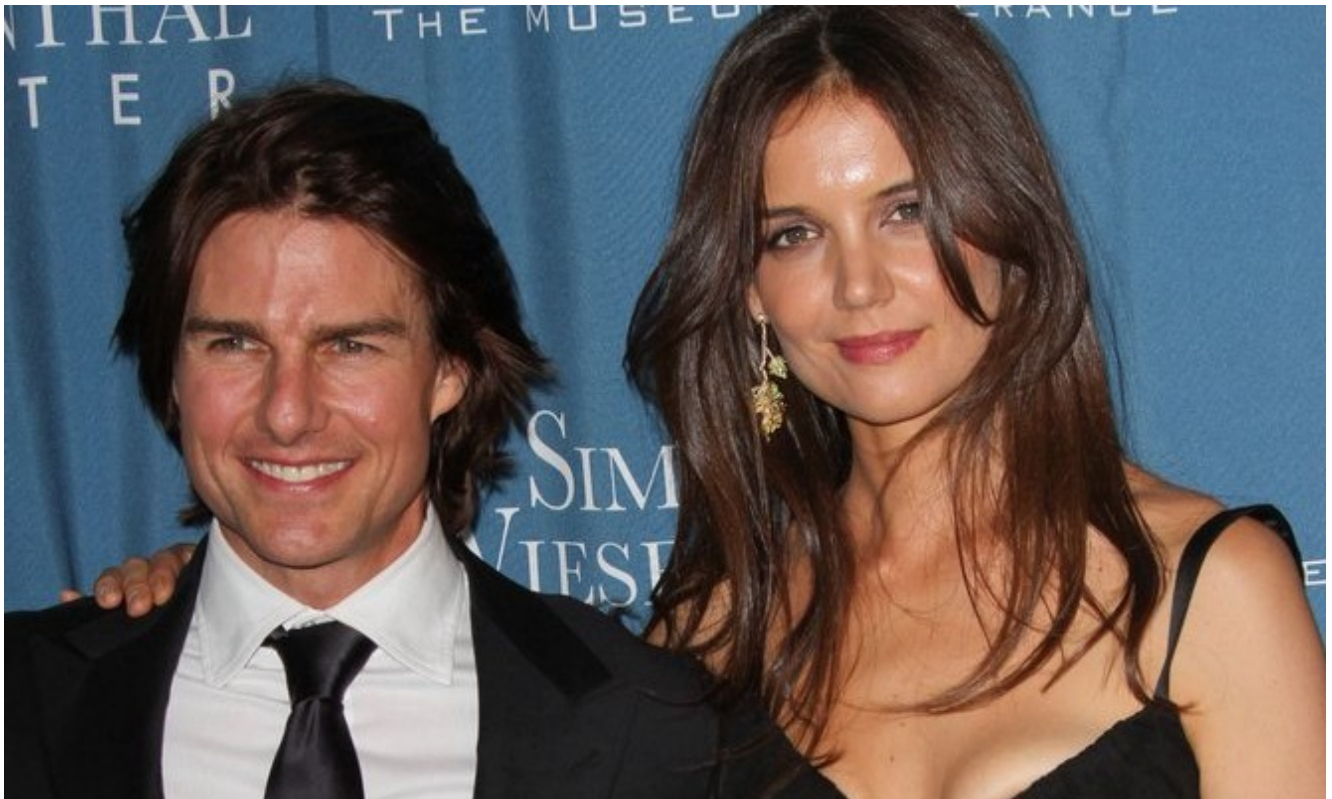
If you haven't yet taken advantage of the paint and sip trend, consider this your golden opportunity. What better way to celebrate the bride's pending nuptials than with a wine-laden arts and crafts session? Hit up Google for a nearby studio, or better yet, tap into a friend's artistic talent by having her lead the session at someone's home.

6. Bridal Bowling:

You'll get plenty of attention as a group of all-girls in a bowling alley, but consider taking it a step further by outfitting the bride and attendants in the worst available versions of thrift-store wedding attire. Call ahead to reserve a couple lanes and talk to the manager about available packages, including pre-ordered food and a personal attendant. Let the good times roll!

Andrea Woroch is a consumer and money-saving expert for Kinoli Inc. She is available for in-studio, satellite or skype interviews and to write guest posts or articles. For more savings tips, follow Andrea on Facebook and Twitter.

4 Things Men Worry About



By SMF Marcus Osborne by GALTime

One of the fabrications in our culture that has always driven me bonkers is the myth that “real” men don’t succumb to worry or stress. It’s the idea is that guys are somehow genetically engineered to shake off the rigors of everyday life– that no guy should crack under pressure, fear or insecurity.

Never let ‘em see you sweat.

We guys wish it were that easy. From an intellectual perspective, we all agree that this belief is silly. Unfortunately, the gut reaction to actually *witnessing* a man’s will being broken is generally something less than empathetic. So once and for all, men DO have their own insecurities – just as many as women – and I’ve listed below a few of the most common concerns that men feel:

1. Making enough money: This one has mass awareness. But the depth of the anguish men feel when confronted with the possibility of not being an adequate bread-winner can be unimaginable. We've all heard the stories about what many have resorted to when money problems become overwhelming. And yet most peoples' reaction is a less-than-understanding, "It couldn't have been that bad." Apparently it was.

Related: [Would You Date a Guy Who is Broke?](#)

2. Age. You think men age gracefully. We don't. Actually, for all the jokes and mythology about women getting older; for example, never asking them their age, facelifts, mom jeans soccer mom hair, etc., women actually seem to handle the transition overall a bit better than men. And of course, they seem to embrace their sexuality as the years tick by; for men, mid-life crisis is no joke! Men can feel frantic—trying to locate that lost hair-line, chasing the younger women, experiencing a dwindling sex-drive and becoming physically vulnerable to younger, stronger guys.

3. Body Image. Seems shallow and of course it is. But this is America...we're ALL about shallowness! Sure the typical belief is that because of a bombardment of media images and our society's focus physical beauty in women, that guys are immune to the insecurities that accompany a negative body image. WRONG. We hide it, but we're just as wrapped up in looking great in beachwear. And it's not just the ladies who are checking out the competition on the beach and at parties. Guys do it too.

4. Intelligence. The only thing guys respect more than money is intelligence. More to the point, a man would rather be poor as dirt than to have the perception that he's an idiot engrained in people's mind. The guys who have it the worst? Jocks. Those dudes are fighting a lifelong battle attempting to prove that the sum of their parts is more than how fast they run or high they jump. But of course, some of them are

actually idiots; but I digress. Intelligence, in spite of the conclusions you may have drawn from reality television, is a highly-valued commodity in our society. Guys want to be highly valued in our society. High value equals respect. Respect equals power. And we love power.

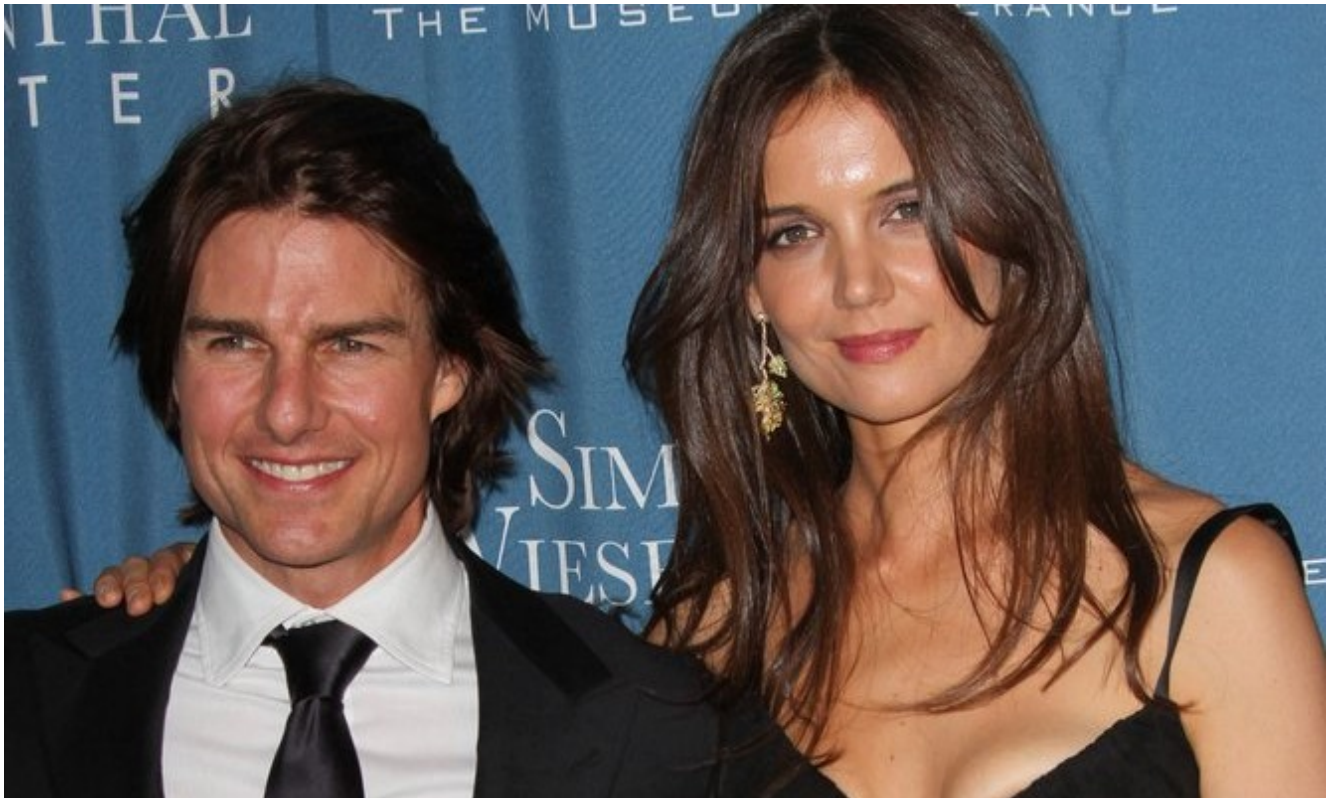
Related: [Are Women Only into Good Looking Men?](#)

Now in the grand scheme of things, these can all seem like fairly harmless issues. But I promise you that these are things about which men are concerned. I'd suggest you talk to your guy and reassure him that you've got his back, you're there and willing to listen to whatever is on his mind. Being a guy, he may simply fire back that everything is fine – even when everything isn't fine. He's keeping it to himself because he doesn't want to seem in any way weak in your eyes. That's yet another concern of his – being strong for his partner. But he'll certainly appreciate your affirmation of support and may even eventually take you up on your offer of a supportive ear.

Keep at it.

'The Five-Year Engagement' is the Rom-Com of the Season!





Jason Segel and Emily Blunt star in this romantic comedy about a couple who keep having to put off their engagement for reason after reason. Coming from the director of *Forgetting Sarah Marshall*, one of the funniest movies of the last decade, this movie seems to have a lot of laughs just in the trailer. Much of the film's appeal comes from the two leads, who both have great chemistry no matter who they are playing off of. The two of them together can only mean good things.

Should You See It? Yes, this is a comedy not to be missed just before the big summer blockbuster season.

Who To Take: Anyone really. Guys will like the comedy. Girls will like the romance. This is a great date film on all accounts but also one that you could take a group of friends to. It should be noted, however, that the film has an R rating, so you may want to steer clear from taking your mother in case there are raunchy scenes that might be awkward.

Are you in a relationship with someone who just won't commit? Here are some tips on easing them into territory they might

not be so comfortable with.

In *The Five-Year Engagement*, Jason Segel and Emily Blunt keep finding reasons to put off their wedding date. But eventually one decides that enough is enough and that after five years now is the time. This of course leads to some conflict. Check out our tips on how to prevent these problems.

1. Make your intentions clear. Perhaps they don't want to scare you away by saying exactly what their intentions are for the future. So make sure that they know exactly where you want this to go so that there can be no confusion when the time for commitment comes.

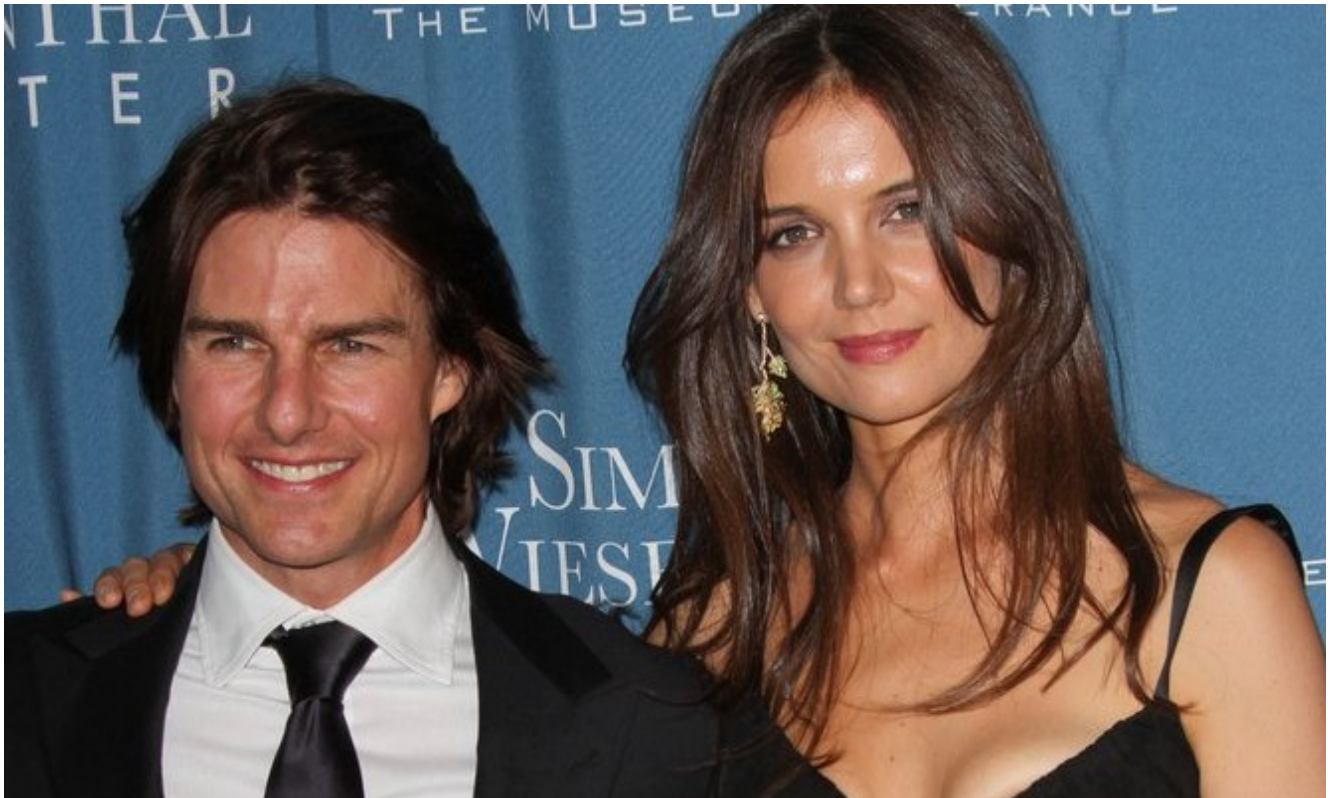
2. Don't guilt them into anything. If you are ready and they are not don't push them. You will make them feel trapped and that could very easily cause the relationship to end.

3. Be patient. Good things come in time. Of course there is a point where two people just do not work together, but if you truly believe in the relationship, be patient and full commitment will come in time.

Do you have any experiences with a significant other neglecting to commit? Share them below.

Exclusive Interview: Sweet Home Alabama Star Paige Duke Says It's True Love with

Jeremiah Korfe



By Daniela Agurcia

We all fell in love with Paige Duke, the small town girl from South Carolina on season three of CMT's reality dating show, *Sweet Home Alabama*. We interviewed the down-to-earth sweetheart, learning about her experience as the bachelorette and how listening to her heart led her to choose her true love, Jeremiah Korfe.

It seems as if the decision was an easy one for Duke; she connected instantly with the country boy. It was love at first sight: Korfe was physically her type, and they clicked from the start. In fact, on the first day of meeting the guys, she wrote a letter to her mom and said, "And then there's Jeremiah. He's the only one I can't stop thinking about, and it scares me." Fortunately, the feelings were mutual. Korfe

even snuck love letters into Duke's boots, telling her how much he admired her.

Related: [Cupid Exclusive: Former Bachelorette Winner Jesse Csincsak Gives His Take on the Season Finale](#)

Even though a lot of fans rooted for Duke and Bubba Thompson to end up together, nothing could keep fate from taking its course. Duke shares, "Bubba is an amazing, awesome guy, but I never felt the spark or chemistry with him. Yes, I want him to be in my life forever, but you can't make your heart feel something it doesn't feel."

Duke and Korfe received a lot of criticism once the show ended, but they learned to deal with it. "When one of us would get upset, the other one would get us both back in the right mindset," she explains.

Thanks to the editing of *Sweet Home Alabama*, the show may have given viewers a different impression of what Korfe was truly like. Even though fans mostly saw his bad boy image, he actually has a sweet side. Duke claims, "People didn't see anything about the letters. They didn't see how he would look at me or how long he would hug me."

When asked what he thought about how he was portrayed on the show, Korfe refuted his image by telling us, "I'm more of the work hard, play hard kind-of guy, and even if I do have a bad boy side, the show made me look more like a whiner, lonesome guy than a bad boy."

What seems to have saved Duke and Korfe's relationship is that they stayed true to their hearts. Duke, a true believer in finding the perfect one, gives us her insight on following your heart, saying, "Gosh, if you don't follow your heart, you will always live with regret. So what if things don't turn out like you thought? You still never regret something that once made you smile."

Related: [Reality Stars Who Found Real Love](#)

As for the most important thing to focus on when starting a new relationship, Duke shares, “Honestly, once the must-haves on your list are checked off – things like the same morals and values – and you’re able to create a solid foundation for your relationship, I’d say that the butterflies and feelings that come from a new relationship are most important. That’s especially hard to find as you get older.”

“After I was hurt a few times, I never thought I’d feel so excited or get butterflies over a guy. I became sort of jaded and closed off. I didn’t want anyone to ever have the power to hurt me,” Duke adds. “I had been waiting a long time to feel what I felt with Jeremiah.”

The sweet, southern belle and country boy were a perfect match from the start, and since the end of the show, their relationship has only become stronger. Duke and Korfe are a great example of pushing everything else aside and following your heart, having overcome much criticism to ultimately find true love. As long as the feelings are real, maybe finding love on a reality show is possible after all.

Duke made it clear that she truly believes there’s someone out there for everyone, sharing these inspiring words: “I don’t think people should settle just for the sake of not being alone. It’s cliché, but don’t find the one you can live with; find the one you can’t live *without*.”

Lori Bizzoco Discusses

Hollywood Love Lessons at Single in Stilettos Event



On Saturday, April 28, 2012, CupidsPulse.com founder and executive editor [Lori Bizzoco](#) spoke at the second Single in Stilettos event in New York City. Her presentation, titled **Finding the Value in Celebrity Gossip: Love Lessons Learned from Hollywood**, focused on the impact that gossip consumption has on our everyday interpretations of love and relationships. Lori demonstrated that, with each sensationalized story, there are valuable lessons that can help us during our search for love.

Additionally, Lori looked at reality television, including the *Bachelor* franchise, and shed light on what really happens behind-the-scenes. As a surprise to the audience, Lori dialed

in ABC's *The Bachelorette* season four winner, Jesse Csincsak, to talk to the women about finding love on reality television.

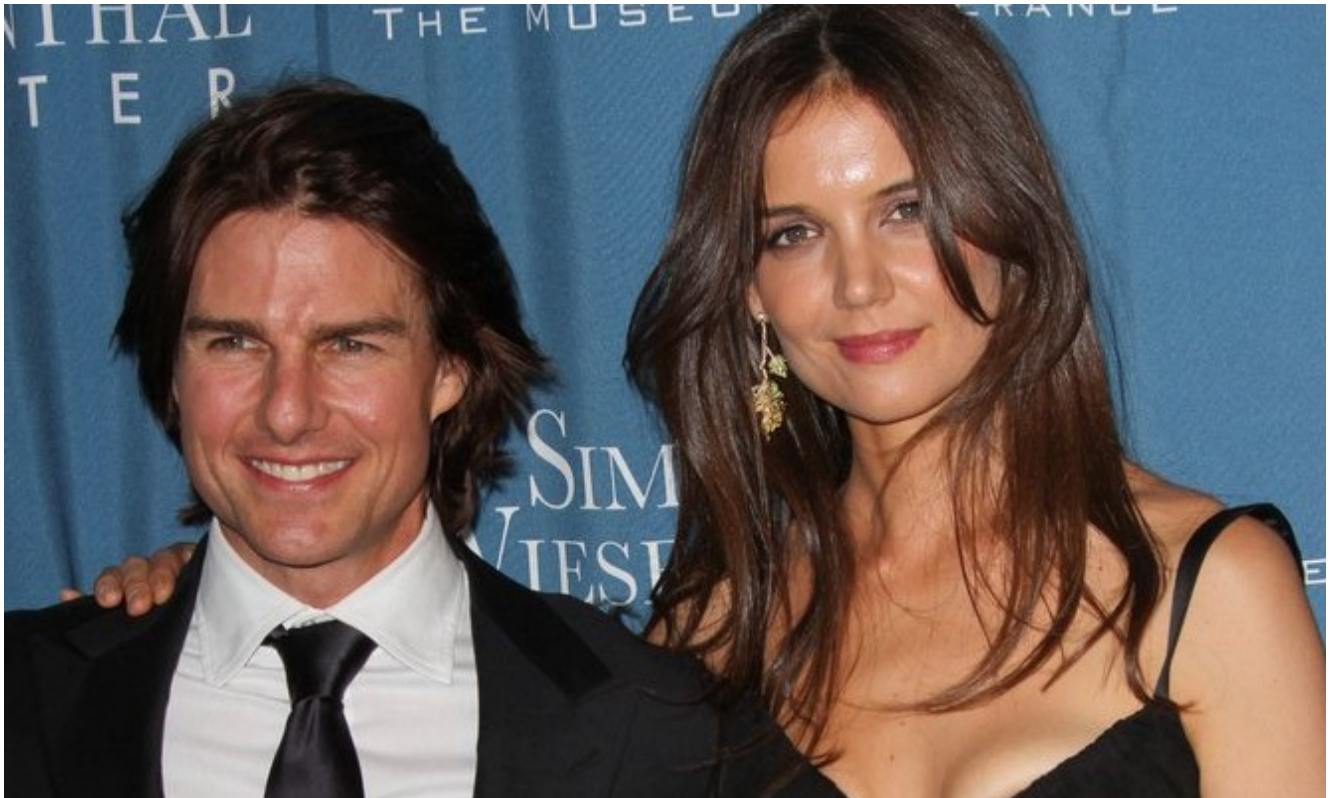


Jason Alan Miller, Marni Kinrys and Lori Bizzoco. Photo courtesy of Facebook.

Other speakers at the event included Suzanne Oshima, matchmaker and founder of Single in Stilettos; Marni Kinrys, founder of The Wing Girl Method; Marni Battista, founder of Dating with Dignity; Laurie Davis, author and eFlirt expert; and Thomas Edwards, founder of The Professional Wingman.

Three's a Crowd: Four Perfect Couples Holidays





By John of TUI Activity

Going on a break with a big group of friends can lead to some of the most exciting and memorable vacations you will ever take. Yet there comes a time when taking a break with that special someone beats out a messy jaunt to Ibiza with your pals. Here are four global holiday breaks that make for far better experiences when you're travelling as a couple, not as an extended entourage of troublemakers:

Related: [Top 5 Most Traveled Celebrity Couples](#)

Route 66

If you want to enjoy a holiday on the move, but prefer four wheels to two, it may be time to hit the great American road. There is no better place in the States to burn some rubber than to enjoy the historic motorway known world over as Route 66. Traversing some 2,451 miles from the Windy City, Chicago, to the home of Hollywood, Los Angeles, drivers get to sample some of the finest parts of the American West as well as enjoying authentic roadside diners and staying in traditional

motels. Yet, as this is such an epic journey, with lots of ground to cover, you better make sure you do Route 66 with someone whose presence you enjoy. Being stuck in a car with a “third wheel” would just make for an uncomfortable adventure.

St Lucia

We’ve all seen the clichéd ads for romantic honeymoons in St Lucia and believe it or not the reality on this blissful Caribbean island really is exactly as the brochures describe. Idyllic, laid-back and sensual, St Lucia is home to some of the finest beach-side resorts in the world, perfect for romantic trysts and adults-only breaks in the sun. Cocktails under palm trees, coconut oil massages on the beach and moonlit meals overlooking the sea can all be part of a breathtaking holiday to St Lucia. What’s more, many of the resorts here cater exclusively to couples, so you do not have to put up with boatloads of holidaymakers descending on your beach and causing havoc, or noisy kids running around and spoiling the tranquillity.

Related: [Take a Walk on the Wild Side of the Caribbean](#)

Venice

Let’s face it – no-one wants to head to this shimmering lagoon city with kids in tow. People visit Venice as families when they have to, not because they want to. And just about the worst way to experience this city is to turn up on a tour bus with a coach load of other tourists all visiting the same places at the same time. No, the finest Venice holiday is to be had when you travel with your partner, getting lost down the narrow alleyways and haunting canals that mark this mysterious and captivating city out as one of the most romantic in the world. Avoid St Mark’s Square and the Rialto Bridge and set out with your significant other to the far reaches of the islands, stopping for lunch at a local *osteria* or *bacaro*, and let the city guide you.

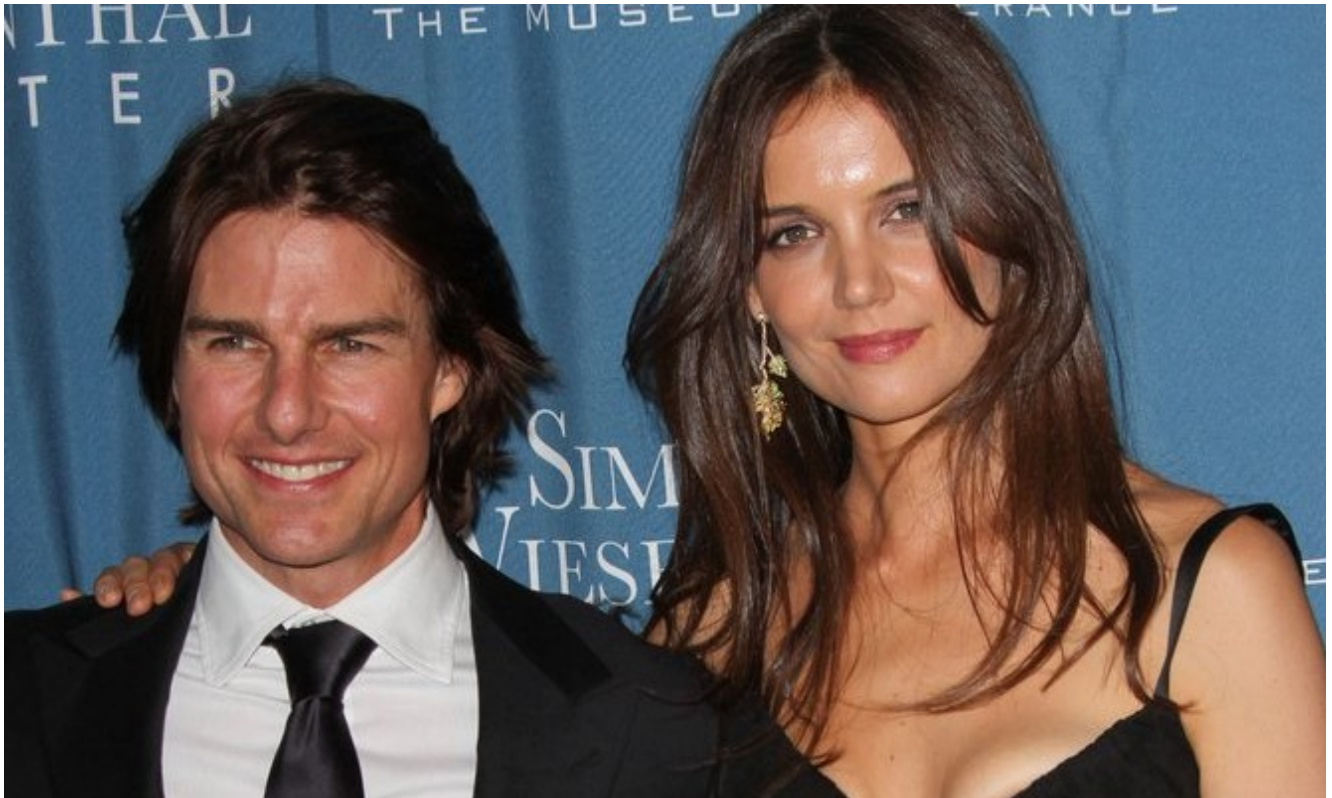
Rural France

Brits visit France more often than any other country, with the exception of Spain, and the most 'in-the-know' tourists eschew touristy Paris or over-exposed St Tropez and head into the glorious French countryside. From the shores of Normandy to the mountains of the Pyrenees, France offers rustic charms just about unmatched on the planet. Cycling holidays in France are a particularly wonderful way to re-connect with your beloved after months of the daily grind. Sample great wines at vineyards, picnic by beautiful rivers and enjoy the endless hospitality on offer at a wide range of well-equipped campsites and B&Bs. And with plenty of easy routes to take you do not have to be a Tour de France rider to embark on a rewarding and romantic cycling holiday.

John is a travel writer who has written on topics from the best cycling holidays in France to the most unusual local delicacies on the planet.

3 Times in Your Relationship When It's Better to Be Safe Than Sorry





By Amy Osmond Cook, Ph.D.

Zac Efron's well-publicized condom drop on the red carpet sparked Matt Lauer to comment, "Better to be safe than sorry, right?" Zac chuckled, "That's a great message to add to the many messages in the film."

Well, it turns out that "better to be safe than sorry" is a great message that applies not just to condoms, but also to relationships in general. Here are three times when it really IS better to be safe than sorry:

1. You suspect that your partner is cheating.

Barring a traumatic past relationship, people want to trust their partners. So if you keep having that nagging feeling that he's cheating, it's better to look into the possibility than to turn a blind eye. Hopefully, your worry is unfounded. But, unfortunately, each of my friends who suspected her partner was cheating really did have something to worry about. Consider the words of Ronald Reagan when discussing his relationship with the Soviet Union: "Trust. But verify."

Related: [You've Cheated, So Now What?](#)

2. You see a mean streak in your partner . . . but only with the guys.

No matter how nice your partner is to you right now, his true colors will shine through eventually. If you see him losing it on some guy at the bar, you can bet that given enough time, you'll be on the receiving end of the dude gone postal. And don't think that his gallant desire to protect the "weaker" sex will prevent an eventual outburst: a large majority of women who suffer from domestic violence were hit the first time while they were pregnant. Don't mess with a nasty temper. It will always come back to haunt you.

Related: [Hollywood Portrayals of Domestic Violence](#)

3. You get cold feet before the wedding.

Stories of commitment phobes and runaway brides who left their partners at the altar abound. It is often assumed that "cold feet" before a wedding is normal. While it may be common, anxiety before marriage is nothing to sweep under the rug—it's a manifestation that something isn't right about the relationship. Maybe it really is as simple as a commitment problem, and you need to get some tips from a professional about how to manage your impulse to run. But it's something that has to be worked out before the wedding, not afterwards. Just remember, an embarrassing day is much better than a life of misery or a divorce down the road.

Most of the time, it's best to give your partner the benefit of the doubt. But when you encounter a cheating heart, a bad temper, or feelings of anxiety, it's better to be safe than sorry.

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-

author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit amyosmondcook.com.