

Heidi Klum and Seal: Marriages Don't End Overnight



By Melanie Mar

When a seemingly “rock solid” celebrity couple separates – as with Heidi Klum and Seal’s divorce announcement after seven years of marriage – the first public reaction is always surprise. Thanks to the sheer volume of attention paid to celebrities’ lives via television, tabloids and other media, it is easy to believe you actually know these stars. You feel a connection to them that makes their relationship issues cause you to feel like a personal friend’s relationship has broken up. You begin to analyze the celebrity relationship in the same manner, questioning what happened and what went wrong. Of course, the tabloids add fuel to your frenzy when they get down and dirty with many and varied rumors: He cheated. She cheated. He has anger issues. She has an

alcohol problem. You begin to feel dismayed, thinking, "Again? Another one bites the dust?"

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Having had the pleasure of socializing with Heidi and Seal, I found in them a friendly couple with open affection towards each other. There is no doubt in my mind they still love each other and may have the possibility of a potential reconciliation; however, the only people who truly know what is happening behind closed doors are the two in the relationship themselves.

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Marriages, especially those that have young children, do not end overnight. Heidi and Seal were together almost a decade, and their marriage could not have ended over only a matter of days or weeks. There is usually the constant chipping away of the relationship that causes the cracks and ultimately the break. Some of the warning signs of this are; infrequent sexual intimacy, apathy, disrespect and/or lack of cherishing.

The most important thing is to be aware and look for these signs. As soon as you think they are beginning, address the issue immediately. The longer the behavior pattern exists the harder it is to stop. Most every relationship problem can be helped with concise communication. State what you want and don't want in a non-threatening, respectful, loving manner.

Ask how you can help each other do better and feel better. Learn how to listen and also be heard. With that in mind, write down the following and read it daily to help keep yourself in check.

Beware of your thoughts, because they become your words.
Beware of your words because they become your actions.
Beware of your actions because they become your habits.
Beware of your habits because they become your destiny.

For more information, visit Melanie's Mar's Facebook page or contact her at info@melaniemar.com. A complete overview of her services can be found at www.melaniemar.com.

The Ex Factor: What Taylor Swift and Demi Moore Have In Common



By [Charly Emery](#)

2011 served up some serious heartbreak for a multitude of our favorite celebrities. Off the court, Tony Parker messed up his shot at matrimonial bliss with Eva Longoria. Arnold Schwarzenegger mis-played his hand with Maria, while the Latin

heat known as Jennifer Lopez and Marc Anthony incinerated any enthusiasm for making their marriage work. Twitter gave us a glimpse behind the final curtain of Ashton Kutcher and Demi Moore's six year production, and Taylor Swift kept us all armed with a plethora of musical angst-filled love memoirs – courtesy of her little black book of breakups.

So which “ex factor” do Taylor Swift and Demi Moore along with a host of other stars have in common?

They can all take advantage of the clean slate that this brand new year offers by using their “exes” to attract their best relationships ever – and so can you. Here are three tips out of my new dating handbook, *Thank Goodness You Dumped His Ass—Use Those Mr. Wrongs to Lead You Straight to Mr. Right*, for Taylor, Demi and anyone else who's ready to replace their chemistry experiments with a winning romantic concoction that lasts:

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1. Assess who you were in your previous relationship(s) and ask yourself why you chose him/her.

Charlyism #5-1: The worse your ex was, the more important it is for you to pinpoint why you chose him [or her] and invested the effort you made.

2. Re-define what comprises an A-list mate for you, along with what you wish to experience in “your ideal relationship” so you can determine if it's possible with those you're [dating](#).

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Charlyism #3-3: Defining the necessary ingredients for the relationship you wish to consume will prevent you from living life with a bitter aftertaste.

3. Love yourself first by using your awareness of what you're

looking for to drive your choices so the love portfolios you invest in yield big dividends in satisfaction and fulfillment.

Charlyism #3-10: Make sure you love your [partner] more than the idea of being in love with him [or her] and **Charlyism #3-11:** Choose to be 100% of you and single over being less than your best with a man [or woman].

Cheers to your best relationship ever.

Charly Emery

Personal Strategist | TV Personality | Author



7 Ways to Flirt In a Web 2.0 World





By Jessica Smith

The World Wide Web offers us an unending sea of possibilities, and people aren't hesitating to take advantage of the dating scene that the Internet has to offer. Many of us lead busy and hectic lives, and it can seem impossible to meet someone worth dating on your own, so the convenience of dating sites can make finding "the one" easier. Of course, you can flirt with people online by sending smiley faces or winks, but all body language and human contact is lost. That said, even though you may not be able to charm your possible love interest physically, here are some ways to flirt online while simultaneously keeping your cool:

1. Wit and humor: The easiest way to break the ice is by making people laugh. If you can make someone break out into a fit of laughter or bring a smile to their face, you've already caught their interest and they're going to feel more comfortable to be themselves around you. The sooner the tension is broken, the sooner you'll be going out on real dates.

2. Step by step: When you're chatting online instead of in person, it's easy to reveal information you wouldn't normally

be ready to reveal if you were face-to-face. Take things just as slow as you would if you were meeting in person. This will keep a little mystery alive in the relationship and keep them coming back for more.

3. Honesty: When you're communicating over the Internet, you can be whoever you want to be and say whatever you want to say. Your partner will be analyzing you the best he or she can, but if they find out later that you were dishonest, you've ruined your chance at love. Being truthful is a key ingredient to a successful relationship, so start it off right.

4. Friendship: Become friends before lovers. Get to know each other as much as you can virtually before you meet each other physically. You'll feel like you've known the person forever if you've both been honest with each other. This way, you already have an emotional attachment and all that's left is the physical attraction.

5. Play hard to get: The Internet is all around us. We have it at work, at home and even on our phones. That means you're available almost 24/7 to interact online. Play hard to get! Don't respond right away, or don't respond all day. The person on the other end will be checking their chat or email constantly to see if you've responded, and once you finally do, you'll have them hooked.

6. Compliments: Handing out compliments is an art. Over the web, you have to compliment each other without sounding creepy, and say something that will receive a positive response. You're probably not going to be the first guy or girl to tell them they're beautiful or handsome, so be creative. A well thought out and personalized compliment will lead to infatuation and potentially more conversation.

7. Confidence: Being confident without being cocky is a turn on. We all want someone who is sure of who they are and is

always willing to be themselves in any situation. Don't pretend to be someone else, because more than likely your date will be able to see through that when you meet in person. If you can exude as much confidence as you do online in person, you just might seal the deal.

What steps did you take to meet your partner while online dating? Share your comments below.

The Psychology Behind Status Updates



By Jennifer A. Powell-Lunder, Psy.D., GalTime.com

A few days ago a guy I was friendly with in college changed his status from 'single' to 'in a relationship.' The flurry of speculative phone calls that followed reached epic proportions. "I didn't even know he was divorced," cried one friend. "Who would marry him?," asked his ex-girlfriend from college.

There were a couple of real ironic things about this surge of interest; first, it reconnected me with college friends I had not spoken to in a while. As you can imagine, the conjecture-laden conversation turned from hypothesis about him, to catch-up about us. Secondly, while this gentleman was a good friend in college, time and distance weakened the bond between us. In reality, none of my friends really spoke with him except through *Facebook* and even then contact was indirect (i.e. an occasional 'Like' regarding a posting he'd made).

Related: [New Study: Does Facebook Cause Stress!?](#)

"So," I wondered, "why all the interest?" I mean it was very unlikely that any of us even knew his new love!

I think the answer lies in part in human nature. We are biologically programmed to be a curious bunch. Perhaps boredom contributes to our interest as well. We are all looking for a way to connect, to interact interpersonally. Status updates can break the hum-drum routine of daily living.

They offer us an excuse, an opportunity to reconnect and refocus. They may even provide us with an opportunity to live vicariously through other's life experiences and events.

For some reason, the lives of others can often sound more exciting and thrilling than our own. Status updates can however generate gossip, rumors and out right raucous lies. This can happen quickly.

Related: [Which Kinds of Posts on Facebook Are Most Popular?](#)

Posted comments can contribute to creating rumors as well. I remember not too long ago a friend of mine posted a sarcastic comment in response to one of my postings. I thought it was hilarious because it related to an inside joke we have.

What was surprising to me however, were the host of direct messages, and even a few phone calls assuming the posting was true. One friend suggested I was the victim of bullying!

While I understood where she was coming from, the thought had never crossed my mind as I knew the comment was not meant to be mean spirited. One seemingly innocent comment however, was enough to generate various reactions and assumptions. I think it was in that moment that I truly began to understand the power and potential of social networking. Another thing to keep in mind is that research indicates that neutral comments are often interpreted as hostile. What does that say about human nature?

Some final thoughts:

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- If you post it they will talk! And some of the talk maybe downright ridiculous gossip!
- If you post it, or someone posts it about you, they will contact you. Hey, it's a great way to reconnect with friends you haven't talked to in a while.
- Be mindful about the comments you post about others. An inside joke or neutral comment can easily be misconstrued.
- If you are bored log on to a social networking site you are sure to be quickly amused. You may learn something interesting or exciting about a friend of a friend of a friend. The question is, do you really care?
- While you may be enthralled or even envious of the lives of your Facebook friends as read their postings and

status updates, take a step back. The grass often seems greener on the other side. The reality: people's lives often sound more exciting than they really are. It's a good life, enjoy and appreciate it!

Heidi Klum and Seal: What Blew Up Their Marriage?



By [Dr. Jane Greer](#):

Marriage & Family Therapist, Author, Radio Host & *Shrink Wrap* Celebrity Commentator

After almost seven years of marriage, Heidi Klum and Seal have decided to part ways. Many people were surprised by their announcement, since they made such a point of telling the

public how truly happy they were. For a time, they even seemed like a model couple, defying the odds with two high-powered careers and balancing that with their home life, which included four children, three together and one from Heidi's previous relationship whom Seal adopted. Now, however, it seems that the separation may have been in the works for sometime as they dealt with something more than their love, success and family: Seal's reported anger issues.

TMZ was the first to report that the pop singer has a "volcanic temper," and that his inability to control his anger has become too much for Heidi to take, in part because it is affecting their children. They may very well have been honest about their love for each other, but dealing with an angry spouse can take a toll on a marriage, even a seemingly strong one.

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

The reason couples can go on for so long in this situation is that the outbursts are often self-contained, and when they are over, they are over. Life goes back to normal. That is, until the next one. For a while you learn to live between the explosions in the land mines and focus on the good while you can. However, it eventually comes down to this: in an intimate relationship, everyone ultimately seeks a loving and safe shelter, a place where you can let down your guard and know someone is looking out for you. You want to be able to trust that your partner has your best interests at heart.

When one of the partners has frequent temper tantrums, that feeling of safety is slowly etched away. Over time, you lose the sense of sanctuary and begin to feel fearful and anxious knowing that at any time your spouse might blow up. If you aren't in physical harm's way, you are at the very least in emotional harm's way. When your spouse rages, you feel frightened and upset; you feel that you are being attacked, and often it is hard to understand what is behind that fury.

You feel like you are walking on egg shells, afraid that one wrong move can make your partner irascible. That pattern of behavior destroys the foundation of your mutual trust and commitment.

Related: [How to Dignify Your Relationship Daily](#)

Eventually, the question becomes: how long can you live that way? I can only speculate about the havoc Seal's volatility wreaked on he and Heidi's union, but I can tell you what I've learned over the years with my patients. The first thing to do is to put checks and balances in place so that you feel you can gain some control. Wait until the anger has dissipated so you can have a calm conversation. At that time, when things are more peaceful, suggest to your spouse that you put all of his or her complaints into a box, and then you can pull them out one by one and talk about them in a rational way. Even more important, though, would be to talk to your spouse about getting outside help. This can be daunting, but necessary, because without that help you might skip from talking about getting support to learning how to handle conflict in a constructive way to talking instead about getting out of the marriage completely.

It is when your spouse refuses to seek help, or when he or she will get the help, but then flat out refuses to change, that you might reach the point of having to decide to take yourself out of the danger zone, as Heidi has done. All the renewed vows in the world won't fix that, but hopefully, with help, you can.

Please tune in to "Let's Talk Sex" which streams live on HealthyLife.net every last Tuesday of the month at 2 p.m. EST, 11 a.m. PST. We look forward to listener call-in questions, dealing with relationships, intimacy, family, and friendships, at 1.800.555.5453.

Heather Locklear: What Is She Running From?



By [Dr. Jane Greer](#):

Marriage & Family Therapist, Author, Radio Host & *Shrink Wrap* Celebrity Commentator

No matter how talented, beautiful, or rich you are, none of those things are sure antidotes for misery. Heather Locklear is a clear example of this. The Melrose Place actress was rushed to the hospital last week, reportedly because she mixed alcohol with prescription drugs, after her sister found her unconscious. This newest crisis follows years of trouble and heartbreak including two stays in rehab, an arrest for a DUI, two divorces, and her more recent break up with Melrose Place costar Jack Wagner. With all this in mind, it seems that

Locklear's latest episode might be part of her attempt to outrun her unhappiness, but unfortunately she doesn't seem to be getting any traction.

There are many ways people try to escape their sadness. Alcohol is a big one. Illegal and prescription drugs are another way. Sometimes the two are mixed which can lead to dangerous consequences as we saw with Locklear. As a result, the substance abuse becomes the problem that is focused on, but what really needs to be looked at is what got her to the place of needing to use it and what is it that she is unable to deal with.

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Lots of times we see the troubled behaviors – drinking excessively, using prescription drugs, the rehab visits, the DUIs – as the issue when, in fact, they are the person's best effort to bury whatever is torturing them. It is in the core of that sorrow where the real complication that is holding them back from moving forward lies. Instead of focusing on what they are doing to block it out, it can be more helpful to look at what is underneath and when it started.

It is hard to know exactly when Locklear's depression began and what she is working so hard to avoid. With Wagner, it seemed that for a while she was trying to walk down the aisle but, for whatever reason, was unable to get there. Could she be considered a runaway bride even though she had been married before because she may be afraid to remarry after her two failed marriages? I do know that one of the awful things she had to deal with in her past was the betrayal of her second husband Bon Jovi guitarist Richie Sambora when he cheated on her with her best friend Denise Richards. In a situation like that not only are you reeling from the betrayal of your husband but from a best friend as well, leaving you confounded and wondering who can I trust? Sometimes these emotional

assaults take their toll not just when they happen but in the future where they can rage on below the surface. As a therapist I see this every day, people soldiering on in the face of upheaval, be it an unfaithful partner or a broken marriage, and for many the aftermath of that event can become too much to handle. It has leveled their foundation, oftentimes destroying their ability to trust themselves let alone another person. In my book *How Could You Do This To Me? Learning To Trust After Betrayal*, I talk about how so many people get on with it, but they don't get over it. They try to leave their pain behind but it is always at their heels. The broken trust becomes too much to bear and often they are left scarred. Consequently it feels almost impossible to trust again. Perhaps this is what is keeping Locklear from making another trip to the altar.

Related: [Keith Urban Says Wife Nicole Kidman Saved His Life](#)

In order to avoid the rollercoaster that Locklear and so many others have been on, it helps to appreciate the blow you sustained and not only give yourself time to get over it, but realize you have to take measures to come to terms with what happened and begin to fix the damage. With support you can do this so you can give yourself room to heal from broken trust.

This means redefining what you base your trust on, and learning what to look for so you can determine if someone is trustworthy. Then you can avoid jumping into a new relationship before you have gotten over your fear that you will get kicked in the teeth again, and feel safe to trust again.

For Locklear it may be that her fears of the past have become her fences of the present. Hopefully she will get the help she needs to be able to tackle the underlying problems, instead of trying to numb what she is feeling, so that perhaps she can finally be able to stop running. Sometimes the best thing to do is to stand still.

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Reduce Stress and Maximize Romance this Winter



By Lindsay Kriger

During the hectic holiday season, it's easy for stress levels to rise, which can sometimes equal the downfall of romance and intimacy.

To ensure you and your sweetie don't turn sour on each other, here are some of my personal tips for relaxation that you and your partner can practice to help keep you breathing easy this season:

1. Devote a little time to indulging in like-no-one's-watching fun.

Newlyweds Nikki Reed and Paul McDonald are known for loving to hit the dance floor. They've been seen together at many a club cutting a rug. That said, it's time to take their lead and relax with your mate by going out dancing. You'll not only enjoy an intimate evening due to sensual physical contact, you'll also melt away stress and raise your serotonin levels with all that great exercise. And you'll burn lots of calories to boot – by shaking your booties!

2. Share spiked hot cocoa by a fireplace.

If no fireplace is at the ready, light lots and lots of candles. Bring some blankets into the mix. A touch of quiet flame-lit togetherness will soothe your addled nerves, and it's has been known to seriously soften the mood.

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3. Get outdoors with your sweetheart.

Take a cue from lovebirds Ryan Gosling and Eva Mendes, who were recently photographed strolling around Paris hand-in-hand. Even if Paris isn't in the cards this winter, getting outside and breathing in some chilly fresh air might be an invigorating and rejuvenating move. Leaving your phone at home, put on your coats, hold hands and walk together – even if it's just around your own neighborhood. It'll enable you to devote time to connecting, talking and truly listening to one another – all of which are essential steps to strengthening your bond.

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4. If it's too cold to venture outside, stay in and cook together.

Learn how to bake apple pie from scratch. Rolling and punching dough is fantastic stress relief – plus it's kind of sexy. Also, studies have shown vanilla and cinnamon to be some of the ultimate aphrodisiac scents, so be sure to mix lots of these flavors into your recipe.

5. Take a hot bubble bath together.

While you're at this indoor-activity stuff, since the weather is foul, climb in a hot bubbly bath together. Lots of delicious-smelling products and lots of physical intimacy are your ticket to a stress-free night. It's like a free couples' therapy session.

6. Do yoga – and strrrreettttttcccchhh the stress out of your body.

On your own, yoga is great for your mind and body and can really help reduce the anxieties of everyday life. Bringing your partner into the experience is great, too, as it adds in a touch of sensuality. After all, it's always wonderful to have the opportunity to touch and be touched by your partner.

As you each help the other to move your bodies in new ways, it might even give you new ideas for how to move your bodies once you're off that yoga mat. Yep, a few good downward-facing dogs and you may both find yourselves feeling refreshed and energized for romance in no time!

Lindsay Kriger is a New York University grad with a B.A. in Psychology. She has trained with the PAX Mastership and Leadership Program, taught by internationally recognized Relationship Expert Alison Armstrong, and at 22 is the program's youngest trainee to date.

Celebrities Who Share Too Much PDA



By Katanya Royster

You're on the subway, and the couple next to you starts hooking up. By the third stop, she's sitting on his lap, and his hand suspiciously disappears into her gray cardigan. One of her crossed legs casually rests on yours. There you sit – an unwilling participant in a *ménage À trois*.

The truth is, a little PDA is part of any healthy relationship, and it's no different for our favorite celebrity couples. But, when PDA goes from “frisky” to all-out “foreplay,” couples should pull the curtains on the show and head indoors. While some Hollywood duos try to keep their

lip-locking to a minimum in public, these celebrity couples opted out of getting a room and gave their fans a VIP pass into their love life:

1. Justin Bieber and Selena Gomez. Since Bieber and Gomez took their relationship public, the PDA has been in full force. Earlier this year, the actress/singer was photographed straddling Bieber and kissing him in Hawaii, while her 17-year-old pop star beau's hands were spotted getting well acquainted with Gomez's backside.

Related: [Justin Bieber Tells Selena Gomez She's 'Very Beautiful'](#)

2. Kelsey Grammer and Kayte Walsh. Things got hot and steamy between this couple as they laid on top of each other during a make-out session in Miami Beach, Florida, last year. Perhaps the couple, who wed a few days after this PDA session, decided to take their honeymoon *before* the wedding?

3. Angelina Jolie and Brad Pitt. Forget about holding hands or planting a kiss on her famous lips; Pitt grabbed a handful of Jolie's booty at the NYC premiere of *The Tourist*. The couple, who usually keeps it modest while in public, believes that romantic alone time in their relationship is crucial, even with six kids to look after.

Related: [Celebrity Couples Who Shy Away from the Spotlight](#)

4. Madonna and Britney Spears, Christina Aguilera and her former back-up dancer. How many girls can Madonna kiss for shock value before it's no longer shocking? Either way, the pop star's most infamous PDA moments leave us suspecting she has a very specific type – young and hot! Her most recent beau, Braham Zaibat, confirms those suspicions.

5. LeAnn Rimes and Eddie Cibrian. This pair's relationship started while they were both married to other people,

resulting in a storm of negative press. However, bad publicity didn't slowing down their PDA.

When do you think PDA has gone too far? Share your comments below.

How to Dignify Your Relationship Daily



By [Donna Hicks,](#)

[Ph.D.](#)

Why we can so quickly get into an argument with the one we [love](#)? What is it about intimate relationships that leave us all vulnerable to lashing out against the person we care about

the most? Does it have something to do with dignity?

One of the common desires we all share as human beings is to be treated well. We all want to be seen, heard, acknowledged and understood. In short, we want our worth recognized, no matter what kind of relationship we are in. This desire becomes even stronger when our connection involves romance.

We have a hair-trigger sensitivity to when we are dismissed, ignored, criticized, judged or treated badly by our partners.

Add to it that the reactions we have to these insults to our dignity usually happen behind closed doors, and out of the public eye. As a result, the worst part of us can appear in a matter of seconds.

Assaults to our dignity create a fast track to our primal, self-defensive impulses, and we can turn into fighting men and women without even being fully aware of what is happening.

What's the result? We get locked into a never-ending cycle of indignity that is hard to break. We can say and do the cruelest things when it feels like our own worth is on the line.

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

My experience working with people all over the world tells me that most conflicts in intimate relationships, at their core, have underlying and unaddressed dignity issues that are keeping them from experiencing the deep love and connection for which everyone yearns.

Related: [How Happy Is Your Love Life?](#)

This is all easy to say, and we can agree that dignity is important in relationships, but what would it look like if we did honor the dignity of our loved ones on a daily basis, making it the glue that holds us together? Here would be some results:

1. Vulnerability: We would recognize how important dignity is and that we are all vulnerable to having it injured and react positively when it's honored.

2. Assumptions: We would make a conscious decision to give our partners the benefit of the doubt, and to assume they have integrity.

3. Responsibility: We would acknowledge when we have done something hurtful and not assume we are the innocent victims when the relationship breaks down.

4. Viewpoints: We will switch our default setting. Instead of focusing on all the things that our partner has done wrong, we will ask ourselves, "What might I be doing that has contributed to this conflict? What am I doing that could be violating the dignity of my partner?"

5. Constructive criticism: We will ask our partners to let us know the ways in which we might be violating them, and we will listen instead of getting defensive.

6. Congratulations: We will ask our partners to let us know when they feel we have honored their dignity, and then do more of it!

Feeling listened to, heard, responded to and taken seriously is what we all want. It communicates to our partners that what they say and how they feel matters. We all have to work at it and make conscious decisions about the way we want to treat others and how we want to be treated. After all, what is love if not a mutual honoring of each other's dignity? It is far more than just saying "I love you." We need to act like it.

Donna Hicks, PhD, psychologist and Associate at Weatherhead Center for International affairs at Harvard University is the author of DIGNITY: The Essential Role It Plays in Resolving Conflict.

Exclusive Interview: Celebrity Attorney Ann- Margaret Carrozza Discusses the Pitfalls of Prenuptial Agreements

Cupid's Pulse
★ Celebrities. Love. Opinions. ★



By Steven

Zangrillo

With the national divorce rate spiking like a batch of Twisted Tea, it's no wonder that we've seen a renewed interest in pre-nuptial agreements. More than ever, these agreements have become an integral part of the arrangements a couple will make

before tying the knot. Between high profile splits like the Kardashian catastrophe to the everyday scenarios of your neighbors down the block, the specter of divorce knows no singular demographic. As your relationship nears towards the ever-ominous edge that teeters between “dating” and “marriage,” you’ll probably be in need of a little perspective.

“Everyone should consider pre-nuptial agreements, especially high net worth individuals,” says New York City based Celebrity Attorney Ann-Margaret Carrozza. “Sometimes they can lose about half of their net worth unless they are properly protected,” Carrozza adds.

Related: [How To Get Back Into The Dating Scene After Divorce](#)

It’s not hard to imagine how difficult these negotiations can become. After all, marriage can be a huge financial risk. In Carrozza’s experience, she says that the party with fewer assets seem to be a little more contentious. “They are big proponents of adding benchmarks to the agreements. That is, these people will make sure they are given a percentage based on the years they dedicate to the marriage,” she says. In essence, they’re arranging prorated marriage agreements. If you put in five years, you get a cut.

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As far as mediating this process with perspective in mind, Carrozza says “It goes beyond being a lawyer; I try to expand the discussion. In fact, I tell many of these couples that this will be the least romantic thing they will ever do!”

In truth, prenuptial agreements sound about as comfortable as dental work and with a recent rash of hotly covered high-profile divorces in Hollywood, it appears attitudes towards commitment are shifting. Seal and Heidi Klum, Kim Kardashian

and Kris Humphries, Ashton Kutcher and Demi Moore, Katy Perry and Russell Brand, and Jennifer Lopez' heavily documented split from Marc Anthony are all situations that beg a bevy of questions. Is Hollywood getting it wrong? Are we?

Carrozza thinks that it's a little bit of both. She believes that, at the very least, pre-nuptial agreements are indicative of how we approach the institution of marriage. Divorces are going to happen, the best we can do is prepare properly.

"I think that not only with celebrity, but any divorce proceeding, each party wants to protect themselves," she concludes.

That may be all it really is but it's alarming how we've gone from protecting one another to protecting our assets.

Katherine Heigl Falls For A Bad Boy in 'One For The Money'





Katherine Heigl is back in a romantic comedy with an edge: *One For The Money*. Based on Janet Evanovich's sixteen-book mystery series, Heigl plays Stephanie Plum, a newly divorced and unemployed New Jersey girl. Stephanie talks her cousin into giving her a job at his bail bonding company as a recovery agent to get gain some cash. Stephanie agrees to catch Joe Morelli (Jason O' Mara), a former cop, murder suspect and the [ex](#) who dumped her in high school. With no idea how to handle a gun and pay back on her mind, she begins to fall for Joe all over again.

How do you get over a bad boy?

Cupid's Advice:

Women love rebels, but sometimes they can be a bad idea. Here are some ways to get over your bad boy tendencies:

1. Personality: It's okay to like a guy who can hold his own, but it can be bad if he uses his strength against you. Look for a nice guy with the positive qualities of a rebel.

2. Become a bad girl: Bad boys do what they want to do. You need to find your inner bad girl, and leave the relationship if you're not happy.

3. Illusion: Bad boys are all about portraying an image to the world. Once you see through the act, say goodbye to the false relationship, and find a real partner.

How have you gotten over a bad boy? Share your comments below.

Five Conversations to Avoid on the First Date



By

Steven

Zangrillo

Here it is, your huge, nerve wracking first date. After obsessively digging through the mountain range of shoes, dresses, belts and bags in your closet, you've nailed down the perfect outfit. Your hair looks good and you've even managed not to overdo your make-up. All signs point toward success.

Lest we forget, as great as you may look, you must "wow" him or her with your intellectual acumen. That is, don't say anything that'll earn you a trip back to Match.com. We've outlined a few conversational situations to steer away from, should you find yourself talking yourself ... into a corner.

1. Avoid Talking About Your Ex: You'd think that people follow this rule to a tee with ardent discipline. In truth, it happens a little bit more than you think. It's easy, as well as unfair, to overtly express comparisons between your new potential mate and past flames. The important thing to remember is that the person you are considering is *not* guilty of the romance crimes your ex committed. Show this person you're interested in them, not how they stack up to someone else.

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

2. Avoid Talking About Things You Dislike: No one cares that you don't like movies, spinach or *Harry Potter*. Do you know why? Ask yourself if you've ever been told to list your "disinterests" or "dislikes." Your date wants to know what you *like* so they can treat you to those things. Tell them how you like the theatre or going to football games. This way, you can determine what you have in common. Discussing the positive things will lead to a second date, and that's the goal.

Related: [Ashton Kutcher Describes What He Doesn't Like in a Woman](#)

3. Avoid Talking Too Much: While not a conversational topic per se, talking too much is a dangerous proposition. While there's no doubt that your new potential partner will want to find out as much as they can about you, they probably want to talk about themselves a little bit, too. After all, they're just as invested in the conversation as you are and they're just as nervous. There's no harm in sipping your wine, while listening to them talk about whatever they want. Being a good listener is an integral pillar in the foundation of a strong relationship and shows you have communication skills. That's a huge turn on.

4. Avoid Talking About How Much Money You (or They) Make: Your careers will be a huge topic on the first date. "What do you do?" is a classic and predictable first date query. Generally, you'll be able to determine how much money this person is making when they tell you they're a doctor, public relations professional, lawyer, fry cook or waiter. If you don't feel that you're of equal pay grade, don't embarrass them and don't embarrass yourself. While "it's not about money," both of you should be in stable professional situations. Don't be unfair and make anyone feel awkward though; you can figure this information out for yourself.

5. Avoid Talking About Your Physical Relationships: Don't tell your date your "number." You will be judged with subdued harshness. No matter what *anyone* says, don't let this conversation happen. You're on this first date for the purposes of getting to know each other and to have some fun. You are, in a sense, auditioning to be in each other's lives. Don't screw this up by trying to figure out which one of you is more promiscuous. This conversation will happen eventually, so don't be in a rush to have an awkward conversation with someone you don't know very well.

What conversations are important to discuss on the first date? Share your suggestions below.

How to Deal with Online Dating Rejection



By Debbie Lamedman

When you're dating online, you never know to whom you're talking. It's a voice in the dark. All you see is someone's profile and a picture, and if you contact them and there's no response, you move on. It's a rejection, but there's no reason to take it personally. How can you when the person you've attempted to contact doesn't even know you? Well, that's easier said than done.

Britney Spears recently got engaged again, this time to Jason Trawick. You can bet that she dealt with rejection upon the termination of all of her previous relationships, but she is

persevering. People get rejected right and left, especially when they date online. If you start to let it get to you, it will take a toll. It becomes more difficult when you've actually made contact with the person and suddenly that contact between you ceases. This happens often, and there is logical reason for it. You can make up stories about why the person stopped returning your emails after many lively conversations, but you will never know the real reason unless they reappear in your inbox. You never know what's going on in someone else's life, and you never know what someone's motivation is for starting to date online. That said, there are definitely ways to deal with rejection.

Unfortunately, we saw Spears' downfall and witnessed her reactions to rejection from many people in her life. To avoid crashing into depression, you must learn to maintain a certain level of detachment while your online relationship evolves. This may sound harsh, but people take off as often as they stick around, so protect yourself, your heart and your self-esteem.

No one likes feeling rejected. If you've never met your date in person, you can't take their rejection personally. Unfortunately, people tend to judge others for the smallest things. If it was something about the way you looked in your photo, or something you said in your profile that turned the other person off, so be it. You can't please everyone.

Related: [Julie Spira Discusses 'The Perils of Cyber-Dating'](#)

Take online dating rejection lightly, and move on. After all, there are plenty more matches where they came from. People you meet online will fall by the wayside, leaving you with the room and opportunity to meet quality people who deserve your time and attention. If you've met your online date in person and things don't work out, there's no reason to take that to heart either. Just go back online, and keep hunting!

EXCLUSIVE: Former 'Bachelor' Contestants Prepare to File Class Action Lawsuit against ABC Producers



In a move that would be the first-of-its-kind in reality television history, former contestants of the ABC hit reality television shows, 'The Bachelor' and 'The Bachelorette' have spoken to attorneys and are in discussion to file a class action lawsuit, against creators Mike Fleiss and Elan Gale.

This information was disclosed to us in an exclusive interview today by former contestant and 'Bachelorette' Season

4' winner, Jesse Csincsak.

“Once you’re on the show, they own you,” Jesse said. “Even when your contract is up, they still interfere in your life and prevent you from promoting other brands and making money.”

Jesse notes that the last straw for him came when Gale contacted his business partners and other companies telling them not to work with him. He says that the producers have also contacted former ‘Bachelor,’ ‘Bachelorette’ and ‘Bachelor Pad’ contestants threatening to blacklist them if they participate in any of Csincsak’s events.

Related: [Jesse Csincsak Hosts ‘Bachelorette Pad Beatdown’ on RTVZone.com](#)

Since appearing on ‘The Bachelorette’ Jesse has remained in the spotlight by hosting annual bachelor reunion gatherings with the former contestants and most recently he launched the successful web show ‘Reality Smackdown.’

Discussion about a class action lawsuit surfaced this month after Csincsak was reviewing his rights with his attorneys.

“I had planned to file my own lawsuit last month but after discussions with numerous people and former Bachelor contestants, we realized that this issue is much bigger than me,” he said.

Related: [Former ‘Bachelor’ Couple Ann and Jesse Csincsak Answer Questions about Season 16](#)

This isn’t the first time ABC has been to court regarding the hit show. In 2003, the show’s producers filed suit against former ‘Bachelor’ Season 4 star, Bob Guiney for breaking his contract by promoting his new CD ‘3 Sides,’ and his music video. Guiney won the case.

Last month, spoiler blogger, Steve Carbone (a.k.a Reality Steve) was slapped with a lawsuit by the producers of ABC for

coercing former contestants to breach their confidentiality contracts to help reveal spoiler activities for his website.

Jesse a retired pro snowboarder, who won the heart of DeAnna Pappas on Season 4 of 'The Bachelorette' is now married to former 'Bachelor' Season 13 contestant Ann Leuders.

“Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can – and Should – be Saved”



By Tanni Deb

When you're struggling in an unfulfilling partnership with someone you love, you may not know whether it's best to move on or stay together as a couple. Communications specialist and author, JAC Patrissi helps support women who are uncertain of their current relationship or are healing from a destructive love life with your partner. Her latest book – co-written with author Lundy Bancroft – *Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can – and Should – be Saved*, offers guidance to help women understand the path in which their relationship is going and how to move on – with or without their partners.

We had a chance to interview Patrissi about her book, and this is what she had to say:

What made you choose to write about this topic?

First, let me ask you if you personally know any women who have not asked the question, "Should I stay or should I go?"

Most women find meaning through satisfying connections with others. We care about our partnerships, so we talk and read about them.

Yet, even while there is a lot of thinking and talking about relationships, there isn't a lot of good advice about what to do if your partner is acting destructively. This book helps you figure out if you're in a destructive relationship. If you are, then you need to know the root of the destructiveness. Most importantly, this book helps you decide what to do about it. It summarizes what I've learned by collaborating with other women for more than two decades.

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

What challenges did you face while writing the guide?

There is so much more to say about each area. For instance, what if you are in a same sex relationship – how are the dynamics different or the same as when you are in a

heterosexual relationship? How is it different for men who are with destructive women? Are all destructive relationships abusive? We had to keep on a narrow track to help women answer essential relationship questions, but I felt the pull to address so many related issues.

What are the main pieces of advice readers can expect to find?

First, we help you sort out what's going on with your partner.

We show you what to look for so that you can come up with an accurate picture of what you're facing. Here we ask you to believe in what you have experienced and not to be afraid to name what's happening. We also encourage women to expect *all* of the attributes of a healthy relationship – not just a few. Set your bar where it ought to be.

Next, we help you establish a firmer relationship with yourself, your goals and your identity because this is going to help you sharpen your tools of discernment. My goal is to support the creation of a throng of women who will be very hard to confuse after they work through this book.

From there, we give specifics on what to demand of your significant other who is destructive. One of the most helpful pieces is about the ongoing process of apology and making amends. We stress that it isn't over until it is over for *you*. Apologies must be made in a manner that is helpful and meaningful to the person hurt.

Related: [How to Have a Relationship with Yourself](#)

When should someone move on from a difficult relationship?

I think some of the most troubling problems women face with their partners are: immaturity, addiction, unresolved or untreated mental health issues (including the after-effects of trauma, depression and personality disorders); and abuse. Each one of these has its own warning signs.

I know you want your partner, but sometimes the partner you want doesn't come without issues. And that's the heart-breaker. But is it a deal breaker? That depends on a number of things, including where you are in your own life, where you are in your relationship, and what is safe and possible for you.

What advice would you give to those who are in an unfulfilling relationship?

Figuring out what to do with your relationship takes a lot of energy. If you want to hold on to the clarity you find, you'll need to shift back to the center of your own life.

You'll need to rediscover what brings you joy, reinvest in a daily routine that will support you, rediscover some of the values you hold, create a self-nurturing plan that includes skills for regulating your emotions when you feel out of sorts and, for mothers, creating a parenting-from-your-center plan.

In order to stop spending all of your time waiting to figure out what's going to happen between you and your lover, you'll need to create your own "No-Matter-What-Happens" life goals for yourself. That is the typical kind of life-planning people do. If you're in a healthy, but sadly unfulfilling partnership, this re-direction to your dreams and beliefs will help make your process of working on the relationship or deciding to leave much less fraught. But if you're in a destructive relationship, you'll notice that it's a whole new game. Therefore, you'll need to turn your attention back to your own growth.

Our book will help you regulate your own powerful emotions, teach you to invest in your own rediscovery of joy, and create a routine that supports you, your values and spiritual beliefs. From there, you can use your new strength to invest in your life goals even if you decide to give your partner some time to work on his or her issues.

To gain greater clarity about your relationship and which path to take, visit Amazon to purchase *Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can – and Should – be Saved*. For more information on Patrissi, visit her website, www.growinganewheart.com

Is Facebook Destroying Your Love Life?



By Jennifer

Harrington

Popular social networking sites, such as Facebook, are great for many things. Re-connecting with old classmates, checking out your best friend's vacation photos and sharing the news

that you had an exciting celebrity sighting, are some of the best reasons to log on. But when it comes to your love life, is Facebook your friend... or foe?

Social media provides access to all of the key information about the object of your affection. Status updates revealing their whereabouts, wall posts indicating updates from their friends and photos that can point to previous romantic partners, offer you a glimpse into their private world. If relationships are about getting to know the other person better, it's easy to see how checking your better half's page many times per day might be justified.

With newspapers like *The New York Times* dedicating articles to teaching kids how to break-up nicely online, it is apparent Facebook has changed how we interact with each other.

Therefore, Cupid advises you that when it comes to Facebook and your love life, Facebook is a relationship mine field that must be navigated carefully. So, before you hit the "refresh" button on your sweetie's page again, ask yourself a few questions to figure out if Facebook is destroying your love life:

Are you using Facebook as a window into another person's life?

If so, get off the computer immediately. Pick up the phone to chat with your special someone, or make a date to catch up over coffee. Nothing takes the place of live interaction when building and maintaining a relationship.

Related: [5 Ways Technology Is Ruining Your Dating Life](#)

Do you get upset about things you see on Facebook?

There's a lot of room for misunderstanding; from old pictures being posted to comments from friends taken out of context.

If you see something that upsets you, take the time to talk it through with the other person. Don't draw conclusions

solely based upon what you've seen online.

Does your honey know you are stalking their page?

If you have found yourself slipping and mentioning to your significant other things you've noticed on their page, this is a warning sign. People like to be noticed, but not stalked online. If your partner knows you are snooping, it may make them feel like you don't trust them.

Have you de-friended your significant other (or their friends) out of anger?

Always avoid de-friending in a moment of fury. Reports suggest that *The Jersey Shore's* Sammi "Sweetheart" Giancola has de-friended her on-again, off-again boyfriend, Ronnie Ortiz Magro's friends in moments of rage – and everybody knows that is not a model relationship.

Related: [Are Jersey Shore's Sammi and Ronnie Back Together?](#)

While it's hard to imagine life without Facebook, don't lose sight of the fact that relationships are built on love and trust and not what appears on Timeline. If you're interested in learning more about maintaining healthy relationships both online and offline, check out a recent article from The Huffington Post titled "6 Tips for Healthy Relationships" which highlights relationship advice from experts including Dr. Drew and Dr. Phil.

Has Facebook destroyed your love life? Share your stories below.

Katy Perry and Russell Brand: What Went Wrong?



By [Amy Osmond](#)

[Cook, Ph.D.](#)

The fairy tale marriage of Katy Perry and Russell Brand is over, fourteen months after it began. Katy and Russell join the ranks of celebrities whose wedding nuptials were . . . temporary. Kim Kardashian and Kris Humphries lasted only 72 days. Britney Spears and Jason Alexander lasted two.

We've all heard a jumble of less-than-educated guesses as to why many celebrity relationships don't last: "They spend too much time apart." "They have intimate scenes with other people." "They're too obsessed with themselves." "They only care about fame." But what are the real reasons for so many celebrity break-ups?

According to Judith Wallerstein and Sandra Balkeeslee, authors of *The Good Marriage: How and Why Love Lasts*, all good marriages have one thing in common: Both partners feel *respected and cherished*.

In a study of 50 married couples who described themselves as “happily married,” Wallerstein identified nine building blocks that created a foundation for a good marriage, which we can condense into three major take-home recommendations for a happy relationship: (1) create your own space; (2) fireproof; and (3) go organic.

Create Your Own Space

Happy couples carve out their own little piece of the universe—a place where only *they* have the final say. They listen to mom-in-law pontificate about the advantages of hardwood floors, but choose carpet if their partner has a penchant for shag.

Happy couples enjoy each other’s company but support independent hobbies. They watch *Vampire Diaries* together—of which separate viewing constitutes a personal betrayal—but also welcome independent golf trips and weekends at the spa. In essence, they build togetherness, but foster autonomy.

Katy and Russell certainly had autonomy, but they had trouble staking a claim and prospecting together in the gold rush of marriage. Katy’s parents may have been toxic. Russell may have sown his seed in places it didn’t belong. But certainly, as time went on, it became clear that the couple didn’t have a real sense of “place.” They failed to make the transition from “you and me” to “us.”

Fireproof

To prevent a house from burning down, you take certain precautions. You blow out the candles before you leave the room. You don’t leave the dishrag next to the gas stove. And

you certainly don't let your three-year-old play with matches.

Happy couples fireproof a relationship in much the same way.

They create a safe place for conflict by avoiding inflammatory communication like name calling, stonewalling, or derogation. They deal with an issue specifically and avoid making blanket statements. Pizza on the wall after Monday Night Football? Game on. But it doesn't snowball into, "You don't pull your weight in this relationship." And the pizza on the wall five years ago after a bachelor party? Off-limits.

As Katy and Russell's marriage progressed, it was clear that they lacked fireproofing skills. According to Rick Mahr, a music executive and friend of Katy, their communication skills needed an overhaul—they fought almost every time they were together. It was clear that their reactions to life's stresses were creating a wedge (not the hoped-for solidarity happy couples experience) as they spent more and more time apart, even on holidays.

Go Organic

There's something about growing your own food that makes you appreciate nature's magic. It's exciting to see the first tendril break ground, then another, and another. And when those sorry little tomato plants in chipped clay pots are weighed down with ripe, red fruit—well, that's something to celebrate, especially when you find out how much better homegrown tomatoes taste than their store-bought lookalikes.

Much the same way, happy couples know that a relationship needs constant nurturing—emotional, sexual, and social—to grow. If even one of these areas is neglected, the relationship can become diseased and die. Happy couples rally when they're really too tired for sex, because their partner is in the mood. They say, "You do not look fat in those jeans" for the thousandth time and still manage to sound

sincere. And they laugh at the same old story that their partner has been telling at parties for years, even when everyone else groans.

It is clear that Katy and Russell felt passionately about each other; but their frequent fighting and long stints apart prevented them from cultivating a relationship in which they both felt respected and cherished. (Russell's tweeting of unflattering pictures of his wife probably didn't help matters, either.) Their relationship withered because they weren't able to give it the nutrients it needed to grow.

Conclusion

Now, there's no doubt that Katy and Russell are exceptional people. They exude talent, personality and charm. Perhaps the time wasn't right for this couple to make a go of it, or perhaps they still have more to learn about creating happy relationships. But we *can* learn from their all-too-public divorce. Create a space for your relationship, fireproof it, and cultivate it into something special.

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.

Newlywed 911: Protecting

Young Marriages



By Malia

Karlinsky, GalTime Love/Sex Editor

Sad news about one of Hollywood's hottest couples—Russell Brand has filed for divorce from wife Katy Perry. The news about the break-up does not come as a complete surprise. Celebrity gossip columnists have been buzzing about a rift between pop music princess Katy Perry and her actor/comedian hubby Russell Brand. Married for just 14 months, the often lovey-dovey pair reportedly spent this past Christmas miles apart (two-thousand miles to be exact). Photos showed Perry splashing around on a Hawaiian beach (without her wedding ring), while Brand was also snapped on a beach— in Cornwall, England— sans Perry.

What broke this celeb couple up? We may never know for sure, but Us Weekly recently reported that Brand's lack of respect for Perry's parents' Christian beliefs as the cause of some

tension.

If that's the case— the problems of this glamorous newlywed couple are quite common.

Jeanine and Mark Earnhart, spouses who co-authored a book titled *Marriage Works*, cite the in-laws as one of the biggest issues that cause problems in new marriages. According to the Earnharts, there are some very predictable problems that plague the newly married.

Related: [Delve Into a Modern Day Marriage With 'The New I Do'](#)

Top 5 Issues Newlyweds Face

1. In-law issues
2. Finances
3. Sex
4. Time spent with friends (without the spouse)
5. Household chores.

Jeanine Earnhart suggest communication as way to get over these newlywed “speed bumps” on the road to a happy marriage. “It may seem like a simple answer, but it works for every one of these problems,” she explains. “If a couple gets their communication skills down right from the start, they can talk about anything and solve most problems.”

Tina B. Tessina, PhD, (aka “Dr. Romance”) a psychotherapist and author of *Money, Sex and Kids: Stop Fighting about the Three Things That Can Ruin Your Marriage*, suggests putting some work into the relationship before *putting a ring on it*.

Tessina shares that there are several questions every couple should consider **before** moving in together or making joint financial commitments.

Related: [Cupid's Weekly Round-Up: Rushing into Marriage](#)

7 Questions Every Couple Should Talk About

1. What is your definition of commitment? If you don't know what your relationship means to the both of you, you risk repeating past mistakes, getting stuck in uncomfortable roles, or fighting about what a healthy relationship is.

2. Have you discussed finances? Different financial habits (one likes to save, the other spends more, or doesn't keep track) can become a source of argument.

3. What about household responsibilities? If you're not yet living together, take a tour of each other's homes. Drastically different decorating styles, neatness, and organization levels can become sources of argument, and so can housekeeping and chores.

4. How close are you to family or friends? If one of you has a lot of family or friends, and the other does not, find out what those relationships mean. Where will you spend holidays? If there are family members who have problems, such as addiction or mental illness, how much will that impact your relationship?

5. How do you handle anger and other emotions? We all get upset from time to time. If you are usually good at diffusing each other's anger, and being supportive through times of grief or pain, your emotional bond will deepen as time goes on.

6. How do you show love to each other? Sharing what actions and words mean love to you may be surprising. Even if it's a struggle, discussing how you give and receive love will improve your relationship.

7. How well did you discuss these very questions? Asking yourselves these questions are excellent tests of your ability to define and work out problems. Constructive discussion that leads to a mutually satisfactory solution means you know how

to solve problems in your relationship. If not, get counseling before going further.

So how can bickering newlyweds resolve their issues– and create a stronger relationship? Tessina suggests some simple steps.

Related: [Pamela Anderson Says 'Marriage Has Its Ups to Downs'](#)

Simple Steps to Create a Successful Marriage

- **Talk frequently and honestly to each other:** Discuss everything from your frustrations to your appreciation of each other.
- **Strive to work together to solve anything that comes up:** Don't get stuck on who's right or wrong, focus on solving the problem.
- **Keep your connection going:** Connect through communication, sex, affection, understanding and concern for each other.
- **Have a sense of humor, give the benefit of the doubt, care about each other.**

Our hearts go out to Katy and Russell.

Ten Signs You're Dating A Jerk





By Che Blackwood

Valentine's Day is a great excuse to strap on your tallest heels and reserve a window seat at a chic lounge for some champagne and brie. Or, for the more traditional lady, there's no greater treat than spending an evening enjoying red wine and dark chocolate with your love, be it your soul mate or your best friend. The only wrong way to spend this special day is with a jerk. Sometimes hard to spot, these heartbreakers have a pension for making their dates feel awful and are experts in keeping a relationship miserable.

Fortunately, enough women have been there before you and there are now many easy to spot red flags. Keeping a lookout for these top ten signs you're with a jerk is the first step to ensuring you won't have a Valentine's Day to regret:

1. He talks down to you: If he talks to you as if you're a child, or incapable of making smart decisions, you deserve better. The same goes if he acts like you're unable to live a productive life without him, speaks poorly of you in front of his friends, or treats you like a servant. There's nothing funny about a man talking to his girlfriend as though she's less than he is.

2. He doesn't support you: So you want to be a famous ballerina who sells diamond encrusted dog collars on the side? Fine, your best friends support you and so should your man. If your beau acts like your dreams are unattainable or stupid, or if he refuses to encourage you at all, forget him. Everyone needs a support system and if he can't believe in your dreams, he certainly shouldn't reap the benefits of your eventual success.

3. He tries to make you jealous: If he talks too fondly about his [ex](#), still excitedly mentions his single hook-ups or reminds you of the tanned, muscular legs on your best friend, he's trying to make you jealous. He's probably insecure, and the worse you feel the more confident he becomes, meaning this behavior is never going to end. Move on and make a brighter future for yourself while he's stuck daydreaming about the past.

4. He makes you feel second best: We all deserve to spend a guilt-free night out with our friends and sometimes work and other real world obligations demand our immediate attention. That said, if your man is constantly canceling dates to grab a beer with the guys or to score some overtime at the office, then the last thing on his priority list is you and that's not OK.

5. He forgets your anniversary: It's not difficult to remember the dates that are important to us. Think of it this way – has your man ever forgotten his own birthday? If he can't find the time to recall your wedding anniversary or the night the two of you became official, then it's not important enough to him.

Related: [Dave and Odette Annable Celebrate Anniversary at Wedding](#)

6. He doesn't make you feel beautiful: Whether it's waking up on the wrong side of the bed or forgetting to tweeze the

brows, no one can constantly look perfect. But, if your date is *always* bringing up your curves, wrinkles and bad hair days without once mentioning your great attributes, it's time to find someone new.

7. He never pays: Most partners know that their sweethearts can't afford extravagant dinners or weekend getaways more than a few times a year. However, if your honey refuses to ever foot the bill, then there's a good chance he isn't taking your feelings seriously. It doesn't cost a lot to treat you to a movie or to share a few appetizers at your favorite restaurant and he should love seeing the look of appreciation on your face when he does.

Related: [Five Ways to Cut Down on Dating Costs](#)

8. He doesn't fight well: One of the greatest tests of a relationship is seeing how your partner reacts during an argument. If he is quick to raise his voice, insult you or, even worse, hit you, then he's a certifiable jerk. If he loses his cool completely during an argument, then he is losing sight of the relationship all together.

9. He won't forgive you: We *all* make mistakes, but being bold enough to acknowledge your wrong doings and apologize is an attribute your date should appreciate. However, if your man refuses to accept your apologies, or if he constantly holds your past missteps over your head, then he's too immature and petty for a woman of your caliber.

10. He cheats on you: If your man is willing to disrespect you and disregard your feelings enough to become intimate with another woman, whether physically or emotionally, you need to drop him today. Every woman should require a partner that loves, respects and cherishes them.

How did you know you were dating a jerk? Share your experiences below.

Shiri Appleby Dishes about New Web Series 'Dating Rules From My Future Self'



By [Lori Bizzoco](#)

It's easy to ask others for dating advice, but sometimes you have to listen to your gut and do what makes you happy. Shiri Appleby (*Roswell/Life Unexpected*) shared that tip with us as we discussed her role on the new web series, *'Dating Rules From My Future Self'*. The series, also starring Taylor Kinney (*Vampire Diaries* and Lady Gaga's current beau), is about a young 27-year-old woman named, Lucy Lambert who starts getting text messages from herself 10 years in the future. The messages warn her about her dating strategy. She soon

realizes that the man she is about to marry, isn't the one for her and she must change her life. If only there was an app that would allow us to get advice from our older, wiser self! Well, according to Appleby that may not be a good thing.

Below Appleby gives us the scoop on her new series, and how it relates to her personal life. She also shares some great dating advice with our visitors.

Tell us more about the show. How does a web series differ from television?

Related: [Former 'Roswell' Actress Shiri Appleby Debuts Web Series on Dating](#)

It doesn't feel any different from my end. The good thing is that people can watch it at their leisure from their computer and there's an opportunity for it to go viral.

Does 'Dating Rules' compare to your current love life? Do you relate to Lucy?

Yes, I relate to Lucy because as I've gotten older, I've realized that if I stop asking everyone else what they think I should be doing with my love life and I just ask myself, I always end up the happiest. For example, when I think about choosing between A and B, I stop and ask myself what do I really need in my life? If I'm really honest with myself I always pick the choice that makes me the happiest. When you doubt and ask everyone else what to do, you get really confused and end up in situations that don't make you feel comfortable. In the show, Lucy starts to understand herself and you see how she blossoms as a woman.

Do you wish that you had the opportunity at one point to get future text messages like Lucy does?

No, I don't think so. It would be great, but at the same time you learn a lot from your mistakes and why you chose to date

someone. Going through the experience is important because whether it's positive or negative, it helps you to understand what you want in the future.

What message do you think the show is trying to send out to viewers?

It's a show about friendship and realizing how great it is to grow up with true girlfriends that you can ask honest questions to. It's also telling woman that it's okay to ask for what you need and to figure out what it is that you need. And, how do you get that? You usually get that from listening to yourself.

Related: [How Happy Are you?](#)

What do you think was the motivation to create a show like this?

It's important to create something that people will be entertained by, but if you have the opportunity you want to put a good message out there also, especially to young woman.

Do you have any relationship advice you can share with our visitors?

Yes. My advice is that it's not supposed to be as difficult as we make it out to be. The best thing you can do is to kill the idea of what you think you need or want. If you get rid of those preconceived thoughts, then you will be able to find the thing that you actually do need vs. what you think you need. Once that happens, you will discover that what you need is a best friend and the list you once had for finding a partner will feel like nonsense.

How about your own dating life?

Yes, I'm in a great relationship – it's really nice.

Before we go, can you tell us about the book you're writing?

Yes, it's really exciting. I am writing a book about how I've found myself and I tell it through all of the guys I've dated. I'm taking it to publishers at the end of this month. Hopefully it will be a good read.

For more information about Shiri Appleby you can find her on Facebook or follow her on Twitter @shiriappleby. Dating Rules From My Future Self premiered on January 9, 2012. New episodes will air every Monday, Wednesday and Friday.

CupidsPulse.com wishes Shiri lots of luck on your new show and book! Would you want to get messages from your future self? Tell us in a comment below.

How to Get Back Into the Dating Scene After Divorce





By Nicola Winters

Divorce is on the rise. We all know it and we all, at some point in our lives, have been a part of it. But whilst Kim Kardashian may not be able to relate to the below experience, maybe you will.

After a lengthy marriage, a person's confidence is lacking and the thought of getting back out onto the dating scene is daunting. It might not be so hard for Kim Kardashian or Jennifer Lopez to find themselves a new man after the ordeal of a divorce, but it's not so easy for the likes of us non-celebrities. 72 days has nothing on 30 years, four children and a mortgage, and that's not to mention the few extra pounds you may have gained along the way.

We all don't want to be gossiped about like former singleton Jennifer Anniston, so to ensure that doesn't happen, follow these steps to restore your confidence in both yourself and the opposite sex:

It's important to take care of yourself: Now is your chance to look after number one. Join a gym or exercise class. Not only will you meet new friends, but you will also feel better

about yourself, inside and out.

Develop new hobbies: Engage in activities that you never had chance to before. By developing a new hobby, you will automatically find that you have something new to talk about and new people to discuss it with. However, if new isn't really you, and you aren't that susceptible to change, then why not re-visit an old hobby? Work, home and family commitments can get in the way of enjoyment. Now is the chance to re-kindle that special love with a particular activity or past time.

Be true to yourself: Remember that you are more likely to meet someone special at a place of genuine interest. Ever wondered why actors are dating actresses, models are dating designers and footballers are dating...well...whoever really? You're not going to find the man of your dreams on the dance floor of a packed nightclub if clubbing really isn't your thing.

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

Don't rush things. Finally, and probably the most important point of all, is to take your time. Don't expect to jump into another long-term relationship immediately. Take the time to learn about yourself before committing to another. It's almost too easy to rely on another person and sometimes even string them along. Cheryl Cole was never really serious about Derek Hough; she was simply grieving for a past love. Not only is it unfair on them, but on you as well.

Divorce can be a really awful experience for any person (including celebrities). But back here in the real world, we can't rely on lavish parties, celebrities' ceremonies and movie premieres to get us back out again. We have to rely on ourselves. So keep busy, look after yourself and make the most of the support network you already have.

This is a guest post by Nicola Winters on behalf of Panonne, the divorce specialists.

How to Keep Weight Gain from Ruining Your Love Life



It's easy to indulge in the mountain of cookies, candies and other calorie-packed goodies we stuff in our mouths over the Holidays without considering the consequences. However, if you pack more padding on your belly, it could have less-than-exciting ramifications for your love life.

Not to mention the fact that a few extra pounds can have an impact on your psyche. If you're looking for ways to improve your relationship whether it's losing a few inches or finding the self-confidence to love yourself, no matter what your jean size, here are a few tips to get you started:

1. Eat healthier: Although easier said than done, a few simple changes to your diet will kick start your metabolism – and the sparks between you and your man. Start by cutting out bad habits, such as having a daily dessert. Limit treats. Instead, save the raspberry swirled cheesecake when you are on a special date with your partner.

Related: [Stop Counting, Start Eating: Feel Fresh for Fall](#)

2. Get moving: Jump up and start moving. Dancing with your girlfriends, going for a walk with your man or even a shopping trip are some fun ways to work up a sweat. Of course, if you challenge each other at the gym and make fitness goals together you may be surprised at how your relationship can come back alive.

3. Enjoy Ambiance: If you're a proponent of ambiance and mood lighting, candlelight or other dim lights can engage a smoldering mood. Plan a romantic evening, and fill your home with a warm glow of cinnamon scented tealights. Mood lighting will provide a calm, relaxing background so you and your partner can enjoy each other's company even more.

4. Talk to your partner: For all you know, your man is a fan your curves. Many guys enjoy a full sized woman, as there's more to love. However, if you're feeling insecure about your shape, let your partner know how you feel. When you communicate the concerns you have with your body, he will most likely be supportive.

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

5. Learn to accept your body at any size: According to *Good Morning America*, 68% of women wear a size 12. The average woman is not a size two, ladies; don't feel bad if you don't look like Angelina Jolie. Self-confidence is sexy. So what if you have a few extra pounds hanging around your middle? Find ways to work around it. The most important thing is to own your body. Have a little self-confidence and you'll be

surprised at how your relationship can improve.

Is your weight gain affecting your love life? Share your stories below.

Five Ways to Cut Down on Dating Costs



By Cory Reynolds

Dating can be stressful and expensive in the best of times. With the economy in the dumps and extra money being harder to come by nowadays, searching for that special someone seemingly got much harder. Daters are not the only ones feeling the pinch, however. Many local businesses that thrived on

expendable income and romance are feeling it, too. Almost every business is trying new things like coupons and specials to bring in some of that lost revenue, so the economy is actually a good climate for those that do a little extra work to find some deals, and those that are looking to cut down on dating costs. Here are five ways that you can do it, too:

Check Groupon

Groupon is one of the best things ever to happen to daters.

From restaurant specials and farmer's markets, Groupon has really leveled the playing field when it comes to savings.

Finding a 75% discount on a flight simulation may not seem like a great idea to do solo, but if you are paying pennies on the dollar, it could really be a memorable experience.

Date during off peak times

Another way that businesses try to rake up business is to offer specials during off peak hours. Movie theaters, dining and theme parks offer great deals if you choose to go during the week, or during the day. Instead of waiting until Friday or Saturday to go on a date, consider seeing a movie earlier in the evening on a Tuesday, or even going on a Sunday afternoon. Another advantage to going during off-peak hours is that there will not be as many people around, and you will be able to enjoy whatever you are doing without the throngs of people getting in the way of romance.

Related: [First Date Outfit Ideas: Dinner and Movie](#)

Go Dutch

Splitting costs, especially earlier on in a relationship, can help with dating costs, and no unneeded pressure is placed on either dater. There is nothing wrong with today's modern woman paying her own way to the movies or to dinner and most people understand about being frugal.

Get outdoors

The typical dating traps like dinner and a movie are not only clichéd, but they can be expensive, too. There are tons of great things to do outdoors that are free to see. Being outside is almost guaranteed to be good for conversation and takes pressure off the moment. There is hardly anything worse than sitting over a costly dinner with a glass of wine and straining for conversation. Doing an activity outdoors can save not only money, but also win you points for being unique as well.

Related: [First Date Oufit Ideas: Outdoor Festival](#)

Cut your date short

Your date has gone well, you have impressed one another, and you two have really clicked. It is still early on in the night and that twinkle in her eye says she is hoping for a nightcap or drinks after dinner or that long walk through the planetarium. One way to save is to cut the evening short, and call it a night. Alternatively, consider finding a park bench near a lake or the beach, or even a table at a Starbucks. If you can save on drinks, or paying more to spend more time together, you have that little bit of extra cash for next time. If you decide to call it a night, then you will also help to build suspense for the next date.

Cory Reynolds is a writer for classesandcareers.com – a site with great information about online classes.

'Loosies' Starring Peter Facinelli Teaches Love is Not a Crime



A New York City pick pocket, Bobby (Peter Facinelli), who lives life on the fast lane with no commitments, bumps into his past one night stand, Lucy (Jaimie Alexander) in the new movie *Loosies*. When the girl of his dreams drops the bombshell that she's pregnant with his child, Bobby must make a life changing decision to let his partner in on what he does for a living. Not sure if she's ready to raise a child with a criminal, Lucy decides to raise her child without Bobby.

Realizing that he wants to have a family, Bobby must decide if he can give up stealing and running from police officers for his relationship. *Loosies* premieres in theaters on Jan. 11.

How do you give up your single lifestyle to start a family?

Cupid's Advice:

Being single usually means a life of late nights, a lot of alone time and decisions that only affect you and no one else.

When you enter a relationship or add a new addition to your family, nights are spent with someone else and decisions are made for a better relationship with your partner. Here's how to embrace the changes:

1. Accept them: Recognize that the change from being selfish in decision making to thinking about your partner is a positive change.

2. Take time: It may be hard at first, but getting into a new routine will allow you to become more serious about life. Take the time you need to come to terms with it.

3. Think of the rewards: When losing weight, doctors suggest picturing a skinnier version of yourself every time you think about eating a slice of cake. Every time you think that it will be hard to change your lifestyle, picture yourself with your family or partner. Make sure that you and your partner are both making sacrifices in order to better the relationship.

Have you ever had to change your lifestyle to better your relationship? Share your experiences below.