

# Dating Advice: 4 Signs He's About to Say 'I Love You'



[By Katie Gray](#)

Love is such a beautiful thing. When you're in a new relationship, there's no doubt that it's an exciting time, as we get to truly know the other person we have developed feelings for. That being said, there are also tons of thoughts swirling around your head. A big one is, "When is he/she going to say 'I love you'?" Cupid has some [dating advice](#) on how to look for signs that he's about to utter the L word.

This [relationship advice](#) is sure to

# help you as you navigate your way through the journey of love!

Whether you feel like your partner is about to say they love you or if you just think they might, there are signs to tell if they really love you and are going to stand the test of time. Cupid has some dating advice on the four signs to look for:

**1. He's spending tons of time with you:** A sure sign that he's going to confess his love for you is if he's spending a ton of time with you. Guys don't eagerly spend time with people who they don't have strong feelings for. It's for sure a sign if he's busy, but still makes time for you. If he's the one initiating the get together, you know he cares and is on his way to saying those three words that mean the world!

**Related Link:** [Relationship Advice: 10 Actresses To Look To For Guidance](#)

**2. He displays sweet gestures:** When your partner is making a lot of effort and is giving you random acts of kindness, you know that they care and are a keeper. When they cherish you, they make sure to display sweet gestures for you. It's a definite sign that he likes you and is going to say "I love you" soon. Why would they put in effort if they didn't care? When they go out of their way to do something, it's because they genuinely care.

**3. He can't keep his hands to himself:** Take a cue from Selena Gomez's hit song. When your partner wants to always show affection, hold your hand, run their fingers through your hair, kiss you and hug you, it's a sign that they're most definitely falling for you.

**Related Link:** [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

**4. He remembers everything:** When people remember things you have said or done in the past, it's because you know they truly care. People don't remember things that don't matter to them. If your partner remembers dates, like the firsts of the relationship, it's because they do care deeply for you.

**What are some signs you knew your partner was about to say 'I love you?' Share your stories below!**

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## **Relationship Advice: 10 Actresses To Look To For Guidance**





[By Katie Gray](#)

Lights. Camera. Action. There are so many talented actresses in Hollywood who represent strong, beautiful, classy, hard-working, empowering females. They not only play strong female leads on screen, but they are strong females who lead in the real world by their actions. These women are great role models whom we can seek [relationship advice](#) from in our love lives, as well as in our careers.

## **Need relationship advice? Cupid has compiled the 10 actresses to seek guidance from:**

1. [Jennifer Lawrence](#): This leading lady in Hollywood has accomplished so much. The Oscar winner is all about empowering women and creating wage equality between genders. She even wrote a wage inequality essay that all women can relate to! The *JOY* star has also maintained the right amount of publicity when it comes to her intimate [celebrity relationships](#). She

doesn't hide anything, but doesn't publicize everything either. There was also a revealing leaked photo incident, which she handled like the class act that she is!

2. **[Kate Hudson](#)**: This beauty has made films we all love, and so has her mother, Goldie Hawn. The release of her new book *Pretty Happy: Healthy Ways To Love Your Body* also encourages women to embrace themselves. She's a great mentor for health and fitness, and she even has a line of athletic gear called Fabletics.

**Related Link:** [Kate Hudson Would Marry Fiance Matt Bellamy 'For the Kids'](#)

3. **[Mila Kunis](#)**: *That 70's Show* never gets old! This actress is happily married to fellow actor, Ashton Kutcher. The married pair has a beautiful daughter together who they dote on. We can learn a lot about their [celebrity relationship](#) by watching their dedication to parenting!

4. **[Jennifer Garner](#)**: This television and film star has had many hits. Do *Alias* and *13 Going On 30* bring back any memories? Although she's going through a divorce from Ben Affleck, she shows us how to maintain maturity even after you're separated and not a famous couple anymore. Jennifer really just lives for her children, and it's something we can all strive for!

**Related Link:** [Lessons From Jennifer Garner and Ben Affleck](#)

5. **[Reese Witherspoon](#)**: As America's Sweetheart, Reese Witherspoon can play literally any role. Whether she's singing as June Carter in *Walk The Line*, being a lawyer on *Legally Blonde* or an innocent Catholic student in *Cruel Intentions*, she brings her heart and soul to her work and the role she is playing. She has two children with her ex-husband Ryan Phillippe, and remarried in 2011 to Jim Toth (talent agent and co-head of motion picture talent at Creative Artists Agency where Witherspoon is a client.) The pair have a son together, Tennessee James, who was born in 2012. She's the

perfect example of having a career and making love the second time around work.

6. **[Jennifer Aniston](#)**: Jennifer Aniston will forever have a place in Hollywood. She won the world's hearts for her portrayal of Rachel Green on the hit series *Friends*. She is also one of the highest paid actresses in the industry, and in 2012, she received a star on the Hollywood Walk of Fame. Her marriage and subsequent [celebrity divorce](#) from Brad Pitt, had everyone talking for years. Now, she is happily married to Justin Theroux as of 2015. She's a great example of having a career first and then finding love when you're mature and ready. It's never too late and honestly, she is still young!

7. **Julia Roberts**: Julia Roberts will go down in Hollywood history as one of the best actresses of all time. The Academy Award and Golden Globe winner, broke out with the romantic comedy *Pretty Woman*. She also played another iconic female lead, Erin Brockovich. She was married for a couple years to Lyle Lovett in the 90's, but she has been happily married to Daniel Moder since 2002. They have three children together. Roberts is also the aunt to actress, Emma Roberts, who is inspiring to young girls. It runs in the family!

8. **[Angelina Jolie](#)**: The proud mother of six and wife to Brad Pitt, Angelina Jolie proves that having a good heart will always prevail. She has adopted multiple children and has had biological children as well with husband Brad Pitt. She is also known for her humanitarian work, women's rights efforts and spreading positive messages about inner beauty.

9. **[Gwyneth Paltrow](#)**: Actress Gwyneth Paltrow is the proud mom of two children and is very into healthy eating. She's divorced from Chris Martin, the front man of the hit band, Coldplay. The pair are a great example on how to stay cordial and friendly with one another after separating, for the sake of their children. They still have a good friendship.

**10. Tori Spelling:** Donna Martin graduates! The daughter of legendary television icon, Aaron Spelling, is Tori Spelling who has inherited her father's work ethic. Outside of her career as an actress and author, she shows us that family is the most important thing. She has four children with her husband Dean McDermott. She puts her efforts into parenting and her marriage, this is her first priority!

**Who are your favorite actresses to look to for guidance? Share with us below!**

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## **Relationship Advice: 5 Benefits To Being Single On Valentine's Day**





By Katie Gray

Valentine's Day is a celebration of love, but that doesn't mean you have to be in an intimate relationship to embrace and celebrate. Relationships and love are great, but don't be upset if you haven't found the love of your life yet and find yourself single on this V-Day. Look forward to the fact that this means that your Prince Charming is on the way, and think about the future romantic relationship you will have. Many [celebrity couples](#) and celebrities who are dating around (nothing serious) are celebrating in a variety of ways, so look to them for [dating advice](#) on your situation. Being single isn't a bad thing! In reality, Valentine's Day is just like any other time of the year, so you shouldn't be feeling down. Instead, channel your energy into giving love and light to the people in your life who you truly care about. All of your family and friends in your life are your true Valentines!

**Relationship Advice: Cupid has the**



# 5 benefits to being single on Valentine's Day:

**1. No pressure:** If you don't have the hassle of making reservations, you can do whatever your heart desires, and you don't have to buy anyone gifts if you don't want too. Simply put, you don't have to stress or deal with anything; it's all on your own terms.

**Related Link:** [Celebrity News: Check Out Rebel Wilson's Video Valentine's Day Message To Justin Bieber](#)

**2. Time for your loved ones:** Why spend Valentine's Day with some date you don't want to really be with or mope around at home alone when you can spend the holiday with your loved ones! This is the perfect day to remind your family and friends how much you love them and enjoy their company. Just because you're not in a romantic relationship on Valentine's Day, doesn't mean you're alone! Always remember that.

**Related Link:** [Celebrity News: Kourtney Kardashian Says She's Not A Dating Person](#)

**3. Personal reflection:** While there is no pressure or stress when you're single on Valentine's Day, you also have the added bonus of being able to reflect and evaluate your life. Figure out what your goals and passions are and come up with a map on how to achieve them. Determine what type of relationship you would like in the future and what qualities and traits you are seeking. Most of all, just focus on your own personal reflection in terms of love, career and life.

**4. More chances to find your true soul mate:** Anything can happen anywhere at any time. Valentine's Day and the future is just another chance for you to find your real soul mate. Don't feel pessimistic on Valentine's Day, feel optimistic that you have something to look forward too!

**5. It's all about YOU:** Being single on Valentine's Day comes with the perk of making it all about you! Buy yourself something nice, and eat whatever you want. Do whatever activity makes you happy and surround yourself with all of the things and people you love. This could be taking a bubble bath, eating chocolate, reading a book or enjoying your favorite meal.

**What are the benefits you have had being single on Valentine's Day? Share your stories with us below.**

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## **Relationship Advice: "Don't You Dare Valentine Me"**





By Mario P. Cloutier and Diane Sawaya Cloutier

We were at an airport recently, waiting in the gate area for our flight to board when an incident inspiring [relationship advice](#) presented itself to us. Sitting close by was a middle-aged woman who was literally unloading her romantic life frustrations on a lady, whom we hoped, was a friend of hers. She kept lining up one anecdote behind another about how insensitive her boyfriend was to her. With no apparent shame, (she was so loud that we wished she could have been the gate attendant giving us the flight status information) she carried on describing how “her guy” seemed to get a kick out of giving her stupid gifts and cards on special occasions. She said, “For my last birthday, he gave me a card that said, ‘Old age has its benefits. You can now have all your meals in a cup to go.’ and the accompanying present was a plastic cup with a straw and a set of fake dentures.”

**And just as we both thought we had**

**heard everything there was to hear, the poor woman dropped the bomb on us. She said, “Now with Valentine’s day just around the corner, I soooo much hope he will spoil me with something decent, you know... Something that will show how much he loves me. I just want to feel loved!”**

We exchanged looks for a moment, probably debating for a flip of a second if one of us should jump in the conversation, when all of a sudden we were gracefully saved by the bell. Our group had been called and it was time to board.

Of course a lot could be said about that story and the lady in particular. But in spite of it all, what it really triggered and reminded us, was how much importance many people tend to put on Valentine’s Day, and how they literally place it on a pedestal. For several, it doesn’t matter how dysfunctional the relationship may be the rest of the year, as long as when February 14th comes along, “I get spoiled and the whole wide world gets to see HOW MUCH I AM LOOOOOVED!”

### **Relationship Coaches Share Relationship Advice on Valentine’s Day**

**Here’s the 1st part of the whole Valentine deal:**

There is nothing wrong with having one or more calendar dates that remind you when it all began or how blessed you are to have each other. In fact, that’s what it boils down to – individuality and specificity. It’s something that shouts loud

and clear that this relationship of yours is special, and, it is your own. It's not Cupid's ...

Love is not about conformity. Love is individual and specific.

**Here's the 2nd part of the whole Valentine deal:**

If you've not shown me in the past 364 days, through your day-to-day small attentions, talks, gestures and overall affectionate behaviour that you love me and cherish our relationship; or if we've just started going out and your only smart and funny way to show me your love is with some sort of boneheaded gift or card, I'm telling you right now...

**"DON'T YOU DARE VALENTINE ME!"**

*Authors, relationship coaches and [HuffingtonPost](#) contributors Diane and Mario Cloutier found each other in 1998 after they both had experienced unfulfilling relationships. Their new book, [ReLovenship™ – Look Within to Love Again!](#) (Xclamat!on Media, 2015) gives inspiration, hope and a step-by-step methodology to people who have had romantic disappointments and are still looking to find "the one." Mario Cloutier is founder and chief creative officer of Xclamat!on Marketing. Diane Sawaya Cloutier enjoyed a successful career in managerial roles with Fortune 500 organizations before focusing fulltime on the couple's ReLovenship™ book and seminars. For booking inquiries or to learn more about the authors, go to [ReLovenship.com](#).*

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**Relationship Advice: 10**

# Emotional Stages of Being in a New Relationship



By Katie Gray

New relationships are fun and romantic. It's exciting to get to know someone you care about on another level outside of your friends. It's nice going on dates, laughing, and then talking about it with your friends and family afterward. Our emotions vary during this new stage of a relationship. Cupid has some [relationship and dating advice](#) to help you navigate and understand these emotional stages of being in a new relationship.

# Check out Cupid's [relationship advice](#) about handling the 10 emotional stages of being in a new relationship:

**1. Bliss:** The early stages have you feeling nothing, but complete bliss! You and your partner are so happy and positive. In the beginning, you haven't fought yet and everything is so new and blissful.

**2. Honeymoon Stage:** The honeymoon stage of a new relationship is exciting! Everything they do makes you happy, you want to spend every minute with them, and when you're not around them you wish you were. It's good to take this special time in, so that you will remember the good times of the relationship when things get hard during the tough times. Enjoy the honeymoon period while it lasts!

**Related Link:** [Cutest Celebrity Couples in Young Hollywood](#)

**3. Fear:** A natural emotional stage of a new relationship is fear. You know that all good things must come to an end, and you really don't want this relationship to head in that direction. Sometimes you will get nervous about the thought your new partner not being in your life anymore. But don't worry – just have faith in your relationship and cross that bridge if/when you come to it.

**Related Link:** [Relationship Advice: 5 Ways To Restore Trust In Your Relationship](#)

**4. Overthinking:** Overthinking and over-analyzing every situation sometimes comes with the territory of having a new relationship. It's completely natural to overthink, because you care, and your concern is coming from a good place. The best relationship advice is to try to keep your thoughts from

consuming you. Don't stress or focus on it. Just keep living life, and stay in the positive!

**Related Link:** [Celebrity Couples: Music's 5 Most Powerful Pairs](#)

**5. Investigator:** It's natural to want to play the role of private investigator when you're in a new relationship. Perhaps something happened that has you thinking your partner isn't being honest to you, so you want to know for sure. The best dating advice is to know that these urges are normal, but that the best plan is to communicate fully with your partner first. Don't jump to any hasty conclusions.

**6. Funny:** If you can make your partner laugh, they will love you forever. As Audrey Hepburn once said, "Laughing is the best calorie burner." Enjoy this fun stage of a new relationship, where everything your partner says and does makes you laugh and amuses you.

**7. Paranoid:** The downside to caring about someone, is that you will do anything for them and you don't ever want to lose them. You've grown so close and cannot envision your life without them. It's normal to be a little paranoid, because you didn't think you could ever be so happy and in love. The relationship advice we can offer, however, is to push your paranoia aside and know that you do deserve to be that happy.

**Related Link:** [Dating Advice: How to Get Out of the Friend Zone](#)

**8. Realization:** A big stage in a new relationship is the realization of everything. You realize that you enjoy being in their company so much, and you discover so many things about them including their likes and dislikes. You realize how much you really care about them.

**9. Accomplished:** Sometimes you feel a sense of accomplishment during the early stages of a new relationship. You're thrilled that you created a successful and healthy relationship. You feel great about the pace you're moving at, the activities



you're participating in, the things you're learning, the plans that you're making and so forth.

**10. Happy:** Sometimes you feel a sense of accomplishment during the early stages of a new relationship. You're thrilled that you created a successful and healthy relationship. You feel great about the pace you're moving at, the activities you're participating in, the things you're learning, the plans that you're making and so forth.

**What are your experiences with the 10 emotional stages of being in a new relationship? Share your stories with us below.**

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## **Relationship Advice: What Makes a Marriage Strong?**





By Dr. Jane Greer

Actor Hugh Jackman's marriage to Deborra-Lee Furness has stood the test of time. He recently appeared on *The Ellen DeGeneres Show*, where he spoke fondly of his wife saying, "it gets better and better" with time. This [celebrity couple](#) has been together for more than 20 years, and are a perfect example of a couple making marriage succeed. It's heartening to hear, especially in Hollywood where there are a lot of exit opportunities as well as added stressors that can tax any relationship. So what's the secret (or [relationship advice!](#)), for them and for anyone who manages to have a marriage with mileage?

**How do two people love and respect each other, learn to work through conflicts and problems, and maintain intimacy, attraction, and**

**desire for the long run? The bottom line is, how do you make it strong so that it lasts? Check out this [relationship advice](#).**

### **Appreciation.**

Many things go into keeping two people together for the long haul, but there are four core ingredients that stand out to me as important in keeping that union humming. The first is appreciation. I can't stress its power enough. Being grateful and recognizing the things your partner does for you, and the TLC they give you, can go a long way. Without realizing it, you can get used to all that and, as it becomes part of your average day, you might stop noticing it and even take it for granted. But you want to start taking the opportunity to show your spouse that the things they do for you mean a lot. It is a real chance to build and strengthen those fibers that go into constructing the fabric of your connection. Oftentimes in my office I hear one partner express how angry they are about the things the other partner doesn't do. However, when I help them change their expectations to see who their partner really is instead of who they want them to be, it allows them to stop seeing their spouse coming up short and instead to see them as tall, looking up to them for the support they do show. It enables them to feel lucky that their partner is there for them by focusing on what they do rather than what they don't do. It makes all the difference.

### **Consideration.**

Another important ingredient is consideration. It isn't that you always have to agree with your partner, or do just what they say, but to let them know that they are important to you and are being considered when you're deciding to do something.

If you're planning to go out with your friends on Friday night, check in and make sure it works for your spouse instead of just telling them. That way they will feel considered and probably tell you to have a good time. If you simply announce what you are doing they are likely to feel abandoned and might become angry. The goal is to avoid resentment building because it then turns into bricks that will make you feel divided, keeping you apart rather than feeling on the same team. By considering each other's needs, and knowing you are each part of the equation when it comes to making plans and choices, you at least leave room for both of you to voice your preferences before making the final decision.

### **Acknowledgement.**

The third key factor in a successful marriage is being able to acknowledge the other person. I can't tell you how often I sit in my office hearing one person complain that when they talk to their partner at home the other person doesn't answer them, doesn't look up from their computer, doesn't look at them directly, so basically they feel ignored. Consequently, the first person winds up either repeating themselves because they haven't felt heard, or asking in an annoyed tone, "did you hear me?" It's really important to pay attention and convey to your partner that you are listening when they talk to you. A simply okay, fine, I get it, I hear you, that works, any verbal acknowledgement as well as looking at them goes a long way. Even if you disagree with what they are saying, you can reply, "well, I don't necessarily agree, but I do hear what you're saying, and we can talk about it at another time." This will prevent one person from feeling ignored and neglected, and the other person from feeling nagged and badgered by their partner's saying the same thing over and over.

### **Laughter.**

Finally, laughter. It seems so obvious and simple, but it has such tremendous healing power. It takes effort to keep up with

all the communication, appreciation and everything else in your daily lives, and all that work needs an antidote – which is laughing together because it creates instant intimacy. Developing a Morse code with a shared joke or funny expression is a default button that can diffuse the heat of any argument, and give you a chance to let it go and clear the resentment rather than letting it turn into a big deal. When you're married you learn you have to pick and choose your battles, otherwise there are so many things to go to the mat over, and you need a tool that says this is not that important, let's laugh it off. You can then revisit the more important issues later to address them in a serious matter.

If you are able to keep these four very potent techniques in mind and you begin to use them regularly, you're likely to find that you and your partner start to feel happier with each other.

The key to a positive marriage is to feel that your spouse has your back and is looking out for you, and they know that you always have theirs as well. It certainly seems that Hugh and Deborra-Lee have their secret to making their marriage strong.

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**Relationship                      Advice:**  
**Understand    What    You    Don't**  
**Want**





By Venus Rouhani

If we are truly going to know and, eventually, accept ourselves for who we are, it's crucial for us to have clarity not only on what we value, like, and enjoy, but also on what we don't—and ask ourselves why. Probing our dislikes helps us discover what are our deepest values. This is essential because self-awareness and self-acceptance are key parts of the foundation of all successful relationships. In an interview with *Entertainment Tonight*, Will Smith was asked how he and his wife, Jada Pinkett Smith had managed to have a successful 20 year marriage. His [relationship advice](#) was, “If there is a secret I would say it's that we never went into working in our relationship” ... “We only ever worked on ourselves individually, and then presented ourselves to one another better than we were previously.”

**Relationship Advice: Your self-knowledge deepens when you**

**recognize what you do not want and helps you realize what you do want and need in a long-term relationship.**

### **Improve Self-Awareness**

Through this process, as you keep learning more about yourself, your self-awareness also increases. Without this self-awareness and admitting to yourself who you really are, you'll keep chasing relationships with partners with aspects of their personalities that, in fact, you do not want.

You may not be willing to admit to yourself what you don't want for the fear of what that reveals about you. If instead of being honest with yourself you pretend, then you and your partner are going to pay the price in the long run and find yourselves in an unhappy relationship. You cannot hide your true self from your partner forever, so it is best to never start.

### **Create A No-No List**

For example, your list of wants might include a desire for a supportive, funny, and good-looking partner. But, those qualities do not particularly tell you much about your personality. However, when you make a list of the traits you don't want and cannot tolerate in a partner, such as being needy, controlling, stingy, sexist, or egotistical, and then elaborating further on those traits you get much closer to revealing your true self. The same handsome, funny, and supportive person could also be needy, a know-it-all, controlling, or so on. If any of these personality characteristics are among your deal-breakers, your relationship with this person will end up being joyless and

unfulfilling. By having carefully defined your deal-breakers, or what I call your No-No List, you can eliminate those people with whom a relationship with will cause heartbreaks and unhappiness in the long run.

### **A “No” Reveals A Lot About You**

When you state that you don't want someone who is needy or who doesn't trust you, that reveal that you value independence and individuality and hate to be on a “short leash.” You may want to be there for someone, but you don't want to be the one person your partner relies on to do it all. It can also say that you want a relationship in which both of you express your individuality and both of you are capable of taking care of your own selves.

### **Embrace Labels**

Also, be aware that a trait that one person might think is your most shallow quality, another person might believe as simply practical. While one person may believe the things you don't want make you flakey, another person might see you as a free spirit. Don't be afraid of labels. The purpose of creating a list of the things you do not want is not to judge you or to blame you.

*Venus Rouhani is a renowned psychotherapist and author whose approach to relationship counseling emphasizes the importance of using the rational mind to guide the desires of the heart. Specializing in pre-relationship, pre-marital, couples, and family counseling, Venus encourages those looking for love to develop a deep understanding of their non-negotiables as a foundation for lasting relationships. To learn more about her new book, *The No-No List, how to spot Mr. Wrong so You Can Find Mr. Right*, please go to [www.VenusRouhani.com](http://www.VenusRouhani.com).*



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# Relationship Advice: 5 Ways Our Authentic Self Builds Healthy Relationships



By Steven DeSalvo

When we are our true, authentic selves in a new relationship, we begin it with honesty about who we are and what we desire. It gives the partnership a solid foundation from which it can grow into a long-term friendship or potential romantic adventure. When we are not our authentic selves, the relationship starts on uncertain ground. Despite good intentions, over the long run, it can create bigger problems.

# Here are five pieces of [relationship advice](#) to help you put forth your authentic self:

**1. State clearly what you need:** You can't go into a relationship saying "yes" to everything, or you will end up pleasing your partner at your personal expense. You can say "yes" when it is comfortable, but you must also be willing to say "no." "No" is not always rejection when it comes to articulating desires, needs, and expectations. Both answers can provide your partner with timely feedback so all desires or expectations are known and understood.

**2. Be your authentic self to develop trust:** You want to be liked or loved for who you are, not for who you think a person wants you to be. This can be the hard part because we all want to be liked and find love. To do so, we may go down a path of being someone different just to please another person, but eventually, the truth will come out. You can't fake it 'til you make it!

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**3. It takes energy to be someone else:** Being yourself is the most comfortable and easy state of being and it is actually more attractive to people than being someone you are not. It also makes the time you spend with someone more authentic. The fact is, if you act in a different way just to please someone, you'll eventually tire of the façade and revert back to being yourself somewhere down the road anyway. It takes too much energy to be someone else. So, why not start as yourself from the very beginning?

**4. Over-giving eventually exhausts you and your resources:** When we give too much of our time, energy, or other personal

resources in a relationship without getting anything in return, we will eventually feel exhausted or put out. Giving what you feel comfortable giving – versus over-giving to please someone – is the most optimum. Over time, there must be a reciprocal give and take in your relationship for both parties to feel satisfied.

**Related Link:** [Top 5 People Tools for Relationships and Love](#)

**5. Articulate your feelings clearly:** This is important in all stages of relationships, as our true feelings should be known and shared. New relationships need reassuring signals along the way to show that there is enough interest to continue. In longer partnerships, we have to continually be true to ourselves and express our feelings on an ongoing basis to show how we love, care for, and value our significant other.

As these five pieces of relationship advice show, being anything other than our true selves builds a relationship on the shaky ground of untruth and uncertainty. When we show up as our authentic selves, we set a relationship in motion from a foundation of honesty and respect that endears us to others and deepens our connections.

*Steven DeSalvo is an author of the book [Relationship Dynamics](#), which looks at how we develop deeper and healthier connections that will fulfill our desire for lasting and meaningful relationships. Connect with Steven on Twitter at [@BecomeAdult](#) or visit [www.BecomeAnAdult.com](http://www.BecomeAnAdult.com).*

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## Relationship Advice: Are You

# Ready For Storybook Love?



By Elaine Taylor

A couple of decades ago, my dog was sprawled out snoring on the sofa, belly on a pile of unfolded laundry, tail stuck in an empty Ben & Jerry's tub. I was slouched beside her stroking her hindquarters, glumly ticking through the carcasses (figurative, not literal) that made up my dispiriting trail of my relationship roadkill. I had recently completed a reverse sprint down the aisle (not my first) with Peggy Lee's, "Is That All There Is?" echoing through my disenchanting heart.

**Was I ever going to find a true**

# Love who didn't walk on four legs and woof for his breakfast? Here's what I found in the way of [relationship advice](#).

Desperate for an answer, I took a jaunt into California woo-woo: went to see Allie B, astrologer/psychic. She closed her eyes, did that deep-breathing, blahblahblah chart-reading thing and assured me I was destined for the kind of love about which stories are written.

"But," she said, "not until you're ready."

**Related Link:** [Relationship Advice On Finding True Love](#)

Ready? My mani-pedi was fresh enough you could still smell the polish; I'd had a Brazilian so recently you could ... well, I'll let you come up with your own image. My roots had been darkened, my highlights brightened. How much more ready could one woman be?

"What the heck am I doing wrong?" I whined.

"Guess what, chickie-poo. Wrong question. Try asking, 'Why do I keep doing it wrong?'"

"OK, why?"

"I'm a psychic, not a mind reader. Go sort it out with your therapist."

Seriously? Ugh.

**Related Link:** [Relationship Advice: 5 Ways to Unpack Relationship Baggage](#)

With teeth-grinding resistance, I trudged off to sit on

Julia's couch and ask my why question. She countered with, "Do you love yourself?"

Uh oh ... Strong stench of psychobabble. I tapped my finger on my bottom lip. "Hmmm. Do I love myself?" Was I supposed to? The concept alone made me squirm.

So I yuck-yucked and went with a wise-ass, "Oh, you mean self-love. Like they do in porn films. Kinda personal, don't ya' think?"

Julia gave me that undeterred shrink stare. I knew she could outwait me; and I definitely did not want to go where she seemed to be trying to lead. So I canned therapy and took another run at California woo-woo.

**Allie B said, "You want storybook love? Start with these three things."**

**1. Understand that emotions are an all-or-nothing deal:** "You want the light, happy ones—like true love and contentment—you have to embrace the heavy, ugly ones. Heartbreak. Fear. Jealousy. Shame—the whole shtick."

**2. Examine, from a different perspective, the stories you've always told yourself about the people who did serious damage to your little-girl psyche.** "Those adults with all their human flaws? Their little-kid psyche was wounded, too, by someone who was supposed to love and protect them."

**3. Knock down that barricade you built around you heart:** "Confront the abandonment and betrayal and loneliness of your redneck-Texas, girls-aren't-worth-a-damn childhood." (*Oh brother, not that cliché childhood thing, again.*) "Unless you do all that," she said, "you won't be able to forgive. If you can't forgive, you'll never heal the wounds of the past. Until you heal the wounds the past, Prince Charming ain't GPS-ing you."

I argued, I fretted, I weaseled. But a few months later, my devoted four-legged love was diagnosed with cancer and soon after departed my world. Heartbreak, fear and loneliness crashed my heart defenses. I was on my emotional knees. I crawled back to Julia's couch and began to clean out the hurts and betrayals of the past. Both those done to, and by, me.

**Over a years-long process I discovered three critical truths:**

**1. It is not possible to find long-lasting, deeply satisfying love until you believe yourself worthy of it.** (Yes indeed, I had to learn self-love.)

**2. As a woman clawing her way in a man's world, I defined "emotional strength" as all sharp-edges and impenetrable boundaries.** I had to relearn that tenderness and vulnerability are the DNA of true emotional strength. When the time came, I used that strength to love Jake, a Ferrari-driving doctor who had once broken my heart. A man who, then on his deathbed, desperately needed to receive love, even as he could not return it.

**3. I accepted and found peace with the fact that Allie B might be wrong. I might never have that storybook life hiding in her crystal ball.** So what would I do with all the love my newly opened heart yearned to give? I stopped focusing on what I did not have . . . and sought a way to offer compassion and caring to those who needed it most. I began to volunteer at a homeless shelter for families—the kind of place that, but for the grace of God, I could have landed in my early, below-the-poverty-line, single-parent years.

As for that long-lasting, deeply satisfying storybook love? The psychic foresaw that it would come via a "karmic pact" between me and Jake, that dying man whose hands I cradled as he breathed his last breath.

Two years after his death Allie B said, "I was channeling Jake. He's sending someone who will love you for the rest of

your life. Someone who will love you the way you deserve to be loved.”

Ten days later I was introduced to a man whom I never would have met had I not reopened my heart to Jake. This year we celebrate our fifteenth Valentine’s Day together.

Thankfully, I was ready for love—I was ready for him ... when he found me.

*Elaine Taylor is the author of **KARMA, DECEPTION and a Pair of Red FERRARIS: A Memoir**. She is a former IT headhunter and Contingent Workforce Management consultant. She served on the Board of Raphael House in San Francisco. She can be found at [www.KarmaDeception.com](http://www.KarmaDeception.com).*

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## Cutest Celebrity Couples in Young Hollywood







By Katie Gray

There's nothing like young love – and the [celebrity couples](#) in young Hollywood do it best! [Celebrity relationships](#) are the relationships we all look to for guidance in both good times and bad. If we are looking for a cute date night idea, we can turn to our favorite celebrity romance. If we need to rebuild our relationship after hard times, we can look at how our favorite celebrity couple did it successfully. The future is so bright for young celebrity couples in Hollywood, as it may even lead to a [celebrity wedding](#) or a [celebrity baby](#). How exciting!

## **Cupid has compiled the cutest celebrity couples in young Hollywood:**

**1. Gigi Hadid & Zayn Malik:** Gigi Hadid has accomplished so much already as a supermodel. She even walked this winter in the Victoria's Secret Fashion Show, which was a dream come

true for her. (Side note: You have also seen her alongside her mother Yolanda, on Bravo's *The Real Housewives of Beverly Hills*.) Now, rumors has it that she's dating Zayn Malik, who was formerly as member of One Direction. A source said that Gigi even has a photo of him as the wallpaper on her phone – how cute! Plus, the couple was even spotted apartment hunting this month in Manhattan.

**Related Link:** [Relationship Advice: 5 Ways to Restore Trust in Your Relationship](#)

**2. Taylor Swift & Calvin Harris:** Music and love go hand in hand! Singing superstar, Taylor Swift, 26, and DJ Calvin Harris have been enjoying their romance over the last several months. They've had date nights at fancy Italian restaurants, hangout sessions by the pool, award shows, and this holiday season she even supported him while he DJ'ed at a Las Vegas nightclub. Stay tuned for the music that is surely to come regarding this relationship! We cannot wait to jam to it.

**Related Link:** [Celebrity Couples: Music's 5 Most Powerful Pairs](#)

**3. Kendall Jenner & Harry Styles:** *Keeping Up With The Kardashians* star and supermodel Kendall Jenner is now dating Harry Styles, the singer/songwriter of the boy band One Direction. Even though they're both busy, they keep in touch when traveling and have frequent dinner dates. This is a new budding romance we hope will last. Some fans have started calling them "Kenry."

**4. Selena Gomez & Samuel Krost:** Everyone's favorite pop songstress, Selena Gomez, has been entertaining us recently with her hit songs 'Can't Keep My Hands To Myself,' 'Good For You' and 'Same Old Love.' The brilliant brunette is rumored to be in a new celebrity relationship with Samuel Krost. They were even sighted having dinner at Nobu on Saturday before her *SNL* appearance and performance! This is one relationship in young Hollywood to watch!

**5. Justin Bieber & Hailey Baldwin:** Pop performer Justin Bieber, hopefully won't have to say 'Sorry' for much longer. He is rumored to be in a budding romance with Hailey Baldwin, daughter of Stephen Baldwin. Hailey's a 19 year old model, who runs in the young Hollywood social scene. However; for a long time the duo denied relationship rumors and stated they were just friends. In fact, they said they have been for years! The pretty pair enjoyed a nice vacation in Anguilla and St. Barts recently and shared the holidays together this past year. We look forward to more of their lovey-dovey posts. Hopefully this Bieber-Baldwin romance is here to last!

**Who are some of your favorite celebrity couples in young Hollywood? Share your comments below.**

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## **Dating Advice: 7 Signs of Cheating You Need to Know**





By Dejha Carlisle

Being cheated on is like having your heart ripped to shreds, and it's nowhere near enjoyable. In order to know your partner is cheating, you don't need to catch them red-handed. There are signs you can look for that are very telling. Most people tend to ignore these signs, as well as other [dating advice](#) that could actually help. We don't agree that's the best way to handle things.

## **Cupid has dating advice on the signs of cheating you should be aware of:**

**1. He suddenly needs privacy:** If you've been with someone long enough, you pretty much know that person's behavior and habits. One sign your partner could be cheating is a sudden need for privacy (hiding out in the bathroom with their phone, always staying late at work, going into another room when the phone rings, etc.). If you see any of that happening, it's

time to look into things.

**2. Loss of interest:** Another sign of cheating is his loss of interest in you. His quality time with you has lessened, and he often seems pretty bored or distracted when he's around you. Plus, he's not paying attention to you from a conversational or physical perspective.

**Related Link:** [Dating Advice: 7 Guys You're Probably Not Going to Marry](#)

**3. He's secretive with his phone:** Now, this may not exactly be a sign, but it can bring suspicion, especially if he didn't used to act this way. If your partner always shields his phone from your view, or he always positions his body to where you can't see the screen, then he may be cheating.

**4. Picks fights for no reason:** This can also be a reason for thinking your partner may be cheating. If your partner is always on edge and starting fights with you for no reason, they may be taking their guilt about the situation out on you.

**Related Link:** [Relationship Advice: 5 Ways to Unpack Relationship Baggage](#)

**5. Accusations:** The main sign of a cheater is when your partner constantly accuses you of cheating, when you haven't changed how you're acting at all. This is because they have guilt built up inside of them, and they'd rather you take the blame than having you catching them for whatever they're doing.

**6. Transformation:** Another sign is if your partner has developed a new "interest" in how he looks. If he changes his entire appearance from the way he dresses to the way he smells, he may be cheating. This is because he could be shaping his image to fit someone else's.

**7. Trust your gut:** Just because you *feel* that someone is

cheating on you doesn't mean you should accuse them right away. It is a good idea to trust your gut instinct, though, as most times it's right. Proceed with caution.

**What are other ways to know if someone may be cheating on you? Share your thoughts below!**

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## Relationship Advice: Love the Second Time Around



By Dr. Jane Greer

Pop star [Miley Cyrus](#) was spotted wearing an engagement ring after she and former fiancé Liam Hemsworth reunited over New

Year's in Australia. Multiple sources revealed that Miley had been struggling to move on from Liam after the end of their [celebrity relationship](#), and has never fully gotten over him. It appears the feelings are mutual, as the [celebrity couple](#) is giving it another try. And, they aren't the only ones people are talking about when it comes to wondering about the possibility of rekindled love. Superstar Madonna and movie star ex-husband Sean Penn have reportedly been spending more time together lately, and were recently seen at a hotel bar together. All of this can be heartening for those who wonder about doing something similar with a previous partner. Hearing these stories can make people believe in romance and the value of a shared history. But, it also raises questions.

**How do you know when an old loved has the potential to come back to life, and when is it best to leave an old relationship where it is, in the rear view mirror? Here is some [relationship advice](#):**

When you see old lovers like Miley and Liam, and Madonna and Sean, get back together, it might make you think about reaching out to an old, but extinguished flame. There are times when that might require a deliberate act, actually calling or contacting someone from your past, or it can happen in a more spontaneous way, such as when you run into someone you once dated at a wedding or a reunion. Either way, it is good to take stock before jumping in with both feet.

**Related Link:** [Miley Cyrus Is 'Hanging Out' With Celebrity Ex Liam Hemsworth Post-Split from Patrick Schwarzenegger](#)

The most important barometer for gaging what to do is to

consider how and why your connection ended in the first place. It is ironic that in wondering if you should begin again, it helps to go back to where it ended, but that is where you might find the best answers. If the circumstances that broke you up didn't have anything to do with the attraction and passion you felt for each other, and might still feel, it is possible that giving it another go could be a fine idea. It is also possible that even if there were problems, you have both grown and changed, and with the wisdom and distance you now have might be better able to deal with and manage them. The same issues that were front and center when you were first together might not bother you anymore, or might be more easily worked out.

**Related Link:** [10 Celebrity Couples We Never Knew Existed](#)

On the other hand, if your relationship ended badly and there is still a lot of unresolved anger, there is the chance you will find yourself returning to that unhappy place. Also, if there were behaviors, habits, or personal traits the other person had that were intolerable for you, and that person still exhibits them and has not changed his or her ways, it may be better to leave the relationship in the past with the fond memories of what you once shared.

Once you have sorted that out, it may be that you feel your ex is really your lost love. In this new time and place, where both of you have mellowed, it may be viable and pleasurable to give it another chance, as Miley and Liam seem to be doing, and as Madonna and Sean may be flirting with trying. Only time will tell if they will prove to be stronger than ever after their time apart. Madonna said it straight out in her song Stay: When you walked out my door, I knew you'd be back for more, Let's leave the past behind, True love is so hard to find.



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# Relationship Advice: 5 Ways to Restore Trust in Your Relationship



By Katie Gray

Trust is the most important aspect of a relationship. Without trusting your partner and having that trust reciprocated, your relationship won't be a healthy and happy one. We can take cues from [celebrity couples](#) and their [celebrity relationships](#) to see how they restore the trust in their relationship when it's lost. For example, Pink and Carey Hart married in 2006, and announced their separation in 2008. After marriage

counseling and song therapy, they reunited in 2010, welcomed daughter Willow Sage in June 2011, and just celebrated their 10 year [celebrity wedding](#) anniversary. According to *Psychology Today*, 41% of first marriages and 60% of second marriages end in divorce. Wow! Nobody told us relationships would be easy; they just promised it would be worth it!

## Cupid has some [relationship advice](#) on how to restore the trust in your relationship:

**1. Open communication:** You can't trust someone if you don't have a mutual open line of communication. Tell your partner how you feel and what you are thinking, and also encourage them to do the same. You have to feel comfortable speaking with your partner about any topic. It's important for both partners to know that they can talk to the other about anything and that it stays private between just the two of you.

**Related Link:** [3 Ways to Live Happily Ever After in the Face of a Love Triangle](#)

**2. Establish boundaries:** You must establish boundaries with your partner right away. If something makes you uncomfortable, then you need to let your partner know. You two must decide as a couple how to deal with exes, privacy, outings, and so forth. If something makes your partner uncomfortable, it's up to you to respect that. Establish guidelines that you both agree upon. It's all about compromise in a relationship!

**Related Link:** [Celebrity Couples: Music's 5 Most Powerful Pairs](#)

**3. Affirmations, therapy and exercises:** Staying positive goes a long way. To restore trust in a relationship, you must work hard at it. Saying affirmations, doing exercises as a couple

and going to therapy and counseling will help a lot.

**4. Date night:** It's imperative to spend quality time with your partner. It gives you time to bond and to remember why you fell in love with them in the first place. You won't start trusting someone again unless you feel like you know them. Therefore, having a date night ritual is a good place to reconnect.

**5. Forgive and forget:** You won't be able to move forward if you are harboring feelings of resentment and anger. It's imperative to work past those issues and clear them up right away. You must practice forgiveness. Whatever your partner did to make you distrust them, you have to first forgive and then forget, in order to move on. Clear up the issues that arose and solve them so you can start trusting your partner again. After all, you care about them or you wouldn't want to stay with them.

What are some ways that you have restored trust in your relationship? Comment below.

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## Celebrity Couples: Music's 5 Most Powerful Pairs





By Jasmine Igwegbe

We all fantasize about [celebrity couple](#) relationships, and we hope our relationship can stack up to all of that amazingness. [Celebrity relationships](#) are often times portrayed as a fairy tale romances, and the couples may also influence our belief and high expectations for love. All of that is even more enhanced when the two celebs in question are full on music icons!

## **Cupid has the top most powerful celebrity couples in the music industry:**

**1. Jay-Z and Beyonce:** Jay and Bey have been dating since Bey was 19 years old. Before these two publicized their relationship, they were the subject of relationship rumors from 2002 up until 2006. They tied the knot at a private ceremony at Jay-Z's Tribeca apartment in New York. Today, this powerful celebrity couple is happily married with a daughter,

Blue Ivy. They're all about secrets and continue to have their celebrity marriage on the low.

**Related Link:** [11 Good Reasons to Keep Your Relationship Status Secret](#)

**2. Kanye West and Kim Kardashian:** This powerful couple started dating in 2012 after Kanye met Kim in NYC while filming her famous celebrity reality TV show, *Keeping Up With the Kardashians*. The following year, they gave birth to a girl, North West. Recently, they welcomed their baby boy into the family. West and Kardashian married in May 2014 and continue to help each other grow in the industry with love and support. Let's not forget about how powerful Kanye's marriage proposal was to Kim.

**Related Link:** [Valentine's Day Advice: 10 Tips for a Romantic \(and Green\) Marriage Proposal](#)

**3. Swizz Beatz and Alicia Keys:** We all remember Alicia Keys for her phenomenal work, *The Diary of Alicia Keys*. She has been singing about the struggle of love since 2003, and today she is considered one of the most powerful musical couples with producer Swizz Beatz. Swizz and Alicia wed in 2010 in Corsica.

**4. Meek Mill and Nicki Minaj:** Nicki and Meek are fairly new to the game, but they've displayed the features of a powerful couple already. They spend quality time together influencing the strength of their celebrity relationship in the last few months. Meek Mill finally got the girl of his dreams and is now in a committed happy celebrity relationship. Awesome!

**Related Link:** [Dating Advice: How to Get Out of the Friend Zone](#)

**5. Janet Jackson and Wissam Al Mana:** Even if you got secretly engaged, you can still be qualified as a powerful celebrity couple. Janet and Wissam met in Dubai in April 2010 at a hotel opening. The celebrity couple has a deep bond that can go a

long way. These two tied the knot and are happily together.

Who are some other powerful couples in the music industry? Comment below.

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# 10 Celebrity Couples Who Can't Get Divorced Or We'll Lose All Faith in Love



By Dejha Carlisle

We all love the lives of famous [celebrity couples](#). Everything about their [celebrity relationships](#) seem perfect! Their

Instagram pictures and cute matching tattoos (for the edgy couples) make us wish to be in their shoes. Of course, they encompass our relationship goals, but which [celebrity couples](#) would we hate to see divorced?

## These are the top couples that Cupid would hate to see divorced, or we'd lose a little of our faith in love:

**1. Jennifer Aniston & Justin Theroux:** This couple said their "I do's" on Aug. 5. The couple got engaged on Theroux's birthday, which is pretty darn special! Their ceremony was a secret, so the couple loves their privacy.

**2. Tom Hanks & Rita Wilson:** This pair makes a good team when it comes to respect and support from one another. They manage to keep their personal business private, which is essential for a healthy, successful relationship.

**Related Link:** [Five Celebrity Couples Who Have Made Love Last](#)

**3. Goldie Hawn & Kurt Russell:** These two have an easygoing relationship that most would love to have. Though they aren't technically married, Hawn and Russell has maintained a down-to-earth love in their relationship, and you will find it hard to believe they will ever separate!

**4. Annette Bening & Warren Beatty:** What makes their relationship so special? Beatty was the biggest womanizer in the industry back in his day, that is until he met Bening. What made him choose her over everyone else? Her cool and confident composure.

**Related Link:** [Annette Bening Stars in 'The Face of Love'](#)

**5. Mary-Kate Olsen & Olivier Sarkozy:** This relationship is a very cozy one, given that many people didn't approve of their celebrity marriage. The two don't seem to mind what others think, and their love definitely seems genuine.

**6. Kevin Bacon & Kyra Sedgwick:** This couple makes it a point to keep family first, and they make sure they recognize each other's accomplishments. They know they have to compromise, and this is the main key to their successful marriage.

**Related Link:** [Kyra Sedgwick Opens Up About Why She Loves Husband Kevin Bacon](#)

**7. Jada Smith & Will Smith:** These two know how to keep their relationship fresh and spontaneous. Pinkett met Will when she auditioned for a role on *The Fresh Prince of Bel-Air*. Although she didn't get the part, she did catch his eye. This couple has been together ever since, and has had two beautiful children.

**8. Jamie Chung & Bryan Greenberg:** Greenberg declared himself a lucky man when he married Chung! Who wouldn't want their husband to feel the same way? This couple shows a lot of enthusiasm in their marriage, and many couples tend to forget that part.

**Related Link:** [Single Celebrity Susan Sarandon 'Trying to Figure Out' the Single Life](#)

**9. Denzel Washington & Paulette Pearson:** Washington and his wife met on the job, like most famous married couples. They maintained a very successful relationship, and have four children.

**10. Elton John & David Furnish:** This couple formed a civil partnership when it became legal in 2005. The two have been dedicated to their love and family ever since.

**What other celebrity couples would you hate to see divorce?**



Comment below.

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# 3 Ways to Live Happily Ever After in the Face of a Love Triangle



By Abbi Compel

He likes you, he likes her and you both like him. So, what is there to do in a situation like this? Love triangles are always a mess and [dating advice](#) can be difficult to follow.

# Cupid has some [relationship advice](#) to help you in the face of a love triangle:

**1. You come first:** Your happiness is what matters most. Don't let your life and heart rely on someone who doesn't want to make you happy. If he can't realize how special you are, then it is time to walk away.

**Related Link:** [Dating Advice: 7 Guys You're Probably Not Going to Marry](#)

**2. Make him choose:** Don't put up with this triangle. Make him choose who he wants to be with, because you don't have time to be battling it out with another girl. You are special, and there are plenty of fish in the sea who would love to be with you. So, stand up and give him no way out besides making a choice. Hopefully his heart is in your hands.

**Related Link:** [Rachel Bilson and Scott Porter Dish on Love Triangle on 'Heart of Dixie'](#)

**3. Don't be bitter:** If it ends up that he doesn't want to be with you, don't be bitter toward the other girl. She was in the same boat as you. Just be grateful that you got out of there. Who knows what could have happened next!

**What are some good ways to get out of or fix a love triangle? Comment below.**

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# Dating Advice: 7 Guys You're Probably Not Going to Marry



By Dejha Carlisle

You've dreamt about finding the *perfect* man for so long! You finally meet him, but what if he's not what you expected? Cupid has some pieces of [dating advice](#) so you can save yourself some headaches.

**Cupid has relationship advice to help you see what types of guys you need to steer clear from!**

**1. The guy who forgets your birthday:** This guy doesn't

remember your age, is empty-handed on your anniversaries, and can't recall if you were born in June or July. A simple thing such as a birthday can make a huge impact on whether or not to date Mr. Forgetful. If he can't remember the day you were born, do you think he'll remember your wedding date?

**Related Link:** [Expert Dating Advice: Top Four Places to Meet Mr. Right](#)

**2. The self-righteous guy:** This man is walking "perfection". He doesn't drink, smoke, curse, or anything else that may seem vulgar to him. You'll know you're dating him if he criticizes anything you do, even something as small as ordering dessert. He may as well be your father!

**3. The jerk:** He's rude, offensive, and probably dishonest to those around you, but not necessarily to you. Want to know how to point this guy out? Pay attention to what he says when your group of friends or loved ones are around.

**Related Link:** [Dating Advice for Women: Getting Out of Your Dating Rut & Find the Right Man](#)

**4. Mr. Cheapskate:** This guy is probably the worst of them all! You know you are dating a cheap guy when he accepts your offer to pay...on the first date. He'll never fail to suggest that it's better to get the cheap wine, and he whines daily about the tight budget he is on. Of course, he doesn't have to spend a fortune on you, but do you always have to be worrying about his financial shyness?

**5. The guy who enjoys arguing too much:** You should spend time enjoying your date, not defending yourself every few minutes. This guy, the "Arguer", stops at nothing to pick a fight with you. He doesn't value any of your opinions, and will give you a stressful experience with him.

**Related Link:** [Get Back in the Dating Game This New Year](#)

**6. The needy guy who clings to you:** This guy never keeps his feelings in check, especially the first time you meet him. He is not the suitable strong person to lean on; he'd rather lean on you all of the time. This guy will burden you with his insecurities, instead of being the firm man you need. When you're looking for a potential man, you should be seeking one who has confidence in himself.

**7. He's jealous ... even of your girlfriends:** This guy wants you to himself...and to himself only! He doesn't like the idea of you going out with the girls, and can often seem controlling at times. You'll never really have your own space with this guy, because he believes he's the only friend you need.

**What other type of guys-to-avoid have you came across? Comment below.**

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## **Relationship Advice: 5 Ways to Unpack Relationship Baggage**





By Donna Arp Weitzman

It's virtually impossible to enter any new relationship without hauling in some personal baggage. We all have our histories—children from a former marriage, ex-spouses, ex-partners, or ex-in-laws. Your new special someone comes with emotional luggage. We all do. Even [celebrity couples](#) like Jada Pinkett-Smith and Will Smith have been there. So have Kate Capshaw, Steven Spielberg, Demi Moore, Bruce Willis, Catherine Zeta-Jones ... the list goes on. Each of them ventured into the world of new coupledness with a hearty amount of histories on their shoulders.

**Here are 5 pieces of [relationship advice](#) to help you change your outlook, and unpack relationship baggage:**

**1. First of all: Do you want to carry his bags?:** If you peer into the future and see nothing but problematic suitcases

standing between you and your partner, it's time to figure out what you're going to do about it. If he's not worth the luggage, move on. But if you think he's got what it takes, get ready.

**Related Link:** [Will Smith and Jada Pinkett Smith Discuss How They Make Their Relationship Work](#)

**2. Don't view the past as a burden:** If you truly care about your partner and want to make things work long-term, don't run from the past. Welcome it. You can't shift into the future if you're stuck in the past.

**3. Remember: You have baggage, too:** Even if you don't have an ex-spouse or children from a former relationship, you aren't perfect. In an ideal world, we would meet our soul mates, fall in love, and live happily ever after. Life unscathed. But that's not how it works. There's nothing wrong with looking at someone else's luggage—just be sure to check yours, too.

**Related Link:** [Will Smith Says Family Is All About Love and Communication](#)

**4. "Divorced" doesn't mean "damaged":** Unless you're in your 20's, you can hardly throw an engagement ring without hitting a divorced guy. But just because he's divorced doesn't mean he's damaged. Think about it. He's been divorced, which means he's been married, which means he understands what it means to commit, and what it takes to make a marriage work. (I know what you're thinking: If he knows how to make a marriage work, how come he isn't married anymore? But keep this in mind—one way to find out what works is to know what doesn't.)

**5. Don't be afraid of kids:** They aren't that scary, I promise. Yes, I know that kids come with that aforementioned ex-spouse, which means they come with a mother, which means you have to be compete. But here's the catch: You don't have to compete. They already have a mom. If your partner is worthy of serious commitment, you can't view his kids as "add-ons." They're

essentials. One great thing about dating a dad is they understand and appreciate what it means to put others before yourself. If your catch is also a great father, that tells you volumes about his character.

*Donna Arp Weitzman is a wife, mother, and businesswoman who enjoys writing and a good pair of Manolo Blahniks. Donna earned her BSE and MSE in Counseling from Midwestern State University and completed the Harvard Business School OPM Management Program. Weitzman has served as a mayor and leader in local city government and continues to serve the greater Dallas community in a variety of civic and cultural roles. However, it's the lessons she has learned in the school of life that she most wants to share with others. Cinderella Has Cellulite is Weitzman's first book and has been adapted into a screenplay, which is currently being optioned for a major cable TV series. Her writing has previously been published as a columnist for The News and Times, Tri-Cities, and she's recently been interviewed on Good Morning Texas and KDFW. As a frequent public speaker, she enjoys making others laugh and opening their eyes to a new perspective on some of life's most challenging experiences.*

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**Dating Advice: Don't Be Afraid to Sparkle During the Holidays—Even If You are Single**





By Cathy Maxwell

No one special in your life? The holidays can be tough for single celebrities and non-celebrities alike. Many activities around this time can intensify whatever doubts we are feeling about ourselves or our relationship status, if we let them. The main piece of [dating advice](#) is to enjoy all the fun of gatherings without the angst of being the odd man out. Or worse, wallowing in pity for being alone.

**So, how do we do that? First, I believe in grabbing hold of life with both hands. I not only survive the holidays, but thrive by putting**

# into practice three sparkling principles:

## **Love is a word of action.**

I love. Feel the power? The statement breathes. It speaks of me: I love ideas. I love community. I love men with glasses. I love being at the gym. I love to read. The list of my passions goes on and on. When I focus on what makes me feel alive, I get out of my own head and begin to enjoy what is happening around me. Who cares if there is an odd number at the table and I'm the one responsible? Let's talk about books, movies, tidbits from the news. Better yet, let me love my friends for who they are. Let me demonstrate my care for them by being interested in their lives, instead of mooning over what mine lacks.

**Related Link:** [Top 10 Sexy, Successful and Single Celebrity Women Over 40](#)

## **Always be ready to participate.**

Yes, this goes for introverts as well. Just because I don't have a date doesn't mean I shouldn't spend some money on myself for fun holiday polish and bling. Indulging is what this happy time of the year is about. Winter is coming; shine now! And life should never be lived waiting for some mythical someone to come along. Or feel I must shoehorn myself into a relationship to fit in with social groups. Yes, I understand shyness. Without a partner, it would be easier to stay home . . . but the cost is high. We were meant to live fully and completely. Decorate where you live. Act as if the holidays have meaning. Take part in the traditions. When you are invited out by friends and family, don't say no automatically. Remember, you are special exactly the way you are, and don't be afraid to flaunt it. There's power in being able to come and go as you please. Use it.

**Related Link:** [Single Celebrity Susan Sarandon 'Trying to Figure Out' the Single Life](#)

### **Create the party.**

I adore dinner parties. When I found myself single, I refused to be cut out. I invited the most interesting people I know to my place and I sit at the head of the table. If I want to go to the movies, I put out the word. If I want to carol or go dancing or hiking, I'm happy to organize. Plus there are groups I can join and form new friendships around these activities. When I found myself single, I let people know I wanted to be included by reaching out first. There is more to me than the man in my life. Yes, it is a couple-ly universe, but true friends value my presence.

After all, life is meant to be celebrated and I don't want to miss a second of it.

*Cathy Maxwell believes Love is so important, she devotes her writing to it. She is the USA Today and New York Times best-selling author of over thirty historical romances. Click here to order her latest novel, The Match of the Century. Fans can contact Cathy at [www.cathymaxwell.com](http://www.cathymaxwell.com).*

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## **Dating Advice for Your First Thanksgiving as a Couple**





By Abbi Compel

Thanksgiving is an important family holiday. When you begin a new relationship and the holidays come around, you have to make the decision of what you are going to do. There are many options on Thanksgiving Day, and you should both talk about it and see what fits you best. Just remember, there will always be another Thanksgiving!

## **Cupid has some [dating and relationship advice](#) for your first Thanksgiving as a couple:**

**1. Split your time:** If you both have families who host their own Thanksgivings, then split your time. Sure, you'll be eating a lot of food that day, but it's about your family. Go to one home in the morning and the other in the afternoon. It will be exhausting, but you get to spend time with both families.

**2. Host Thanksgiving:** Instead of having separate

Thanksgivings, ask your family to come to your home so you can host. This is your opportunity as a couple to show your family how well you are doing. It will probably be stressful, but it will turn out great. Just don't burn the turkey!

**Related Link:** [Dating Advice: Find Out If Men Really Want the 'Cool Girl'](#)

**3. Be prepared:** No matter if you host or go to your families house, be prepared for all the relatives. This is your first Thanksgiving together and it may be your first time meeting each others extended family. Help each other out and make sure you each know everyone's names and personalities.

**4. Make time for yourselves:** Thanksgiving can sometimes be a stressful holiday. So make sure you remember what it is all about. Thanksgiving is a time to be grateful for what you have and love. So let your significant other know how much they mean to you.

**Related Link:** [Dating Advice: 5 Ways to Keep Boundaries with your 'Work Spouse'](#)

**5. Spend it together:** If you feel under pressure about family and what to do, spend your first holiday together. It's ok if you two want to start a new tradition. Maybe it's just better if it is the two of you. Make your Thanksgiving dinner, watch some movies and be thankful for what you have. Your family will understand, you are starting a new family!

**What do you think is good advice for couples sharing their first Thanksgiving together?**

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# 5 Celebrity Couples Who Make a Point to Give Back



By Kyanah Murphy

Could you imagine having so much money that you could make a huge difference for many people and still be able to pay your own bills? While many of us aren't that fortunate, these five [celebrity couples](#) are and make it a point to donate a generous amount of time and money to charities and to those in need.

**Whether it's for publicity or from the kindness of their hearts, these**

# celebrity couples are giving and at the end of the day, that's all that matters.

**1. Angelina Jolie and Brad Pitt:** Where should we even begin with this celebrity couple? A majority of their children are adopted from places in need. Together, these two have their hands in all sorts of causes, such as:

- United Nations High Commissioner for Refugees (UNHCR)
- Donation towards Afghans in Pakistan
- Building the Maddox Jolie-Pitt Foundation (MJP)
- Support of the ONE Campaign
- Co-foundation of Not On Our Watch

Honestly, this celebrity couple does so much it would be impossible to list them all here. Jolie and Pitt are a stand up celebrity couple.

**Related Link:** [Celebs That Actually Get Their Hands Dirty When Giving Back](#)

**2. Beyonce and Jay-Z:** Queen B and her man, the Jay-Z, are a celebrity couple that are on top of the music world. While sitting on the throne, however, a queen and her king have duties, which they generously fulfill. This includes:

- Founding the Survivor Foundation
- Donating to the Shawn Carter Foundation
- Raising awareness of the global water shortage while on tour
- Donating to the Red Cross
- Participating in the Hope for Haiti Now: A Global Benefit for Earthquake Relief telethon

Way to be, Beyonce and Jay-Z!

**Related Link:** [5 Ways that You and Your Honey Can Give Back](#)

## During the Holiday

**3. David and Victoria Beckham:** This British celebrity couple have had their hands in many causes. These include:

- Victoria promoting fake fur in her fashion lines
- Being patrons for the Elton John AIDS Foundation
- Joining the Ban Bossy campaign
- Supporting UNICEF
- Participating in Unite for Children, Unite Against AIDS

Thank you, loves, for supporting causes.

**Related Link:** [Date Idea: Volunteer Together this Holiday Season](#)

**4. Gisele Bündchen and Tom Brady:** Celebrity couple Gisele Bündchen and Tom Brady aren't just the world's top supermodel and football player. They are also a couple that make sure they give back to those less fortunate than they are by participating in:

- Donating to Brazil's Zero Hunger program
- Designing a limited edition necklace with the proceeds going to St. Jude's Children's Hospital
- Founding The Luz Foundation
- Donating to disaster relief programs, such as the Japanese Red Cross
- Donating to Save the Children

**5. Taylor Swift and Calvin Harris:** The latest celebrity couple to be sitting on top of the world together, Taylor Swift and Calvin Harris make it a priority to give back to the world. We already know that Swift is one of the top givers, along with Bündchen and Jolie, but Calvin Harris gives back, too. They give back by:

- Donating to schools and facilitating new workshops and programs



- Donating to Red Cross
- Recording PSAs for the LGBT community and to promote reading for children
- Donating to medical causes like St. Jude's Children's Hospital and V Foundation for Cancer Research
- Performing at charity events, such as Campaign Against Living Miserably
- Participating in "Hometime Scotland"
- Participating with The War Child foundation

There's no stopping Swift and Harris, just like there's no stopping any of these celebrity couples from giving back to the world. You don't have to be a celebrity to make a difference, however. There are ways that we, too, can help those less fortunate than we are.

**Who are some other celebrity couples giving back consistently? Share your comments below.**

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## **Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.: How Does A Couple Cope With Illness?**





By Dr. Jane Greer

It's been a tough few months for [celebrity couple](#) Sarah Michelle Gellar and Freddie Prinze Jr.! Freddie is reportedly on the mend, but it has been a long haul. The actor underwent spine surgery, and it looks like he will make a full recovery. While his celebrity wife, Sarah Michelle Gellar, has been supportive throughout the process, it can be very difficult to deal with illness in the family. It's a stressful time for everyone involved, individually and as a couple. In the end, it can either strain a relationship, or it can ultimately strengthen it.

**There are certain steps you can take to try to better deal when you or your partner is ill, or recovering from an injury or**

# **surgery, to make sure it doesn't tear you apart.**

When you are dealing with illness and recovery, the uncertainty and anxiety you might feel can totally drain you. There can be so much going on that it is easy to lose sight of the bigger picture. The sick partner is not him or herself, and the healthy partner must become the caretaker, not sure when or if their loved one will be what he or she once was. When the ill person isn't available the way he or she usually is, the other person might feel unsupported, angry, overwhelmed, frightened, and even alone. That can get even worse if the sick person becomes demanding and takes the other for granted, or is constantly unpleasant because of the pain or discomfort they are feeling. Also, that person might be afraid and worried about the future, putting even more of a damper on the household. The healthy one might resent having to carry the lion's share of the household work. They might feel burdened and overloaded, in addition to all the other emotions they are already experiencing.

**Related Link:** [3 Celebrity Couples That Waited to Have Kids](#)

As with so many other issues in a relationship, resentment can creep in when the communication creeps out. So often if you are the healthy one, you might feel you have no right to complain or ask anything of your sick loved one. If they feel bad and yell, so be it. If they tell you they need you to cancel the plans you made to be out of the house for a few hours, what choice do you have? But that is not the case at all. In order to get through, there has to be a give and take.

## **Talk about it.**

The first step is talking about it, and sharing your feelings. Of course the person who is ill is going through an awful time, but you are going through it with them. There isn't just

one person being affected, there are two. It is very challenging to navigate that difficult road of juggling helping and supporting with honesty and advocating for yourself and your needs. It can be hard to give yourself permission to be upset. But it is so important that you are able to share your thoughts and feelings, and work together to acknowledge what you are both experiencing and thinking.

**Related Link:** [Celebrity Couples Who Shy Away From the Spotlight](#)

### **Have mutual empathy.**

The life you shared (and presumably enjoyed) before your partner got ill is no longer the life either of you is living while the recovery is taking place. Without mutual empathy, that reality and all the stress you are both feeling can take a toll because most people eventually run out of emotional stamina. Talk about how you are each feeling, what is working and what isn't. Discuss what you have lost, and what you hope to get back. Come together as a team and be aware of a recovery plan. What is a realistic timeline to expect to get back to normal? That will give your partner time to rest without feeling pressure from you, and it will give you something to look forward to.

Freddie and Sarah are now closer to the other, healthier side of this. They are facing this challenge head-on, and hopefully will find it makes them stronger as they go forward.

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## **Relationship Advice: How to**

# Survive Thanksgiving with the In-Laws



By Mackenzie Scibetta

So you drew the short stick for the holidays this season. Thanksgiving will not be held at your loving, comfortable parents house, but rather you will be forced to put on your most convincing smile as you enter your in-laws home for the festivities. For the majority of us, venturing into in-law territory can be terrifying, stressful and impossibly frustrating. It's an unavoidable nightmare that must be endured with charming comments, positive vibes and endless efforts of offering help. If you want to make it out alive to enjoy Christmas, then you better prepare to exert yourself.

# Cupid has some [relationship advice](#) to help you endure Thanksgiving with your in-laws

**1. Don't take anything personally:** Don't put up a fight or a defense when your in-laws come off cold towards you as this will only increase the tension. Preparing a giant, delicious meal for your closest friends and family can be extremely stressful so if your in-laws seem aggravated cut them some slack. They took the time to ensure your and your family's holiday is enjoyable so show them that you are appreciative.

**2. Offer to help with anything and everything:** Consistently, almost to the point of annoyance, ask if there is anything you can help with because this will show that you are not just asking to be polite, but that you genuinely want to help. Thanksgiving is all about authentic appreciation so helping out without being asked is a sincere way to win over your in-laws.

**Related Link:** [Dating Advice: Find Out If Men Really Want the 'Cool Girl'](#)

**3. Agree in advance when you are leaving:** Nothing is more uncomfortable than hinting and nudging at your partner that you want to leave. You don't want to hurt their feelings so instead of interrupting family game night to tell your loved one you want to go home, plan a rough time for leaving. Lay out an exit strategy complete with back-up excuses if you know your in-laws are the type to beg you to stay for "just one more game".

**4. Find a place to catch your breath:** If you can sneak away from the mayhem for a few moments to relax and decompress then by all means go for it. Do a few dishes by yourself or sneak outside for some fresh air. Offering to take the dog for a

walk is a practical way to sneak out and seem helpful.

**Related Link:** [Dating Advice: 5 Ways to Keep Boundaries with Your 'Work Spouse'](#)

**5. Be prepared for the worst:** If you usually have an unpleasant time then don't expect this Thanksgiving to be any different. Learn from previous family events and know what not to say, when to refrain from offering relationship advice and what to wear. If you're miserable just remember it is only short-term and momentary.

**How do you make your in-laws feel comfortable at your own home? Let us know below.**

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## 5 Celebrity Couples Who Have Massive Height Differences





By Abbi Compel

There are many [celebrity couples](#) in Hollywood that do not let their height difference bother them. They can be seen around Hollywood in love and happy. These celebrity couples definitely know how to make height difference look good!

## Cupid has created a list of celebrity couples who have massive height differences:

**1. Hayden Panettiere and Wladimir Kitschko:** There is a major height difference between these two. Panettiere is 5'0" while her husband is 6'6". They are also 14 years apart. But the two still share a sweet relationship.

**2. Kristen Bell and Dax Shepard:** Kristen Bell and Dax Shepard are a Hollywood power couple. The height difference between the two is quite big. The *Frozen* star coming in at 5'1" and Shepard coming in at 6'2".



**Related Link:** [Dax Shepard Keeps Fiancee Kristen Bell Laughing](#)

**3. Nicole Kidman and Keith Urban:** This celebrity relationship can be seen by others as a little odd due to height difference, but they don't let that bother them. Kidman may have some height on Urban, but the two are still super cute and in love.

**4. Portia De Rossi and Ellen DeGeneres:** One of Hollywood's favorite power couple, Portia De Rossi and Ellen DeGeneres have a height difference. Ellen definitely looks up to Portia in this relationship!

**Related Link:** [5 Celebrity Couples Who Just Made It Official](#)

**5. Will and Jada Pinkett-Smith:** This long-time celebrity couple has a height difference of 14". Will Smith is 6'2", while Jada-Pinkett Smith is 5'. They have not let this difference bother them. The two have been together for quite some time now.

**Do you know of other celebrity couples who have huge height differences? Comment below!**