

Relationship Advice: How Do You Deal With A Badmouthing Ex?



By

Dr. Jane Greer

Breaking up is hard in itself. You have to find a way to move from the “we” back to the “me,” disentangle your lives and heal enough to look to the future. But what happens when the end of a relationship is charged with unrelenting and unresolved anger, and rather than bowing out gracefully and moving on your ex instead allows that anger to fuel bad behavior which can damage your reputation? This includes saying terrible things about you and can happen in different ways, including revealing personal information, distorting the

truth, gossiping about a private mistake that was made when you were together or even by spreading rumors. Sometimes the information begins with the ex, and sometimes the ex simply serves to fuel the negative information. For example, [celebrity exes](#) Matthew Morrison and Lea Michele were in this situation when Morrison recently addressed reports of Michele's diva actions while working on the show *Glee*. He said, "Yeah, going back to what I was saying, you know, you want to be a good, pleasant person to be around." He did not appear to have her back.

So, how do you deal with a vindictive ex who is out for revenge? How can you handle a negative campaign against you, especially from someone you used to care about? Check out Dr. Greer's relationship advice.

When your relationship dissolves and you find yourself with a spiteful ex, there is no telling how far their anger will go or whom it will reach. Now that they are no longer trying to please you or make things work between you, they might feel they have free license to say anything they want. That can be scary, and in many ways it is its own form of cyberbullying, since so much information can be spread online so quickly. It can do harm to your integrity as well as your self-esteem. But once you figure out the focus of the verbal assault there are ways to live with it and to deal with it. Depending on whom your ex is talking to and what they are saying, you can pick your course of action accordingly.

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If, for example, they are disparaging you to loved ones – family and friends – consider putting your own boundaries in place. If your sister-in-law or friend tells you that your ex is saying bad things about you, let them know first and foremost that you don't want to hear about it. Ask them to stop reporting back to you because it is too hurtful. Once you do that, you can take it one step further and ask if your loved one would consider telling your ex that they would prefer they didn't talk about you to them. They might explain that they are in touch with both of you, or that they truly care about you, and don't want to get in the middle or hear these negative claims. If the people your ex is badmouthing you to are your children, if they are old enough you can explain that just because people are saying things, doesn't make them true. In fact, you can tell them that you separated because you didn't agree about certain things, and because of the ongoing disagreement there is still a lot of residual anger between you. As a result, people can say and do terrible things when they are that upset. It is also okay to guide your children toward telling the other parent that they don't want to be told these things about mommy or daddy. In other words, you can encourage your children to put their own boundaries in place by either talking to the parent who is saying the disturbing things or by choosing to not listen or to ignore what is being said.

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Finally, as was the case with Lea Michele, sometimes an ex has an even wider reach and says bad things to the public. This can sometimes be the most disturbing since it can contaminate your reputation and it can be harder to know how to reach so many people with your own message. In this situation, there are two options. The first is to ignore whatever was said and not give it credibility by trying to explain it away or

justify it. If you do that, it can sometimes validate whatever information was being put out there. However, if your ex revealed personal material that was supposed to be kept private but is truly offensive and can be verified, the better choice may be to take ownership of it immediately. You can do that by acknowledging what happened and sharing your remorse and regret about it, as well as how you have grown from it. You can let people know it is something you will never do again, and that this can be a lesson learned which may serve as an example and be an inspiration to others.

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No matter who is the recipient of the information, having an ex – someone you once loved and trusted – attack your personality is an awful place to be. If you follow these basic suggestions, though, you will be able to keep some control so you can maintain your own relationships and hold onto their respect and your own integrity. In the case of Lea Michele, her ex didn't defend her when others questioned how she handled herself on the set of *Glee*, and, in fact, perpetuated the negative things that were being said about her. Hopefully she, and you, will be able to be your own champion and take back the narrative of your life.

Please tune in to the Doctor on Call radio hour on HealthyLife.net the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](http://HealthyLife.net).

Relationship Advice: Signs You & Your Partner are Living Beyond Your Means



Living with your partner is a big step in your relationship that brings new issues to tackle together. Finances may not be the first thing on your mind when moving in together, but it can cause some serious rifts in your relationship. Both of you are responsible for contributing to your new household, but it can be hard to talk about finances with your partner for the first time. It's even harder if you're struggling with money,

especially if one of you is being reckless with your spending.

If you're unsure how to tell if you and your partner are living beyond your means, Cupid has some relationship advice for you:

1. Missing one paycheck would be devastating: Many Americans live paycheck to paycheck, but that doesn't give you an excuse to be irresponsible with your money. If you and your partner missing one paycheck would be devastating to your finances, you might be spending more than you should to live comfortably.

2. You can't pay off your credit card each month: Carrying a credit card balance from month to month is giving money away. You probably have a balance because you bought something you couldn't afford to pay outright. Doing this continually can put you in debt (with accruing interest!) you'll have a hard time escaping.

3. Your credit score is below 670: Credit scoring is based on a few factors, including the timeliness of your payments and the amount of your available credit in use. Late payments and using too much of your available credit (more than 30%) lowers your credit score. Most people rank between 670 and 850. If you're at a 669 or lower, you'll likely only qualify for [poor credit loans](#) with exorbitant interest rates if you need to borrow to cover an unexpected expense.

4. Saving 5% of your income is impossible: In an ideal world, we'd all be saving 20% of our paychecks. It's more realistic to save at least 5% of your income each month. If you're unable to save this much each month, it may be a sign you're overspending. You and your partner should have a savings

account to cover you in the event of a severe disruption to your income stream.

5. You're paying overdraft fees: The only way one encounters an overdraft fee is to attempt to spend money you don't have. Sometimes it's an accident and you could've sworn you had more money in your account. If you make a habit out of this, it may mean you're living beyond your means.

What are some ways you and your partner make sure you live within your budget? Start a conversation in the comments below!

Relationship Advice: Losing a Pet During the Pandemic Like Hope Solo and Jerramy Stevens





By

Dr. Jane Greer

In this traumatic and unprecedented time of the global pandemic, we are surrounded by so much loss of life. In the United States alone many more than 90,000 people have died, and that number grows every day. With that in mind, it may seem that the loss of a pet pales in comparison to the death of a human loved one, and therefore people think they don't have a right to experience or express their heartbreak. But for many, pets are among their most loved ones, and saying goodbye can be devastating, even, or more so, during this time of isolation and widespread sadness. Sports couple Hope Solo and her husband Jerramy Stevens recently talked about the [loss of their dog](#), Conan, after he was tragically shot. Solo posted about it on social media, saying, "We're broken-hearted to share that Conan passed away from blood loss last night. He fought up until the very end. We're crushed. Just a dog running through the woods, trying to make his way home."

In the same way people wonder if it's alright to find things funny during these incredibly difficult times, many wonder if they can truly mourn the death of their beloved pet without feeling guilty. In this relationship advice, is it okay to grieve for an animal when so many people are suffering?

The short answer is a loud yes, and there are a number of reasons why. For many people, especially those who live alone, a dog or cat can be a lifeline and can sometimes be the only interaction they have with another living thing, particularly in this time of social distancing. Your animal gives you companionship and unconditional love, which can be so important and fortifying that when they pass it can feel like a huge hole has opened up in your home and heart. The pain you experience can be overwhelming. With that in mind, in the same way it is important to continue to laugh, it is also important to make room for and acknowledge the sadness that comes with losing a treasured pet.

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Try not to compare your loss to those that other people are going through. While they may be different, they are nonetheless the same in terms of the emptiness they create. Keep in mind that nobody really knows how prominently your pet factored into your days – whether it was your feeding routine and the boost you got to your self-esteem through taking care

of them, or the comfort you found when they jumped into your lap each afternoon or when they slept next to you every night. These many moments are now gone, and the magnitude of that is great. Furthermore, they have shared a substantial piece of your life history with you. Maybe as a kitten he was your first roommate in your new apartment. Or maybe you got her as a puppy the year you were married. Perhaps it was your faithful dog that saw you through your first breakup and helped you survive. They were present and a touchstone for facets of your life that proved immeasurable.

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For some, the anguish can be so excruciating that they decide they never want to go through it again and choose not to get another animal. Others, though, feel that a way they can heal and honor the pet who came before is by replacing them and keeping their spirit alive.

Some get the same breed again, or even use the same name as a tribute of love. If you aren't ready to tackle the commitment of a new pet, during the pandemic it could be an opportune time to consider fostering an animal on a temporary basis. Sadly, dogs and cats are also losing their owners to the virus and are being abandoned, so it is a way to provide a home to animals in need while forging a new bond that can be healing for you as well.

The bottom line is that mourning the passing of a pet should not be minimized. Hope and Jerramy shared their loss publicly, and hopefully got much-needed support in doing so. It takes a long time to move beyond the sorrow after the death of a beloved animal. Appreciating what you are going through is the first step.

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Relationship Advice: The Case of Elon Musk: Connecting Instead of Clashing



By

Dr. Jane Greer

Maintaining happiness and peace with your romantic partner is an age-old quest. And with the pandemic keeping everyone at home together literally all the time, that goal is now both more important than ever, and, because of the intense proximity couples are sharing, more difficult than ever, too. The frustration people are feeling may come out in unexpected and snarky ways, which can lead to hurt feelings and fights. Take celebrity couple Elon Musk and Grimes who welcomed their son, X Æ A-12 Musk, earlier this month. When Grimes tried to explain the baby's name to fans, she mistakenly transposed two numbers and Elon corrected her publicly. She came back on the defensive, saying, "I am recovering from surgery and barely alive so may my typos b forgiven but, da-it. That was meant to be profound." She handled it with grace, basically asking Elon and everyone else to consider her situation and cut her some slack. The bottom line is that nobody likes to be corrected or told they were wrong or could have done something in a better way, and it inevitably leads to arguments.

So, what can you do when your partner appears to be hot-headed and calls you out? And what can you do to avoid it in the first place? Check out Dr. Greer's relationship advice.

Because of the tight quarters, things that were once charming to you may now be totally annoying, and behaviors that were already irritating but tolerable may now be driving you crazy. Maybe the way your partner used to interrupt you because they were so excited to tell you something is now hard to take. Or

their not shaving for a day, which you used to find sexy, is now a complete turnoff. Possibly you've told your partner a thousand times not to leave dishes in the sink, but they are still doing it, or you have a system down for cleaning items that you bring into the house, but your partner keeps messing it up no matter how many times you explain it. All of these instances can feel like a personal affront. The knee jerk reaction is typically to be critical and to tell them how they should be behaving. However, that is a sure path to a clash. When you tell them what they've done wrong, they are likely to get defensive and counter with everything you do that upsets them. As a result, not only will the initial problem not be dealt with, but now you are both angry and resentful.

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The most important thing to keep in mind to help you navigate these instances is that your partner is probably not doing it intentionally to ignore your request and upset you. While some behaviors at times may be retaliatory, more often than not they are just a by-product of your partner's being oblivious, forgetful, and by force of habit just doing things their way. This awareness will help you to not take things personally so that you can look to problem-solve ways to help your partner remember the things that are important to you, rather than just being angry at them. Additionally, it can help you take stock of what's going on with them. Are they having a tough day, or are they overwhelmed with balancing their work with around-the-clock home life? By reflecting on where they are, it will help you be empathic so that you can respond in a caring way. Furthermore, this can contribute to their becoming more self-aware and appreciating the impact that their behavior is having on you since you are not attacking them in anger.

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There is no question that the chores at home, always a source of conflict over who is doing more, are magnified now, not only because you are both there all the time and there is more to do, but also because you have to live with the results. He didn't make the bed again? She left the old coffee grounds in the coffee maker last night? How could they not see that the garbage has been overflowing all morning? You are both in each other's face and there is no place to hide. Often the question becomes, whose preferences take priority? One way to deal with that is to choose areas where you are each in charge, agreeing to name yourselves the sheriff of that particular purview, whatever it is, thereby minimizing the micromanaging from the other partner. Maybe one of you is in charge of ordering groceries. Of course, you can consider your partner while doing that, but the actual task might be left up to you. Or maybe one of you is in charge of getting the kids up each morning, thereby eliminating any possible disagreements about timing and breakfast. Not only will that help you spread out the responsibilities, it will also allow you to be more flexible and open-minded, and therefore able to let go of some of the details that would bother you. It will give each of you the freedom to equally run the show in different areas of your lives. Now, more than ever, is a good time to delegate and respect differences. If, though, you go this route and can't stand the way your partner did something – the way he folded a towel or the way she put the glasses back on the bar – fix it quietly to make yourself comfortable when you can instead of making a big deal about it. Giving your opinion on the right way to do something is usually unwelcome. A good rule of thumb is to offer your opinion only when asked.

Another way to have things run smoothly is to nip negative emotions in the bud. You can do this by giving your partner a heads up if you know you are in a bad mood, saying this is bothering me, or, I'm annoyed right now, so don't take me personally. This way, if your partner is short or nasty or takes a tone with you, you can be relieved knowing you're not

to blame, but it is just the space they are in.

Everything has changed, at least for the time being, and finding your own personal space and time is harder now. But if you are able to embrace that and can work at considering each other's needs, it will be a lot easier. Just as Grimes and Elon moved beyond their tussle, hopefully, keeping these tools in mind, you can, too. Or even better, maybe you can avoid it altogether.

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Relationship Advice: How the Internet Helps Famous Personalities





Websi

tes that include the lives of famous personalities can instantly attract a reader's attention. As many of you know, celebrities already have huge followings with diehard fanbases. Many of these fans will automatically read anything that their idol is putting out, often obsessing over every minor detail about their lives. Sites that focus on covering the lives of these stars can be under tight scrutiny, especially when their articles go viral.

Celebrity fan bases do more than just obsess, they also support their idols and their ability to grow. Fan support is a vital part of any star's career. Entertainment websites connect followers to their favorite stars. When the user likes the content they are reading, they are very likely to return to the site. Pages that review events, people, or products are super popular in today's world. Check out [Multimedia Reviews](#) on US-Reviews for more!

This relationship advice article illustrates how famous personalities can use the internet to their advantage. Not only does it help grow their fan base, but it can also help build their brands.

Maria Sharapova

Not only is she gorgeous, Maria Sharapova is an incredible athlete. With five Grand Slam tennis titles to her name, Sharapova is one of the most respected and professional players in the game. Her personal website has two million followers, where she posts updates about her life and upcoming events.

Sharapova is also a brand ambassador for multiple sportswear lines where she promotes endorsed items. This allows her followers to dress like her and feel like they can play like her too! Off the court, she is a goodwill ambassador for the United Nations Development Program.

John Grisham

Famed author John Grisham is best known for his thrilling and extremely popular novels. His work has been translated into more than 42 languages and available for download on his website.

While his books are unavailable for free download, you are able to access a 50-second trailer to better acquaint yourself with the novel. As a writer, author, and storyteller he John Grisham has gained more than 1.5 million Likes on Facebook.

Rolling Stones

The Rolling Stones are legendary in the music industry. Established in 1962, the Stones have rocked all around the world, from London to the U.S. The band includes Brian Jones and Keith Richards on the guitar, Ian Stewart on the piano, Bill Wyman with bass, Charlie Watts on the drums and Mick Jagger as the lead singer.

Because of their legendary status, the Rolling Stones have too many followers to count. The band's website contains plenty of upcoming events and shows for fans to check out, and all their songs are available on iTunes!

Fluffy Guy

Fluffy Guy is a widely known American comedian with tons of followers on social media. While refusing to accept that he is a big guy, he calls himself Fluffy! Sometimes he'll lend his voice to various characters on the big screen.

Stephen Fry

Stephen Fry is an Englishman who has been in the entertainment business since 1981. He is an actor, director, journalist, comedian, and broadcaster.

He has made a travel series for the BBC in the name of **Stephen Fry in America**. In this series, he travels around all 50 states.

Relationship Advice: Susan Trombetti Talks Love & Dating

Amid COVID-19



Interview by Lori Bizzoco. Written by Ellie Rice.

Not only is Susan Trombetti one of the leading celebrity matchmakers in the country, but she is also a relationship expert and CEO of [ExclusiveMatchmaking.net](https://www.exclusivematchmaking.net). Susan has been featured on *Doctor Oz*, *HLN*, *Fox*, *ABC*, *NBC*, *ABC*, *Cosmopolitan*, *NYPost*, *Washington Post*, *Today*, and *Bravo* just to name a few. With years of experience and successful matches under her belt, Susan is the go-to gal for those looking for love.

In our exclusive [relationship](https://www.exclusivematchmaking.net)

expert interview, Susan gives relationship advice on all things love and dating in the midst of COVID-19.

Can you tell us a little bit about your background and how you got into the world of matchmaking?

I used to be an investigator liquidating fraudulent portfolios for credit cards. It's kind of like being a PI without the license. PI's investigate domestic situations and individuals whereas I worked for banks and it was considered more financial, but the skill set is the same. Friends and acquaintances would ask me to do PI types of things as little favors. This little old lady asked me to find the love of her life that she met during the war in Paris from when she was 19. I found him that night and reconnected them only to find he had never married and she was the only woman in his life ever. Later, I was thinking if I could find people, I could find matches and turned towards starting a matchmaking company using my experience to conduct my own background checks and investigations. I now do upscale matchmaking and a little service I like to call *Investigate Your Date!* It's both set of skills in one business.

How has the Coronavirus already affected the dating game and how do you think it will affect it in the coming months?

Well, you wouldn't believe it, but more people are going back to their exes for the wrong reasons! Also, more relationships are actually launching because it has deepened communication, helping people ignite that spark since they are forced to connect and be creative.

At home isolation seems to be the new norm for the time being,

how can couples who have never been home together for extended periods of time navigate through this?

Couples can maintain their bond by stating clear boundaries for their need for space for starters. It's like sorting out the times you will connect, the times you need to work individually, or even just have alone time. Scheduling that special couple time is important, too, because it gives you a sense of structure to the day for those who aren't used to working out of your home.

Just be respectful of each other. For example, I tend to be a slob, so I need to be aware of keeping a communal space neat.

Be aware of your personal hygiene. It's easy to sit around in your sweats and not take a shower, but you need to change your clothes, shower, brush your teeth and maintain like normal.

Have appointed meal times together, or exercise times together. Come back together for dinner and go for a walk with the dog together.

Allow each other use of the TV and don't hog the remotes. It's okay to say this is my show, and I would like to watch this for me time right now alone.

Watch a movie together. Just because you can't go to the movies doesn't mean you can't watch the early releases of movies that were coming to theaters but are now on your screen.

Play music together or watch some of these performers that are putting on shows in their home. They are free concerts in your living room!! It's great and you both should enjoy your favorite artist right now.

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What advice do you have for our single readers? Should they be

putting love “on hold” because of social distancing ?

There is no time like the present to make a love connection. It's times like this when people realize what's important in a relationship. As a single, you need to never put love on hold unless you are currently working on making yourself a better catch by healing a broken heart or something like that. You aren't holding on love because of social distancing, you just aren't able to meet up and socialize at bars and restaurants. In a lot of cases, you can't meet in person. There are still many ways to connect thanks to technology. Never forget, you can still fall in love during this time and it ups the anticipation, making it more exciting for when you do see each other.

How can people make events like birthdays and anniversaries special during this time?

Birthdays and anniversaries can still be special. You have to have virtual celebrations and actually show your love via the phone or face time. It all comes down to creativity and technology. You can put off a party if need be. Lot's of states are going to lock downs at this point, but some you can still get together using social distancing. I witnessed a drive up birthday parade yesterday for a little girl on the news. She sat there with a few members of her family as the parade of decorated cars came buy giving her gifts and candy. It all comes down to creativity.

For those in new relationships, should they be together now or stay their distance?

I think a lot of it depends on your state regulations at this time. If you need to be on lock down— which are a lot of states at this point— then you need to wait. I still think you should wait for safety anyway. Better to be safe than sorry. You can still have virtual dates.

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Survival Strategies For The Home Front

How will relationships sustain not being able to physically be together?

It remains to be seen the impact, but I think they will fare well due to the deepened communication and heightened sense of anticipation. It's like a game of "who did the wheel stop on when you were told you had to social distance more?". It gives you more of a chance at developing something with them because it was the last person you were dating or interested in.

What milestones within a relationship are being affected due to the Coronavirus?

It's more like "Which milestones *aren't* being impacted due to the coronavirus?" From the meeting of the parents, to date night, to sleep overs and establishing yourself as a couple, to weddings. It's all impacted. There are people that are having babies without their spouse in the hospital.

How would you recommend reestablishing your commitment and feelings toward your partner?

Using the suggestions above for navigating this time as a couple will work well to keep you bonded. You can also have a talk about your hopes and dreams as well as have a state of your union talk!

Are there any additional thoughts or points you would like to make about the current relationship and dating environment?

There are more people out there now with their mind on love than a month ago. Interest in dating isn't slowing down, and neither should you. People are home and not as focused on work, so find your person. Your in-person date might be delayed, but I am sure they will be worth the wait. At the end of the decade, I said that first dates at the coffee shop were out and virtual dates were in. This just cemented it right

here. Happy dating.

Want to keep up with Susan? You can head to [Exclusive Matchmaking](#) or follow her on [Twitter!](#)

Relationship Advice: How Important Are Similarities For A Happy Marriage?



By

[Dr. Jane Greer](#)

There is no question that people believe having things in

common can lead to a strong marriage. But what if those shared interests fade for one or both partners, or you don't really like that many of the same things in the first place? Can you still build a strong foundation and share a lasting relationship?

According to actor Bill Pullman, the secret to a happy marriage is "putting our hands in the dirt; it's a parallel play of digging and planting." In other words, he and his wife can do their own activity while being together. "It's helped to keep in tune with each other," he said.

Relationship Advice: For Bill Pullman and his wife, a successful marriage seems to be about embracing common ground. The question is, if you don't have that, how can you maintain a supportive connection?

Clearly it can be easier if you agree on movie genres, favorite cuisines, types of books, travel destinations, and even how often you are intimate with each other. All of that allows you to smoothly spend quality time together. But what happens if suddenly your husband doesn't like to ski anymore but you still do? Or your wife has developed an aversion to Thai food which is always your go-to Friday night dinner out and you still love it? Or what if you have always had sex twice a week, which worked well for you both, and suddenly your husband wants to only do it twice a month? What if none of this was the case, to begin with, and you were swept away by intense chemistry but once the dust settled you realized you didn't like doing that much together? Can you still make your marriage work? Cupid has some [relationship advice](#) on how

to maintain a happy and healthy connection with your spouse.

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There is no question that discord in any of these areas, especially if things change over time, can create problems. For example, being affectionate or not can eventually take a toll if one person is feeling deprived of it. Appearance is another place where people can get caught in the downward spiral. Very often couples get so comfortable with each other that they no longer feel they have to dress to impress and scale down to their basic look. If suddenly you are no longer dressing up and going out, or your partner stays stuck in the same shirt day in and day out or stops shaving, it can make you angry enough as well as turn you off to the point where you might even want to avoid intimacy with them. All of this, as well as the usual wear and tear of everyday life and its responsibilities, can contribute to feeling disappointed and resentful to the degree where it can feel intolerable. So, what can you do to generate harmony and happiness rather than discontent?

The first and most important thing is to keep your desire to please your partner on a full flame. It is not unusual to realize that when you met your partner all you wanted to do was please them, which might have led to your not realizing or even withholding some of how you really felt about certain things. Now that you are married, though, you can be honest, which means you are no longer concealing who you really are. When that happens, it can eclipse your desire to please your partner because you are now focusing on yourself. Hopefully, you are being authentic, but still balancing that with your intent to satisfy them and meet their needs. This can get challenging because if one person asks the other to change their shirt, instead of hearing it as a request that brings them joy, it can sound like a demand that you are telling them what to do. As a result, it can make them feel controlled,

which then turns into a power struggle with one person saying *if you loved me you would* and the other person saying *don't tell me what to do*

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The second important step is to learn to include your partner in the decisions you make before you settle on them. Very often people assume that because they want to see their family, their spouse will be just fine with that. Or since they are social and want to hang out with their friends every weekend, their partner will be on board. The truth is, when you go ahead and make choices based on what you want to do without getting your partner's input, they can't help but feel unimportant and not cared about. By learning to come to joint decisions and discussing your needs as well as theirs before organizing a plan, even though you may not always agree, at least you let your partner know that they are important to you and you value them and want them to feel loved. Finding some middle ground and learning to compromise is what can facilitate your making choices that leave room for both of your pleasures and preferences.

Finally, if you are coming from a place of few shared interests, it is never too late to be open to participating in your partner's hobby or activity. While you might not always enjoy it yourself, you can derive pleasure from seeing how much they enjoy it. It is a way to extend yourself and show your love, as well as enjoy watching them have fun with what they are doing. Also, use it as an opportunity to grow together and see if you can discover activities you both might like. Think about learning to play cards or dancing or cooking together, whatever it is, consider changing lanes and trying something new.

Learning to tolerate the differences and make room for them can help you stay connected, rather than allowing them to

divide you. It seems Bill and Tamara have celebrated their similarities which, according to Bill, has been a recipe for a happy marriage for them. However, if that's not the case for you, try to view the things you don't agree on in a positive light that can lead you both to happiness.

Please tune in to the Doctor on Call radio hour on HealthyLife.net the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](http://HealthyLife.net).

Relationship Advice: Does Marriage Change Your Feelings?





By

Dr. Jane Greer

So much planning goes into a wedding, from the venue, to the guest list, to the flowers and food, and that's after you go through what can be the long process of setting the date! It might seem, as you move closer to the big day, that becoming a married couple is the end goal, and that is where all the work stops. But in reality, that is where it all begins as you start your life together as spouses. So much goes into making the decision to take that next step from either serious dating or living together, and the big question is – does anything change on the other side as far as your own feelings go, or your feelings toward your new husband or wife? Celebrity couple Erin Foster and Simon Tikhman recently got married, and [according to](#) Foster, “It feels really nice and it feels safe and cozy that I have a husband. Like I have a person keeping me safe from the world, you know?” Many people live together and never get married, and others live together for a long time before even thinking about tying the knot.

So what, if anything, changes with marriage? How important is being married? Check out Dr. Greer's relationship advice.

The first things that immediately change are the legalities—the rights you have to each other, in times of illness and other situations, as well as to each other's property, become law and you are no longer operating by your own system. Marriage endows you with more protection, power, and control in almost every aspect of life together. It indicates that you have committed to sharing financially with this person. Even if you were already doing that before, it was on your own terms, and now it is spelled out and nonnegotiable. Taking this big step can solidify your sense of partnership. All of this often does change the way people feel toward each other since you are clearly in it together for the long haul, and you have made a declaration to the world that you are committed to each other for a lifetime.

Related Link: [Relationship Advice: Communicate Dislikes like John Legend & Chrissy Teigen](#)

That statement also ushers in public accountability and all the expectations that go with that, from your own to those of your family and friends. This changes the status of your relationship in other people's eyes, and, depending on your new family, might either bring you both more acceptance and respect from those around you, or on occasion may garnish more hostility than you did before taking the jump. Either way, it may lead you to being more invested in making things work between you, and to mustering the patience and tolerance it takes to solve the problems you face which you might otherwise be tempted to bail on. Marriage brings with it a sense of permanence. Whether you are married or not, ending a

relationship is heartbreaking, but dealing with divorce brings in a whole new level of pain and anguish which makes ending your connection much more complex. Realizing how complicated it can be to break all of your official ties might compel you to continue to try to make it work and stay together.

Related Link: [Relationship Advice: Romance After Baby](#)

With all of this in mind, there are a few things to think about as you decide whether or not you are ready for this next step. The first is how will becoming a spouse change your role in the way you deal with each other, as well as in your financial situation? Will it make you feel more protected or will it cause things to be messier than they are now. If one or both of you were previously married and there are children involved, how will it affect them? Sometimes they can be the determining factor for getting married as was the case for Angelina Jolie and Brad Pitt who ultimately got married because it was what their children wanted them to do. Getting married can solidify the family unit. Finally, if you have been divorced, you might still be feeling the aftershocks of the marriage failing, and be afraid to try again for fear of either making a mistake or once again having things not work out. Consequently, your past may be holding you back from a better future. Evaluating what you stand to gain can help you sort of if marriage is right for you.

While being married might feel similar to living together, it can bring with it a feeling of security and comfort that you didn't have before. It becomes more about the two of you in your respective worlds fully dedicated to being together. Erin Foster talked about feeling that there was now someone keeping her safe in the world. If you get to the point of taking wedding vows, hopefully that will be your experience as well.

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Relationship Advice: Keep Your Pregnancy Under Wraps Like Cameron Diaz



By

[Dr. Jane Greer](#)

There are many different stages of pregnancy that people go through, from deciding when to have a baby to beginning to try to conceive to either becoming pregnant or not and, in that case, having to consider other options such as fertility treatments, surrogacy, and adoption. One big question that is often not addressed until it begins to happen is: *when do you bring other people into the equation?* Do you share what's going on right from the beginning of the journey with family and friends, or do you wait until the baby is well on his or her way? Or, like Cameron Diaz and Benji Madden did recently, do you keep the entire pregnancy under wraps until the baby is born?

The [celebrity couple](#), who began dating in May 2014, has always kept the details about their relationship quiet. Even so, it was a surprise when the two recently announced the birth of their daughter, adding the caveat that they will not be releasing any photos or additional details because they want to protect the baby's privacy. In order to keep such a big secret, Cameron and Benji must have agreed to it together.

How can you decide when the time is right to tell other people about your pregnancy, making sure the information isn't leaked before you're ready? Check out this relationship advice.

People tend to be curious and inquisitive about when others plan to start a family, but that can sometimes feel intrusive. Your mother in law, for example, might be eager to become a grandmother. So, she might ask when you are going to give her a grandchild. Or, your sister has three kids and can't wait

until they have cousins to play with, so she might be pushing you along. It can start to sound and feel like pressure. If you tell people you plan to try, then you might imagine it is all they think about when they see you, wondering how it's going. If it doesn't happen quickly, you might start to feel a sense of public accountability. If it takes a long time, you might even feel like you are failing and disappointing the people you have told. With all this in mind, Cupid has some [relationship advice](#) on when to tell others about your pregnancy before you are faced with it.

Related Link: [Relationship Advice: Communicate Dislikes like John Legend & Chrissy Teigen](#)

Talk to your partner early to decide where you each stand on the topic, and determine together when you will share the news with family, friends, and in the case of Cameron and Benji, the public. Try to do this at each stage of the process. This way both of you can always be on the same page. If one of you goes ahead and spills the beans before the other is ready, that can cause tension. Say, for example, you can't wait to tell people and share the excitement as soon as you see the positive test, but your husband is superstitious and asks you not to tell anyone until you are beginning your second trimester. It will be pretty awkward when your best friend blindsides him with a big congratulations. Along the same lines, if you tell some people and not others, the ones who are out of the loop might feel slighted if they hear the news second hand or find out later that others knew before them. It can be tricky.

It is easy to avoid all of this by having a well-thought-out and agreed-upon plan as you move forward, one that takes each of your needs and wishes into account. Consider who you want to tell, when you want to tell them, and how much information you will share. Not only will doing this allow you to support and respect each other, but it will also give you the chance to maintain control of your own space and insulate your

privacy as you see fit while avoiding fallout and resentment from the people around you.

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It used to seem like all babies were fair game- from the moment that baby bump began to show itself and strangers didn't think twice about patting your tummy, to every one cooing at a baby in a stroller. That has changed, and people are being more thoughtful and protective regarding how information about their pregnancy is handled. Pregnancy invites in the world, but it is up to you if you want to let the world in or not. Just as Cameron and Benji did, you can keep it private for as long as you like.

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Relationship Advice: 7 Reasons Why People Love Speed Dating





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g. Finding your match. Meeting the one. To some it sounds exciting. To others, it's fright-inducing. The good news is that there are more ways than ever to meet that perfect someone. Which is good because it seems there is also less time than ever to do just that these days.

Relationship Advice: Speed dating. The perfect remedy for the time-starved single.

We'll call it "smart dating" because it makes perfect sense, and you'd be crazy not to [love](#) it. Here's our [relationship advice](#) on seven reasons why everyone is talking about speed dating right now:

1. It's highly efficient: There aren't many instances where it's considered acceptable to go out on 20 dates in one night. But, this happens to be one of them. The good news is that they are very short, bite-sized dates – lasting only a few

minutes each. Everyone is there to meet people, so there's no wondering, "Is this person available or not?"

2. It's less stressful than normal dates: You don't have to commit to a full evening out with a complete stranger. Plus, the whole night is organized for you. So, you don't have to worry about all the details. If you don't click with one of the dates, no problem! You only talk to each date for less than 10 minutes.

3. Speed daters make more matches: Online dating might seem appealing, but according to the *New York Times*, that method only finds 1 in 100 matches. Speed daters, on the other hand, find an average of 2-3 matches in 10 dates. Not to mention, meeting in person gives you a way more accurate assessment of a person.

4. It's easy to find events: Speed dating is becoming more popular. So, when you ask, "Is there [speed dating near me](#)?" The answer is a resounding YES! Options are great to have, aren't they? The opportunity to find a great match is happening every day.

5. There's no pressure: The amazing thing about these kinds of events is that there's no pressure to approve or reject someone to their face. You choose who you like, privately. They choose who they like, privately. You only get connected with the people you chose who also chose you. So, you can just relax and enjoy the night.

6. It's set-up for conversation: Go to a bar or a nightclub and the conversation may go like this: "SO WHAT DO YOU FOR A LIVING?" "HUH?" "WHAT DO YOU DO?" "OH, I'M OVER ON BROWN STREET." This is not an appropriate way to assess a mate. Speed dating events want you to succeed. It's facilitated in environments suited for conversation, allowing you to get a glimpse of someone's true personality.

7. It's flat-out fun: Take a deep breath, forget about

expectations, and remember everyone is there for the same thing. Surely, everyone feels a little nervous. But, when you remind yourself that you are an incredible, worthy human being, you give yourself permission to just enjoy the experience and have fun.

There you have it. Seven reasons Speed Dating is a no-brainer. If you want to meet great people and have the doors of possibility opened for you, try it out yourself!

Dating Advice: How to Protect Yourself and Your Privacy Online





Online dating is, without a doubt, a standard feature of modern lifestyle. Traditional dating went digital through dating sites, and the phenomenon leaped into dating apps to become more accessible as the smartphone became ubiquitous in society.

The ease of access to online dating, with all the personal data that goes along with an individual's online dating profile, has given rise to a number of concerns regarding privacy. In the United States of America, alone, [approximately 33.9 million users accessed online dating sites in 2018](#). This speaks to massive amounts of data collected from users, like their relationship preferences, dating habits, and biometric data, to name just a few.

It goes without saying, then, that users of dating apps should be

aware of safeguarding their privacy while engaging in online dating and using dating apps. We offer a few tips on how to do just that:

Do Your Research

Conducting your own research into which dating app is right for you is a necessary first step in ensuring your online safety while using dating platforms to find a relationship or suitable partner.

The first thing to look out for should be whether the app offers safety guidelines. If the dating app is seen to promote safety guidelines, this is a great sign for its users who will feel more comfortable to seek relationships on the platform. [With 18 to 24-year-olds making up 27% of users on online dating sites](#) – according to a study from the Pew Research Center in 2016 – it's hopeful that users, like these, growing up with higher digital literacy rates than previous generations would be attracted to platforms who prioritize safety.

Look Out for Safety Guidelines

For a dating app to offer safety guidelines is a good screener for the platform that you plan to engage with, but you should also check whether the app of your choice offers controlled visibility of your profile on the app. It's advantageous if the app or platform allows you to select who you want your profile, and your personal information that goes with it, to be visible to. Allowing you to block certain users from viewing your information, at your discretion, is a plus when it comes to online safety.

Keep Up With What They Know

Keep up with the change in algorithms that occur on the dating apps you engage with. For example, [Tinder announced a change to their ranking algorithm in March of 2019](#). This altered the way that the attractiveness of its users to match them with others was determined, meaning that the visibility of your behavior on the platform is analyzed and is used to drive the functioning of the app.

This betrays the fact that on many apps, [your activity is monitored](#). The platforms' AI functions to understand you, the user, to understand more than just who you are and how you behave, but also what you want in a relationship and what you're looking for in a partner.

With [personal and somewhat intimate data being collected about you](#), some high-profile dating apps also have access to gathering information from your device – location, Wi-Fi connections, and even audio collected from the app accessing your microphone. In the worst-case scenario, Datingroo admitted that your saved billing information could be vulnerable to hackers in the event of a data breach.

In the event of a data breach, any information about you that's stored on the dating app becomes compromised – mostly not of your own negligence, especially if you've done your research and opted for a reputably safe platform. However, romance scams that prey on your own vulnerability can turn you into a victim of fraud. [Such romance scams accounted for a financial loss of \\$143 million in 2018](#), with a median loss of \$2,600. Sadly, that figure rose to \$10,000 for people over 70.

Stay Ahead of Fraudsters

Real people with bad intentions luring you in from the other side of a dating app can result in financial, emotional, and psychological damage. Unfortunately, this also occurs with chatbots (or just “bots”) which work as [automated scammers](#) on the dating platform's message service. They are designed to

send and interpret messages based on certain keywords – some more sophisticated in their replies, while others can come across as clumsy or nonsensical when replying to your messages. They're also not limited to dating apps alone.

Test the waters by typing gibberish to elicit a response from the other end. Chances are, you'll be able to tell if the one you're chatting to is an actual person or not. On the other hand, if you need to confirm that the person on the other end really is the person with whom you want to move your relationship to the next level, [Nuwber](#) can access all publicly-available information on the individual. This also helps if you want to find out more about a suspected dating app fraudster before they've managed to cover all tracks.

Report Suspicious Behavior

Suspicious behavior should be reported, whether you suspect it's a chatbot or a real human being. What are some examples of suspicious behavior on dating apps?

According to Tinder, the following constitutes behavior that violates their terms of use:

- Fake profiles (otherwise known as catfishing)
- Users requesting money on the platform
- Users requesting money on the platform
- Harassment
- Spam, e.g. advertising
- Underage users

Tinder wants users to report users who partake in actions, like the above, that violate the rules of the platform. Those users are investigated, often resulting in the termination of the offending user's account. If Tinder doesn't take necessary action or deems their actions permissible, while you're made to feel uncomfortable, it would be best for you to block the user or find an alternate dating app.

Compartmentalize – Separate Socials

Harassment that may lead to stalking can be prevented, to a degree, on dating apps. Make a point of keeping your other social media accounts completely separate from your dating app profile and account. If you ever have problems on the dating app and the relationship hasn't made it to the physical, real life yet, chances are that your harasser would try to get a hold of you on other social media platforms, like Facebook.

Keeping these dating and purely-social platforms apart has become a pressing concern – On the Coffee Meets Bagel app, there has been an [increase of 378% in requests for non-Facebook logins](#) after the Cambridge Analytica data-harvesting scandal.

Common sense should guide you when on the online dating scene, but it's only beneficial to take heed of any sound tips when you're allowing yourself to be vulnerable online.

Dating Advice: 12 Date Night Ideas That Will Save You Money





As a couple, it's important to establish healthy financial boundaries, especially when thinking of combining your finances and starting a family together. Often times, couples enter a relationship with their own debts and bills and support each other to pay them down together.

If you are in a relationship and have made a commitment to pay down auto loans, student loans, [online loans](#), and credit card debt as a team, then one area you can certainly save on is date night. Just because you're being smart financially, doesn't mean date night is off the table!

Here are 12 date night ideas that will save you money while you still have a great time.

1. Movie Night at Home

You can easily invite your date to watch a movie with you at

your house or theirs. This gives you the chance to find out what your date likes to watch and to get to know each other. You can talk before or after the movie (or even pause it in the middle), unlike in a movie theater.

2. Happy Hour

Many places will provide deals during happy hour. Happy hour usually occurs between lunch and dinner, so if you're both available, you should go. It's a great way to enjoy a quick bite to eat in an easy going environment. Also, it's cheaper than usual, which is a plus.

3. Inexpensive Arcades

There are many arcades with cheaper prices that you can visit with a date. It's a great place to interact, have some fun and win prizes. You can also see what types of games your date likes so you can keep that in mind for future dates.

4. Ice-cream Sculpting

This may seem strange, but it's fun. You buy saran wrap and a tub of ice-cream. Completely wrap your table with the saran wrap and also put a covering, or towels, on the ground around the table. Work with your date to create an ice-cream sculpture. It's a great way to get close and to have a unique date.

5. Go Window Shopping

Many people enjoy window shopping. If you invite someone to go window shopping, it gives you a chance to walk around and talk with each other. You can also see what kind of gifts your date likes, which you can make a note of for a future gift idea.

6. Cheap Comedy Show

Many cities have cheap comedy shows that you and a date can attend. Just pay a small fee and enjoy a laugh with your date.

It can be a great chance to see what type of humor your date enjoys so you can continue to make your date laugh and smile.

7. Have a Drink and Chat

It's nice to sit down and chat. When you buy a beverage that you both enjoy, you can have an easy going environment. This makes it easy to talk and to see what types of drinks your date likes. It's a simple yet effective date.

8. Cook a Romantic Meal

You can either cook the meal yourself or cook it with your date. Either way works, because you can impress your date and show that you care by cooking. However, if you decide to cook together, you can enjoy some time together.

9. Go to a Museum

It can be fun to look at different exhibits and pieces of art. Luckily, many museums will have a day where it's free to visit, so you can go and enjoy the art. Learn more about art and enjoy walking around with your date.

10. DIY Project

It can be fun to get creative, so find a simple do it yourself (DIY) project you can do with your date. Make sure the DIY project is fun and something that isn't too hard to do. This will help your date to feel accomplished, avoid frustration and let you work together.

11. Make Some Art

Creating art can be a lot of fun as well. Buy some cheap art supplies and enjoy creating your own personal masterpieces. You can admire each other's creations and continue to make other art pieces.

12. Go Hiking

Hikes provide an easy way to talk with someone. Not only can you talk as you walk, but you can discuss different things you see on the trail. This will help you to avoid any awkward spaces in your conversation.

Try Them Out

Each of these date ideas keep things simple and cheap, making them ideal for people on a budget. Give them a try and see what your date enjoys, you'll both be happy together in the moment, and your budget will thank you.

Relationship Advice: Why Do a Background Check on Your Future Spouse?





Marri

age is a sacred bond that symbolizes love and devotion to your partner. As such a huge commitment, it goes without saying that you should be 100% confident you know your partner inside out before going through with the ceremony.

But even when someone has charmed you sufficiently, while telling you everything you need to know about them, how can you be sure they're being 100% truthful?

There are some professional liars out there who might say all the right things. However, their track records suggest quite the opposite. Even if your partner isn't a liar, what's to say they haven't been economical with the truth and only told you the good things?

But, there are probably a few things you'll feel uncomfortable asking your partner about. There is potential for intrusive questions to jeopardize your relationship, or detract from the intimacy of a given moment.

Things like finances, criminal history, and previous relationships are sensitive areas. However, that doesn't mean to say you can't perform a background check prior to going through with your ceremony.

Though it may be deemed an invasion of privacy, wouldn't you rather know about any hidden skeletons in your partner's closet before making the biggest commitment of your life? Here are some of the biggest incentives to [run a background check on your future spouse](#):

Secure Your Future

Marriage is far from an light decision. It's a monumental step in your life, one which will ultimately determine your happiness. When you weigh up how much time you'll be spending with your partner, you'll appreciate the significance of securing a stable future. Your spouse's past will play an inevitable role in what happens going forward. If there are red flags and you don't confront them early on, or even know about them for that matter, they can rear their ugly heads at a later date.

By performing a background check on your partner, whether professionally or by doing some digging yourself, you'll be reassured you know exactly what to expect from the future with your partner. Knowing how your partner's past will affect your future is paramount for a successful relationship. Chances are that there won't be any surprises, but you're definitely better safe than sorry.

Uncover Bad Finances

Imagine your partner has a negative financial history, including bad credit, debt or even bankruptcy. This is something that is easily concealed, but can be revealed via a simple online search.

Financial secrets can negatively influence various aspects of your life going forward. Imagine marrying someone without realizing they can't take out a loan, or even buy a new home once married. The consequences would be devastating, and you'd be left wondering why you weren't more vigilant by at least performing an online search. Once married, your finances are one of the same, meaning their liabilities become yours, too.

It's essential that you check your partner's financial status prior to walking down the aisle, since this will benefit your future considerably.

Criminal History

Just because someone treats you like a sweetheart doesn't mean they can't have a checkered criminal history. The last thing you'll want to do is marry a criminal!

A background check can uncover things like criminal records. However, it's important to offer forgiveness in some cases, and you should at the very least be aware of the circumstances into which you're entering. People do change, but some circumstances are unforgivable. For example, if you find out your partner has been in an abusive relationship or committed another serious crime, this might make you think twice about proceeding with the ceremony. Certain information will raise huge alarm bells, meaning you should take criminal checks seriously.

Prior Marriages and Divorces

It's likely that your partner will avoid telling you about previous marriages. But, it's vital that you know about these, especially if your partner is still married to someone else!

Alternatively, imagine if you thought a previous marriage is now defunct, only to later find out they were never divorced. There's certainly no harm in finding out whether a divorce has been finalized. This will also indicate whether your partner has financial responsibilities you should know about.

Hiring a private detective to do some digging can be a progressive step toward securing a positive future.

Relationship Advice: Communicate Dislikes like John Legend & Chrissy Teigen





By

Dr. Jane Greer

When you are first falling in love it seems that your partner can do no wrong. He always wants to try new things? Exciting! She wants to stay in her pajamas over the weekend and not go out? Cozy! He wants to read by himself every night? Focused! But over time these quirks or specific behaviors can become, well, annoying. What if you don't want to constantly try new things? Or what if you want to get dressed and leave the house on Saturday and Sunday? Or what if you occasionally want to watch TV with him? And this doesn't even begin to cover the other behaviors and habits that might creep in over time, such as personal habits, skills or lack thereof, and the varied willingness to take on household responsibilities. What do you do when all those things you once liked so much start to grate at you? How open can and should you be? Celebrity couple John Legend and Chrissy Teigen recently had to face this situation when they brought it to the extreme and took a lie detector test. John ended up telling the truth about a meal Chrissy made that "wasn't great." Whether it's a dinner your partner cooked that you didn't like, or the fact that he or she never

puts away any clothes, it's important to think about how to communicate these dislikes to your partner before they really become a problem.

How can you communicate your dislikes without offending them and hurting their feelings, and creating another problem altogether?

This whole scenario begins with the assumption that you are supposed to tell your partner everything you don't like about them – isn't honesty always the best policy? Generally the answer is yes, but there are certain ways to approach these situations that will enhance your connection instead of undermining it. In a relationship, there will always be some things that turn you on and others that turn you off. The big question is determining what you can live with, and what you can't and therefore need to talk about and work toward a change. Whether it has to do with appearance and what you perceive as bad taste, or just a general personality flaw that has become more apparent, decide first if it is important enough to bring up. In other words, how much is it going to drive you crazy and get under your skin, possibly eventually driving a wedge between you? If you decide it falls into that serious box, it's important to think before you express your dislike. Attempt to frame your words so it is clear you are on your partner's side. If it is a bad haircut or an unflattering dress, you might be doing them a favor by letting them know since they can either choose to go to a different salon for their next haircut or wear a different dress. You want to be careful and mindful in the way you present it because otherwise it could come across as criticism or blame. When that happens your partner might feel anxious, insecure, and

afraid to try to make the meal again, or to take the cooking lessons, or reluctant to take risks for fear of failure and disappointing you and opening the door to more criticism, which is all the opposite of what you want to achieve.

Related Link: [Relationship Advice: An Unconventional Marriage](#)

Along these lines, instead of talking about what you don't like, talk about what you would like next time. You might think the chicken is too creamy and rich, in which case you could say, "that was good, but it might taste even better if you used a little less cream next time." In this way both of you can feel encouraged about the next effort instead of discouraged. If, for example, your partner constantly throws clothes on the floor and you find the bedroom unrelaxing because of that, you might say that if he or she could put away some of the garments you would want to spend more time in the bedroom. This will definitely work better than being judgmental and saying they are messy or a slob. Look to voice your concern in terms of what you would like them to be doing in the future rather than what they just did wrong in your eyes.

Related Link: [Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships](#)

The golden rule of thumb is to try to avoid letting things go until you become really resentful, because that can lead to what I refer to in my book *What About Me? Stop Selfishness From Ruining Your Relationship as Love You, Mean It, Hate You, Mean It* moments. We always start out with an abundance of Love You, Mean It moments. However, over time the Hate You, Mean It moments inevitably build up and can eclipse the positive ones. By talking to your partner it enables you to preserve the good feelings so that you can strike a balance and always find your way back to the love that you feel for them. It is a matter of knowing what to accept about who they are versus what you are looking to work toward changing with them.

While John and Chrissy may have jumped right to the lie detector test, most people take a slower road to their confessions. It is important to think of the right approach when sharing your dislikes. Keeping balance, caring, and encouragement at the forefront rather than criticism and blame is always a better way to go. Hopefully whatever truth you tell will be offered with grace so the good can continue to outweigh the bad.

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Relationship Advice: Romance After Baby





By

Dr. Jane Greer

Bringing a baby into your lives can change everything. The days move in a different way, the demands on you can be like nothing you have ever experienced before, both physically and emotionally, and you might be getting little to no sleep.

It's no wonder, then, that your romantic relationship, which may have always come naturally to the two of you, might now change as well. The very fact that the press paid so much attention to Meghan Markle and Prince Harry's small gestures toward each other on their most recent trip – holding hands while walking, a nice kiss goodbye as they went their separate ways one day – points to how important such moves can be after having a child.

The royal couple has always been demonstrative with affection. But since the arrival of Baby Archie, their hand-holding and kissing seems a continued declaration of romance.

Keeping the romance alive and remaining passionate partners even after expanding your family can be a challenge. So how do you go about accepting and navigating the new circumstances without losing that important connection that brought you to this point in the first place?

The first step is acknowledging that things are no longer the same, and adjusting your expectations accordingly, so that you won't feel disappointed if you look back at the way things used to be. Perhaps you were intimate in the house whenever and wherever you wanted, spontaneously. But that was before being up all night with a crying infant or changing diapers, or worrying constantly made new demands on your energy. It was before you were breastfeeding or washing bottles and before all you could think about was this tiny new being.

As a result, the time and fuel you have for being romantic has probably diminished dramatically. With this in mind, work to establish a new normal based on what your life is like now and the resources you have and don't have as new parents. Things are likely to be starkly different from the way they were before.

Related Link: [Relationship Advice: An Unconventional Marriage](#)

One helpful change might be to plan for time alone together, as opposed to simply waiting for it to unfold. You might not find the time nearly as often as you used to, so try to shift

the emphasis from quantity to quality. Focus on making the times that you can be together meaningful so that the feel-good connection lingers.

Also, shift from the free-fall expression of love that previously accompanied your relationship and instead pay attention to the smaller gestures of connection, as Meghan and Harry seem to be doing. You might have to exchange an exciting romp in the hay or staying in bed together all day for a passing kiss, a warm hug, or a gentle back or foot rub. Look for opportunities to pepper each other with consideration, maybe offering your partner a few hours alone without the baby, or being empathic and acknowledging that you appreciate how exhausted they must be.

Related Link: [Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships](#)

The truth is that little acts of thoughtfulness and understanding in the face of having a baby ARE sweeping gestures of romance. They will allow you and your significant other to feel cared about, which then leads to wanting to please each other. It creates an atmosphere of gratitude, appreciation, and love, all of which are the kindling of romantic love.

The bottom line is that it's important to accept that things have evolved. It is unwise to judge your love by your old standards; your new situation will likely not hold up and might lead to feelings that something is wrong or missing.

Instead, think of the new phase as a revamp. Know that if your partner is too tired for sex or even a make-out session, it is not personal, it is because they are wiped out. Putting it all in the context of nurturing your home and baby and creating a new landscape of love can sustain you through the period of infancy and toddlerhood.

Please tune in to the Doctor on Call radio hour

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

Dating Advice: 3 Best Places for Women to Meet Women





Datin

g isn't easy in general, but dating within a small group of people like the LGBT community can be even more challenging. There's no denying that it takes time and patience to find your same-sex soulmate and to get to know them and build a relationship, just like it would with any relationship. For a [single lesbian dating](#), finding someone mostly comes down to location. You need to know the right places to check out and pay a visit to in search of that special someone.

Check out this dating advice about the best places women can find other women to date.

Go Online

For a lot of smaller communities, it is a lot easier to connect online. There are some specialized lesbian dating sites that allow you to easily browse through profiles and find someone you would like to get to know better. After you

have spent some time getting to know a few people, you can schedule a date with someone you find interesting. Because you've already chatted online, it takes some of the edge off of the first encounter. There won't be as many awkward silences. The only thing left is to determine whether you have chemistry with one another.

Attend LGBT Community Events

If you prefer to meet potential partners in person instead of online, you can always attend a community event. Check out what's happening online at your local LGBT community center, or see if there are any "pride" events in your area. If you haven't come out to your family and friends yet, consider attending the events in a neighboring town to avoid encountering anyone you know. It's all about feeling comfortable enough to be open and flirt, so if you need a change of scenery, that is what you should do.

Visit Your Local Lesbian Bar

If you are out and proud, there is nothing preventing you from frequenting the local lesbian bars. People gather openly and without fear and judgment at these types of establishments. Everyone there knows who they are and what they want, so all that is left is to find someone you are attracted to and start up a conversation. And remember, if you only want to party and hook up, the weekend scene is what you need. On the other hand, if you are looking for something more meaningful and permanent, you should definitely go out on a weekday evening. That way the atmosphere is more relaxed and you can have a quiet and friendly conversation.

These are just some of the ways you can meet other interesting women with the hopes to develop a relationship. So, choose which one works best for you and go for it! You never know where you will find love.

Relationship Advice: 4 Tips for Building and Planning a Wedding Website



The role technology plays in the wedding planning process has increased in recent years. Case in point: These days, roughly three out of four couples make it a point to create a wedding website that shares important information with their guests. Indeed, creating a wedding website is a great idea for several reasons. In addition to providing everyone with key details about your special day, it will also help your guests who are

coming in from out of town to learn about where to stay and how to get to your ceremony.

As for how to plan and build your wedding website, including what to include and what can be left out, consider the following tips:

1. Start with a Wedding Website Template

Unless you or your partner have a lot of experience creating websites, you should begin by [choosing a wedding website platform](#). For instance, Minted.com offers free wedding website templates that are designed by independent artists and have a personalized look and feel. Your wedding website should share a matching design with your invitations, as well as the chosen colors for your wedding and reception.

Once you've chosen your platform, it's time to think about what to include on the wedding website.

2. List Important Details on the Main Page

The main page of your wedding website should include all the important wedding details. This includes your names [in a font that's easy to read](#), the wedding date, and the time and location of both the ceremony and reception. The main page is also a great place to include a nice photo of the two of you and a short welcome message for your guests.

3. Provide Plenty of Schedule Information

In addition to the time of the ceremony and reception, a wedding website should also include information on any other planned activities surrounding the main event. For instance, if you're hosting a welcome dinner for out-of-town guests

and/or a morning-after breakfast include the location and time on the website. Be sure to include only the events that everyone is welcome to attend on the wedding website. In the case of a rehearsal dinner, it's best to leave this off the website.

4. Include Local Travel Details

For guests driving or flying in for the occasion, a wedding website is the perfect place to include details about their travel and accommodations. Knowing this, your wedding website should [feature information about the nearest airport](#), as well as the names and phone numbers for any local hotels where you have reserved a number of rooms.

If you've arranged for discounts for airport shuttles or rental cars, include this on the wedding website as well. Basically, your site should be a one-stop travel information stop for anyone who is coming to your wedding from another city.

Have Fun Planning Your Wedding Website

Planning your wedding website should be more fun than stressful. Choose a user-friendly platform that will help you create a lovely and informative website. Be mindful of what to include and what to skip and the final product will be an attractive and helpful wedding website that your guests will truly appreciate.

Dating Advice: Why 'Ghosting'

is the New Normal in the Dating Scene



By

[Hope Ankney](#)

Most of us have been the victim of abandoned text messages, empty voicemail boxes, and the complete disappearance of someone we thought we had a great connection with over drinks. This leaves us with a haunted mind that tries to understand what we did wrong to cause someone to vanish from our lives. An experience that is more common in our [dating](#) lives than most of us think, the term “ghosting” (the act of withdrawing or ending a relationship suddenly and without explanation) has become the new normal.

In this dating advice, find out why “ghosting” is so trendy right now in the dating scene.

Is ghosting a new trend because of the rise of technology and social media? The absence of communicating with others face-to-face? The desensitization of considering others' feelings due to impersonal interaction? Those are questions that have circulated around the term “ghosting” for a while now, in an effort to understand the epidemic that has created open wounds and confusion. It seems that the main culprit to “ghosting” in our dating lives is the lack of vulnerable communication we have, now. Many people don't know how to cope with having an honest conversation, so they'd rather disappear instead of confronting the other person directly about their feelings. Dr. Fran Walfish, a leading child, couple and family Psychotherapist in private practice in Beverly Hills, California, provides her opinion on why “ghosting” has become so popular in modern dating:

1. Technology: As Dr. Walfish explains, “We are currently living in an age where people judge dates based on what technology they have. They slide this under the guise of ‘ease’.” With how technology-dependent our society is, nowadays, it's much easier to contact people on whatever social media app or texting device we have available to us. She goes on to say that people have normalized texting to be a front-runner in how we communicate in relationships, which ends up causing much more misunderstanding, uncertainty, and distance between people. This results in “ghosting” being a common practice that hurts and confuses the message receiver.

Related Link: [Expert Dating Advice: How To Have Tough Talks With Your Partner](#)

2. “Cookie Jarring”: This, as Dr. Walfish has coined, “is a

dating term where you keep someone as a backup with no real intention of dating them. You use them as a possible escort for parties or group events so you don't have to go alone, but you put them back in the cookie jar when you're done." This somewhat of a brutal way to put it, right? But, "cookie jarring" is actually a phenomenon that only further perpetuates "ghosting." With millennials and Gen Z-ers being raised in an environment of selfish and narcissistic media, these daters lack the realization that their behavior could significantly impact another. So, when they're using someone or treating them coldly, they often don't see it as being rude or disrespectful.

Related Link: [Dating Advice: 3 Ways to Know If Your Relationship Is Worth Saving](#)

3. Peer Pressure: Young people seem to constantly worry about how their peers perceive them, especially on social media. Dr. Walfish details that "young adults seem more consumed with how they are viewed by their peers if they show up dateless, rather than building internal character by doing the right thing and treating others the way they want to be treated." Not only that but sometimes friends persuade them to drop those they're dating or seeing. We love to fit in, and it isn't abnormal for us to do that by 'ghosting' someone that the peers we value are telling us to. Peer pressure is the culprit for many people disappearing on others, and the constant focus on social media can tell a person that they don't need to be dating one person when there are so many potential partners out there.

4. Bottom Line: 'Ghosting has become a phenomenon that, sadly, is here to stay. The dating scene has veered away from finding someone to build a relationship with, instead, focusing more on how easy and simple hooking-up is. This replacement has caused a stunt in how we utilize our communication skills and function in healthy relationships. The [relationship advice](#) that Dr. Walfish gives on how to combat the ever-increasing,

impersonal characteristics of modern dating is to stick to traditional dating roles. "Open, honest communication between two loving and solemnly committed partners is required to make all the types of role divisions in relationships work." And, if you aren't feeling the same connection that your date is, the best thing to say is what Dr. Walfish suggests: "You are a lovely person, but I feel like we are not the right match (or fit)." By doing this, you're at least not leaving someone in the dark, feeling abandoned and rejected without knowing exactly why.

[Dr. Fran Walfish](#) is a leading couples relationship and family psychologist in Beverly Hills, CA, as well as the author of the book [The Self-Aware Parent: Resolving Conflict and Building a Better Bond with Your Child](#). She also writes a weekly relationship and parenting Q&A that is published in the 'Beverly Hills Courier' newspaper and is a former co-star on WE TV's 'Sex Box.' You can find her on [Facebook](#), [Twitter](#), [LinkedIn](#), and [YouTube](#).

Dating Advice: 7 Effective Ways Out of a Breakup





By

Bijan Kholghi

You'll agree with me that getting over a breakup is not easy. This situation can be very tough, and there's no way we can sugar-coat it. That said, the period after a breakup still presents ample opportunity for personal rebranding. A few months ago, I was neck-deep in this highly frustrating condition. But I found a way that helped me grow.

Here are some of the compelling techniques and psychological methods that can help you rebrand and recover after a breakup or divorce.

Step #1 – Redefine & Reclaim Yourself

The first step to healing starts with redefining yourself and giving a meaning to your life. Relationships need total

commitment to flourish, no doubt. However, the extent to which you gave up yourself in the relationship will determine how painful the transition phase will be for you. Perhaps you've always had this feeling of insufficiency or unworthiness about yourself prior to the relationship. Maybe you've failed at having your own life while the relationship lasted. Start by changing that narrative and start being the person you're happy to be.

Step #2 – Redefine Your Borders & Set Healthy Boundaries

Breakups give you a new chance to redefine your boundaries as a person. What does an ideal relationship look like to you? Take a moment to reflect on what your expectations are and better still, write these down. Having a clear idea of simple things like how much time you'd like to spend alone, with your partner, family members, family and friends with your partner, family and friends without your partner, etc can help. Other vital things can include whether or not you want to have kids, marry, as well as other things that may pertain to your career, personal, or social life.

Step #3 – Fix Your Broken Heart

Don't fall into the temptation of thinking about the good old days. This is like an addiction, and the earlier you get rid of it, the better. First, accept that that phase is over. Make a list of those things you didn't like about the ex. This will help you avoid being fixated on their positive sides, which will only hurt you the more. Finally, take practical steps to fill the voids in your social life and identity with things like fun and other fun activities you've missed.

Step #4 – Truthfully Analyze Your Role

This part demands complete truth and honesty. Ask yourself how and what your contributions were to the failure of the relationship. Question why you didn't change and what you should try to do better in your next relationship. This is important to help you grow and do better the next time.

Step #5 – Analyze Your Personal Trigger Points

One part of [getting over a breakup](#) requires analyzing your fights to see what the common triggers were. Perhaps the strong emotions involved appear to have stemmed from old patterns that have been there from childhood. Sometimes, it's not really what the other person does that hurts. Often, it may be an old pattern getting triggered unconsciously. Understanding these will help you avoid the triggers and may help you set the foundation for a stronger relationship when the chance comes.

Step #6 – Don't Please Too Much, No More!

Being committed to a relationship should not mean going against yourself to please the other person. This is more like a disease, and most times, it may reduce how much a person is attracted to you. Don't lose yourself to trying to be a perfect partner. It's necessary to stop this before you go into your next relationship.

Step #7 – Analyze Your Sex Life for Issues

Many people like to ignore it, but it's no lie that good sex life is crucial for healthy relationships. Cracks in your relationship can cause a sexual disconnection for one or both partners, and so your sex life can be a good indicator that something may be wrong. Your sex life should be balanced between being connected to your pleasure and the pleasure of the other person. This is also about putting too much emphasis on pleasing the other person.

Bottom Line

Analyzing the relationship for errors will help you get a better understanding of where things went wrong. More importantly, you'll be able to find the self-confidence and self-control you need to get over the phase. At the end of the day, getting over an ex is still not easy. However, these techniques helped me through my difficult moments after a breakup. If you can try them, I'm hopeful they'll help the light shine through the cracks of your broken heart, again.

Bijan Kholghi is the founder of www.coaching-online.org and a life coach with a special psychological education in hypno-systemic coaching. His teacher Dr. Gunther Schmidt is the founder of Milton Erickson Institute in Heidelberg (Germany), a direct student of Milton H. Erickson, and a leading figure in psychotherapy education in Europe. His highly effective coaching and therapy method helps people getting aware of their unconscious pattern and gaining control over them. This leads to a more fulfilled and happier life.

Expert Dating Advice: How To Have Tough Talks With Your Partner





By

Tori Autumn

At some point, many people have to say, “We need to talk,” to their partner, a phrase that could affect the relationship moving forward. Some examples of sensitive topics include [moving in](#), talking about [marriage](#), having children, being committed, financial responsibilities, arguments with family members, unresolved conflict, or the decision to separate.

How to make that tough talk with your partner easier!

Ultimately, the reason why you shouldn’t be afraid to have tough talks with your partner is that having uncomfortable conversations test the strength of a long-term relationship.

Related Link: [Expert Dating Advice: Three Reasons Why My Worst Relationship Brought Me to My Best Relationship](#)

Here are some tips for nailing those difficult talks:

1. Make the Setting a Place You Feel Most Comfortable

The setting of the conversation sets the tone and could make a difference for how you both begin and end the talk. You can find a spot with little to no distractions, get there a little earlier so that you can feel relaxed, and have a general outline (mentally or written down) of the main points you want to talk about.

2. Practice Detaching From the Outcome

You are responsible for what you say, but you can't control how someone will react to what you've said. One of the biggest reasons why we delay tough talks is because we allow the fear of thinking our partner will get upset or change the way they feel about us to hold us back.

However, deciding to not have the needed conversation that you want keeps your true feelings on the back-burner. Instead of focusing on what goes wrong, the goals to be understood and to understand your partner should take priority.

In an [interview actor Will Smith](#)'s wife, Jada Pinkett-Smith talks about how she felt drained after hitting a wall in her marriage while trying to juggle her family's multiple careers. After admitting this, she said, "I just knew with the kind of love that Will and I share – which is beyond romantic love – that we could transform our union and figure out how to re-create what we had." She went on to say that she believed she and Will had the tools to keep a healthy relationship and family together.

If you know your partner pretty well, the outcome of the conversation was probably going to happen eventually, but speaking up about what's on your heart now gives you both the accountability to move forward accordingly.

Related Link: [3 Ways to Know If Your Relationship Is Worth Saving](#)

3. Give Your Partner the Opportunity to Express His/Her Feelings

After you're done speaking, let your partner get his/her time to react and say how they feel. This time is as equally important as when you led the conversation, so be fully present and listen, rather than speak defensively.

Tough talks do not necessarily get easier over time, but the way to have them is to start with lighter conversations and gradually move up into more honest conversations. Deciding to push past the awkwardness will give you the opportunity to express yourself and see how your partner really feels.

Ladies, want to know the 3 secrets to getting a man to take you seriously? Download your free guide [HERE!](#)

Tori Autumn is a certified relationship coach, blogger, and author. Her coaching business is named Tori Autumn Coaching and her website is tautumncoaching.com.

Read more at [Cupid's](#).

Relationship Advice: An Unconventional Marriage





By

[Dr. Jane Greer](#)

Once upon a time, there was a very clear, natural progression of how a couple moved from one phase of their relationship to another: they dated, became engaged, got married, and, finally, moved in together. Any other choice, years ago, would have been frowned upon and maybe even whispered about. Of course, that has all changed and now we see and generally accept any choice people make, in the order in which they make it, and the way in which they commit to each other – as long as both members of the couple are on board.

Relationship Expert Advice: Have a Relationship Your Way

Whether they want to live together first, have a family first, or, possibly even, commit their lives to each other and never share a home, it is all happening out there. For example, actress [Kaley Cuoco](#) and her husband Karl Cook choose to be in a committed, monogamous relationship but also choose to [live](#)

[apart](#). They tied the knot over a year ago but still maintain separate residences. Rather than worry about what family, friends, fans, and tabloids think of their arrangement, the busy pair say they value their independence, relish the time they spend together, and don't worry about what other people might be thinking. In other words, it works for them. There are pros and cons to every choice a couple makes as they build their life together and it is a matter of knowing what suits the individual people the best. So, how do you know if this possibility might be right for you? Will a situation like this enhance or hurt your relationship?

One question to ask yourself is how much do you need your privacy? Can you tolerate the company of another person without your own time over a 24-hour day? Consider also the accountability that can come with sharing a home with your partner, because sometimes even if you get up to simply go to the bathroom or kitchen your, partner might be curious about your whereabouts and ask you where you are going.

Related Link: [Relationship Advice: What We Can Learn From the Trials and Triumphs of Celebrity Relationships](#)

In addition, the practicality and logistics of your lives might make it difficult to uproot yourselves, especially if you live in different places. Deciding to have a long-distance marriage can give you the opportunity to share a life while maintaining priorities of work, family, and friends. This can be especially true if you find each other a little later in life. In that case, you may have fully established an autonomous lifestyle, which includes routines and habits that are hard to break, and in some ways might not be suitable for sharing a home with another person.

That can be the case even if you live just a few blocks away from each other. If you both find yourselves sharing these concerns – and you each already love the home you created and don't want to give it up – this might be a way to have it all.

Similarly, if you each keep early, late, or unusual hours at work, and coming home could be disruptive to your partner, maybe even totally conflicting with their routine, or if you travel a lot anyway and, with that in mind, it doesn't make sense to combine households, this might be something to consider. Finally, if you have a beloved pet and your spouse is allergic, it could be a way to avoid a deal breaker and still make it all work.

Ultimately, there can be many upsides to this, even beyond holding on to your daily life as you know it. There is less of a chance to get on each other's nerves, since you always have a place to go to get away and you won't be forced to be together if you don't want to be. It can keep your love fresh and more romantic because you can exercise more control over your appearance and how you present yourself to your partner. And if you have different methods of keeping house, one of you is messy and the other a neat freak, this will allow you to just be yourselves in your own homes without bugging the other person.

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

On the other hand, living apart can have a real downside. You are more likely to miss out on little moments – inside jokes and shared bedtime and morning rituals – and you're putting off the inevitable step of showing each other your authentic selves while you navigate the tricky waters of splitting up household responsibilities and chores. Because of this there, may be much less chance to learn to cooperate and work together as a team, which allows you to develop an up-and-running sense of partnership. You might not be there when you need each other, if one of you doesn't feel well, or if you want a spontaneous snuggle. It is also possible that you will feel judged by family or friends, and even strangers, for doing something that might be construed as different.

This is not a dish for everyone, but it might be for those with a particular taste. It offers the opportunity to marry the person you love despite obstacles you might not be willing to change, which would otherwise make getting married impossible for one or both of you. Being married but living apart might be an option to give life to your commitment instead of making it untenable. For now, Kaley and Karl are taking advantage of the upsides of living apart. They are building a life together and don't seem to be concerned that their relationship has been labeled "unconventional." Whatever decision you make for your relationship, know it is right for you, and try to tune out the noise, focus on each other, and continue planning for your future.

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

Read more at [Cupid's](#).

Dating Advice: Cookie Jarring





“Love is an untamed force. When we try to control it, it destroys us. When we try to imprison it, it enslaves us. When we try to understand it, it leaves us feeling lost and confused.” – a confused lover

When it comes to narrating a tale regarding the history and contemporary details of love and relationships, none claim to be an expert. Almost everyone seems to be somewhat baffled when it comes to the concepts of love and attachment. You can never be definite about the path your current relationship, and therefore you should be taking precautions. All the while, however, you tend to indulge in a relationship no matter what happens or had happened to you in the past. You just can't keep yourself apart from this sweet poison that you're taking so deliberately – love. That doesn't mean you're not skeptical at the end of the day, which can lead to questions and uncertainty in your relationship. To get rid of that insecurity, you need to trust in your partner completely, and trust nowadays is hard to come by.

Social media and various dating apps offer you a world of possibilities. It's like a cookie jar you just have to reach in to to find your preferences. As a result, the term "cookie-jarring" came into existence in the dating advice world.

Let's suppose you're in a casual relationship with your neighborhood friend or your one of colleagues, and at the same time, you get involved with a potential candidate from www.DoULike.com. Now, you're in jeopardy. At first, you were not so sure about your local friend or colleague and to maximize the confusion, you find your 'DoULike' mate even more dynamic and influential. Now, you're just keeping your friend and colleague as back-up plans. The whole idea of dating someone as a back-up plan is referred to as "cookie-jarring."

"Cookie-jarring" happens as a consequence of insecurity. If you're ever feeling unstable in your relationship, you may drag yourself towards a backup option intentionally or unintentionally to find stability. It's the new trend emerging worldwide. The modern dating landscape is ever-changing. Because this process has a fail-safe option, you always have a fallback option where you have no need to be lonely or to panic about the possibility of rejection.

This is a tool of modern age dating, yet there is nothing charming about it. There is always a person who ends up getting hurt and has a hard time recovering from it mentally and psychologically. "It keeps you feeling dependent on having someone, anyone in your life – which is not the healthiest way

to start a relationship,” Theresa Herring, a licensed marriage and family therapist from Chicago, explained. She also stressed on the point, saying, “Plus, it could blow up in your face if the person you’re actually interested in finds out and it prevents the person you’ve cookie jarred from meeting somebody who actually fond of enough to date them.”

To sum up, a sincere byproduct of insecurity and lack of respect leads you to “cookie jar” your not-so-compatible partner who you kept as a bystander all along. The fact is, sometimes people simply don’t know what they want, which can lead to “cookie-jarring” and a lifetime of regret.

“We often confuse what we wish for with what is.” -Anonymous

Beware of the red flags, and embrace the decisions you make while in a relationship, be it a cookie-jar or not.

Dating Advice: The Best App for Trans Women & Men





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g apps have come a long way. According to some, they have an even longer way to go. At any rate, there are now some decent apps for transgender dating. Trans women and men are welcome on platforms like OK Cupid, Match, and more, but the [best app for them right now is Grindr](#). It was started 10 years ago and has become the biggest social networking app for trans, gay, bi, and queer people. According to the app's website, it has millions of daily users from all over the world.

In this dating advice, find out more about Grindr.

Grindr is a modern dating app showcasing a vibrant LGBTQ lifestyle. Now, the app is extending into new platforms. It is, in fact, more than a dating app and features original content that touches on thorny social issues and blazing innovative paths throughout the dating community.

Grindr has managed to create a safe space for trans people to discover and navigate a vast dating pool. In the past, it had

a reputation for flings, but all kinds of options are available now. There are a lot of gay men, trans women, and straight men interested in [transgender dating](#) on the app. There are quite a few FTM too. Recently, the app introduced options for members to identify themselves as “she/her,” “he/him,” or “they/their” as well as various gender identification options, including “queer”, “non-binary,” “non-conforming”, and “trans woman.” The app has banned nudity in public photos and gives the option to list what type of relationship you’re looking for.

Users can identify as bottoms, tops, or versatile. Safety and health are crucial to the founders of the app and users can disclose the date, on which they last got tested for STIs (if they wish). Members can send each other private messages and see images of matches based on distance. Grindr Xtra comes ad-free, with unlimited blocks and likes, the chance to view hundreds of possible matches, and additional filters.

More to It Than Meets the Eye

The site is very well designed and has sections on topics such as “What is gender identity?”, what it means to be transgender, cisgender, and non-binary, and the difference between being trans and being intersex. There is information about transphobia and what to do if you are trans and need help. There is a list of resources on the site put together by the National Center for Transgender Equality for people in the US.

Another option the app points to is the Trans Lifeline, an organization by and for transgender persons. There is a number to call in Canada and in the US. Trans Lifeline is staffed by kind, helpful volunteers who are always ready to respond to community members’ needs.

Runners-Up

While Grindr is the best app for trans people in our humble

opinion, there are others which deserve to be mentioned and have some potential for those interested in transgender dating. These include Luckyapp.co, Zoosk, and OkCupid.

Lucky

This is a great app for hookups, very straightforward: you get “lucky” when you find a match. It’s welcoming, anonymous, and great for trans men and women. The app supports all types of sexual orientations, so you can find a match no matter what your preferences are and what your gender identity is. It helps people explore their sexuality in a safe space.

Zoosk

This app is 100% free to use and offers live video and vocal “speed sessions” via computer and webcam. It has many transgender users, whom you can meet very fast.

Zoosk is a “site with a heart” whose scope goes beyond helping people meet and have a good time. The platform is very active in volunteer work, with staff regularly helping out at animal shelters, local arts groups, and Glide Memorial. Zoosk is always searching for new ways to make a difference to community life.

OkCupid

OkCupid makes it easy to sign up – all you need to do is link your profile to your Instagram account. On the downside, the app requires a long profile. To see transgender men and women specifically, you can use a “filter” option. According to Quora users, though, you will only see those who self-identify as transgender.

If you meet a trans person on a dating app, don’t ask them what gender they are (they have indicated this upon signing up) and don’t ask them what genitals they have. This will put them off.

Dating Advice: 3 Ways to Know If Your Relationship Is Worth Saving



By

Tori Autumn

There comes a time in many relationships when tensions flare up, underlying resentment starts to rise, and overall trust is broken. You start to question if the relationship in question is worth saving. Is there a long-term commitment coming down the line? It can be extremely tough to know if the person you're with is the one for you.

In this [dating advice](#), find out if your relationship is worth saving.

1. Evaluate the way you both bounce back from arguments.

How you handle the storm when things go haywire can speak volumes to how you interact with each other moving forward. When you both need to cool off, do you find yourself still resenting your partner after a few weeks have gone by? Is your partner open to having normal conversations after the argument or does he/she avoid the topic and pretend like it didn't happen? And, most importantly, how do you feel overall after having a bad day with your partner? When you evaluate your reactions to both small and big arguments, this will bring you one step closer to understanding if the person you're with is the right one for you.

Related Link: [Alternatives to Couples Therapy: Save Your Relationship and Love Life](#)

2. The chemistry is still there.

A good sign that your relationship is strong is that whenever you see your partner, it still feels good. Being with the person who makes you happy can feel new and fresh. Whether you've been together for one year or 10 years, you're both able to continue the romance, laughter, chemistry, and overall great company.

The important thing to remember about chemistry is that you should pay attention to the consistent behaviors and the reactions you're both expecting. For example, if your ideas of keeping the romance alive are going out on dates, watching comedies, planning trips/activities together, etc., you should make sure your partner is open to the things that make you happy. This should go both ways. This way, you won't feel like you're putting in more effort than your S.O.

Related Link: [Expert Dating Advice: Why Can't I Seem to Find The One?](#)

3. You still feel safe communicating yourself.

On a scale of 1-10 with 10 being the highest, how much trust do you have in your relationship? Trust can take the form of communicating your issues, happiness, frustrations, loyalty or emotional security. If your relationship went through a rough patch, and you can both find the strength to sit down and have those meaningful talks, this is one of the most common ways of knowing a little tension is something your partnership will survive.

All in all, you'll know if this relationship is worth saving if this is something you both really want. Take a step each day to think about if your life has changed for the better since you've been with your partner. And if so, be open to trying out new ways to keep the relationship going!

Tori Autumn is a certified relationship coach, blogger, and author. Her coaching business is named Tori Autumn Coaching and her website is tautumncoaching.com.