


Is Tiger Woods Capable of Being Monogamous with Lindsey Vonn?



 By Susan Trombetti, CEO of Exclusive Matchmaking and Relationship Expert

The breaking news this week is that pro golfer Tiger Woods and popular skier Lindsey Vonn are officially dating. Many are skeptical of this situation, as Tiger is still getting over his reputation as a cheater stemming from the scandal with his ex-wife, Elin Nordegren. Well, let me just say that Tiger has so many cheating scandals in his history that I doubt he could be faithful again unless there are some drastic changes involving his inner circle, lack of opportunity to cheat, and possible therapy.

Related: [Kourtney Kardashian and Beau Get Therapy](#)

Why, you ask? For one thing, he is surrounded by “yes” people who’s financial situation is dependent on Tiger. I don’t see them becoming moral against all odds and tying him up when he has the urge to cheat. They are loyal to him and will enable what isn’t good for him just to make him happy. They may rationalize: “It’s just women, and boys will be boys.”

Other celebrity examples of this is Anna Nicole, who was surrounded by enablers like her attorney, and Michael Jackson, who was backed up by his doctor. These are drastic examples, but it’s hard to say “no” when your boss says “jump”. In Tiger Woods’ case, he has his inner circle and his mother enabling his addiction to cheating. Plus, he has a history of it, as his dad cheated in the past. This is all he

knows. In my opinion, what he really needs is some therapy or a 12 step program to become fully aware of the reasons behind his bad behavior and poor choice in so many trashy women. Then, Lindsey may have a chance.

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Here are some signs that a guy might be a serial cheater and unable to commit:

1. He excludes the word "faithful" in his marriage vows and takes issues with it like South Carolina governor Mark Sanford.
2. He tells you he cannot be faithful to any one woman. Let's face it, that is what they are saying when he tells you he cheated on all his exes.
3. They have an addiction to cheating like David Duchovny.
4. They have cheated in the past, like Eddie Cibrian or Bill Clinton.
5. They are powerful men who think the rules don't apply, like Silvio Berlusconi and Arnold Schwarzenegger.
6. They are men with big egos, deep pockets, and lots of opportunity, like Kobe Bryant and Tiger Woods.
7. They tend to go for the "bad boy" or "bad girl" like Sandra Bullock did with Jesse James.

Susan Trombetti is an expert matchmaker and member of the Professional Matchmakers Association. She has helped many discerning singles discover long-term relationships and partnerships that are both rewarding and fulfilling through her business, Exclusive Matchmaking.

Celebrity Couples That Remained Friends After Dating



 By Jennifer Harrington

Dating in Hollywood's spotlight can be thrilling and challenging for celebrities. While it can be intense for the stars to navigate love with their partner under the microscope of the media and paparazzi, it's even more problematic when couples break-up and part ways. As we know, breaking up is hard to do and many couples do not remain on amicable terms. However, here is a look at several celebrity couples who have managed to stay friends after ending their romance.

Demi Moore and Bruce Willis:

Demi and Bruce were married for over a decade, are parents to three daughters, and also have the "biggest drama-free divorce in Hollywood". During Demi's six-year marriage to Ashton Kutcher, it was widely publicized that Bruce spent time with Demi, Ashton, and the kids (the gang appeared everywhere together from red carpets to exotic vacations!). When Demi and Ashton's marriage dissolved, Bruce was a shoulder for his former wife to cry on. So what's the secret to the harmony between them? Many speculate it is their shared devotion to their kids, and the fact that their union dissolved without any rumors of infidelity.

Related: [Demi Moore Proves There's Hope After Divorce](#)

Reese Witherspoon and Ryan Philippe:

Reese and Ryan married young and split after seven years of marriage. The marriage produced two children, and the grounds of divorce were reported as “irreconcilable differences”. However, in the several years that have passed since they parted ways romantically, it’s apparent that this duo has stayed tight and they have a fantastic friendship. In fact, Ryan and Reese are frequently spotted (with Reese’s current husband, Jim Toth) watching their son’s soccer games together! Hollywood insiders believe the secret to Reese and Ryan’s friendship is open lines of communication and talking through any issues that come up.

Related: [Reese Witherspoon Says Married Life Feels Great](#)

Kendra Wilkinson and Hugh Hefner:

Kendra became a star by living in the Playboy mansion as one of Hugh’s girlfriends. Kendra ended her romantic relationship with Hugh, but the couple remained so friendly that Kendra and Hank Baskett were married at the Playboy mansion, and it was initially reported that Hugh would give the bride away during her wedding ceremony! Kendra has a young son with Baskett, and she’s made it known she wants her son to call Hugh “The Godfather”. Recently, Kendra was quoted saying she wanted to kill Hugh’s current wife, Crystal Harris, because she is skeptical of her intentions. This statement is evidence of the deep friendship between Kendra and Hugh; it’s obvious these two always have the others best interest in mind, and they aren’t afraid to stand up for each other when necessary!

It’s certainly not common for celebrity couples to remain friends after the romance fizzles, but it is reassuring to see how these couples have made it work and stayed close. There are obviously lessons to be learned from Demi and Bruce, Reese and Ryan, and Kendra and Hugh. Tell Cupid: what do you think is the most important advice for two people transitioning from lovers to buddies?

Why 'Bachelor'-Inspired Values Matter in Relationships and Marriage

By Susan Shapiro Barash, Author of *The Nine Phases of Marriage*

What could be more appealing in today's slick, fast paced society than to watch a dashing handsome bachelor who is also pristine make his commitment known to us? It is little wonder that 28-year old Sean Lowe captured the attention and curiosity of so many female viewers.

And while the heat was on to see his final choice and we waited with baited breath, it was refreshing to learn about a young, charismatic man who has a traditional attitude toward marriage and family. On March 11th when Catherine won Sean's heart, it underscored how much values mean in a relationship. Not only were we watching this couple move forward with great anticipation, but this next step also jolted us into thinking about what it takes for a marriage to be successful.

The Pillars of a Love Relationship

According to the media, the lucky couple hopes to start a family right away, and this of course is a big part of the picture. When it comes to commitment in a love relationship, there are other factors as well. The foundation of a solid relationship and marriage include:

1. Honesty and respect: There is no better way to build the

relationship and sustain it through the ups and downs of daily life.

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

2. Commitment and Communication. A couple should, ideally, discuss their views in depth on the following (in no particular order) family –including in-laws, friendship, children, work ethics, finances, and religion ahead of time with full disclosure, in order to secure the relationship.

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

3. Flexibility and Understanding. Both parties should know one another well enough to roll with the punches and support one another in times of need.

Shared Values Protect the Relationship

Many times couples are too caught up in the excitement and the passionate phase of a new relationship and pending marriage to address the important issues stated above. The problem here is that if expectations are implicit and not fully discussed and recognized, this can lead to problems later. If a couple is not prepared as a team for the ups and downs of life (illness, loss of job, problems with children, relocation) and has not discussed the 'what if's, there can be friction ahead and this can drive a wedge into the relationship.

It is wise to remember not only that life throws us curve balls, but that it is our esteem for one another, our shared points of view and methods of coping that will get us through.

Susan Shapiro Barash is the author of 13 books on women's issues and is frequently sought after by national media to comment on gender and relationships issues. Most recently, she appeared on ABC's 20/20 to discuss "The Truth About Lying" in marriages. In her recent Huffington Post piece, "It's Wives Who Want More Sex and They Are Getting It," Barash reveals

some surprising statistics she found about wives and their intimate relationships.

Expert Relationship Advice: The Simplest Tip to Save Your Relationship



 By Laurel House for Galtime.com

Sure, he says he loves you even without makeup on, and that's sweet, but that doesn't mean you have permission to now only wear makeup when you get gussied up to go out with the girls!

Remember at the beginning of your relationship as you were shaving your legs and perfectly coiffing your pubs thinking "I can't imagine ever not wanting to take the time to do this..." What happened?

...Because He Isn't Suddenly Blind

Like women, men want to feel wanted, needed and loved. They also want to feel like you are putting effort into the relationship. Just because you've moved in together, or you've been going out for a year, doesn't mean that suddenly he's blind. You can't just kill off the sexy girl that you once were- the one who seduced him, then wonder why the girl at the office wearing the short skirts and giving him attention is getting his attention back. It's time to put some effort into your relationship!

Make Up Your Mind and Your Attitude Will Follow

But you're just not as attracted to him as you once were? You prefer lounging in sweats at home, keeping your hair in an unkempt ponytail, and wearing your cozy mismatched bra and panties? Mindset is a big part of it. Feel sexy, you will act sexy. Dress up, shave your legs, and adjust your attitude! Flirt with him when you go out. YES, flirt! You may have already gotten him, but that doesn't mean that now you should just talk about that annoying chick at work, the frustrating thing your mom said, how stressed you are that you are gaining weight, and how you found yet another gray hair on your head! Come on now... do you think that's sexy? Do you think that's going to make him want you? Do you think that kind of conversation is going to make you want him? No. The answer is no, it's not.

Like Using Your Fancy Silverware

Similar to using your fancy silverware and china instead of keeping it stuffed in the back of the cabinet (really, what are you saving it for? USE your nice stuff, enjoy it! You only live once...). Wear your sexy lingerie- often! You might think that he doesn't notice it. You might feel like every time you put it on, he is too tired and passes out without getting an eye full of how hot (and uncomfortable) you have secretly been all night! And maybe you're right, maybe he doesn't notice, but he will notice if you're not wearing it...

Happened to Me...

I know because I did it. It happened to me. After one too many "rumors" and inappropriate glances to other chicks, I couldn't take it anymore. Why was my guy paying so much attention to every hot chick he saw?! After two years, we ended up ending it. A few months later, when we could both be honest without fear of repercussions, I asked him why the roving eye. He said that I stopped trying. I didn't make him feel sexy or wanted.

I didn't flirt with him and give him naughty glances and say sexy things under my breath. He became... normal to me- like putting on socks with my running shoes. Just something you do. It wasn't exciting anymore. This is the same guy who I found breathtakingly sexy and couldn't keep my eyes, hands, skin, or mouth off of when we first met.

But remember the first time you put those brand new running shoes on and what a total thrill it was? Same thing... kind of. Like getting all of that coveted china for your wedding, then never using it. Like putting your treasured diamond necklace in a safety deposit box for safe keeping. Why have it if you don't use it. Any night, day, even breakfast can be a special occasion- if you make it one. I know... sexy lingerie isn't as comfortable as cotton panties. Well having a lackluster relationship is worse. Believe me. It's time to try...


AND, GUYS.... RECIPROCATE THE EFFORT, PLEASE.

xx

Laurel

Top 5 Hot Hair Tips You Should Be Taking from Celebrities



 By Dixie Somers

Many celebrities are known for having great hair. It's no surprise that people want to recreate their styles for

themselves ... and their partners. Here are five hot celebrity hair tips that can easily get you that fresh look for your next hot date:

Blunt Bangs

Have you just gone through a rough break up and you're looking to spice up your look? Go with the blunt bangs. Celebrities like Jessica Biel and Olivia Wilde often wear blunt bangs. It's a simple style to have done at a hair salon (or at home with the right experience). To get this look, hair will be combed forward, in front of the face. Then it will be cut straight across to the desired length. An easy way to maintain it is to simply use a flat iron on low heat, or use a round brush and blow dryer.

French Braids

Going on a hike or a fishing trip with your man? It's time to try out the French braids. Rihanna and Anne Hathaway have been spotted many times with this look. It takes only minutes to achieve. Simply choose the desired location of the braid(s) and separate dry hair from that area into three equal sections. Then braid those sections and tie the end. Straight hair is easier to braid and looks neater, so a flat iron can be used for curly or frizzy hair.

Related: [Date Idea – Road Trip Your Way to Romance](#)

Soft Wave Curls

Going out for a night on the town with your girls? Hit the club like a celebrity with the soft wave curls. Beyonce and Megan Fox frequently dawn soft wave curls. It's one of the most versatile hairstyles that look great on almost everyone. This look is simple to achieve, all that is needed is hairspray and a curling iron. The first step is to separate dry hair into small sections. The next step is to grab each

section, one at a time (holding the hair at the ends), and lightly spray each section. Last, with a medium sized curling iron on low heat, wrap each section around the barrel for about ten seconds.

Related: [Beyonce NYC Sleek Styles](#)

Sleek and Straight

If you've got a fancy dinner date with your boyfriend, the sleek and straight is a classy look you can't go wrong with. Mila Kunis and Jennifer Aniston love this look and it only takes two products to get the same results. All that is required is a flat iron and a protective heat spray. First, lightly apply the spray (it will protect hair from excessive heat damage and also add shine). Then, flat iron dry hair by grabbing one small piece at a time. Using a flat iron that is one to two inches is recommended.

Slicked Back

Want to go for something a little different, but still classy? Show your boyfriend you've got the guts to do something new with your hair. The slicked back look is fresh and sexy, so it will turn heads. Jennifer Lawrence and Hayden Panettiere regularly wear this style casually and on the red carpet. It can be worn in two ways. One way is the wet look. To get this style, simply apply hair gel and comb hair in a backward direction. Another way is the soft look. It's the same procedure, just replace the hair gel with hairspray. It may seem simple, but it's in style right now.

3 Questions to Ask Yourself Before Dating Again



By Sheila Blagg for GalTime.com

Now that you are divorced or otherwise single, what are you looking for?

You've probably been asked that question, or a variation of it, many times, and it's not always easy to pin down an answer. Most of us can readily identify what we *don't* want, but putting a finger on exactly what we're looking for in a partner and/or a relationship is often a difficult task.

As a relationship expert, I've found that many of our wants come from things that we've experienced in past relationships, or from things we've not experienced but would like to. We hold on to pieces of past relationships that we perceive as "good," and we tend to drag that baggage into new relationships.

But this type of behavior raises a very important question: Is this fair?

The answer is: not really. It is very important to enter into each new relationship with no preconceived ideas. Try to leave behind your past, and look at the new man in your life with fresh eyes and an open heart. But, that does not mean that you should walk in with heart in your hands, ready to commit.

Below are three questions that you should ask yourself as you're preparing to start dating again.

Question #1- Are you looking for a serious

relationship?

If your answer to this question is “yes,” then your approach to dating may be a little different from the tactics used by someone looking for a casual set-up. Ask your new love interest important questions *before* going on that first date.

Questions such as, “Are you looking to just date or are you looking for a serious relationship?” will help you narrow down your search to a man who has similar relationship goals. Most men will share their intentions, especially if they have been divorced. But there are a few who won’t, so always, always trust your instincts.

Question #2- Are you looking to date many different individuals at the same time?

If your answer to this question is “yes,” you’ve set a solid starting point. Make sure to tell anyone you are thinking of dating, that you’re not interested in a monogamous relationship at the moment. Explain that you are simply interested in dating and having a good time.

I have found that many of the women I’ve worked with, as well as some of my friends, believe that an honest approach works best for them. Honesty is an approach that men I’ve worked with and know appreciate very much. Single and divorced men don’t want to waste their time any more than we do. Honesty is really the way to go!

Question #3- Are you simply interested in friends with benefits?

This is the tricky question. But if you’re being honest with yourself, it’s really not that hard to answer.

If your answer to this question is “yes,” then again, honesty is the best way to go. There are many men who are not interested in this type of relationship at all. They do not

like the idea that the woman they are “seeing” may be intimate with other men. In my opinion, it’s important to share this type of information up front. You don’t want to hurt or offend anyone, but if dating is not something you want, nor does it interest you on any level, then you don’t want to be involved with someone who does.


Finally, and most importantly, remember that when you accept an invitation for that first date after a break-up (or extend an invitation!), the event is exactly that...JUST A DATE. Leave your baggage at home.

- **Don’t spend your time with a new interest talking about all the wrongs of your past relationships.**
- **Don’t compare him to your past, expecting things to feel normal.** Chances are he won’t be the same and things won’t feel normal.
- **Dating is very different than it used to be,** and you truly may not know what you are looking for at first.
- **Take time to figure it all out *before* you get serious with someone new.** You know what you do not like, but your wants and likes may change daily, and that’s ok.
- **Don’t overthink everything. Give yourself a break, take a deep breath, and jump!**

â€‹You truly will be just fine.

10 Bad-Boy Celebrities We’d Love to Date



 By Meghan Fitzgerald

Dating bad boys is thrilling. Even if you end up in tears with a gallon of ice cream in front of you, we still tend to choose the “bad ones.” In *Profiling Your Date: A Smart Woman’s Guide to Evaluating a Man*, author Caroline Presno says, “Bad boys are like potato chips—after you have one, you want to nibble on more and more until you eat the whole bag and feel sick.” Although dating these certain breed of men is sometimes dangerous and stressful, it is fun. And sometimes ladies, we all need some fun. Here are some bad boy celebrities we’d love to date:

1. Ryan Gosling: With his powerful movies and stunning facial hair, who wouldn’t want to date this hipster bad boy? Even though his charming role in *The Notebook* can allude to the fact that he is a sweet guy, he’s not always. His roles in *Drive*, *Blue Valentine*, and *Gangster Squad* show his true self.

Related: [What Attracts Us to Bad Boys?](#)

2. Johnny Depp: This bearded pirate is a bad boy women would love to date! The American actor, film producer, and musician has broken all rules of Hollywood and has been crowned the Years Sexiest Man year after year!

3. Colin Farrell: A large part of Colin Farrell’s bad boy-ness comes from the release of his [sex](#) scandal in 2003. The Irish actor has a history of womanizing and excessive partying, a key part to being a bad boy.

Related: [3 Reasons Nice Guys Shouldn’t Finish Last](#)

4. Jude Law: Having an affair with Sienna Miller and producing a love child gives this British heartthrob a serious edge. His scandalous ways with have filled the tabloids for years!

5. Matthew McConaughey: Flying solo, Matthew McConaughey is tied with the bad boy image. The constant shirtless lad has been arrested for drug possession and disturbing the peace.

This mate is a crazy party boy.

Related: [11 Ways to Meet Your Next Date](#)

6. Christian Bale: How are you not considered a bad boy when you play the role of Batman? Bale lost his cool on *Terminator Salvation*'s director of photography Shane Hurlbut, TMZ. Leaving a strong image in the media.

7. Robert Downey Jr: It could be the possibility of being a super hero however, they all seem to be "bad boys." Iron Man in particular has a past filled with a strong drug and alcohol addiction. He's seen years in and out of rehabs.

8. Mark Wahlberg: This muscular Boston boy has spent his time in prison, and with his ballsy attitude who wouldn't want to date him?

Related: [How to Date Like a Celebrity](#)

9. Alex Pettyfer: The British *I Am Number Four* star has been known referred to as a psycho loose cannon by ex-Dianna Agron.

10. Shia LaBeouf: Hollywood's bad boy has his ways of vulgarity, violence, and womanizing. His temper shows throughout the entirety of his bad boy image.

Would you date any of these bad boy celebrities? Share your comments below!

Expert Relationship Advice: 5 Ways to Turn "Me" to "We"



✖ By Dr. Beth Gineris

In order to create successful partnerships in our lives, we must learn to shift thinking from an independent state (me) to a mutually interdependent state (we). Our mindset becomes both caring and supportive, rather than self focused. Here are some details of the two different relationship styles:

The Me-style in relationship

This is a style that is dependent, co-dependent, dramatic, and needy. The two people act as halves who come together and make one whole, with weak or non-existent boundaries. In the Me-style both parties feel lonely, unheard and unseen. They are desperate to feel connected.

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

Example: Britney Spears. She needs others' approval, is insecure, and has found herself entangled with men unavailable to her and lacking stability. She has had great difficulty stepping up to her strength without constant reassurance from others.

The I-style in relationship

This is a style that is independent, solitary, and where individual credit and competition are paramount. Connection is via an intricate tally-sheet of each other's actions; two I's walking side-by-side, with rigid, inflexible boundaries, without interdependence, and lacking dependability.

Related: [Katy Perry and Russell Brand: What Went Wrong?](#)

Example: Russell Brand and Katy Perry. Russell Brand's reasoning for their split was that when you see that you may be incompatible, it's best to call an end to it.

These Me-dependent and I-Independent styles lack empathy and

negotiation; either due to an inability of the person to get outside of him or herself to see the other's point of view and weak boundaries of self- **Me-style** OR due to a foundational insecurity of autonomy and competence resulting in rigid boundaries of self- **I-style**.

The We-style in relationship

This is a style that values interdependence, mutual give and take, negotiation, dependability, and trust. The two parties work together toward shared and individual goals; Boundaries are osmotic allowing interconnections without loss of self.

Example: Jennifer Garner and the newest *Best Picture Oscar* winner Ben Affleck. They describe a dependable foundation of trust, collaboration and mutuality toward both individual and collective goals.


Here are five specific ways to bridge the gap between "me" and we":

- 1. Discover your style of relating.** Which descriptors fit? Possessive, needy, manipulated, insecure? **Me-style**; Defensive, competitive, antagonistic, or a fear of being engulfed? **I-style**; Valued, heard, accepted, dependability? **We-style**
- 2. To turn Me to We begin with yourself first.** Determine what is keeping you in a Me or I-style of relating. Is it an issue of security? Is it something you learned from early life-experiences or a misunderstanding of your true strength?
- 3. Define when, how, under what conditions you feel secure.** Create those conditions. Security can take the form of financial, emotional, physical, or spiritual security.
- 4. If you are in a Me-style you have to create independence before you move to interdependence.**
- 5. Share your insights with your partner.** Invite your partner to follow these steps. Trust the process.

Dr. Beth Gineris holds three graduate degrees, in business, counseling, and Oriental medicine. She has spent twenty years as a psychotherapist, over fourteen years as a strategic management consultant, and eight years as an acupuncturist. She is devoted to providing supportive, solution-focused teachings that allow people to live a more harmonious and happy life. She is the author of 'Turning NO to ON: The Art of Parenting with Mindfulness', and 'Turning Me to We: The Art of Partnering with Mindfulness'.

What We Can Learn from “the Work” Celeb Couples Do



 By Jane Greer, Ph.D. for Galttime.com

When Ben Affleck accepted the Oscar for best picture on Sunday night, he thanked wife Jennifer Garner saying marriage is hard work, but it is the best kind of work. One area that takes great effort in a relationship is finding the balance between each person's needs and desires. Say football is your thing. It always has been, ever since you were a little kid watching at home with your dad. So it is impossible for you to understand why your new partner has no interest in it. You want to go to games together, talk about plays, and plan weekends around the tailgate parties. But she says no. What do you do?

There is no question that one of the pleasures of being in a relationship is sharing the things you love with the one you love. If pizza is your thing – well, then by all means, it

would be convenient if the person you're dating had similar feelings about it. If that were the case, you could be together and have your favorite food at the same time. But it doesn't always work that way. In reality, two different people often have two different sets of tastes. So how can you preserve your own pleasures, hobbies and space to do what you love while being in a serious relationship? And is there a way to include your significant other but not force feed them?

This is where a "thank you" portion can be useful. You remember when you were a child and your mother wanted you to eat the peas, right? They looked awful but you had to have a few to appease her, so you took a small "thank you" portion. In other words, you took a taste. Before you suggest this, though, acknowledge to your partner that you understand and accept this is not their cup of tea. But sometimes, when it's a play-off game or something special is going on, you would really like to have their company. Be clear that you know it is a sacrifice of sorts, but you would really love it if they watched just this one game with you. Not the whole season, just this one game; a "thank you" portion.

In that way you can share your passions and interests to some extent, while respecting your partner's interests at the same time. The key is to encourage them to be open and try to appreciate what it is that you find so fascinating. Who knows, she might actually become a football fan. Sharing pleasures, and being open to each other, simply helps to turn the wheels for more mutual passion together.

Expert Love Advice: Single Traits to Lose so You Can Move Forward in a Relationship



 By Courtney Allen

Relationships are described as many things, but “easy” most definitely isn’t one of them. Two A.M. bickering, checking messages on phones/social media, and cases of jealousy are just a small part of what makes relationships so complicated. And these relationship problems tend to be a tough transition, especially if you are adjusted to the “single life.” But relationships are partnerships. Both individuals must have their hearts and minds in the same place in order for the relationship to last. If you just can’t seem to progress in your relationship, you should consider leaving these single habits behind:

1. Wanting the next best thing: Keep your eye on the prize that’s already in front of you. We all know what it’s like to want what you can’t have whether it’s *High School Musical’s* hottie Zac Efron or your brother’s blue-eyed best friend. Once you’re in a relationship, other options may seem better. Stick with your honey and you will benefit in the long run.

2. Party animal: Get your priorities in order. There is no need to go to snazzy clubs and bars every weekend with your single friends. Not only are you sending out the wrong message to the single people you run into, but to your love as well.

3. Selfishness: Be considerate of what’s important to your

significant other. It's not just your feelings you have to worry about now, it's theirs too. Do some of the things you don't want to do and the same will be done for you. Remember, you two are a team.

4. Flirtiness: Boundaries need to be set between you and members of the opposite sex. Don't be too friendly; some may take your kindness for interest in them. Always be aware of body language, the things you say, the way you say them.

5. Late night texting: Avoid texting the opposite sex after 11 o'clock. Indeed, there may be nothing going on but it tends to look suspicious. Anything you have to say can most likely wait until morning. Don't give your sweetie anything to worry about.

What are some single traits to leave behind to better your relationship? Share your thoughts with us!

Relationship Advice: How to Succeed In The Quest To Find Mr. or Mrs. Right



By Michelle Rebecca

Although things like a successful career, possessions and status are a few ways for a person to gauge success, it's important not to overlook the power of strong relationships. The support of family can help someone feel empowered during hard times, but the joy of finding a loyal significant other often makes a person feel truly complete. Knowing when you've

found the right person is sometimes as hard as the search itself. Read on for a few tips.

Communication Is Key

It's crucial to talk things over with your partner, whether things are going smoothly or you've hit a rough patch. Earlier this year, a Huffington Post article mentioned that text messages are the most popular form of communication in the United Kingdom. Regardless of how you and your partner stay in touch, make sure to do it regularly. If someone you're with seems hesitant to speak up when something's wrong or prefers to avoid tough conversations altogether, that's a red flag.

Related: [Fishing for Mr. Right – Types of Guys to Throw Back](#)

A Relationship Built Upon Equality

Although you and your partner might not always agree on everything, strive for a sense of equality. When you treat each other with fairness, it's easier to work through disagreements and reach common ground. If your partner frequently likes to discourage you or dominate conversations, put a stop to it. Relationships thrive when each party has the opportunity to speak their views and feel valued.

Related: [Is that You, Mr. Right?](#)

Do You Trust Each Other?

If your relationship doesn't include trust, that's a huge weakness. Sometimes people have trouble trusting their partner, but only because of something that's happened in the past. If you've gone through a previous traumatic event, it's important to bring that up earlier rather than later.

When you start to feel suspicious about something, resist the urge to search through your partner's phone records or inbox, and speak to them directly instead. By hunting for evidence,

you'll place a strain on your relationship.

Know When It's Time To Move On

No matter how long you've been with someone, it's essential to recognize when it's time to end the relationship. Things can get more complicated if you have children with your spouse. If you need to know how to get divorced or just get clarity about whether to remain with a person, experts can help. Aim for an outside perspective, if possible.

Often people focus on all the good qualities of their partner and become blind to any faults. No one is perfect, but if the person you're with is degrading, prone to ridiculing you, or simply not willing to invest in the relationship, those are clear signs that it might be time to end things.

Being in love with someone who loves you back is thrilling. Use the characteristics mentioned above to help you determine whether a current relationship is worthwhile and to know what to look for in a potential mate.

Michelle is an aspiring writer with a passion for blogging. She enjoys writing about a vast variety of topics and loves that blogging gives her the opportunity to publicly voice her thoughts and share advice with an unlimited audience.

Relationship Advice on Why Relationship Deal Breakers Hurt You

✖ by Terri Trespicio for GalTime.com

You've got dealbreakers. We all do. But what should be just a few hard-and-fast, values-driven rules about who you will and will not associate with, let alone date, has gotten a little out of hand. Curly hair? Dealbreaker. Have kids? Dealbreaker. Don't have kids? Dealbreaker. Glasses, a few credits shy of a bachelors degree, a previous marriage? Dealbreaker. Seriously?

Dealbreakers masquerade as conviction, but also handily counter your fear of rejection (*I reject you first*). They also make you feel in control in an area where you feel greatly out of control. If you spend a ton of time worrying about what you WON'T do or refuse to meet, well, you're busy putting limits on your learning and your loving.

How do you know your dealbreakers are running amok? Ask yourself this: Does a new one rear its head every time you meet someone you could potentially date, maybe someone who has an interest in you? Do you find yourself bragging about who you would not, could not, will not ever consider? Your white-knuckled grip on your dealbreakers makes you seem smart and tough, but really, it's you being judgy and scared and anything but open. It's easy to have rules. It's not easy to take risks.

What astonishes me is that the people with 101 dealbreaker clauses are the *same* ones who bemoan the loss of romance and spontaneity in dating. Where do you think that spontaneity comes from? Being open to things that surprise you.

How many times have you heard someone say that, "Well, Hank didn't seem like the kinda guy I'd fall in love with, but here we are 10 years later!" Or, "Sally wasn't really my type, but I was drawn to her and couldn't explain why." I know why: Because neither love nor chemistry keeps a to-do or a to-don't list. But you do.

Keep Dealbreakers in Check

It's worth saying that there ARE such things as real dealbreakers, but for them to matter, they have to stand for something. I'm not saying you should throw all caution to the wind and date willy nilly. I know: You have goals. Maybe you want to be married, have kids, or get out of Delaware. OK, fine. But again, are you a romcom screenwriter or are you a real person in real life? You're not casting a role; you're looking for a person with whom you can connect and share. And if you're ruling everyone out because of what you THINK that person would do, when you have no way of knowing, you're part of the problem.

There are pretty straightforward dealbreakers: Someone who beats, abuses, mistreats you or anyone else in his or her life. Someone who hates gay people or any other race or creed besides his own. Someone who has unaddressed substance abuse problems (note I didn't say who *ever* had substance abuse problems). But anything short of a strong value-centered issue, I think you're crazy to rule out. You just don't know. So don't pretend you do.

Choose a Wild Card

So when I coach people who are looking to start up or ramp up their dating lives, I tell them to consider at least ONE wild card. This means anyone you might not perhaps usually consider. Maybe he's under 6'0 or an artist or divorced. Or maybe she's a curvy blonde lawyer with a kid when you'd only dated tall, rail-thin brunettes.

I didn't say you have to build a life together—but you can meet for a drink.

And despite what you may think about divorced people with kids, you could fall head over heels for one. I did. For years I dated a divorced dad—and wouldn't change that for the world. I learned things that I take with me into relationships with

single and divorced men alike. (More on why men with baggage are well worth exploring.) I'm continually challenging my own dealbreakers, and if you were smart, you'd do the same.

For instance, if you'd told me a few years ago I'd be dating a young musician from Bushwick who sleeps on an air mattress and doesn't own a toaster, I might have rolled my eyes and said "yeah no thanks." And for a moment that would make me seem all world-weary and wise. But what I have instead is someone who excites and intrigues me, someone who is bite-your-fist sexy and incredibly fun and fulfilling to spend time with.

Take that, dealbreaker.

The Most Health-Conscious Celebrity Couples



By [Andrea Surujnauth](#)

[Celebrities](#) are always expected to look great. Some spend hours and hours exercising, while others follow crazy diets like Kourtney Kardashian's ghee gulping every morning or [Jennifer Anniston](#) eating only baby food. However, being health-conscious doesn't necessarily mean drinking weird green mixtures or fitting in two or three workouts each day. It means eating healthy, exercising regularly and staying away from eccentric diets that starve your body of much-needed nutrients. So which celebrity [couples](#) are truly the most health-conscious duos in Hollywood?

1. Jada Pinkett Smith and Will Smith: Jada, a yoga advocate,

has introduced her fitness regime to her family: she often does yoga with her loving [hubby](#) and even with their children. As she recently told [WomensHealthMag.com](#), “I used to push a lot of iron. I’ve been in the gym for like 15 years now, and I’m just not motivated by it anymore. So I do a lot of outside sports. On my Christmas vacation, I did a lot of cross-country skiing, and I like to hike. I usually do my yoga at home in the evenings for about an hour. Sometimes I go to a class, but with my schedule, it’s really difficult for me – and my kids like to join me. We do a lot of yoga together.” See? It really is possible to keep up with a busy career, stay in shape *and* spend time with your family!

2. Fergie and Josh Duhamel: This cute couple is often photographed getting fit together. They go running or hiking and even do push-ups while out on the trail. According to [Health.com](#), Fergie lost 13 pounds in 2009, proving that working out with your man can really make a difference! Follow in this couple’s footsteps by grabbing your [beau](#) and working up a sweat outdoors.

Related Link: [Celebrity Nutritionist and Trainer Jackie Keller Says, “Those Who Exercise With Support From Their Partners Do Better Overall”](#)

3. Jessica Biel and Justin Timberlake: These two hotties do some serious strength training and have no problem showing off their hard work and rock-hard bodies. They were recently photographed running [together](#) near their apartment in New York City.

4. Michelle and Barack Obama: The First Lady has a serious passion for staying healthy and exercising; she even gets up at 4:30 am to fit a workout into her busy schedule. Her husband is also a fan of going to the gym, but he wasn’t always very health-conscious, as he used to be a smoker. Michelle, being the wonderful [wife](#) that she is, made a deal with him: he could only run for president if he quit smoking.

Great job, Mrs. Obama!

5. Hilaria and Alec Baldwin: Hilaria, a yoga instructor for Yoga Vida in New York City, has already put her new husband on a diet and encouraged him to get fit. Baldwin has called her a “good influence.”

Related Link: [Celebrity Trainer Gunnar Peterson Discusses Relationships, Health and His 8-Week Gunnar Challenge](#)


6. Camila Alves and Matthew McConaughey: It’s no secret that McConaughey is a big fan of the beach. However, this beach hottie doesn’t spend his time relaxing in the sun. He runs up and down the beach, only taking breaks to do some push-ups or hold a few yoga poses. He also accompanies his gorgeous wife to the gym, who told [Star Magazine UK](#), “I need somebody to exercise with me, and I don’t like going to the gym at all.” Alves also mentioned that she sticks to a healthy diet by cooking her [family’s](#) food; that way, she knows exactly what she’s eating.

7. Beyonce and Jay-Z: Can it get any sweeter than this couple? Beyonce went on a partially vegan and plant-based diet while she was [pregnant](#) with daughter, Blue Ivy, and being a considerate husband, Jay-Z decided to go on the diet with her. The two continued to diet together after Bey, who gained 57 pounds during her pregnancy, gave birth.

How do you stay healthy with your significant other? Comment below and let us know!

Returning to the Dating World



 By Matthew and Orna Walters

On a recent episode of Bravo's *The Millionaire Matchmaker*, we coached Denise Richards' father Irv as he re-entered the [dating world](#), five years after the passing of his wife. Irv was concerned about whom he might bring into his family and was obviously a little nervous about [dating again](#). We helped him to get clarity on what he was looking for and what to avoid.

Starting to date again after the end of a long relationship can be a daunting task. We have successfully assisted numerous [singles](#) in our relationship coaching practice, and we're here to help you get over the hump and get back into the game while having fun and learning about yourself.

When you're looking to go back into the [dating world](#), it is important to know what you desire. Are you looking for a long-term relationship? Perhaps, you're hoping to get married. Or are you just looking to get your feet wet again? Maybe you're just curious to see what it's like out there. Maybe you are just looking to have a good time. Once you define what your desired outcome is, you can set a clear intention that will act as a compass to navigate your journey.

Related: [Dating After Divorce: How Soon Is Too Soon?](#)

The most important thing to remember about dating, that most people overlook, is that it is PRACTICE! When you set your mind to this and understand that it is just practice, how does this change your [relationship](#) with you?

We often say that hope is the first thing that comes into a relationship, and is often the last thing to go. To take the

pressure off and to utilize dating as a great tool for personal growth we have a process we call: Date To Discoverâ„¢.

Related: [How to Get Back in the Dating Scene After a Divorce](#)

Rather than placing emphasis on the other person, wondering if they are the right fit for you – turn your attention inward. Start paying attention to your inner dialogue – “What am I saying to myself about myself?” Do you have a negative inner dialogue in response to dating? Or are you saying positive things about yourself and your prospects? Your attitude towards dating will largely determine your results.

Being aware of your inner dialogue will give you the opportunity to make adjustments. For example, if you find that you can easily speak your feelings to someone you’re not attracted to, but find it difficult to do so when there is an attraction, then this is an opportunity to spend some time practicing being emotionally authentic under all circumstances.


When there is a [desire for love](#), most people look for it outside of themselves, yet it must be INSIDE of us in order for it to be mirrored back to us. Ultimately, you cannot say or do the “wrong” thing with the “right person.” So, whether you are looking to date casually, or wish to connect with the love of your life, the best approach is to be true to yourself, not twisting into a pretzel to get love. That way when you are in a committed relationship you’ll know that person loves you for who you truly are, inside and out.

[Orna and Matthew Walters](#), today’s relationship Power Couple, are dedicated to busting the myth that love is supposed to happen by accident. In the business of “Creating Love on Purpose,” they have taken their crusade global, empowering singles to be their own advocates to ultimately form true, soul partnerships. Promoting ‘love is an inside job and that

it's never too late to find the love of your life,' Orna and Matthew have shared their successful program and expertise on: NBC, Fox News, MSN, USA Networks, KPFK Radio, with Les Brown on CBS Radio, and Bravo's The Millionaire Matchmaker.

Expert Relationship Advice: Are You Expecting Ryan Gosling Perfection?



 by [Jane Greer](#), PhD for GalTime.com

From the outside, Ryan Gosling probably seems like a flawless boyfriend – there's certainly no denying that he's a handsome star. But [maintaining a relationship](#), as he and Eva Mendes have done for well over a year, requires so much more than that.

We all want the ideal relationship with the best partner, right? In our minds, that person is very clear: always thoughtful, tuned into our needs, knowing what we hope for before we even have to voice it. So when you are dating someone and they don't act like that, do you immediately assume they aren't right for you, or might they be worth a little more time and effort? More important, how can you make the distinction?

When it comes to your partner, many people's notion is: If You Loved Me, You Would. If you loved me, you would be willing to spend Saturday with my parents. If you loved me, you would agree to eat vegetarian. If you loved me, you would shave

every day because I ask you to.

The problem is, when your partner doesn't do these things, it seems like they are being selfish and purposefully disappointing you. That is not always the case at all. In fact, often your partner's choices are more about their own preferences and not a measure of their love for you. It is the act of placing your judgment on those actions that puts the negative spin on them.

We all come at things from a varied perspective, and much of that has to do with the families we grew up in. It might seem perfectly natural to spend every Saturday with your parents, but he is used to seeing his own parents twice a year. Or you might want to stop eating meat for one reason or another; but she loves meat, and that has nothing to do with how she feels about you.

Disrespectful behavior that makes you feel devalued or bad requires other considerations. But if it is just a matter of dealing with your differences, despite the few bumps they might generate, it doesn't have to mean the end of the journey. The goal is not to eradicate the disappointments, but to learn how to handle them, work through them, and move on.

No partner is perfect, probably not even Ryan, so you want to be equipped to face the let-downs without letting the whole thing falling apart.

Expert Relationship Advice: 5

Ways to Have a 'Date' From Miles Away



 By Jennifer Harrington

Being apart from your love is never easy, whether the distance is short or long term, but in today's fast-paced and mobile world, separation is a common reality. When the miles separate you from your sweetheart, here are some easy ways to keep your date night on the calendar:

1. Dinner and a movie: Just because you're not physically together doesn't mean you can't engage in this courtship ritual! Decide with your partner what you want for dinner (make it something accessible everywhere, like pizza or Chinese food). Once you both have your dinner ready, hop on the telephone, chat and enjoy dinner together, before starting your movie. Need some ideas for a movie? Check out this list of the 30 most romantic movies of all-time.

Related: [Tips for Making a Long Distance Relationship Work](#)

2. Cheer on your favorite sports team: Maybe you and your sweetie share a passion for the New York Yankees or the Green Bay Packers. Commit to both watching the game and texting each other your ongoing commentary. It can be fun to hear another person's perspective on the same game you are watching! Plan to follow your text session during the game with a phone call to celebrate your team's victory together.

3. Scavenger hunt: Every place is full of unique and interesting spots. With a little advance planning (and sometimes a bit of research), you can plan scavenger hunts for each other. Plan to do the scavenger hunt at the same time, and enjoy all of the special places in your location that your

love hand-picked out for you. Snap pictures of yourself with your phone and send so your partner can see all of your adventures!

Related: [4 Ways to Make Your Long Distance Relationship Work](#)

4. Play the question game: As well as you may think you know each other, there is always more to learn about your special someone! Pick up a copy of the book *The Book of Questions* by Gregory Stock for 265 questions you can ask each other. The questions range from silly to serious so you're sure to uncover stories and opinions on a variety of topics. You can easily swap questions and answers over email or the phone!

5. Plan for the future... virtually: Use a webcam or Skype to talk to your significant other about the future. Commit a hour to an important discussion, such as planning for your upcoming vacation together (here is a list of the most romantic spots on Earth) or how you want to celebrate your anniversary. Being apart can sometimes prompt deep, meaningful conversations and these conversations can give you cause to be excited about your future plans together.

So, the next time you are faced with your love being across the state or on the other side of the world, know that the distance is not a deal-breaker in your relationship. Take the opportunity to get creative and find new ways to get emotionally closer.

Tell Cupid: what are some ways you keep your relationship alive and well when you are apart?

Movie Pick-Up Lines That Will Score You a Date



 By Sarah Ribeiro

Life – and love – are constantly inspired by the movies. Even if they just inspire pick-up lines.

In the height of award season, [Badoo.com](https://www.badoo.com) offered female users from across the United States, United Kingdom, Canada, Australia and New Zealand the chance to select their favorite from a list of ten movie pick-up lines to start online conversations.

“This is a study of pick-up lines in action”, says Louise Thompson, Badoo’s Director of PR. “And not just any lines but Hollywood’s finest.”

Badoo then analyzed the data on 1,000 interactions using the lines. They were able to gauge which lines were most picked by women to use on men and which lines got the highest response rate from men.

The line picked most by women was first delivered by Audrey Hepburn to Cary Grant in *Charade* (1963): “I don’t bite, you know . . . unless it’s called for.”

According to Jo Hemmings, a behavioral psychologist, relationship and dating coach, this naughty pick-up line makes sense for women to choose. As she tells Badoo, “It’s slightly quirky, with an element of naughtiness and sexuality about it – but in a fun way.”

The pick-up line that got the highest response from men was originally delivered by Bette Davis in *The Cabin in the Cotton*

(1932): "I'd love to kiss you, but I just washed my hair."

Badoo observed that older movie lines were more successful than newer ones to snag a partner. "The old lines do seem better – sharper, wittier, snappier", says Thompson. "In fact, we found it much harder to find strong candidates from recent movies. They don't seem to write them like they used to."

In fact, the only contemporary pick-up line that made the list was from Natalie Portman's 2011 movie, *No Strings Attached*: "You give me premature ventricular contractions... You make my heart skip a beat." It was ranked fifth out of ten by women, and seventh out of ten by men.

This highlighted the other notable finding of Badoo's study: that the lines women favor are not the ones to which men are most likely to respond.

Check out Badoo's lists for yourself:

The Lines Most Picked By Women To Approach Men:

- "I don't bite, you know ... unless it's called for." *Audrey Hepburn (Reggie) to Cary Grant (Peter) in "Charade" (1963)*
- "You don't have to say anything... Oh, maybe just whistle. You know how to whistle don't you?" *Lauren Bacall ("Slim") to Humphrey Bogart (Harry) in "To Have and To Have Not" (1944)*
- "You don't know how hard it is being a woman looking the way I do." *Kathleen Turner (Jessica Rabbit) to Bob Hoskins (Eddie) in "Who Framed Roger Rabbit?" (1988)*
- "Was that cannon fire, or is it my heart pounding?" *Ingrid Bergman (Ilsa) to Humphrey Bogart (Rick) in "Casablanca" (1942)*
- "You give me premature ventricular contractions... You make my heart skip a beat." *Natalie Portman (Emma) to Ashton Kutcher (Adam) in "No Strings Attached" (2011)*

– “Would you be shocked if I put on something more comfortable?” Jean Harlow (Helen) in “Hell’s Angels” (1930.)

The Lines Getting The Best Response From Men:

– “I’d like to kiss you, but I just washed my hair.” *Bette Davis (Madge) in “The Cabin in the Cotton” (1932)*

– “Don’t worship me till I’ve earned it.” *Shirley MacLaine (Aurora) in “Terms of Endearment”(1983)*

– “You don’t have to say anything... Oh, maybe just whistle. You know how to whistle don’t you?” *Lauren Bacall (“Slim”) to Humphrey Bogart (Harry) in “To Have and To Have Not” (1944)*

– “Was that cannon fire, or is it my heart pounding?” *Ingrid Bergman (Ilsa) to Humphrey Bogart (Rick) in “Casablanca” (1942)*

– “I don’t bite, you know ... unless it’s called for.” *Audrey Hepburn (Reggie) to Cary Grant (Peter) in “Charade” (1963)*

– “You aren’t too smart, are you? I like that in a man.” *Kathleen Turner (Matty) to William Hurt (Ned) in “Body Heat” (1981)*

What’s your go-to pick-up line from a movie? Share it with us below.

5 Completely Unique Honeymoon Ideas



By Amanda Hevener

Traditionally, a honeymoon is a vacation taken directly after the wedding so that the newlywed bride and groom can spend a little alone time. These vacations are usually spent at beach resorts, on tropical cruises or at exotic destinations that the new husband and wife have never been to before. However, there is something to be said about a unique honeymoon, where the newlyweds can still be together without spending time lounging on a beach. These unusual trips involve doing activities that both halves of the new couple love, or taking a once in a lifetime chance to do something adventurous.

Spend time at a small fishing cabin.

A quiet, peaceful week without any interruptions, aside from fishing and hiking, of course, might be just what you need to unwind after the craziness of planning a wedding. If both you and your future spouse like the outdoors, then this might just be the right honeymoon for you. Find a quiet, somewhat isolated cabin near a freshwater lake and be prepared to spend a relaxing week boating, fishing and sitting around a campfire.

Related: [Three Far Flung Honeymoon Destinations](#)

Go on an Alaskan cruise.

Many people spend their honeymoons on a cruise – only they choose to travel to warm, tropical locations, for example, Mexico, Jamaica and the Bahamas. For a change of pace, go to Alaska instead. The state is beautiful, and amazingly full of things to do. Plus, most of the cruise ships that go to Alaska are smaller, so you will not have to deal with as many crowds.

Tour historic sites, like Civil War battlefields.

If both you and your new spouse are history buffs, then spending your honeymoon traveling around to different historic sites is a great idea. Plus, if you decide to go by car, you

will save money on your travel expenses! Some ideas include touring various United States Civil War battlefields, spending time in Washington DC taking in the many monuments and museums, and wandering the back roads along the Lincoln Highway, viewing all of the small towns along the route.

Related: [5 Post-Wedding Tips for Newlyweds](#)

Book a trip to Nepal and climb Mount Everest.

For a real once in a lifetime adventure, consider going mountain climbing. This is only a good idea if both of you are experienced climbers, since it can be very dangerous for everyone involved, especially those new to rock climbing. Sure, mountain climbing is not a very romantic experience, but it will leave you with memories to look back on when you are old and gray, and that is all that matters.


Go backpacking throughout Europe.

This can be interpreted in several different ways, as one person's backpacking involves staying in hostels and following a budget, while another person's version of backpacking might revolve around four star hotels. Either way, spending some time traveling around Europe is an excellent bonding experience. You can try new foods, see new places, and even visit some of the most romantic cities in Europe: Rome, Florence and Paris. It will be the trip of a lifetime!

Amanda Hevener writes about the wedding business and dishes out wedding business tips.

Britney Spears Did It: When Should You Call It Off?



 By Jane Greer, PhD for GalTime.com

Pop superstar Britney Spears recently announced the end of her engagement to talent agent Jason Trawick. Trawick, who stepped down as Britney's manager when they started dating in 2009, proposed in December 2011. Reports suggest that Britney, 31, who has two sons with ex-husband Kevin Federline, decided to cut ties because Trawick, 41, is not interested in having more children. Whether this was the true reason they called it off or not, it's an opportunity for the rest of us to discuss when calling off an engagement is the right choice.

Getting engaged can sometimes be a challenge, but knowing when it's a mistake and it's time to end it is even more difficult. While reaching that point is different for every couple, here are a few indicators that canceling, or at least postponing, the wedding might be in everyone's best interest.

The event is keeping you together more than the relationship. Is the event itself, and all the time and money that has gone into planning it, the reason you are moving forward even though you feel in your gut that this is not the right thing to do? Every time you think of taking that drastic step and breaking the engagement, do you picture the invitations and the cake that have already been ordered and tell yourself it will be okay? If that's the case, then it is a red flag that something isn't right. Or is everyone else telling you how lucky you are, but you just don't believe it? If, in your core, you feel that something essential is missing and constantly reassure yourself that it's not, that important.

Your “big issue” with each other keeps rearing its ugly head. Another red flag that you might not be ready is if there is a problem behavior that you hoped would disappear as your big day approached, but instead continues to cause difficulties. That could involve anything from alcohol and drugs, to an issue at work, to an ongoing drama with your future in-laws. If you find yourself constantly dealing with extreme anger and resentment, you might want to think about putting off that date and getting help before you say, “I do.”

You have a sense of dread, doubt, guilt or obligation. If you have lots of doubts, and are dreading the day that should be so happy, what you want to do is focus on evaluating your relationship and your situation. Additional warning signs are if instead of feeling that your life is expanding and getting bigger and better, you instead feel like you’re making a sacrifice and giving up too much of your freedom and what is valuable to you. Also, if your motivation for following through with the wedding plans is stemming from guilt: hurting your fiancé, disappointing your parents, or upsetting your friends, you might want to reconsider.

You are moving forward for the kids. In Britney’s case, it has been said that Trawick has developed a strong relationship with her kids over the years. He was quoted as saying he “adored” them. Sometimes thinking that sticking it out would be best for the kids keeps people together even if it isn’t the best thing for the adults. In this instance, the person doing the breaking up can feel guilty about hurting and letting down the children. If Britney experienced this at all, it didn’t hold her back.

You feel the old “I love you but I’m not IN LOVE with you.” While you may love your partner, you may not be in love with them. This is the passion that helps you navigate and negotiate the many ups and downs of marriage, which you need in order to make it work. If it isn’t there, trust your gut. Britney did that, you can, too.

How to Date Like A Celebrity



By Andrea Surujnauth

You always hear about celebrities going on flashy dates and having such a great time. But how can we experience glamorous dates like that without having to rob a bank? We took some extravagant dates by different celebrities ... and re-modeled them with more reasonable price tags. No need to break a sweat when re-creating these amazing dates:

Justin Bieber and Selena Gomez

The Biebs has a wallet that weighs more than he does, so he had no problem taking Selena Gomez to the Staples Center just to watch the *Titanic* ... all alone. No biggie!

DIY Version:

Throw on a nice outfit. Just because you're watching a movie at home doesn't mean it has to be the same old DVD and pajama routine. No need to wear a dress suit, but give the pajamas a rest today. Get a projector and some yummy popcorn. Turn the lights off, get close and enjoy your at home movie. No LA Lakers arena needed!

Related: [Creative Dating on a Dime for Valentine's Day](#)

Jennifer Aniston and Justin Theroux

This sweet couple decided to have a romantic dinner under the stars. The two were in Paris together and had a nice meal in the Eiffel Tower. Talk about a star-studded date!

DIY Version:

Have a late night picnic in your backyard. Cook something nice, dress up your backyard picnic table with a white table cloth, and light a few tikki torches and candles. Sit out in your backyard and watch the stars while you and your date enjoy a meal. Who needs Paris with a date like that?

Justin Bieber and Selena Gomez (again)

This kid never takes a break from spending all that money. He took Selena Gomez to see a Demi Lovato concert. How sweet! Is it any wonder why girls all around the world go crazy for this teen sensation?

DIY Version:

We all know how much those concert tickets cost. The only seats that are well...sort of.. affordable are the ones all the way in the back. Binoculars anyone? Well instead of wasting money on a terrible date, go see a local band perform. The music is just as great with less crowds.

Related: [Date Idea: Dress Up](#)

Sophia Vergara and Nick Loeb

So this hot couple went to Mexico to see the ruins together. Vergara brought her whole family and ended up getting engaged on top of one of the ruins. The two got permission to climb one of the beautiful ruins where Loeb got down and one knee and proposed to Vergara.

DIY Version:

Here is a date idea with some history thrown in just like Vergara's rendezvous in Mexico but minus the proposal. Go to museum with your beau. Museums usually have one free day and some are even free everyday. How's that for a breathtaking price tag?

What are some ways you re-create celebrity dates? Comment below and let us know.

3 Ways to Background Check Your Next Date



 By Bradley Corbett

We live in an age of digital content. Every picture you post and every word you put online are stored somewhere. It makes finding out information about another person a whole lot easier. And with online dating constantly growing, it's important to do your due diligence before meeting up with strangers.

When you finally meet in person, it's not exactly appropriate to ask someone if they have been convicted of a crime or if they have had troubles with the law in the past (especially if you want a second date).

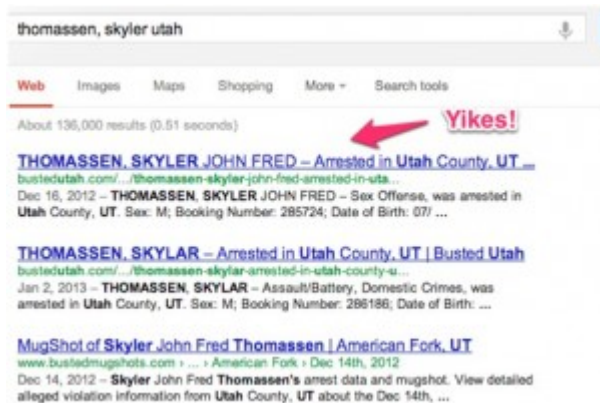
Here are three ways to research your next date that you may not have tried before:

1. Google.

Yes, we've all Googled ourselves but next time; try searching for your upcoming date. If they have a common name, it may be a bit trickier but try some of these search terms to get more specific:

- Date's Name + Birthdate
- Date's Name + City, State

- Date's Name + Job Title/Company
- Date's Name + Mugshot
- Date's Name + Blog
- Date's Online Username
- Google's Image Search – put your date's picture in Google and it will find similar pictures of them on other websites.



Related: [Date From Hell – 10 Ways to Get Out of It, Tactfully](#)

2. Social Media.

I'm sure you've probably Facebook stalked a date before but if you really want to dig in, there are many other social networks you can investigate to learn more about and upcoming date.

- LinkedIn – What's his/her employment history like? Watch out for frequent job changes or long periods of unemployment.
- Twitter – Not only can you see what they're tweeting, you can dig into the people they follow to learn more about their personality.
- Pinterest – Even guys are on Pinterest these days. Check out the types images they pin and see what they're into.
- Flickr/Instagram – Is he posting a picture of a new date every night or his Grandma? Whichever you prefer, it's good to know.

Related: [5 Ways to Avoid a Bad Date Before It Happens](#)

3. Public Records.

Most counties and states publish public information somewhere on their website even though it's not always easy to find. You can look up a variety of information about a person like:

- Land records
- Criminal records (and mugshots)
- Licenses
- Assets
- Marriage Records

Despite how wonderful someone may act during your first few weeks together, there is the off chance that they've been convicted of something like domestic violence or sexual offenses in the past. From my experience as a Criminal Defense attorney, the people being convicted of domestic violence or sex offenses are often repeat offenders. In situations like this, it is better to be safe than sorry.

Do you always want to know?

You'd always want to know if you're going out with convicted rapist or a chronic thief but sometimes intense prying can mess up something great. If you are with someone that you really care about and trust, you may want to avoid going overboard.

It's always a good idea to do a general search on someone that you're with, but remember that individuals make mistakes and may have been convicted of a petty theft or a DUI 10 years ago which isn't always reflective of who that person is today.

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11 Ways to Meet Your Next Date



 By Eleanore Wells for Galttime.com

When did dating become so complicated? Actually, it isn't the dating part that's so complicated as much as it is the *meeting someone* to date part. It almost seems that the more options for meeting someone that there are, the harder it is to actually meet someone. Here's a round-up of the many options modern-day daters have to help them find true love:

- 1. Friends.** Asking friends to introduce you to someone is still one of the best ways to find Mr./Ms. Right. Your friends know you and probably aren't going to introduce you to someone who's going to be a disaster.
- 2. Flirting.** See someone interesting? Smile. Wink. Hope for the best.
- 3. Matchmakers.** Professionals who will find "the one" for you... for a fee.
- 4. Singles Party.** Throw a party. Only single people allowed. Ask friends to bring other single friends.
- 5. MeetUp.com.** This is an informal online social networking site that facilitates offline group meetings of like-minded people for a range of activities. Including dining, bowling, hiking, cooking, biking, etc.
- 6. Singles Events.** Stir by Match.com offers social events, such as cooking classes, happy hours, and cocktail parties for members of Match.com. If you are more of an IRL lady, this is a great way to be social and learn how to mix a perfect

martini or whip up a souffle.

7. Online Dating. Match, OKCupid, eHarmony, Christian Mingle, JDate, Black People Meet, How About We. This is not an exhaustive list of online dating sites, but these are among the most popular. They all work pretty much the same. Complete a profile questionnaire, add a picture (or don't), then search or let the site search for you.

8. Grouper. Grouper sets you up with three Facebook strangers, but they don't like to call them "dates". It's a social service that sets you and two friends up with three strangers based on your Facebook profile. Sign up for Grouper via your Facebook account, and it sets you up with someone of the opposite sex whom you're not Facebook friends with. There are no profiles on the site; they do the matchmaking, and you all meet at a place of Grouper's choosing. Grouper says 93% of participants want to do another one. Currently, the service is about twice as popular with women.

9. Crazy Blind Date. This is an iPhone/Android app. An OKCupid profile is not required, but it makes it much easier. Choose a date and time, a bar or coffee shop from the app's recommendations, then choose from among 4 people the app suggests. You're supposed to spend only 20 minutes on the date, then rate it on the app. Cost is about \$3.

10. Other Blind Date Apps. Tawkify. MeetCute. Meet Moi. These apps set up blind dates for you. All you have to do is just show up... and hope be pleasantly surprised. Clearly, it can go the other way, as well.

11. Location-based Dating App. Tinder is location-based and identifies people nearby who the user might know, and connects them if both are interested. Feels creepy to me... but I'm sure it could be fun, as well. It helps if you like surprises.

I'm not sure if the techy ones are more efficient than finding love through family and friends, but they certainly are more

creative.

So here we are with seemingly a zillion options (or at least 11) at our disposal for finding love, and yet the rate of singles is higher than it's ever been in this country. I wonder what it all means? Are we seriously looking for "the one", or does having this many options make it harder than ever? How can you choose just *one*, when there are so many?

Which way (or ways) do you prefer to meet new people? Share your comments below.

How to Avoid Arguing Over Money



 By Jennifer Harrington

Unquestionably, two things that can be difficult to navigate in life are relationships and finances. And, if you're involved in a serious romantic relationship, at some point, you are going to tackle the topic of finances and how they will be handled in your joint life with your sweetie. Here are some tips to avoid the conflicts about money that can frequently plague romances:

1. Always communicate.

Clear and timely communication is crucial. Make sure you convey all wealth-related issues and concerns with your significant other, and have regular, honest talks about your money, expenses, and financial priorities for the short and

long-term. Last year, it was revealed that Alicia Keys husband, hip-hop producer Swizz Beatz, owed the government more than \$2.7 million in unpaid taxes. It's likely this financial misstep caused discord in the duo's romance, as it was exposed that the couple had to make several important asset-related decisions in light of the money that was owed to the government.

Related: [Celebrities: Love, Marriage and the Money In Between](#)

2. Make a budget.

Take the time to talk through your cash flow and upcoming expenditures with your partner. While communication is an essential first step of establishing a healthy financial relationship together, it also helps to [create a financial plan by using a monthly budget template](#) and, most importantly, stick to it. That way you are both clear on the plan of how you will handle money as a team, and can hold each other accountable with a budget. Even Will Smith recognizes the importance of budgeting and spending responsibly. The Men in Black superstar, and longtime husband of fellow star Jada Pinkett Smith, once said, "Too many people spend money they haven't earned, to buy things they don't want, to impress people they don't like."

Related: [Celebrity Couples Who Let Money Ruin Their Relationship](#)

3. Try to see your love's perspective.

Each person has an unique approach to managing money. No doubt, your significant other will do things with his or her money that will anger you. Try to keep your frustration under control and hear your partner out about why they made a particular spending choice. Taking the time to listen and empathize can go a long way in diffusing a fight. Viewing a situation from your partner's perspective also provides you with a valuable opportunity to see things from their eyes and

through the lens of what they value.

When money matters bring strife into your romance, remember this famous Judy Garland quote. *The Wizard of Oz* star was quoted as saying, “I can live without money, but I cannot live without love.” Being financially healthy is important, but don’t lose sight of the fact that money can’t buy (or keep) love.

What are some other ways to avoid arguing over money? Share your thoughts below.

From Kanye and Kim to Justin and Jessica: Which Celeb Couples are Really Compatible?



By Stephanie Caramelli

We see them on the red carpet, walking through the airport or taking a stroll on the beach. Celebrity couples are everywhere and we can’t get enough of them. Supermarket magazines fly off the shelves when there’s a famous couple on the cover.

So how compatible are these celeb couples when there’s no paparazzi around? Gary Goldschneider’s bestselling book “The Secret Language of Relationships” offers a very revealing look at different relationship combinations. Let’s put some of Hollywood’s hottest relationships to the Secret Language test:

1. Kim Kardashian and Kanye West: This relationship combo is all about being center stage. It almost always focuses on issues greater than the partners' feelings for each other. Marriage is possible, but this relationship dynamic is more about Kim and Kanye's joint impact on the world, and less about true love.

Related: [How to Define Your Aura to Find Lasting Love](#)

2. Justin Timberlake and Jessica Biel: One word: boring. Love affairs between these two are affectionate, but rarely passionate. Jessica and Justin's marriage could go for years at a very ho-hum pace. The relationship will be satisfying, but uneventful.

3. Channing Tatum and Jenna Dewan: Channing loves spoiling Jenna and feels like her protector. This combination is good as long as they don't keep secrets from each other. Tatum and Jenna really need to relate on a deep, emotional level for this marriage to work. Overall, though, it's a winning combination and ideal for marriage.

Related: [Khloe Kardashian Gives Tips for a Happy Marriage](#)

4. Blake Lively and Ryan Reynolds: Sparks definitely fly between Blake and Ryan. Love affairs in this combination are extremely passionate, but there is an emphasis on superficial things that could be destructive in the long run. For these two, the chemistry is great, as long as they don't lose their looks! The combination is most ideal for a love affair.

5. Gwen Stefani and Gavin Rossdale: The relationship between Gwen and Gavin can work, as long as power trips don't get in the way. Love and marriage can fall apart in this combination if one or both of the partners let their ambitions get out of control. Gwen and Gavin are better suited as friends.

Of course, you can use "The Secret Language of Relationships" to check out your own relationships too. Not just with your

boyfriend, but with your mom, child or BFF. There's now an interactive relationship calculator based on the bestselling book that's fun to play with: www.thesecretlanguage.com/-check/relationship. The Secret Language website also offers loads of celebrity relationship news: marriages, births, break-ups, etc. Check it out! www.thesecretlanguage.com/today.