

# 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.

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## 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.

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**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.

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**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.

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**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!**

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## 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.

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**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.

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**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'.*

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## 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.

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**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!**

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# 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.*

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## **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.

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# 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!**

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## **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.

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## 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.

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## **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?

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## 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.**

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## **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.*

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## 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.

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# 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 on 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.**

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## **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.

*Bradley Corbett is a Criminal Defense attorney in San Diego, California handling a variety of cases from petty theft to DUI to manslaughter.*

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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.**

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# 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 a 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.**

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## **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](http://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](http://www.thesecretlanguage.com/today).*

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# 11 Good Reasons to Keep Your Relationship Status Secret



By Kelly Rouba for Galttime.com

You know that euphoria that fills you up when you first start dating someone? That fun and excitement of entering a new relationship that makes us want to shout it from the rooftops for all to hear? That feels really good. But sometimes, sharing the news widely isn't a good idea. Sometimes, we should keep the rooftop-shouting only within range of our closest friends – at least for a little while – before we broadcast it online.

Carlee, of New Jersey, kept her relationships status quiet when she got back together with her ex-boyfriend.

“When I broke up with him, I hid my relationship status so I didn’t have to deal with people asking me what happened. I kept it hidden even after we got back together a couple months later, until I was sure things were okay between us and so people wouldn’t interfere in our relationship,” Carlee said. “Now that we’ve been back together for a while, it’s unhidden again.”

April, of New Jersey, understands Carlee’s quietness, which is why her Facebook status always indicates she is in a relationship even though she is currently single.

“I also want to avoid people asking questions like ‘what happened’ or just knowing information I may still be sensitive to,” April says, adding that she also keeps that status for safety purposes. “I don’t want unnecessary people sending me inappropriate messages or text messages.”

Relationship expert and dating consultant Stacie Ikka says displaying your true relationship status on Facebook isn’t necessarily a bad idea, but there are instances when it’s smart to hold off on announcing who you are dating or if you are involved with someone at all to your online circles.

Here’s when she says it’s best to keep your relationship status quiet.

## **1. IF YOU GET A LOT OF UNWANTED POKES, WINKS AND INVITATIONS**

Some people see a “single” status on Facebook as an invitation to be in contact, overtly flirt or even harass someone. If you are getting invitations that make you uncomfortable, consider leaving your relationship status blank.

“If you are single and not necessarily looking to use Facebook as a dating site and simply selected that status because you

thought that all fields in your profile needed to be filled out—BEWARE!,” Ikka says. Sometimes other singles, and even people who are in relationships already, prey on women who announce that they are on the market.

## **2. IF YOU DON'T WANT OTHER PEOPLE TO INTERFERE IN YOUR RELATIONSHIP OR ROMANTIC BUSINESS**

“For a relationship to develop between two people in a way that leads to a healthy future, it is often best that the details and status of that relationship be contained among the two people involved—and the select few they choose to confide in,” Ikka advises.

This also goes for those who are entering a new relationship.

“Moving from a casual to a committed relationship can often be tricky,” Ikka offers, “and opening up that relationship to an online audience, which is presumably broader than one’s immediate social circle, opens the relationship up to commentary—some of which could be damaging, especially if the relationship is new.”

Consider keeping your status quiet for a certain amount of time or until the two of you feel secure in this new arrangement. Like Carlee, you may also want to consider updating your status at that point without sharing it widely through your newsfeed.

## **3. IF YOU WANT TO EASE SOME OF THE PRESSURE**

“If the couple has not discussed how or whether they are going to ‘announce’ their union on Facebook, and one party goes ahead and changes their status, it might make the other party feel uncomfortable or put unnecessary pressure on that person,” Ikka says. “Even if it was a joint decision, it exposes the relationship to scrutiny, observations, and involvement that is not necessarily appropriate during the early phases of a relationship, where the focus should really

be on whether attraction, compatibility, common values, and shared interests will survive the long-term.”

#### **4. IF YOU WANT AN EASIER BREAKUP**

Splitting up can be more complicated if a thousand of your Facebook friends can see your status.

“Breakups are painful in the best of times,” reminds Ikka. And changing a status from “in a relationship” to “single” or even “it’s complicated” can draw attention right in the middle of that pain. “Even if that attention comes in the form of support and sympathy to an already difficult, personal, and emotional experience.”

#### **5. IF YOU’RE FED UP WITH JUDGMENT ABOUT YOUR LOVE LIFE**

Facebook is not your diary or a private conversation with your best friend. It’s a loudspeaker to every one of your coworkers, high-school frenemies, mom’s friends, and siblings you are connected with on the social network. Not all of them may get the situation, or you.

“If you are the type of Facebook user who updates your relationship status on a regular basis and that status is changing with a frequency that others may deem abnormal, you are opening yourself up to judgment, ridicule, and the potential for losing credibility amongst your Facebook network,” Ikka says bluntly. “So, if you are sensitive to other people’s opinions, think carefully before changing your relationship status and ask yourself why you’re doing it.”

#### **6. IF YOU OFTEN GIVE IN TO PEER PRESSURE**

In many relationships, Ikka says, one person is more guarded about their personal life and details. The other person may be more forthcoming and therefore have no issue with listing their relationship status online.

“It’s not uncommon in these circumstances for the more private



individual to feel pressure to change their status for fear of not appearing loyal or committed to their partner or the relationship," Ikka notes.

Resentment can build, she says, and the private person may let that spill over into real-life interactions with their partner.

"It's usually a sign of bigger problems," Ikka adds.

Avoid this friction by discussing what works best for both of you, even if that means the more open person lists a status and is understanding if the more private partner doesn't.

## **7. IF YOU DON'T WANT TO HEAR FROM A NOSY OR AGGRESSIVE EX**

Want to nix any opportunity for your ex to get back in touch, troll around your profile or hunt for more information about your new relationship? Then consider keeping your status set at a lower volume.

Showing you're in a relationship can be an invitation for exes to peer into your current love life, Ikka says.

"Although nosy exes always have their offline ways of determining your relationship status, putting your relationship status on Facebook – especially if you are naming the person you're in the relationship with – only encourages 'stalker'-type behavior and may prompt them to attempt to sabotage or disrupt your new relationship," she warns.

Those who are in the process of divorcing may also want to avoid displaying their relationship status, especially if they've begun seeing someone new.

"If you are in the process of a separation or a divorce, it might not be a good idea to draw attention to your relationship status for the benefit of any children involved, especially if they are on Facebook, and to protect yourself throughout any court proceedings."

## **8. IF YOU HAVE OVERBEARING PARENTS**

Have parents who are anxious for you to get married or just be partnered up?

Stating that you are in a relationship could give your “parents false hope, further fodder for offline marital pressure, and render them an even greater annoyance as well as promote unnecessary involvement in your personal life,” Ikka warns. Keep in mind, “even if they’re not on Facebook, they will find out...and FAST!”

## **9. IF YOU’RE NOT UP FOR EXPLAINING COMPLICATED CIRCUMSTANCES**

Although it might be tempting to select the “it’s complicated” relationship status, Ikka advises against it.

Why?

“You are professing to the Facebook world that you are in relationship that is not completely fulfilling you and that you are settling,” she explains. “We all know you deserve better than that – even if you don’t believe it yourself. Again, you are opening yourself up to unnecessary judgment, loss of credibility, perhaps pity, and vulnerability. All relationships have their complications, but if you’re with the right partner, then your status would simply read ‘In a Relationship.’ Anyone who’s ever been in a relationship understands that things are not always perfect and, at times, may be complicated.”

## **10. IF YOU DON’T THINK OPEN RELATIONSHIPS HAVE TO BE AN OPEN BOOK**

“While in this day and age, society may be more accepting of alternate forms of relationships, like polyamorous, bisexual, transgender, homosexual, etc., this is another category that leaves you wide open to judgment,” Ikka cautions. “People will naturally jump to conclusions. For example, they may believe

you have commitment issues or that you are promiscuous or whatever else this status conjures up in their imaginative minds.”

You don't have to be responsible for other people's concerns, criticisms or even their assumptions. But if you have a tendency to get wrapped up in them or if you would rather put your kind of relationship up for public scrutiny, then consider educating and informing others about in ways outside of social networks.

## **11. IF YOUR PROFILE IS FOR PROFESSIONAL USE**

Facebook, for many folks, is a professional networking tool, an avenue for job-hunting or a way to stay in touch with clients. Many companies also use Facebook to check up on their employees or to survey someone's social presence before a job interview.

“If you are using Facebook for business purposes or suspect your personal information could get back to your employers or associates, then you may want to keep your page purely professional, this includes keeping your relationship status hidden,” Ikka advises.

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# **10 Ways to Make a Good First Impression on Your Mate's Parents**





By Nic Baird

What's the worst that can happen when you meet your partner's parents? Projectile vomit over dessert. But, really, what are the chances of that? Obviously be yourself, because anything else is too hard for something so stressful. If it makes it easier you can be reserved at first, and let your hair down as you size up the situation. Here are the standard rules to follow when meeting the parents for the first time:

**1. Presentation:** It could be that your partner's family is a commune of hippies and they don't care if you wear a ball gown or a burlap sack, but it's not a good idea to go into your first encounter with this assumption. Dress smart, but don't overdress. It has to show that you put effort into your appearance without any flash or sex appeal. Pretend you're dressing for a job interview at the library.

**2. Grace:** Most parents want to like you, and will try their best to establish good relations for the sake of their child. In some cases you might be prodded or even goaded. If this happens then the only correct response is to remain untouched.

Don't fight back, and keep smiling. You will demonstrate your power by your lack of aggression and offence.

**3. Enthusiasm:** If it feels like a chore, that's reasonable. If the pressure of the date is pure torture, that's not unreasonable. As soon as you ring the doorbell, your gut might urge you to just hide in the bushes and slink away unseen. Resist. You must be ecstatic to have been granted an audience with these most respected figures. Or at least it should seem that way.

**4. Confidence:** Parents who smell a reasonable amount of fear on your person will not be upset. This could even delight them as a form of respect, or give you an endearing quality. An attempt at a confident presentation is all they ask. If they want you to try the mechanical bull in the basement and you don't have a heart condition, then there's only one choice.

**5. Engage:** Ask questions and be part of the conversation. Show an interest in topics they bring up, and try to bring new material to the discussion. Look them in the eye, talk at a reasonable volume, and, once again, smile.

**6. Restraint:** Especially for the first meeting, show restraint in your affection towards your partner. Groping and French kissing will disgust even the most liberal of parents. There's some leeway once you've established your presence, but the restraint you show in front of them demonstrates the respect they crave, and in most cases, the respect they deserve.

**Related:** [5 Ways to Reconcile Arguments With In-Laws](#)

**7. Foresight:** Even if you're uncomfortable looking to the future, this is a favourite topic of parents. What are your dreams and aspirations? What skills are you developing? How will you be a valuable addition to my child's life? You're not going to answer these questions outright, but it will be in the subtext when you describe your plans. Talk about yourself.

Don't talk about the apartment you hope to inhabit with their progeny.

**8. Maturity:** These people are older than you. They should be older than you, but if not this applies regardless. Keep your jokes and comments at a level above theirs. This isn't your grandma, but it's somewhere in between her and the school playground. Be mindful not to go too far.

**9. Commitment:** While it might seem like a good idea to describe yourself as hopelessly in love with your new soul mate, parents don't respond to this as well as you might think. Nobody is good enough for their child until they prove themselves. If this is your first encounter, you should demonstrate that you're serious about the relationship without planning the wedding day.

**10. Etiquette:** This is a skill that must be developed. It's more than being polite and thoughtful, though those are the essentials. Things to compliment: the house, the meal, the music, and anything of personal significance. Manners involve clearing the plates without offering, and sitting back down when they urge you to stop. You're a guest and you have to pay tribute to their hospitality.

**What are some other tips for meeting your partner's parents? Share your ideas below.**

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## 7 Signs You Might Be in Love





By Bethany Heinesh of [DatingAdvice.com](http://DatingAdvice.com)

For thousands of years, women have sought to love and to be loved. Yet we have no greater answer to the age-old question "What is love?" than when we started. There have been many poems, books, songs and plays written about love, but no one has yet to truly capture its essence.

Even the world's greatest philosophers have pondered the notion of love but have been unable to analyze its implications. I would venture to say there are as many definitions of love as there are people. After all, love is in the eye of the beholder.

Here are seven simple signs to look for so you'll know what love looks like when it shows up and makes your heart skip a beat. You might be in love if...

### **1. You're thinking about him 24/7.**

When you're in love with a man, he haunts you like the boogeyman. He lurks in the shadows of your mind and overpowers every independent thought you can muster. If he's all you

think about, you've got it bad, girl.

**Related:** [Date Idea – Find Romance in a City of Love](#)

## **2. You're talking about him 24/7.**

When your friends have to stage an intervention because you babble about him incessantly, you're in over your head. You've passed the point of no return – you're love struck.

## **3. Your co-workers notice something is “different.”**

People may say you look younger, you've lost weight or you did something to your hair. When other people detect a radiance emanating from you, they may not be able to pinpoint exactly what's going on, but they know something's changed.

**Related:** [How to Tell If He's 'The One' After One Date](#)

## **4. You catch yourself shopping for him.**

There's something about having a new man in your life that makes you want to fuss over him. I can't tell you how many times I've had to leave a cart full of clothes I wanted to buy for my boyfriend in a department store. Once I realized he might not be ready for me to buy his underoos, I came to my senses.

*“It gets even better once you  
get past the lovey-dovey haze.”*

## **5. You think every love song is being sung to you.**

Oh, how I remember being love struck, singing at the top of my voice in my car to Mariah Carey songs while cruising down the freeway. There's something about love that makes us say, “La,la,la!”

## **6. The seconds feel like hours when you're apart.**



I truly believe our perception of time gets contorted when we're in love, a theory I believe will eventually be proven through the miracle of science. When you're with the object of your affection, time seems to fly. When he leaves, it's like agony until he returns. Somehow, life just goes at a different rate of speed when you're in love.

## **7. You rearrange your life to accommodate his.**

If he now has a drawer at your place, you're saving your money so you can go to Spain together, and you spend every lunch hour talking to him on the phone, let's just say you've shifted your focus from life as single woman to becoming a "we."

Of course, these rules apply to the new and blossoming relationship, and love takes on a different form as it evolves. Unfortunately, the obsessively wonderful experience of falling in love eventually dissipates and routine usually takes its place.

So many women aren't prepared for what happens when newly found romance wears off. We often think the relationship isn't working and begin looking for someone else to rekindle those feelings with.

Take my advice – stick around for the next stage. It gets even better once you get past the lovey-dovey haze and get real.

*Get more dating advice, tips, how-to's and Q&A's for men and women from the experts at [DatingAdvice.com](http://DatingAdvice.com).*

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# JLo and Casper Smart: Should You Get a Puppy Together?



By Jane Greer, PhD for Galttime.com

## When is puppy love the smart choice?

Jennifer Lopez and boyfriend Casper Smart [introduced](#) the newest member of their family to the public recently via Twitter – a brown boxer puppy they've named Bear. Lopez, who has four-year-old twins with ex-husband Marc Anthony, has been dating Smart since 2011. This step seems worth noting – not only for them but for all couples who might be wondering what the next phase of their partnership might be.

It is easy to get caught up in the excitement of your love and just want to enjoy the day-to-day, but at some point things

must grow in one way or another. Sometimes the next step is decided for you, with an unplanned pregnancy for example. Other times, a couple may hastily get ahead of themselves, moving in together or taking on more responsibility than they might be ready for. Or maybe they already have kids who are begging for a new sibling. Often when partners find themselves biting off more than they are ready to chew, the relationship can implode.

Instead of being taken by surprise, one way to test the waters of how you and your partner might handle responsibility in your shared life together is to get a pet. It will give you a sense not only of how your partner will be in a traditional role, but also how you'll take to it. Think of it as a practice run. Having a pet, especially if it's a puppy, requires some of the necessary behavior that occurs when you have a baby. Your schedule changes so you can take care of the dog – walk him, feed him, train him, and comfort him when he whines during the night. It will tell you a lot about how much each of you will be able to sacrifice your personal needs and work as a team to cover all the bases. Pets might be really cute, and melt your heart, but there is no denying how much hands-on obligation they require. In many ways, it is its own form of parenthood.

Puppies might bring puppy love and tug at your heartstrings, but they pack a punch when it comes to accountability – as does building a life with another person. JLo and Casper are doing it right, they are dipping their toes into the pool of settling down more before taking that jump. They brought home Bear before adding to their already existing family, allowing them the time to find the balance between love and reality.

The bottom line is that if your biological clock is ticking and you think you want a baby, but you're wondering about the timing and what it will mean to your relationship, take control rather than letting yourself be pushed into anything before you're sure you're ready. Instead, do a dry run with a

pet – after all, you are never too old for puppy love.

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## Why a Blind Date Might Be Good For You



By Jennifer Harrington

For singles, there are two words that can stir feelings of fear and excitement: blind date. Why such an intense reaction to these two little words? Simple: it's because there is the fear of the unknown and the excitement of the potential of meeting that special someone. So if you're still on the market and undecided if blind dates are really for you, here are a

few reasons you may want to take the plunge and consider accepting a set-up:

**1. Your friends and family know you best:** Family and friends are often the ones who offer to set up blind dates. These are the people closest to you and know you best, and most likely, they know what qualities are most important to you in a potential mate. Also, you will have something in common (your mutual connection) with your blind date to help get the conversation started. So, put some trust in your inner circle and let them help you find “The One”!

**Related:** [The Last Blind Date](#)

**2. You gain important dating experience:** Whether your blind date is a success or disaster, every time you go out on a date, you get experience which will only help you as you continue on your dating journey. Most importantly, dates give you an important boost in self-confidence. After each date, look for the positives and honestly assess how the date went. This self-evaluation can help you as you consider and go on future dates.

**Related:** [How to Ease Your Nerves Before a Blind Date](#)

**3. You know celebrities do it:** Despite fame and fortune, celebrities also go on blind dates! Jenny McCarthy admitted in 2011 to a blossoming romance with sports agent Paul Krepelka, after begging her friends to set her up with men. Jenny confided in an interview with *US Weekly*: “I told everyone I know, Please, I can’t pick them. As a friend, find me a man.” Also, a little-known Hollywood fact: Jennifer Aniston and Brad Pitt met on a blind date! While the couple eventually divorced, their romance started on a blind date in 1998, after Jennifer’s long-time crush on Brad.

**4. You know it may work:** Blind dates always come with the potential of meeting somebody really great. But you will never

know unless you accept the date and go into it with an open mind. If you need extra inspiration to accept the blind date you've been offered, think back to Charlotte's quote from *Sex and the City*, "I've been dating since I was fifteen. I'm exhausted. Where is he?". Mr. Right could be your blind date, so always accept the date!

**Blind dates – friend or foe? Tell us in the comments about your blind date experiences!**