

Dating Advice: 3 Coping Strategies for Widowers that Work



People who have never experienced tremendous loss can never relate to what it's like to be a widower and frankly wouldn't know anything about [dating a widower](#) either. Moving on and accepting the fact that the world won't stop turning just because it feels like your life has come to an end is quite challenging, but doable when the time is right. Below, you'll find our top three coping strategies for widowers not sure how to deal with the stress of getting back to dating following their spouse's death.

Dating Advice: How to Heal After the Death of a Spouse

The death of a significant other is much harder to overcome than a divorce or a break-up. Here is some [dating advice](#) on how to begin to heal and move on.

Dip Your Toes Into it: How will you ever know if you're ready to date again if you don't try it? It's only natural you're overwhelmed with feelings of guilt, and grief itself isn't that far behind on the list of things you feel the most, but that doesn't mean you shouldn't at least give it a shot. Nobody expects you to go out to a bar and meet people six months following your spouse's death; however, online dating provides you with a perfect opportunity to test the waters and see how you feel about talking to someone you find interesting. Open up a profile and check out what's out there. Simple companionship might do the trick at first before you meet someone truly worthy of your time.

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Keep it to Yourself: If you have kids, it's unlikely they'll understand that you're trying to move on. Rest assured the same goes with your spouse's family. Nonetheless, you should try to get your life back on track when you feel you're ready and nobody in the world can say when that is but you. There will be people who'll think it's too soon, but don't blame them. Everyone deals with loss in a different way. This is precisely why you should keep the fact you're going back to dating under wraps until you meet someone you'd like by your side at a family dinner or a camping trip with friends. Wait until the opportune moment to let your inner circle know there is someone new in your life and take it from there without making too much of a fuss.

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Cherish the Memory: The fact that you're trying to move on doesn't mean you can't cherish the memory of your late spouse. Having someone to watch a movie with, go out to dinner or to confide in will be fulfilling enough, so that you don't feel like a burden to your kids, family, or friends. In time, they'll understand that it's good for everyone that you're not alone and will come to terms with a new person sitting across from them at your birthday party. The most important thing you need to remember is that you can talk about your late spouse whenever you feel the need to do so, regardless of the fact that life goes on. Visit their grave with your kids, openly talk about them, and keep letting your kids know you're not forgetting about their mom or dad.

What suggestions do you have for dating after the death of an S.O.? Offer advice below!

Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships





By Dr. Jane Greer

Coming out of a toxic relationship can be difficult in and of itself, and often requires an emotional detox. Even though the relationship is clearly over, you may find that you still have issues to work through. You might be experiencing not only the sadness and loss, but also pain and anxiety. If you got to this point after a tremendous betrayal or a chronic problem the magnitude of which you were not able to surmount, you probably have many questions and concerns about how you got into that situation in the first place, and how someone you loved could treat you so poorly. Sandra Bullock had a public breakup with her ex-husband Jesse James who [admittedly](#) cheated on her multiple times. Despite that, Sandra has finally [found love again](#) with a person whom she calls “the one,” Bryan Randall, and the couple reportedly couldn’t be happier. How, then, when you finally do find yourself on the other side and are ready to think about dating again, can you trust another person as well as your own judgement as you, like Sandra, move past the bad and attempt to find the good? How can you make sure you don’t allow yourself to fall into a toxic relationship again?

Dr. Greer's Relationship Advice Teaches Us How to Date Again After a Toxic Relationship

One thing to keep in mind is that it is natural to be more guarded and question everything when you begin something new after what you have been through. And that is a good thing. Take your time as you get to know someone who has caught your eye. Even if the connection feels comfortable right away, and you experience the temptation to slip into an immediate closeness of constant texting, talking, and even spending the night together, try to resist that at first. Remain your "me" for as long as you can before you jump into being a "we," so you don't shoot past any warning signals. Take inventory: do they call when they say they will? Do they keep the plans you have made? Do they generally seem to be telling you the truth about things, or have you caught them in any lies? Do they have friends, or do they appear to have many past relationships – friendly and romantic – that have ended with all ties cut? Take the time you need to read all the road signs, so to speak, and to stop at all the caution lights so you can get a sense of what's coming down the road. Give yourself a chance to learn who this person really is, instead of making excuses when necessary and allowing them to form in your mind as who you hope they will be. Along these lines, be more selective about who you might let in, let them show you they are worthy of your love. Sit back a little, possibly more than you usually have, and instead of being an open book and freely sharing your past and your hopes for the future, let them take the lead and reveal those things first. That way, you will have a better sense of what you are getting into before you open yourself up to them.

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By doing this and taking any red flags that might come up seriously, you can work to head off future betrayals and strengthen your own self-confidence as you evaluate your new potential love interest and decide how much you want to share with them. It will also give you more control. The goal here is to find someone who you can believe in, who has your best interest in mind, and who, ultimately, will not stamp on your heart. Proceed with this expectation, that this is what you deserve and what you will get, and this will help give you more clarity and insight as you begin to date. If you feel secure in yourself, you are much more likely to find someone who will support you rather than undermine you.

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Moving on after a toxic relationship isn't easy, but it is possible, as we saw with Sandra and Bryan. The experience, however terrible it might have been, can be a lesson for you to learn from. Once you can stop thinking of it as a recovery process, and more of a moving beyond process, taking with you all that you now know, you can be stronger and better placed to have a healthier relationship than ever before.

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Relationship Advice: How to Deal With Estranged Family Members



By Dr. Jane Greer

When we think of family, we often have an image of togetherness, but for almost one-fifth of the population that is not the case. Studies have shown that family estrangement affects up to nineteen percent of people. And while it may be

fairly common, it is often painful and can interfere with everyday happiness. That can be the case whether it is a child who no longer talks to a parent, a sister who no longer talks to a brother, an aunt who no longer talks to a nephew or any other variation. It can become even more relevant and harder to ignore when a family event takes place such as a big holiday, a wedding, or the birth of a baby because there is the natural desire to share those things with someone who, at least at one time, played a prominent role in your life. This may be what Meghan Markle and Prince Harry are experiencing since they welcomed their first child. She has been publicly estranged from her father, and the arrival of her son might raise questions and emotions about that situation, especially since her father told *The Sun* that he worries he will never meet his new grandson.

In this relationship advice, learn how to approach estrangement from your family members.

There are so many twists and turns that can lead people to a place where there is no contact at all. Once that is established, it is often difficult to undo it. Perhaps a long past grievance led you to this place, but it has since been forgotten about or doesn't seem at all as important as it once did. So how do you know if it is the right move for you to use this life event, whatever it might be, as a catalyst to reconnect with family members you are no longer in touch with? And when, on the other hand, should you accept that no matter how much you wish you could reconnect that it is essential to your own health and wellbeing to recognize their limitations and continue to protect yourself emotionally by leaving things as is and not trying to bridge that distance between you? In other words, when is it okay to reach out, and when is it time to let go?

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If, in fact, there was a misunderstanding, or a family member cut you off with no real explanation and it is a complete mystery to you, these big life events can be a chance to try to clear the air. You can simply say that you know you have not communicated in a long time, but you would like to take this opportunity to attempt to reconcile any disagreements between you. At that point, you can ask if there was something you did to anger the other person, and possibly even move past it. Another scenario in which you might be able to find a meeting place is if you have had repeated grievances – about anything from politics to personal choices to a value clash – and you have not been able to find a middle ground. Might now be a time you can agree to disagree? Is the introduction of a new family member – either through a birth or a wedding – or the celebration of a holiday enough to make you both realize whatever it is you are fighting about isn't so important that you can't put it to the side, respectfully acknowledge each other's differences, and go forward? In those situations, seriously consider if you have more to gain by being able to do this than you would lose by insisting on being right or refusing to acknowledge that your relative might have their own preference or opinion. You might even be able to learn how to co-exist as a family in spite of your opposing convictions.

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The times when you really have to ask if it is healthy and a good idea to try to reconnect with an estranged family member are when there has been a clear betrayal. In my book *How Could You Do This To Me? Learning To Trust After Betrayal* I talk about the different types of betrayals. One type is the unaware betrayal in which the person who does it is completely unaware they are doing it. Another type that I call the deliberate betrayal is much more complicated to get beyond. In this case, the person knew they were doing something that could hurt you, but they did it anyway. When this occurs, it

is much harder to trust them again. How do you know they won't continue to behave that way and violate your trust another time? If you aren't sure, sometimes the only thing to do is to keep your distance so that despite whatever good news you might have to share, you aren't at risk of opening yourself up and being vulnerable to getting hurt and disappointed again.

Most people don't get to the point of estrangement without serious consideration. In all likelihood, there has probably been more than one issue in the relationship, and you have likely given your relative many opportunities to do better. Even so, it is common to have that continued desire to find your way back to them. Who knows what Meghan will decide to do in the future in terms of involving her father in baby Archie's life. If the reports are correct, he violated her trust more than once, and it might be hard to bridge that gap since that can corrupt the whole foundation of a relationship. Hopefully one way or another she, and you, will be able to find peace and know when it is more important to take care of yourself than to look for a reunion.

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Relationship Advice: How to Approach Social Media Post-Breakup



By Dr. Jane Greer

It is nearly impossible to do anything privately these days because almost everything is caught on camera and then shared on social media. With that in mind, breaking up and moving on can carry an even heavier and more transparent burden since most steps are documented on Instagram, Facebook, Twitter, or another social media site. For example, John Cena was spotted holding hands with a mystery woman only days after his ex, Nikki Bella, confirmed she's in a relationship with Artem Chigvintsev. All of this played out on the internet. Sometimes the one left behind doesn't feel ready to move on, but when

they see their ex out there with a new love they might feel motivated to either try to put themselves out there too or, at the very least, look like they are. This raises the question, is using social media a good choice when trying to get over an old flame?

In this relationship advice, we explore how to approach social media after a break-up.

Seeing your former lover's posts with a new partner often stings, and might push you to actively seek social interaction with other people in an effort to offset the rejection and loneliness you are feeling, or to spark jealousy. Either way, it can be tempting to document your journey and share it for everyone to see, especially your ex. Whatever picture you present will offer a silent confirmation to him or her about how you are doing after the break. For those who are still mourning the loss of a relationship, putting a happy face out there on Instagram and Facebook can be a way to aspire to feel better than you do, a way to paint a picture in which you appear to be over it, no longer sad, and looking ahead to your future beyond your connection to your ex. Whether you are at a rooftop cocktail party, on an actual date, or lounging by a pool, the message you are sending is that you are carrying on and your life is moving along fine without the other person. The truth, though, might be that you would rather be home in your pajamas or are still pining for your lost love. If that is the case these photos can be a way of faking it until you make it. In the same way you might try to put a smile on your face even if you don't feel like it, there is the hope that doing this can help pull you out of your rut and get you back on a better road since it is forcing you to leave the house and be around other people.

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Additionally, some may truly be over the breakup, having survived the tornado of it, and are in fact happy now, meeting and dating new individuals. As a result, they may be eager to show off that they are happy and doing all right. But is it okay to present your life publicly in order to let your ex know he or she is in the past and you are now living in your present? Will this be a positive move for you? To what extent do you want to use social media? For some, it can certainly be helpful, but can it also be hurtful?

There are a number of factors to consider when you determine if using social media at this point is the right choice for you. If you have always had a strong online presence, you might not want that to change just because you are suffering through a heartbreak. After all, you have lost a partner, but you don't have to lose your usual connection to the world and feel you have been flung off the map entirely, too. In that case, keeping up with all of that might seem very natural and even help keep some normalcy in your life while you heal. But what if you feel pressure from having to "put on a happy face" and maintain your accounts, and that adds to your feeling more overwhelmed? In that instance, it might not be good for you right now. Along the same lines, putting a fictional story out there of what can look like a fairy tale life might also make achieving it feel even more elusive, and therefore might have the opposite effect of what you are hoping to accomplish, sending you further into despair rather than pulling you out of it.

Keep in mind, also, that when you post publicly you become exposed and open yourself up to all sorts of judgments and comments – anything from someone suggesting you are moving on too soon to making a statement about the way you look. Consider if you will be able to handle this, or if you are already so sensitive and vulnerable that you are at risk of

feeling even more bruised by their criticisms and opinions, many of which may be sparked by envy on the part of your followers. It's possible then that opening that door will make you feel worse rather than better. Also, try to determine why you are choosing to put yourself out there in this way, and understanding that might help you decide if you want to follow through with it. Are you doing it to get back at someone who wronged you? Are you hoping to one day reconcile with your ex, and this is a means of showing him or her that you are valuable and strong, and not pathetic without them? Or are you truly recovered and happy to be back out in the world?

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Finally, as you move through the murky journey of getting back on your feet, remember that in the same way, your own posts might make you and your life appear better than you may feel or that it actually seems to you, the same could be true for your ex. Much of what you see in their online photos may simply be their own social media front. Keeping this in mind can help offset feeling upset that they seem so happy without you.

The bottom line is that there is no correct answer, it is a matter of what is going to be right for you. Posting may be one of the ways to highlight that you are managing rather than sulking and feeling wounded. Furthermore, if you are no longer in personal contact, social media might be the only way to get the message out there. Ultimately, if it helps you feel better about yourself, gives you true support instead of demeaning statements, and the desire to get good photos mobilizes you off the couch and back out into the world, then this choice might serve you well.

Even if John had no intention of spreading any news, it is sometimes hard to keep it quiet. It seems like he is traveling down a new path without Nikki, whether we hear about it on

social media or not.

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Relationship Advice: Talking Through the Tough Times





By Dr. Jane Greer

Sustaining a marriage or an ongoing relationship can be hard, and everybody hits different rough patches along the way where they think they made a mistake choosing their partner and they can't see a lasting future together. Even in what seems like a great connection, there are times when people think they want out. Fortunately, in most cases, they don't act on these heat-of-the-minute thoughts, but rather look to find ways to move past them. Neil Patrick Harris and his husband David Burtka recently talked about how they keep their 15-year relationship happy and healthy. The couple, who share 8-year-old twins and got married in September 2014, said that for them it is all about communication. They said they try not to let emotions and disappointments get bottled up, but instead talk through the issues before they become too big to overcome. That's a good strategy for everyone.

How can you navigate the potholes

you hit in your relationship and get out of them so you don't get stuck, and can instead continue to go the distance and stay on track? Check out this relationship advice from Dr. Jane Greer.

Often, in the surge of anger, one person may tell the other that it's over and they want out. While they might mean it when they say it, they don't actually intend to follow through and leave or make the other person leave. I call this the Deal Breaker Card, and it gets played when somebody has reached their last nerve and feels a sense of hopelessness that their relationship is ever going to change and get better. While it offers a sense of relief as well as control so they don't feel trapped, and sometimes is meant to intimidate their partner into shaping up and let them know they aren't kidding about how upset they are, it does in fact work against you. In order to get through the tough times, you need to feel like you are a team and have a we're in this together bond. Once you play the Deal Breaker Card, it is going to shake the foundation of your union and create anxiety and insecurity for your significant other. Your partner is now going to focus on – wow, we can be broken – which can deplete the trust you share and might make your partner no longer feel safe with you, which can get in the way of being able to focus on the issues to make the changes necessary to improving the relationship. It takes away from the sense of being a team, the idea that you can get through anything. Instead of strengthening your sense of resilience, it divides you and can make it harder to get through the conflict. So while you may feel like telling your partner that's it, I'm out, we're through, avoid playing the Deal Breaker Card. Think it, but don't say it. What you

might say is that sometimes you feel hopeless about your relationship going forward and you wish it can get better, which makes room for your partner to feel encouraged and work with you to make that happen. Take Neil and David's lead and acknowledge that you are at a fragile place and talk about how you will be able to get beyond it and endure over time. Discuss what you are facing, knowing that the problems in front of you are real and in order to stay together you should try to do your best to talk through them. Instead of playing the Deal Breaker Card, use that anger to consider seeking the help of a counselor, or make a clear effort to work harder to listen to each other. See it as a chance to pay more attention to your mutual needs so whatever argument you are having doesn't bring you to the end of the road.

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Another thing to be aware of is what I call Love You, Mean It, Hate You, Mean It moments. I talk about these in my book *What About Me? Stop Selfishness From Ruining Your Relationship*, and most couples deal with these at one time or another. No matter how much you love your partner, at some point he or she is going to do something that angers, frustrates, or disappoints you and, when that happens, you might feel like you actually hate them. This is totally normal, it's the natural ambivalence that is a part of every relationship. It often surprises people because when they fall in love they typically imagine that is how they will always feel for each other and they can't imagine ever having feelings of hate for the other person. However, as I explain in my book, most loving feelings in an adult relationship are conditional and subject to how you treat each other. Loving gestures beget loving feelings, and the same goes for negative behavior. With that in mind, accept it and use it as a tool to acknowledge your anger and disappointment. You might even consider developing a shorthand in which you say, Hate You, Mean It, just to let each other

know when one of you has done something upsetting. Neil and David joked about using tasers to get through to each other, which is a variation on this theme. Keep in mind that you always want to balance out the Hate You, Mean It moments with the Love You, Mean It moments so you can focus on the positive.

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There is no question that maintaining a solid relationship is challenging and requires prioritizing each other along with truly listening and sharing your time and attention. This is what Neil and David say has gotten them through and continues to keep them on solid ground. That, and a little humor such as their kidding about the tasers always helps. Hopefully, if you find yourself wanting to play the Deal Breaker Card or being flooded in a Hate You, Mean It moment you will be able to take a step back and remember why you fell in love with this person in the first place, so that you can sprinkle some Love You, Mean It moments and therefore make it worth the trouble to try to find your way to those feelings again.

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Relationship Advice: How To Spice Up Your Marriage



It's not uncommon for married couples to fall out of touch as time goes on and their routine leaves less room for intimacy. The excitement that once characterized their relationship has all but run dry, and now, even their time in the bedroom feels dull and predictable.

The good news is that every willing couple can reignite the passion in their marriage, and the process of exploring can be just as fun as the acts themselves.

If you're on the hunt for some

saucy ways you can surprise your spouse, here are a few tips.

Start Texting Again

Send flirty messages throughout the day, and don't be afraid to include a little dirty talk. Many couples might reserve text messages for chores and reminders, but this is a highly underestimated form of communication that can help build anticipation and make you feel appreciated. Let your partner know you're thinking about them throughout the day ... and what you'd like to do to them when they get home.

Go on Dates

Skip your usual restaurant and go exploring. Dress up in something sexy, including some nice lingerie underneath, and truly go the extra mile to wine-and-dine with your spouse like you did when you first met. If you're both too tired from work and kids, that's okay. Plan a romantic date night at home with rose petals, a candlelit dinner and some tasty dessert. Leave no stone unturned and pull out all the stops to impress your S/O.

Try New Positions

Couples tend to fall into synchronicity the longer they're together, and that includes how they have sex. While a comfortable rhythm is great, it can also make you feel under stimulated and bored between the sheets. Look up some new positions and try them out. You may just wind up laughing together, which never hurt anyone.

Experiment With New Toys

Buy a [prostate massager](#), some vibrators, clamps or other sex toys that you've never tried before. You may feel funny using them at first, but it can be a great learning experience that will make physical intimacy fun again for you and your partner. You'll also get a better feel (literally) for what

you like, and this can be an exploratory period in your marriage that leads to greater satisfaction and fulfillment for both people.

Dress Up

One of the best moments in a relationship is when you can just wear sweatpants in front of your significant other. But the comfort of a marriage can sometimes cause personal upkeep to fall to the wayside. Buy some new clothes and freshen up around your partner. The little effort goes a long way, and you can begin to feel as if you're just starting to date again.

Marriage is the end-goal for a lot of people, but it's really just the beginning of an epic lifetime together. Don't be afraid to communicate your needs with your partner. As long as you're both committed to each other, you can overcome every obstacle and make each year together exciting and new.

How did you and your partner re-ignite your marriage? Share with us below.

Relationship Advice: Signs Your Partner May Be Cheating





By Paige Jirsa

As painful as the truth may be, there are clear signs of infidelity that shouldn't be ignored. You may have noticed some different behaviors or strange changes in your partner lately; at first, you may have chalked it up to them having a bad day at work, but now their actions are really starting to affect you and your relationship.

If you notice any of these cheating signs, it may be time to investigate further.

1. Suddenly Secret

If your partner suddenly changes the passwords on their devices, doesn't let you use their phone, and seems jumpy when you ask them about their day and whereabouts, this could be a sign that they are cheating. Your partner may be trying to hide text messages and probably feels nervous when you ask about their day because they don't want to get caught in a

lie.

2. Changes in Intimacy

One night of not being in the mood isn't a red flag, but weeks of receiving the cold shoulder in bed is cause for concern. Your partner may be too occupied with their cheating partner that they don't want sex when they come home, or they may have contracted an STD and don't want to pass it on to you. If you have recently contracted an STD, this is a very obvious sign that your partner was unfaithful; you should get [checked](#) immediately.

3. They Start Mistreating You

If your partner suddenly becomes more critical and negative towards you, this may be a sign that they are cheating. They are subconsciously trying to justify their bad behavior, so they point the finger at you to make it your fault in their mind. They may also seem more distant or act withdrawn from the relationship.

4. Missing Money

If there are unexplained withdrawals or expenses coming out of your account, or your partner comes up short on bills and asks you for money, this may be a sign that they are splurging on another person. They may be spending money to take the other person on dates or to go see them far away. This also ties in to unexplained, out of the blue "business trips" that your partner may have started going on. Most companies pay for employees to travel, so excessive expenses while your partner is away may indicate that they are having a long-distance affair.

5. Improved Appearance

If your partner goes from sweatpants to snappy suits, you may want to start asking questions. While this may not seem like a

red flag, most people don't drastically change their appearance unless they are trying to impress someone. If your partner starts dressing up and going to the gym along with any of these other signs, take it as a clear indication that something is off. If they dress up and take you on a date, they may truly be trying to impress you to liven up the relationship. If they change their appearance and start going out without you, it's time to investigate!

Paige Jirsa work with [STD Testing Facilities](#), which provides users same-day STD testing in a discrete and proficient manner.

Ask The Guy's Guy: Should I Follow My Boyfriend To Where His Job Is?





By [Robert Manni](#)

Question from Kaylee M: "My boyfriend and I have been together for a while now, and we both know we're going to end up together for a while. But, he might have to take a job that's 6 hours from my home, and that might be an issue for me. I'm very close to my family and not sure if this is a move I want to do. What should I do?"

Boyfriends moving away, should you go with him?

Hi Kaylee:

You have a lot of variables to consider before making a decision about this move. It's great that you have a strong bond with your boyfriend, that he has a great opportunity, and he wants you to join him. Now it's time to ask yourself questions. What are the opportunities for you if you join him? Do you have a career where you currently live? If so, can you get a transfer to the new locale or easily find a similar job there? Have you visited this location? Did you like it, and could you see yourself living there? Do you know anyone there? How difficult would it be to visit your family if you move?

Six hours by car is substantial, but it's not like moving

across the country. You mentioned seeing yourself together with your boyfriend “for a while”. How long is a while? Is it long enough to pick up and move your life, career, and away from your family? Only you know the answers to what’s in your heart and what his intentions are.

Related Link: [Ask The Guy’s Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

I’m not trying to throw water on what could be a great opportunity for both of you. I’m suggesting you consider how all the variables of this move will impact you and your life, friends, and family connections. I’m also wondering what your boyfriend has to say about this opportunity as it relates to you. After all, you will be making a sacrifice since he already has a job set up. Was this opportunity a surprise or something he has been working towards? As you can see, there is a lot for you to consider prior to making a decision. You may discover that it can turn out great for both of you. Or not. Only you can get the answers you need to make a wise decision. After all, your number one priority and consideration is to yourself. Good luck!

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email gillian@nvmediainc.com

More about the Guy’s Guy:



Robert is the host of Guy’s Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly “Guys’ Guy’s Guide” exploring current guy-focused topics.

His novel, THE GUYS’ GUY’S GUIDE TO LOVE, praised as the

“men’s successor to Sex and the City,” has been developed into two feature-length adapted screenplays, a scripted television series (pilot and treatment), and a series of non-scripted Guy’s Guy show concepts.

Robert has appeared on broadcast television (NBC’s Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio programs and podcasts, as well as a contributor to Huffington Post, Thought Catalog, Cupid’s Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by DatingAdvice.com.

Robert developed the Guy’s Guy Platform to help men and women better understand each other and bridge the growing communication gap between the sexes. He continually creates a fresh, robust palette of timely Guy’s Guy [content focused on life, love and the pursuit of happiness](#). Whether it’s navigating the challenges of dating, relationships, friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.

Relationship Advice: The Beauty, Meaning, & Power of Love





Love is amazing, and everyone should experience it at some point throughout their life.

Take a look at our relationship advice on why love is beautiful, meaningful, and powerful:

Why is love the most beautiful feeling?

Love is a bright, positive and good feeling, which triggers kindness, positive emotions and the desire to share it with your soulmate. Love is one of the [steps to healthy relationships](#). If the feelings you have for a person make you constantly worry, then, most likely, they have nothing in common with love. The root cause of such a scenario may be the inability or unwillingness to understand yourself. People tend to cling to the past. Sometimes, it is difficult to leave and start life from scratch. Everyone has their own vision of love. People are sure that they know how ideal relationships should look like, that's why the reality makes them suffer. It

is necessary to learn to reject all conventions, which do not allow you to love, and only then this beautiful feeling will bloom in all its glory. It is hard to describe love with words. It needs to be felt, experienced and revealed. You should work on this amazing feeling. Only your own experience will help unlock the secrets of love.

What is the meaning of love?

What is the meaning of love, and why do people think that this is the most beautiful feeling, without which life becomes limited, faceless and monotonous? Love gives strength, saves from loneliness, makes you feel that someone needs and misses you. It helps understand the essence and meaning of existence. This wonderful feeling opens up new qualities in people, making them more tolerant, kinder and better. It is love that makes it possible to understand a person, to look into their soul, to accept them with all their strengths and weaknesses. People in love seek to share everything they have as well as to help, support and make the life of a loved one easier. The meaning of love is that it binds close people. Members of a big family realize that they are strong when they are together, and whatever surprises they face, they can overcome any problems. Love gives faith and hope in the future. Probably, the meaning of love lies in something different for each person. It is enough for someone to see a loved one several times a month, and for others, it is important to fall asleep and wake up together every day. Nonetheless, whatever views on this wonderful feeling you have, the main thing is that it makes you happy and allows to feel the fullness of life.

What is the power of love?

It is very difficult to meet a person who doesn't dream of meeting a person who will share their views, read between the lines, support, pay attention to signs. That is, everyone dreams about meeting a soulmate. The power of love is that

people are ready to give in to the partner, make compromises, change their principles, put the healthy wishes of the beloved one above their own, and even sacrifice themselves for the sake of this wonderful feeling. A life without love becomes gray and dull. For some people, even the meaning of existence is lost. This feeling can be compared with the healing balm, which makes you healthy. The power of love is manifested by a twinkle in the eyes and is reflected in any field of activity. A man in love feels a huge surge of energy, and it seems to them that they are up to the task at hand. All the problems and hardships seem insignificant and easily solved when a person falls in love. Probably, this high feeling gave the world people who are admired by more than one generation. It's about artists, writers, poets, composers, singers. Often, they were inspired by all-consuming love, which doesn't allow to think about something else. They poured out their feelings on canvas and paper, giving the world brilliant works and proving once again that love is the most beautiful feeling.

Relationship Advice: Being in a Happy Relationship in the 21st Century





The impact of technology has increased over the years, and it threatens to change our lives and the way that we interact with each other. Its influence is more substantial on relationships because they depend on real human interactions.

Relationship Advice: Being in a Happy Relationship in the 21st Century

Being in a happy relationship requires a different set of rules and practices. For this relationship advice, those rules and practices are like these:

1. Explore your options: Being in the right relationship begins with being with the right person since dating someone who isn't right for you can lead to a lot of heartache for both of you. Therefore, instead of rushing into a relationship that might be doomed to fail, take your time and evaluate your options. Find out what you want in a partner and go for it. Settling for less will make you unhappy in the future. You

should consider online dating sites like [interracial dating central](#) where you can meet a lot of people.

2. Communicate in real time, in real life: Nothing beats real face-to-face communication. No screens, no Wi-Fi, no Internet buffering can ever replace the authenticity of a discussion in person. Research has actually shown that when you have physical contact and interaction with someone, it improves your bonding and intimacy with that person. That's something you won't get from video chats.

3. Use technology: Just because technology can diminish our intimacy and bonding time doesn't mean we can't use it to our advantage. If you're in a long-distance relationship, technology should probably be your best friend. With video calls, you can stay involved in your partner's life without skipping a beat. They say distance makes the heart grow fonder. Whenever your heart grows fond, you can simply pick up the phone and talk to them.

4. Ignore social media's standards: One of the predominant causes of unhappiness (especially in relationships) in the 21st century is social media. Social media enables everyone to share parts of their lives with the world. There are no filters for what's true and what isn't—only what you choose to share. Unfortunately, most people don't know this, and they try to match the unrealistic standards that other people post on social media. Not meeting these standards often leads to a lot of unhappiness. You can avoid this downward spiral by ignoring social media's standards, and simply measuring your relationships by your own standards. After all, you have to live with yourself.

5. Beware of questions: Google has gotten us addicted to instant answers when we want them. These days, you don't even have to type in anything. You can simply say the question aloud into your phone, and it spits out the answer. This quick and easy question-and-answer experience has tricked us into

believing that everything should work like that. With relationships, it's a little different, and the truth is that your partner isn't obligated to give you answers any more than you're obligated to give him. If, however, they do agree to it, you have to be ready for the answers.

Relationship Advice: Can You Handle Sex Without Love?



By Dr. Jane Greer

As women strive for equality, they are exercising their freedom of sexual expression more and more, which for many

might mean a choice to have casual sex. However, with that freedom and choice comes great responsibility, and the important task of taking care of your emotional self and well-being. That is possible only once you know what you want and can tolerate, and, when it comes right down to it, if you can handle sex without love. Diane Von Furstenberg spoke about her fling with Richard Gere, saying it was just a “f**k,” which is how she wanted it to be. While it is more common for men to have sex and keep it just about the physical connection, with few or no feelings of intimacy involved, women regularly struggle with separating the two. Often emotions come into play despite their best intentions, since so often women feel most vulnerable when they are in intimate situations and often literally are and symbolically feel naked. So how can you know if you can handle a fling with no strings attached?

With this relationship advice, learn if you can handle a fling without love.

By challenging the stereotypes that have confined and limited women for so long, you can consider your sexual identity and what it means to you in terms of your happiness and your sexual esteem, and what might give you the most pleasure and fulfillment. Sometimes that might mean indulging in a purely physical romp with someone. That can happen if, for example, you want to sleep with someone you just met, because you are on vacation and want a brief romantic escapade, or you are at a wedding and want a one night stand. Furthermore, you may have just gotten out of a long relationship and aren't ready to jump back in to a serious commitment, so casual sex might seem appealing. If you find yourself facing any of these scenarios, ask yourself if you will be okay if you never hear from this person again. Or if you begin to feel connected but they aren't interested in anything more than the sex, will you

be able to disengage without experiencing a great loss? The most important thing to consider is how you will feel when it's over. The key is to be able to enjoy the experience, and have it enhance your self-esteem.

Related Link: [Relationship Advice: Will Your Perfect Partner Vision Become Reality?](#)

Sometimes the only way to know if it is going to work for you is to take a chance, jump in and see where you land. You know best what your Achilles' heel might be, and if there is a chance you could come out of it with a big emotional ouch because you may find it hard to let go, this might not be the right move for you. With that in mind, if you are in the driver's seat you can give yourself the permission to say yes to your desires and feel empowered by them when it comes to your sex life decisions. The essential thing to be aware of is that whatever your action may be you are doing it by choice, one that you are making for yourself with full awareness of the consequences, and thereby can feel confident about. In this way, you will be a woman who takes charge, is in control, knows what you want as well as what you don't want, and will be better able to build your inner security which will reflect in your general wellbeing.

Related Link: [Relationship Advice: Should You Elope?](#)

For Diane, it was simply about getting physical. It requires clarity, like she had, to know from the start that you'll be fine if nothing more develops from your sexual encounter. If you are able to take an inventory and determine where your tender spots are, thereby avoiding heartbreak, hopefully you will be able to keep it light and fun. In the end, knowing what you can handle is the best indication of whether or not a sexual rendezvous without a commitment will be a positive or negative in your life. If you tend to get attached quickly and are very sensitive to rejection, just sex might not be for you. You want to be your best protector. When it comes to

casually getting between the sheets and thinking about how you'll feel after, trust your gut.

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

Dating Advice: 5 Activities for a Fun and Fresh Date With Your SO





Valentine's Day is over and done. But, celebrating and expressing love should never be limited by a holiday or a certain month of the year. Trying out new things as a couple is proven to strengthen any relationship regardless of stage. Sure, a candlelit dinner, flower bouquets, and expensive chocolates do sound romantic, but you can do that any day with your S.O. Go for something new, and never be afraid to try out other things!

Once in a while, isn't it amazing to go all-out? Whether you and your S.O. are the outdoorsy types or incorrigible homebodies, here is some [dating advice](#) with five simple activities you can do for fun.

Camp Under the Stars

For the outdoorsy couple, an excellent Valentine's celebration

would mix romance and adventure, and that's exactly what you can get when you go camping. Camping in the wilderness makes you feel as if you were the last people on earth. It's just you and your SO underneath the stars, surrounded by the quiet and peace of nature. Nothing can be more intimate than that.

Plus, camping outdoors has lots of [benefits to your physical and mental health](#), including stress reduction, getting exercise, breathing fresh air, and unplugging from social media, to name a few.

Of course, if you don't fancy the long trek and lugging heavy camp gear to the site, you could always [go for glamping](#). It may not be as thrilling or as adventurous as traditional camping is, but you'll have more comfort and convenience in exchange. In any case, you can always rough it up next time.

Do an Arts and Crafts Day

Not everyone enjoys going out. Some people just want to stay in and relax with their SO at home. You can watch some movies, play video games, and share a home-cooked dinner. Or you can do something that you don't do every day to celebrate the holiday—like doing arts and crafts.

Whether you and your partner are artistically inclined or not, there are plenty of benefits of doing arts and crafts. Staying at home, making origami, [creating a photo book](#), coloring, or just doing something creative is a great way to have fun and just relax. You can compete with your arts and crafts with something 'romantic' as prize for the winner.

Try Paintball

If you and your partner are itching for some thrill and adventure, invite all your friends and organize a paintball competition this weekend. There's nothing like adrenaline rush to add fun and excitement to your celebration.

Paintball is perfect for people who want to have fun and let off some steam at the same time. You're free to go wild, get competitive, and make as much mess as you can. A game of paintball may be just what you and your partner need to decompress and loosen up some knots.

First time trying the sport? Learn all about the rules and whatnot of the game using this [detailed paintball guide](#).

Have a Slumber Party

Who says only kids can have slumber parties? Adults need them too! Slumber parties are a lot of fun, and you and your significant other deserve to as much.

You can stay up watching all your favorite movies, playing video games, doing your nails, having a rap battle, holding an impromptu concert, or simply chatting. It's a great way to catch up especially if you've both been so busy doing individual things.

Having a slumber party also takes away the stress of planning a romantic celebration on one or both of you. And you save yourselves from struggling with a million other couples who are rushing to make it on time for their dinner reservations.

Spend a Relaxing Day at the Spa

For the busy couple, a relaxing spa day may be the perfect way to celebrate special days. Sure, spending the holiday at the spa may not be the most romantic thing to do for others, but both of you deserve to feel more refreshed and a really great massage and pampering. Adventure and excitement can wait until the next holiday or weekend. For now, you both deserve to treat yourself.

Final Word

You're not obligated to celebrate and express your love for each other all the time. But these little things make a huge

difference for any relationship. Planning such activities add spice to any relationship and will make your significant other feel loved. You don't have to stick to conventional ways of celebrating all the time. If you and your SO have the time, energy, and resources, why not do something fun and unique and even more extreme?

What are some fun date ideas you do with your SO to keep the spark alive? Share below!

Dating Advice: Five Steps to Winning a Second Date



In today's world of fast immediate gratification and apps that teach us to swipe left and right, there are so many options for dating that quantity seems to prevail over quality when it comes to meeting someone long-term. If there isn't a connection on the first date, we are off to set up a date with the next person we meet online. Sometimes it takes a few dates to build a connection. Let's dig into some crucial moments advice for getting a second (and maybe third) date with someone.

Dating Advice: Five Steps to Winning a Second Date

1. Be respectful of their time: Choosing a location for the first date is one of the most important factors in getting a second date. It's easier to get comfortable and suggest your date travel closer to you. The respectful and courteous thing is to compromise on a location for your date. The meeting place should be a convenient, neutral location for you both. For example, if you like to play basketball but your date has never stepped foot on a court, this may not be the best idea for a first date. Similarly, if you live in the city and your date lives in the suburbs, don't invite them to your town just because it's faster and easier for you to get home later. Agreeing on a location together will lay the foundation for any potential relationship. It's surprising how many first dates fail because this simple rule isn't followed. Additionally, if you really want to impress your date, knowing what they like to eat and do is sweet and thoughtful.

2. Listen and ask: The bottom line: stop talking, listen to your date, and then ask questions. Even if you have funny stories, use them sparingly. Attraction often happens when someone feels heard by the person sitting across from them. Give your date a chance to speak if you don't want to come across as a selfish, narcissistic chatterbox. Ask about their

interests and maintain a healthy give and take in the conversation, paying special attention to topics that really interest your date. Listen without interruption if you like your date. It will let them know you're into them. Don't bombard your date with overly personal questions that it puts them on the defensive. Your conversation should feel like a friendly, pleasant chat, not an interrogation at a police department. Remember, it's hard to be vulnerable, but someone feels heard when they're talking, they tend to open up more. Be mindful of that.

3. Don't wait too long: It's a sad truth, but guys often wait too long before asking a girl on a second date. It could be because of a packed week with other options, because they aren't interested, or as simply because they're afraid of rejection. You might want to move on if it's been two weeks since your first date with someone unless they have a reasonable explanation as to why it took so long to get back in touch. If they make you wait the second time around, then it's a pattern that you need to decide if you want to live with when being courted by someone. The same goes for moving too quickly. Don't be too forward or aggressive by asking someone out as soon as you get home or text them repeatedly.

This article was written by [Meetwife.com](https://www.meetwife.com), an online dating site that has several women looking for marriage.

Dating Advice: 5 Lessons Learned from a Bachelorette

Junkie



By Caroline Liller

Bachelorette parties equal the ultimate girls' weekend getaway. Fortunately for me, or some might say unfortunately, I've attended my fair share of bachelorette extravaganzas. From Napa Valley, to New York City to Nashville and everywhere in between – I've planned or attended a combined 12 destination bachelorette parties in seven years. You could say I have a thing for them. I've learned a lot from these three, sometimes four-day weekend parties.

Here are a few confessions and

Lessons worth passing the torch on:

1. Let the Bride Pick the Destination

There's nothing worse as a Maid of Honor than planning a trip around what you 'think' the bride will enjoy or forcing her to do things she doesn't want to. It not only makes it miserable for her, but everyone attending. Remember the main goal for the weekend is for the bride and her best group of girl friends or future family members to get together. If she wants a relaxing weekend in the mountains, don't force everyone to go out on the town and go clubbing. She'll probably leave the club early anyway and everyone will be disappointed. In my experience, forcing the bride to do things 'because she has to – it's her bachelorette party' never ends well. It's best to involve the bride in the planning process so that expectations for the weekend are already set, and everyone is on the same page.

2. Understand Not Everyone Meshes

Bachelorette parties can consist of a very interesting group of people. Essentially you are inviting siblings, future in-laws, old friends from elementary school and newer friends from your college years – to all go on vacation together. Mix in everyone's opinions on where to eat, what to do and who pays for what (and alcohol) and there's potential for a lot of drama. It's best to stay neutral and lie low if you can. Focus on having fun and the bride's wishes.

3. Know Your Limits

As a bachelorette attendee, you should know your limits and own up to them to make for a better experience for all. For example, if you can't fly hungover, you shouldn't book your return flight for 6 AM on Sunday. The same goes for a drivable destination. If you've offered to drive the group, make sure you are available to get everyone home safely. Sometimes it's easy to forget about details such as these until you're in the

moment and they can have a big impact on the group. Bachelorette parties are not a time to be selfish (unless you are the bride).

4. It's OK to Not Attend

In all seriousness, if you know you can't hang – or don't want to – it's ok to politely decline an invitation to a weekend of partying. Also, if you know you can't contribute or afford what is being planned by the majority of the group, simply say you can't attend. Remember to speak up way in advance though, since your attendance likely influences costs for everyone else. These extravaganzas really add up so know what you're getting yourself into.

5. Make the Bride Feel Special

What's a bachelorette party without fun gifts and [bachelorette accessories](#) for the bride? Delegate members in the group to bring different items to make sure all of your bases are covered. One person shouldn't have to buy everything – you should all pitch in to make sure the bride feels special. Hopefully the favor will be returned someday when she's attending your bachelorette party.

There are many things you will learn from bachelorette-ing with a group of people you rarely hang with all together. But with any luck, it will be one of the most memorable weekends (in at least one way or another!) for all of you.

Caroline Liller is a digital marketer who specializes in client management and content marketing. She has been writing for over five years by day and attending bachelorette parties on weekends.

Expert Dating Advice: 5 First Date Ideas to Get Past the Winter Blues



By [Joshua Pompey](#)

Winter sure seems like it lasts forever sometimes. Especially here in New York. But that doesn't mean you have to put your dating life into hibernation. Before you let that polar vortex get the best of you, let's take a look at five dating ideas that will spark some heat back into those long winter months.

First Date Ideas for the Winter Months!

Ice Skating. Holding hands. Catching your date as she falls. Unleashing the inner child within. What more could you ask for? This is an easy way to form a quick bond as your up against the physical progression and have some fun in the process.

Warm up with a drink. For those of you looking for a low-risk date, head to a local dessert shop for a warm cup of hot chocolate. Going to bars can get extremely cliché after a while. Coffee can feel cheap. But hot chocolate near in a desert themed cafe with a warm feeling ambiance? That's much more fun. Add some great conversation to the mix and you are good to go.

Related Link: [Dating Advice: 5 Online Dating Tips to Start the New Year Right](#)

Sledding or Snow Tubing. Skiing is a bit expensive for a first date. Not to mention, dangerous and expensive. Snow tubing might serve as the perfect balance. Have some fun as you race down the mountains and break away from the monotony of most first dates.

Indoor Rock Climbing. It may be too cold (and icy!) for outdoor rock climbing, but that doesn't mean you have to sit on your couch wasting away till spring. Have some fun indoors and get that adrenaline flowing for a memorable date.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

Go to a ball game. Baseball is still around the corner and football might be over, but there is plenty of basketball and hockey to keep the season going. Even if you aren't a huge

sports fan, that ambiance of a sporting event, along with the positive energy (unless your a Knicks fan like me) and food will be enough to keep your date smiling.

For more information from Joshua Pompey, visiting <https://www.nemvip.com/online-dating-work-for-you>

Love Tips & Romantic DIY Gift Ideas for Your Sweetheart



By Rachael Pace

Sweet letters, cards, and personal trinkets often rank high on people's best gift lists for a reason – because they mean

something! Sure, diamond earrings and tickets to your favorite sporting events are gifts that are guaranteed to please. But, if you think back to the best gift that you've ever received, we'll bet that it was something a lot more sentimental than jewelry.

If you're stumped for what to get your sweetheart on this day of romance, one of our biggest love tips is for you to think outside the box. Get creative and pour your heart out in your gift.

Here are five romantic Do-It-Yourself gifts that your partner is going to cherish forever:

1. Put Your Talents to Good Use

Are you an extremely talented individual? Why not let your creative side loose and give your spouse a gift that's not only heartfelt but also completely unique!

Use your musical talents to write your spouse a song. It can be as silly, ooey-goey, or stuffed with inside jokes as you like. If you're not good on the guitar or can't hold a tune, no worries. You can still write something beautiful for your partner. A poem or deep letter can have more sentimental value than any store-bought gift ever could. Another great way to put your talents to good use is to use your natural artistic abilities. Draw a stunning portrait of your partner, make an art book of things you both enjoy, or draw an adorable chibi version of yourselves doing something cute together. No matter what your talent is, you are sure to create something your spouse will love.

Related Link: [Dating Advice on How to Meet Someone for Valentine's Day](#)

2. The “52 Reasons I Love You” Deck of Cards

This is a great DIY gift that is both sweet and fun. Start by purchasing a deck of cards at your local dollar store. Make sure the cards have enough white space on the face so that you can write on them. Next, think of 52 reasons why you love your spouse. Some ideas include:

- I love you because... You have the cutest smile
- You are incredibly kind-hearted
- You always know how to make me laugh
- You are an amazing kisser
- You aren't afraid to face off with me in an air-guitar battle

Take your time writing down each idea on one of the cards. If you feel that your gift doesn't feel quite done after you've written on all the cards you can easily embellish them with cut out photos and pictures that will make this DIY gift that much more personal. Another great option for this deck of cards idea is to put these same reasons into 52 different envelopes and fill a “treasure chest” with the letters. Then your spouse can open them whenever they need a pick-me-up.

3. Cool Shadowbox Ideas

Do you and your spouse attend a lot of events? If so, our next love tip is to make an amazing shadowbox to commemorate your good times together.

You can get a shadowbox starter from most craft stores and customize them to fit your interests. For example, if you love to travel, gather up your train, plane, and cruise tickets, along with museum tickets and other memorable vouchers that you used on your trip. Concert goers will love being able to display their favorite concert tickets on the wall. You can even get fancy and have some small autographed memorabilia or add guitar picks into the mix to make a visually textured shadowbox of memories.

Related Link: [Celebrity Style: Valentine's Day Date Night Outfits](#)

4. Bake Something Sweet

Are you looking for something personal that's also under-budget? We have love tips for that! They say the way to a man's heart is through his stomach, and we'd argue that girls are no different! One deliciously affordable gift idea is to bake your spouse something amazing. Some ideas include:

- Heart shaped brownies
- Cupcakes with pink frostings and
- Raspberry and white chocolate shortbread cookies with heart cut-outs
- Chocolate Cheesecake
- Strawberries drizzled in chocolate
- Chocolate chip cookies
- A "bouquet" of cake pops

And of course, your spouse's favorite dessert idea works perfectly, too! Baking something is a great idea for a gift because it's cheap to do and it is highly personal because of the effort it takes to make it. Plus, with fondant and icing pens, you can get as creative with this gift as you like!

5. Personalized Scrapbook/Memory Box

One of the sweetest love tips you can follow this day of romance is creating a personalized memory box for your sweetheart. There are two ways you can go about this. The first option is to do a linear timeline by making a scrapbook of your memories together.

Print out pictures and align them in a timeline of your relationship. Choose exciting and memorable dates and paste down pictures into the pages of the book. Next, to the photos, write down your favorite memory of that day/month/time in your relationship. Your spouse will love flipping through the pages and seeing your take on your time together.

If you love your personalized trinkets and don't want to tape or glue them down into a booklet, fear not! You can still make a special memory box for your spouse. Take all of the photos, letters, and anything else you would have put into your scrapbook and set them into a beautiful box. This can be a personalized, carved wooden box with a lock or a simple decorated box with a lid.

Either one of these DIY gift ideas is great a choice because, for the most part, it only uses things you already have on hand. Plus, it is super romantic.

Great gifts don't have to cost a fortune. It's what comes from the heart that truly shows your spouse you care. Once you begin to think about all the reasons you love your partner, the rest will come naturally. Follow these love tips for a great DIY present that is sure to put a smile on your sweetheart's face.

Rachael Pace is a relationship expert with years of experience in training and helping couples. She has helped countless individuals and organizations around the world, offering effective and efficient solutions for healthy and successful relationships. She is a featured writer for Marriage.com, a reliable resource to support healthy happy marriages.

Relationship Advice: Could Your Partner Be Spying?





We've become dependent on our cell phones, as they store everything from that text message with new directions to your friend's house to ideas for your next date with your beau. But, did you know your partner can spy on you even if they've never touched your phone? If you have a jealous partner who wants to keep tabs on you at all times because they're paranoid you're cheating, you should be on the lookout.

In this relationship advice, check out some spying apps of which you need to be aware.

These apps can be used to read [someone's text messages without installing software on their phone](#).

Sometimes you'll need to spy on your loved ones if they [get into trouble or indulge in dangerous activities](#). And, sometimes, you have to be careful that you're not the one being spied on because your spouse is constantly jealous. Here are some apps/programs that can be used to spy:

1. MySpyLite: MySpyLite is an app that can be used by your partner to receive your text messages. They only ask a few questions about your mobile device and don't ask for any personal information. In less than 24 hours, your partner can receive information from your texts, e-mails, call log, Facebook Messenger, WhatsApp, and Instagram. They can also SpyChat messages as you receive them on your phone. And it's all done without touching the device.

2. TeenSafe: This is an app that is commonly used by parents to spy on their teenagers—but could also be employed for other reasons. It allows tracking of not only the movement of the device, texts, call history, and web browsing history, all the way down to the contacts that are on your phone. Facebook, WhatsApp, and Kik Messenger can also be monitored. And yes, this can be done without your consent.

3. SPYERA: This is another way your jealous partner might watch your every move. They can read messages sent and received on social media and will have access to your call logs.

4. GeoZilla: This is a robust app that tracks the GPS of a mobile phone to monitor someone's location. The spy can tell where you are on a real-time basis. This is software that is used most often for tracking the whereabouts of a cheating spouse *if* they're suspicious. But not all apps are bad, this one can also be used to monitor your children if you feel the need to keep track of them for their safety.

5. FlexiSPY: This software is used for spying on anyone without them knowing about it. If your partner is spying with this program, they can read all messages and see who you have called. It will also give them access to everything you do on social media like Facebook, WhatsApp, and Instagram.

Share your experiences below.

Relationship Advice: Should You Elope?



By Dr. Jane Greer

Planning a wedding can be exciting, but it can also be an enormous undertaking once you become immersed in all the details. From choosing a maid of honor and whatever number of bridesmaids you have agreed upon (and trying not to offend anyone with your choices), to the flowers and the cake, not to mention the seating arrangements, it can be a lot to deal with. That's why, in the midst of it all, people often begin to wonder if they should elope. For some, it is just a joke, something to say when all they really want to do is get a

break from thinking about the dress and the photographer and where Aunt Fran is going to sit. For others it can be the right choice. Actress Gina Rodriguez said she almost married her fiancé Joe LoCicero after this year's Golden Globes, gushing about getting caught up in the excitement and the beauty of the dress she had on, and saying it could have happened that night if she hadn't had to work the next day.

In this relationship advice, find out if eloping is the right choice for you.

Of course, that is a perfect example of how eloping can happen if you get swept away by a moment of love and romance. To those who just met or consider getting married after a drunken night in Las Vegas, caught up in the passion and spontaneity, waiting a bit to get to know each other may be a better idea. But many people who are deep into a relationship and are sure they want to spend the rest of their lives together also consider eloping for a variety of reasons. There is a certain practicality to avoiding a big wedding, especially if people don't have the money to spend on a lavish reception. Or, they might not want to burden their family with a huge bill. Along the same lines, a couple might decide they would rather spend the money on something else, such as a honeymoon or to use as the down payment for a house. Finally, since so much family history and baggage can come along with the elements of a big wedding, the future bride and groom may simply want to avoid possible criticism, judgement, or blame for the particular choices they might make, and thereby not have to feel guilty because of the disapproval. While the two options have their merits and cons, it's important that both partners are on the same page about when and how to tie the knot. So how can you know if eloping is the right choice for you?

Related Link: [Relationship Advice: Can You Cheat Jealousy?](#)

The most important question to ask yourself as you make this decision is will you or your partner be disappointed in any way if you forgo the traditional route? Some people fantasize about a big white wedding for their entire lives – a time when they might feel like a princess or a prince – and imagine having pictures documenting it to look at for decades to come. Others have been leafing through bridal magazines for years and have already chosen the style of dress they want to wear down the aisle. And still others may have imagined it as a time to gather all their fraternity brothers for a reunion. If this is the case for either one of you, eloping might not be the best choice. Talk about it and try to make sure there won't be one single regret looming out there, but only happiness for what lies ahead.

Related Link: [Relationship Advice: The Afterlife Connection](#)

The bride and groom are not the only ones who have emotions wrapped up in the monumental event. With that in mind, consider also if there are family members who might be let down if you decide to have a small, private ceremony at City Hall. Did your mother always dream of this moment? Did your uncle for whom you are named always imagine what he would say during the speech he hoped to give one day? Think about what is most important to you as far as keeping the peace or having your life start together on your own terms, and how much you are willing to deal with to achieve that. If you do choose to elope, keep those family members in mind and see what you can do to appease them and make them understand that for you this is a gain and not a loss of any kind. Even if you elope and choose to make the ceremony your own, you can still throw a celebratory party and invite everyone at any time.

If in the end it feels like there would be no regrets, nothing that you imagine you might wish you had done down the road, and you are eager to begin your life together and not spend a

lot of time or money getting to that point, then eloping might be the perfect choice for you. Who knows how Gina and Joe will end up tying the knot in the end, but they certainly aren't alone if at times they think they could just elope.

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

Relationship Advice: 5 Romantic Wedding Ideas That Won't Break the Bank





Everyone wants to create the wedding of their dreams, but you don't have to spend tens of thousands to make that happen. The cost of a wedding is often the number one stressor, which is why couples across the world are opting for [frugal and more sentimental options](#).

Here are five beautifully romantic ideas that will help keep your finances in check.

1. Invitations

Like all wedding-themed products, invitation cards can quickly rack up an expensive tab. Creating a romantic invitation, however, costs a lot less than you might think. You could pen down a favorite verse, make use of elegant flower designs, or create beautiful sweeping hearts. The more DIY you make the invitation, the more sentimental (and less expensive) they become.

2. The Vows

While weddings are generally expensive, expressing your love to one another is absolutely free. One of the most romantic things you can do is write your own vows and recite them to one another on your wedding day. While it might sound a little cliché, nothing will make your guests tear up more.

3. The “Buffet”

Food is a must at any wedding. If you don't feel like dishing out hundreds for New York strip but don't want to settle for a venue's cheap chicken, the smart alternative is to create a table of hors d'oeuvres. Not only does this allow guests to enjoy small bites throughout the night, but it gives you an added level of freedom when selecting the food you serve.

You could create a cheese and meat selection, offer the ability to create tiny sandwiches or tacos, or create a candy table with [Sweet Services](#). Nothing says romance quite like the sweet taste of heart-shaped candy. This buffet-style food option also lets you add color to the room with the foods you choose.

4. Staying Unique

A new trend popping up across the wedding community is to skip the open bar in lieu of a signature drink. Couples create the drink together, using their imaginations to craft a delicious concoction, then give it a sentimental name. It's a unique way to celebrate your love for one another that everyone can enjoy.

Keep in mind that this is your big day. Don't feel constrained by magazines and websites, make it your own! Incorporate unique designs and ideas into every aspect of your wedding you can think of. When it comes to romance, nothing says “I love you” like flaunting what you both enjoy.

5. Bridal Wear

Saving money on tuxedos and suits is a little easier than bridesmaids dresses. Thankfully, the world of online shopping

brings decadent styles to your doorstep at cheaper prices. Ask your bridal party about the best places to shop for [romantic bridesmaid dresses](#). They'll be able to help you out.

Romantic and Frugal

Planning a romantic wedding doesn't have to break the bank. These are just five examples of how you can save money while making your big day one the two of you will remember forever. Frugal wedding planning doesn't stop here, though. There are endless ways to save money while still going big on your special day.

Expert Dating Advice: Why Am I Attracted to The Wrong Men?





By Gillian Lee

In this week's Single In Stiletto's dating advice video, founder and love expert Suzanne Oshima talks to Dr. Diana Kirschner about why am I attracted to the wrong kind of men. Watch the video above and read the article below for some dating tips in your life!

Why Am I Finding The Wrong Men?

Dr. Kirschner is a PBS Love Expert, Psychologist, and Best Selling author to many books! She started a journey to find love after she had a rough childhood, and she was successful by finding a partner. She has now been able to help thousands of people around the world to find self-love and with a partner.

Related Link: [Expert Dating Advice: How To Get A Man To Crave Your Company](#)

1. **Attracted to Alpha Men:** Us women are wired biologically to be attracted to men who are "bad boys." It's an instinct that

we are attracted to these type of men because of the survival of the fittest. A stronger man is going to be better for your reproductive needs, and sometimes it's irresistible that we are attracted to these type of men. He's good in bed, and you're attracted to him, but why isn't it working out? It doesn't work out because they're often players and narcissists. These men are usually not interested, because it's all about getting laid. "Most women end up heartbroken..." Dr. Kirschner explains.

Related Link: [Expert Dating Advice: 3 Signs He's Falling in Love With You](#)

2. Men Who Are Gorgeous: When you're attracted to men like this, it's not going to give you that "soulmate love" kind of experience. "It's really something inside that makes them a good partner...that makes someone a soulmate for you." Dr. Kirschner tells us.

Related Link: [Expert Dating Advice: Can Casual Sex Turn Into Love?](#)

3. Negative Parental Role Models: If you grew up with bad role models, then you will most likely end up dating someone who is bad as well. When you grow up, your parents set a template up for you on love, and how portray it. This all happens in your subconscious mind, and then you'll realize who they truly are.

Dr. Kirschner has a gift for all her viewers, which is a free 40-minute session with a love mentor coach. They can help you get attracted to the right guys, and all you need to do is go to lovein90days.com and fill out the form. Make sure to Suzanne sent me, to get your free session.

For more dating advice videos and additional information about the Single in Stilettoes shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?



By [Robert Manni](#)

Question from Olivia MacBeth (Binghamton, NY): "What should I do if the guy I really like isn't ready to date yet? Should I keep waiting or should I move on?"

Keep waiting or move on?

When a guy says he “isn’t ready to date yet” there are usually only two reasons for his hesitancy to go out with with a great woman like you. The first consideration is that he’s coming out of a painful break up and needs time to lick his wounds before jumping back into shark-infested dating waters. If this is the case, I suggest you give him some time. Maybe let him heal for a month or so, but that’s it. You both need to get on with your lives. If he needs a little time, make sure he’s being truthful, then clock his behavior while his heart “heals” and watch how he handles the situation. Every guy gets dumped, but what often separates one man from another is how they handle challenging matters of the heart. Of course you want to date guy who’s in touch with his feelings, but if he’s still pining for his ex after a certain period of time, that a signal that it’s time for you to move on.

Related Link: [Ask The Guy’s Guy: What to do if You Find Your Partner Using Online Dating Sites](#)

On the other hand, if a guy has not recently come out of a break up but is still hesitant about dating you, that’s another story which does not have happy ending. When a guy is single and available, yet remains non-committal about dating you, that means one of two things. He’s either interested in someone else or he’s just not that into you. If either is the case, take a deep breath, exhale, hold your head high, and move on.

After all, do you really want to wait around for a guy who is not jumping at the chance to date you? I doubt it.

Hope this helps. Good luck.

Related Link: [Ask The Guy’s Guy: How to Win a First Date After Meeting Online](#)

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email gillian@nvmediainc.com

More about the Guy’s Guy:



Robert is the host of Guy's Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly "Guys' Guy's Guide" exploring current guy-focused topics.

His novel, THE GUYS' GUY'S GUIDE TO LOVE, praised as the "men's successor to Sex and the City," has been developed into two feature-length adapted screenplays, a scripted television series (pilot and treatment), and a series of non-scripted Guy's Guy show concepts.

Robert has appeared on broadcast television (NBC's Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio programs and podcasts, as well as a contributor to Huffington Post, Thought Catalog, Cupid's Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by DatingAdvice.com.

Robert developed the Guy's Guy Platform to help men and women better understand each other and bridge the growing communication gap between the sexes. He continually creates a fresh, robust palette of timely Guy's Guy [content focused on life, love and the pursuit of happiness](#). Whether it's navigating the challenges of dating, relationships, friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.

Simple Social Media Rules During Divorce: Don't Do It!



By Jacqueline Newman

According to the American Academy of Matrimonial Lawyers, in 2016, over 80 percent of divorce attorneys reported a large increase of evidence collected from social media in the past five years.

No matter how much you are itching to fire off a tweet or update your Facebook status with details about your soon-to-be ex, I strongly advise against engaging in social media during

the divorce process. Social media is simply a world that can make your divorce much more difficult.

Social Commentary Feeds Public Opinion

Anything the public has access to can be used against you in court. So the first thing your spouse's attorney is going to do is Google you—and Google will show what you have been up to. Opposing counsel wants to know who you are, and however you showcase yourself to the world on social media, this will be the way you are presented in court. I cannot stress this enough: If you are getting a divorce, do not go on social media and post things about your spouse or your children because chances are it will be used as evidence against you in court.

Related Link: [Dating Advice: Thriving After Divorce](#)

Consider the following facts:

- Ninety percent of lawyers use evidence from text messages.
- Cell phone bills are used as evidence in divorce.
- GPS on cell phones offers opportunities for tracking and recording conversations.
- Email accounts can be subpoenaed and used as evidence.
- Deleted emails are easily retrieved.
- Facebook leaves a trail on everything from behavior to spending to traveling with photographic proof.
- Dating websites provide profiles letting everyone see dating activities.

Related Link: [Dating Advice Q&A: Is It OK to Start a Relationship Via Social Media?](#)

I have dozens of anecdotes about individuals who posted random

status updates on Facebook and tweets on Twitter that got them into massive trouble during divorce proceedings. One man started posting photos of himself socializing, drinking, and living the good life while his wife was going through economic hardship with their young child. In that case, opposing counsel showed the judge the husband's Facebook feed and used it as evidence of his ability to pay higher amounts in child support. The lesson here? Control your fingers.

If you are claiming you cannot afford child support, do not post pictures of your brand-new BMW. Do not advertise the fact you just closed a lucrative deal at work with a new client or that you made a killing on Wall Street. Just be quiet.

[During divorce just] stay off social media. I have never heard of anyone whose problems were instantly solved after she aired her dirty laundry on Facebook. Sometimes loose fingers are worse than loose lips.

About Jacqueline Newman:

Jacqueline Newman (<http://nycdivorcelawyer.com>) is a New York City based divorce lawyer and experienced NY matrimonial law expert. As managing partner of a top tier 5th Avenue Manhattan law firm focused exclusively on divorce, her practice runs the gamut from prenups for high net worth people contemplating marriage to high conflict matrimonial litigation in dissolutions involving complex financial assets and difficult custody issues. She is also the author of "Soon-to-Be Ex: A Woman's Guide to Her Perfect Divorce and Relaunch" & "Soon-to-Be Ex for Men: Preserving Wealth, Fatherhood, and Sanity during Divorce"

Jacqueline Newman TV Appearances on
WPIX-11: <https://www.youtube.com/watch?v=hGrZgJf0WXU>

Expert Dating Advice: Are You Ready To Move-In Together?



By [Megan Weks](#)

Thinking about moving in with him? Read some [expert relationship advice](#) to see if you are ready to make this move.

Making the next big step in the relationship!

Before you move in with him, consider this: Rent is expensive and you'd LOVE to share it with him... You're sick of living out of a suitcase every weekend when you're at his house. You're practically there all the time. His dog is starting to call

you “Mom.” Is it time to move in? Think about this from a Man’s perspective. What generally is a man seeking out of a relationship with you? Warmth. Encouragement. Admiration. Love. Sex. He gets it all nearly all of the time when you move in with him. We have all heard the old adage, why buy the cow when you can get the milk for free? Well, it’s something to seriously consider when you are looking to move in with him.

Related Link: [Expert Dating Advice: How To Put Yourself Out There After A Break-Up](#)

When the conversation of moving in arises, it’s an opportunity. It’s your chance to create a moment to have a man face some real-life questions. Basically, what are his intentions here? Otherwise, I guarantee it’s not on the top of his mind. He is probably focused on his career or other important things like his fantasy league or latest fall micro-brew. He’s not going to be sitting there thinking about his intentions with you. It may not cross his mind at all how this move could benefit you or not benefit you a year later when he’s about ready to pick his fantasy team, again...

Use this moment to discuss intentions rather than going with the flow or “hoping.” A tactic I see women using all the time. I also see it blowing up in their face where it’s a year later, they are a year older, and they have nothing more but a year more of memories with a dude who just “wasn’t ready” for what she wanted.

Related Link: [How I Used a Manfunnel to Meet My Dream Husband](#)

Now realize I don’t know you or your relationship so I’m simply asking you to consider this before proceeding. If you’re looking for a formal commitment to A.K. A. engagement or marriage, don’t allow a man to have you in his place all cozy while he decides what he wants to do with you. He gets to play house. He gets to have it all. You can spend plenty of time together to experience what living with one another might

be like. You don't have to actually take that plunge to learn what you need to learn.

Related Link: [Should I Drop All The Other People I'm Interested In?](#)

Here is another thinking point. Are you considering moving in because it's an inconvenience to you? You're tired of going back and forth. You're tired of living out of a bag when you're at his place? Why is it that we women tend to travel to the man's house? Why are we spending more time over there rather than him spending time at our place? I've heard answers many reasons to this question. He doesn't have a roommate and you do. He has a bigger bed, a bigger place or better TV. I've heard that the man isn't comfortable there and can't sleep well over at your place, and many more excuses.

Sometimes it starts to feel like a girlfriend delivery service. You're so cozy at this point, he barely has to take you out anymore on dates. I've seen men stay in relationships for years because they have all that they need but they also don't intend on proceeding with a formal commitment. After seven years, you move out and he marries the next woman who comes along who he dated for seven months! I'm pretty sure we have all heard some version of a similar story.

I see way too many women jumping through hoops to be the girlfriend. Let him jump through hoops to have you in his life at all. Did you know that a man will appreciate you about 100 times or more if you are very certain in your value and your deservingness to be appreciated? Women are so afraid to lose a man that they seem to hardly take this approach of making him work hard to have her in his life. A man wants to do this work. He wants to cherish you and go out of his way for you. If you make everything too easy on him, he will view the relationship as less valuable.

Related Link: [Expert Dating Advice: How To Handle a Heartbreak](#)

Before moving in, you need to truly figure out what's best for you. I'm not asking you to take a fear-based approach but I am suggesting to be smart about this decision. It's a big one. Don't do it out of convenience. Don't do it if you don't know where the relationship is headed. Discuss both of your intentions and a timeline of expectations before you take the relationship to the next level.

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more relationship advice articles from Megan, click [here](#).

Ask The Guy's Guy: What to do if You Find Your Partner Using Online Dating Sites





By [Robert Manni](#)

Question from Anna B (Binghamton, New York): I recently found my significant other (who I met on online) using an online dating website when I was on it. What should I do next?

Caught partner on online dating site, what should I do next?

The irony to this question is that when you are checking up on your partner online, your profile must be active also. This happened to me a few times and like most singles, I pushed back by asking what she was doing online also. At the time, I thought it was a good idea to keep my options open and in case things did not work out. Truth be told, I was a bad boy and liked window shopping all the beautiful ladies still on the market. Was this fair? Of course not, but at the time I enjoyed meeting new women and did not think I wanted a serious relationship. But all that changed when I was taught a great lesson about dating by the woman who later became my wife.

Related Link: [Dating Advice Q&A: Should I Remain Friends With My Ex Online?](#)

When we met online, she'd just returned to the dating scene after a long-term relationship ended. She signed up for a free three day pass on Match and winked at me. I was the only guy she met. I was having fun dating randomly and thought I was in no hurry to settle on one partner. But when after three great dates she asked me why my profile was still active on the site, she was not accusatory and asked in such an innocent way that I thought she was more curious than snooping. It felt like she was honestly wondering why I kept my profile active on this dating site while we were going out.

Related Link: [Dating & Technology Q&A: Is It Too Soon For Me To Ask Him To Get Off Dating Sites?](#)

When I thought about it, I realized that I had been dating so much that I'd waded too deep in the online dating pool and forgotten why I was dating in the first place. I was having a blast dating, but deep down, like most singles, I wanted a partner. So, after she asked me this innocent, but loaded question, I told her I'd hide my profile. And it's stayed hidden. The more we dated, the more I liked being with her. She taught me that it was important to give new relationships a fair chance. If things didn't work out, we could reactive our profiles and get on with our lives. Without saying anything more about it, we began dating exclusively and never looked back.

Related Link: [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

The moral of the story is that if you find your partner's profile is still active online, ask him or her why and what their intentions are. Ask them if they want to date around or give the relationship a chance to grow. This way, you know where you stand without having to juggle partners and sneak

around. I found this to be a more honest way of dating. So, if you're feeling good about someone, consider giving your relationship the best opportunity to succeed by hiding or shutting down your online presence.

Good luck.

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email gillian@nvmediainc.com