

Pumped Up Kicks: Decoding His First Date Shoes



By Rachel Seliger, JDate.com Community Manager

As community manager of JDate.com, the premier online community for Jewish singles, I know about the importance of first impressions, especially on a first date. That perfect first date outfit can either set you up for a second, or spell utter failure before the “nice to meet you” handshake. When it comes to decoding his first date look, pay special attention to the pumped up kicks. It’s common knowledge that we women love our shoes, but what men don’t know is that their shoe selection can also be a form of non-verbal communication, sending messages about their personality to a potential partner. Men and shoes happen to be two of my favorite things, so I’m here to help you figure out if your potential man is

worth a second date, or if you should head for the hills:

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1. Sandals: If your date wears sandals, you can never bring him home to Mom. If a guy doesn't put in the effort on the very first date, he never will. The one exception to this rule: beach activities. Any guy who *doesn't* wear sandals to the beach is hiding something unsavory.

2. Running shoes: Running shoes show that a man isn't big on commitment. It's a huge red flag if a man goes on a first date looking like he's ready to bolt.

3. Sneakers: Casual wear like this shows that a guy is subtly sexy. There's something about a nice pair of sneakers—the understated “cool factor” has a way of sparking a girl's curiosity. As long as he doesn't step out in his limited edition lime green and pink Kanye sneaks, that is.

4. Loafers: Loafers reveal a spontaneous personality. In addition to being casual-yet-classy, loafers can be dressed up for a nice dinner or dressed down for a more casual date at a bar.

5. Dress shoes: Give him an A for effort. If women are expected to endure the pain of five-inch heels all night, it's only fair that men be dressed to impress as well.

6. Boat Shoes: Anyone who chooses boat shoes is likely to be out-of-touch with reality. Who wears boat shoes unless they're a New England governor trying to “connect with people” at an ice cream parlor? No one, except for actual boat captains.

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7. Crocs/Clogs: These shoes are great for happy-go-lucky people. Truth be told, these shoes are a turn-off, but they're so *obviously* a turn-off that if a guy shows up wearing them

anyway, he clearly doesn't care what others think about him.

8. Boots: One word describes boots: Masculine. Only a man's man can pull off a nice, rugged pair of boots. Let's face it, what girl hasn't fantasized about being swept off her feet by a manly hunk?

And remember ladies, if a first date doesn't work out, don't get disappointed—go shopping! There are plenty of other styles out there to try, and with a little patience you'll find one that will fit you perfectly.

Rachel Seliger is a dating guru and Community Manager of JDate.com, the premier online community for Jewish singles. When she's not shopping for her next pair of great heels, she is busy blogging on the JDating® Tumblr, JDate's exclusive microblog featuring great first date outfit ideas, tips to make your JDate profile shine and more.

Ten Romantic Ways to Enjoy The Last Weeks of Summer





By Nisha Ramirez

Summer's almost over, and soon, the itch to leave your office and get outside to enjoy warm weather will be a thing of the past. Although being in a relationship during the cooler months is full of cuddling in order to stay warm, but nothing beats summer romance. Whether you met someone special this summer and you still want to create your own summer nights like those from *Grease* or you're looking for a new romantic way to end the summer with your steady partner, you'll find being creative is the best way to let the season end. Skip the clichéd beach picnic date and try one of these ten romantic ways to enjoy the last weeks of summer instead:

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1. Love is thicker than water: Grab a bag of water balloons and go crazy! Enjoy water during the heat while you can, because before you know it, the next duel you'll be sharing will be a cold snowball fight. So where is the romance? Seeing each other wet and bouncing around is sure to inspire love

touches and raise the level of heat so that the water won't be able to cool it down.

2. Sweat is sexy: Playing a sport is always incredibly sexy. A great choice during the summer is volleyball. Hit the beach and wear your sexiest swimsuit and you'll be sure to give your partner a heat stroke. Play on each other's team for plenty of friendly camaraderie and don't be afraid to sweat.

3. Take a cruise: It might be expensive to take a ride on a cruise ship, but don't underestimate the fun you can have cruising around on a car trip. Driving is an all-season romantic trip, but it really rocks when it's warm out. Forget the air conditioner and roll down all the windows for a warm summer breeze. Try singing along to every song on the radio.

4. Enjoy your own holiday: Who says Independence Day is the only summer holiday? Check out dailyholidays.net for last minute holidays to celebrate before the summer's up. August 1 is Girlfriend Day and August 2 is National Night Out. Make it fun and promise to celebrate every holiday on the calendar.

5. You can't get bored with a board game: Go outside in a park or even on your rooftop and bring all of your favorite childhood games with you. There's nothing better than laughing with your special someone in beautiful weather. Add some grown-up perks by handing out coupons for free kisses and massages for whoever wins.

6. Catch an outdoor flick: Couples can enjoy air conditioning in a movie theater any time of the year, so take advantage of the weather and take your movie date outside. Buy tickets for a drive-in movie or a movie showing in the park. Bring a cooler full of ices and ice cream to beat the heat and keep the night sweet.

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7. Hit the kitchen: Cooking is usually romantic, but slaving

over a hot stove in the summer isn't. However, there are some simple summer meals you can enjoy together. Go out to a farmer's market and pick out fruits and veggies that are in season and make a delicious fruit salad. Pair your salad with iced tea and call it an official summer dinner. Don't forget dessert—have your favorite kind of ice cream.

8. Enjoy air conditioning for the last time: Before you turn off your AC and take it out of your window, choose a hot day and take a walk outside with the AC on at home. When you come back, jump into your bed completely naked. Nothing feels better than an air conditioner and your partner's warm touch after a hot day.

9. Sprinklers for adults: Remember how much fun sprinklers were when you a kid? Recreate those old times without looking creepy in a kiddie park by jumping into a fountain. Go to a nearby college campus or park and jump in a fountain for some cool fun in the summer heat.

10. Cliché one last time: It's the end of summer, so you have to go to a pool or beach to really say goodbye to warm weather. Enjoy the water, sun, and each other and do your best to make it a celebration to remember. Here's to next summer!

How do you enjoy the last days of summer? Share your comments below.

Is Divorce the Best Option?





By Punam Denley

Today, 40-50% of first marriages worldwide end in divorce. Interestingly, the statistic for second marriages is even higher, with 50-60% of them ending. This shouldn't be taken lightly. Deciding to divorce someone is every bit as serious as deciding to marry in the first place. Just like marriage, divorce is a legal contract, but more importantly, it also has the same sort of personal and family consequences that can last a lifetime. Sure, sometimes the welfare of everyone affected by a relationship will be best served by a divorce, but sometimes, a couple's issues can still be resolved. Whenever possible, that's a better plan, so be sure to think about your situation before deciding to split with your spouse. There are a lot of potential consequences, so give these things some thought before you accept divorce as the best course of action:

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1. Your children: If you have any children, the impacts of the divorce on them are incredibly important. Occasionally, as in

abusive relationships, it can benefit children if their parents split. However, more subtle relationship problems between adults can often go unnoticed by children, making a divorce more difficult in these circumstances. After all, you may no longer be husband and wife, but you're still Mom and Dad. Although the children of divorced parents are not condemned to have psychological problems, it still is essential to put them at the center of your deliberations.

2. Your happiness: Have you considered if getting a divorce will make you happy in the long term? People in general do better and are happier when they're in a relationship, and sometimes even very serious problems can be resolved by having a significant other. Keep in mind the emotional, financial and psychological implications of ending your marriage when deciding if a split is really a better choice for you than trying to sort out the problems.

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3. Professional help: Marriage and family therapy can be invaluable services when you're looking at issues as serious as divorce. Even if you ultimately feel that your marriage can't be saved and decide to divorce, these kinds of therapeutic processes can be very helpful in managing the issues surrounding the situation, especially if you have children. Professionals will help you weigh the pros and cons of your situation, in addition to helping you sort through things with your spouse if you choose to stay together.

After you've considered all of these details, you might still decide that divorce is the best option to ensure everyone's happiness. But if you do, be ready to live with the consequences of that decision. Divorce is an option, and it might be the best option for you, as long as you're clear that it is not the only one.

Punam Denley is a Solicitor at Blanchards Law, which

specializes in separation and divorce, cohabitation and family law matters.

Celebrity Couples Who Function As Families After Divorce



By Evan Goldaper

In the world of Hollywood, it's easy for celebrities to move on after they've been through a breakup. After all, there are always new and exciting people for them to meet, and everyone

already admires them. However, some celebrities don't choose to completely separate from their exes. Although they didn't start dating each other again, these celebrity couples had their reasons to remain a family even after their divorces:

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1. Bruce Willis and Demi Moore: For thirteen years, Bruce Willis and Demi Moore were among Hollywood's strongest power couples. The two actors were at the heights of their careers when they married in 1987, making their wedding one of the most talked-about events of the year. However, by 2000, their marriage had fallen apart and the two divorced. Unlike many other settlements, both in and out of Hollywood, Willis and Moore's split was uncontested and ended peacefully. They both agreed on the reasons for the divorce, blaming the increasingly small amount of time the two could spend together. Willis always said that Moore and their children's happiness was the most important thing to him, and he gave around \$90 million to her in spousal support. When Moore was still married to Ashton Kutcher, they would their spend holidays with Willis as one large family. As Bruce said to *People*, "Life is too short to spend what little precious time you have alive being unhappy."

2. Courteney Cox and David Arquette: It's rare to see any relationship end as amicably as that of Courteney Cox and David Arquette. After meeting on the set of *Scream* in 1999, the two actors were married. Eleven years later, they began a separation that ultimately ended this June with a legal divorce. This separation was very simple and surprisingly friendly. Neither used a lawyer, assets were split 50/50 and Arquette didn't ask for any support. In a statement they both released, they said that "the reason for this separation is to better understand ourselves and the qualities we need in a partner and for our marriage." Even while separated, the two

remained committed to raising their daughter Coco as a team. Cox told [People](#) in 2012 that Arquette is still her “favorite person in the world.” It’s easy to believe that: Cox came to cheer Arquette on when he appeared on *Dancing With The Stars*, Arquette had a guest role on Cox’s sitcom *Cougar Town*, and their joint production company Coquette Productions still makes television shows.

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3. Arnold Schwarzenegger and Maria Shriver: Although this divorce was one of the messiest splits in recent years, Arnold Schwarzenegger and Maria Shriver have managed to remain respectful and friendly. We’ve all heard the story: after being married for 25 years, Schwarzenegger revealed that he had fathered a child with their housekeeper over a decade earlier. He remained apologetic and said he deserved all the criticism he was sure to get, making him very accepting of his marriage’s inevitable end. In part because of the love they still shared and in part because of Schwarzenegger’s political position, the two tried to fix their marriage in couples therapy, but a divorce still seemed likely. Though the two are now separated, Schwarzenegger still has a great deal of respect for Shriver and the two raise their children as a team. As he said to the [Huffington Post](#) earlier this year, “The most important thing is that the kids are doing well, and Maria always has been an extraordinary mother and always has worked with the kids very closely.”

What couples do you think have had the friendliest breakups? Tell us below.

How to Snag that First Date When You're Worried About Your Looks



By Leyu Goh

Florida can be harsh. I should know, I live here. In this state, it sometimes feels like a bikini body like Kim Kardashian's matters more than if you can point out Japan on a world map. You definitely have to have the goods, or else you risk being cast as "that weird girl who sits in the back" for all eternity. Of course, no matter where you live, it can sometimes feel like if you fail to live up to society's image of attractiveness, it'll be a while before you get that first date. That doesn't mean it's impossible. I may not be the most attractive girl, but I've still got game in the dating scene,

and there's no reason why you can't as well. Instead of resigning yourself to dying alone or bending over backwards for people you hate, consider these tips to get you started:

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1. Select your target audience: As businesslike as this sounds, knowing your audience is important in relationships as well. Don't become a creep who throws themselves at everyone they meet. Figure out the specifics of what you want, and work towards that.

2. Iconize: Don't walk into a café or a bar being as nondescript as possible. People are visual beings, so play on this weakness by putting on an eye-catching article that reflects your personality, too. Don't overdo it: you don't want to seem like you're desperate for attention. Instead, find something small like feathers in your hair or unusual glasses, and you'll see that conversations start themselves.

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3. Situational awareness: Once a conversation has started, immediately start trying to find your potential partner's opinion on the situation. If you can tell what their reactions are, you can carefully steer the conversation in a direction that's pleasing to both of you.

4. Make that lasting impression: Don't be so caught up in the moment of meeting someone new that you get overly enthusiastic and start sharing details about your daily defecation schedules and your laundry routines. Be that enigma that is just waiting to be explored, and you'll ensure that your potential beau will come back for more.

Leyu was born in Singapore, but grew up in Australia. She moved back to Singapore in her youth but recently moved to Florida where she currently resides. She has seen the dating

scenes and habits from many different countries and continues to be amused by the cultural differences in love. She is currently putting together an anthology of poems and flash fiction on the different types of love.

ShrinkWrap: J. Lo...Once Betrayed, Always Betrayed?



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

J.Lo is back in the news and it isn't because of her music. Once again it is her love life that is getting attention. The three-time divorced megastar might be having romantic

troubles, something she has dealt with many times before.

It was recently revealed that her boyfriend dancer Casper Smart walked into an “exotic massage parlor” and gay porn shop in New York City. Smart said he didn’t mean to go there, that he was lost, but there is talk that his journey – mistaken or otherwise –is already taking a toll on their still relatively new relationship.

Jennifer is not new to betrayal, so the question is: if you are once betrayed are you destined to repeat it? Can you learn from a betrayal so it doesn’t keep happening?

To begin with, you have to understand your own personal limits and boundaries. In order to do that, you must determine for yourself what is forgivable and what isn’t. In my book, *How Could You Do This To Me? Learning To Trust After Betrayal*, I talk about the fact that there are many nuances to betrayal and what might be perceived as infidelity. For some, a tiny indiscretion such as flirting with or texting someone else might be enough to cause a great rift in a romantic partnership, while for others that might not even rock the boat. Knowing your boyfriend or girlfriend watches Internet porn might not seem like a problem at all to some, while for others it might be a deal-breaker. There are so many scenarios out there, each couple must decide together what is okay and what isn’t, and if one partner exceeds those limits, then that is a betrayal.

The biggest question between Casper and Jennifer, and between any two people dealing with an issue like this, is what is acceptable and, therefore, forgivable in their relationship. This answer will be different depending on who you ask. If, in fact, Casper entered that store to satisfy unmet needs, and Jennifer is aware and accepting of those needs, then the tabloids are wrong: It wasn’t a betrayal and this won’t cause the downfall of their relationship. If she didn’t know about

these needs, however, and he was sneaking around, then it is possible that her readiness to invest trust in her relationship with Casper is not fully warranted.

It is hard to know if Casper has betrayed Jennifer, maybe we'll learn more as the story unfolds, but if he has then she will benefit from stepping back and taking inventory. So often people who are trustworthy simply believe their partner will be by default. They assume that their partner will put them first, just as they tend to do. Instead, the other person puts their own needs first, and when they are sexual or romantic, inevitably it spells betrayal.

If you are looking to trust someone, you want to base that trust on what your partner does, not on what they say. Pay attention and make sure their actions are consistent with what they are telling you. If Casper has been open and honest and has shared his desires and needs with Jennifer, even if they don't always include her, they can make it work. In the end, from where we stand, only time will tell for the celebrity couple. In your own relationship, you don't have to be so passive. If your lover's actions and words don't mesh, or if you know they are keeping secrets from you, no matter how much you want it to work, unless you deal with your doubts, you will be at risk of being betrayed.

**Stop Self Sabatoging! 5
Decisions That Are Working
Against You**



By Ché Blackwood

Self-help books and passive aggressive coworkers are always reminding us “You’re your own worst enemy,” and while we usually tend to roll our eyes at both... they’ve got a point. It’s easy to point out the flaws of those around us, especially those around us with really cute boyfriends, but it’s not as easy to recognize our own shortcomings. While exes, old friends and your mother can probably tell you one hundred different reasons why you’re to blame for the things your life is lacking, their negativity isn’t doing helping you to remedy your issues. Instead of focusing on what’s wrong with us or our lives, it’s more proactive to recognize the behaviors we exhibit that keep us from ditching our dire ways. Self-sabotage is a sneaky little monster, and you can’t get rid of it until you know how it works. Stop making the same mistakes and get to the root of the problem by focusing on this list of all-too-common anti-self behaviors.

1. Cut Out the Overly High Expectations: If you go on a first date and decide afterward that he's your future husband, you've set your expectations way too high. Now, the first time he lets you down, he's not a new beau that's made a mistake. Instead, he's your husband-to-be and his actions hold a lot more weight than the relationship merits. The same can be said for expecting a \$10,000 raise after one year on the job or by expecting your new friend to house sit while you're away on a two week cruise to the Bahamas. If you set your expectations unreasonably high, you're not staying grounded, and that will definitely blowup in your face. The more blowups you have, the less you're going to accomplish. Instead, keep your expectations sane! If you're let down, you have a right to be upset and can create a plan to keep that disappointment from returning. At least then you'll have the ability to move forward.

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2. Stop Saying No: Taking risks, going new places and trying out foreign experiences are great daydreams for the young, but they don't hold a lot of stake in your super adult, very important life. Right? Wrong. The more you say no, the more likely you are to miss out on fantastic opportunities and experiences. Stepping out of your comfort zone is really scary, but once you start giving "Yes" a whirl, you'll learn how worthwhile new experiences are. If you turn down that cute barista for an after shift drink, you'll never learn that he's actually a brilliant entrepreneur. If you refuse to take a spontaneous trip to wine country, you'll miss watching your best friend get introduced to her future husband. And, if you don't try a new adventure, you'll never be able to sit back and tell someone about the best chance you've ever taken.

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3. Don't Give Up After One Failure: Once you do take a chance

and put yourself out there, it really sucks failing. It's embarrassing, you feel silly and everyone knows that you stuck your neck out only to get it chopped down. It's natural to want to give up after that. "I tried it, and it didn't work," you'll tell your friends, and you'll be right. Kind of. No one makes it after one attempt at glory. Did Michael Phelps win a gold medal the first day he swam? What about the 100th day he swam? Did Steven King get the first short story he ever wrote published? Did your boss become your boss right out of college? The answer, of course, is no. It takes work, chance and dedication to get somewhere great, and everyone fails at first. If you give up, you are ruining your chances at succeeding, regardless of your dream. Let a failure motivate you to do better. Let your mistakes fuel your eventual success. Don't throw in the towel because you weren't a star after one day in Hollywood.

4. Get Away from Bad Company: In business they believe a company is only as good as its weakest employee. The same can be said for you and your group of friends. If you are constantly hanging with people making bad decisions or choosing paths that are detrimental to their lives, they are pulling you down with them. If you spend all day with people who complain, blame their issues on everyone else and refuse to move forward in their lives, you will feel absolutely no push to better yourself. But, if your circle is encouraging, motivated and supportive of each other, their good vibes will absolutely rub off on you. When your best friend works for a year to get that really impressive promotion, her desire to better herself will absolutely motivate you to do the same. Friends, boyfriends, family members; it doesn't matter. If you have negative people whispering in your ear, you're never going to meet your own personal potential.

5. Stop Talking Bad About Yourself: Have you ever tried to force yourself to smile during a really crappy day? Have you ever tried to hum a happy tune while feeling stressed out of

your mind? If so, you know that a little mental positivity can go a really long way. Speaking kindly to yourself will really make you see everything differently. If you spend all day telling yourself that you're incompetent, stupid, unattractive or anything else terrible, that is exactly how you will act. It's also how other people will eventually see you. Instead, be your own best friend. Talk positively to and about yourself. Sure, it'll be awkward at first, but very quickly you'll notice a serious change in your attitude, personality and confidence. Success at work, in relationships and any other life endeavor begins and ends with you. Might as well give yourself a real shot at it!

5 Ways to Reconcile Arguments With In-Laws





By Deanna Atkins

We all laughed at Ben Stiller's struggle to remain in his fiancé's father's "circle of trust" in the hilarious film *Meet the Parents*, but it's hard to find the comedy of fighting with your own in-laws. Sure, we get to choose the person we marry, but unfortunately for us, we aren't able to pick their parents. Not everyone's father-in-law is a retired CIA agent, but in-laws are almost always tough to deal with. The next time you have to deal with the family of someone you love, try to remember these tips:

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1. Don't complain to your partner: The last thing you want to do is accidentally insult one of your partner's family members. Family is family, and even if you are just venting, you don't want your significant other to feel like you're making them pick sides. By talking to a relative or friend in your support system instead, you'll be able to get your feelings off your chest without hurting anyone in the process.

2. Be honest, mostly: Be clear about your needs in order to settle disagreements, but don't be too firm by telling your mother-in-law that she needs to stop calling so much. This may be true, but that straightforwardness can easily be taken the wrong way. To be safe, say enough to get your point across without going too far.

3. Arrange a family trip: A lot of the time, actions speak louder than words, which is especially true when it comes to feuding. If you can't reach a compromise by communicating, it's probably time for some family bonding. Taking a mini-vacation with the family shows that your relationship is more important than your issues. Plus, you'll get to enjoy some time away from home.

4. Be the bigger person: Every now and then it's best to just give in. You may be right in the disagreement, but sometimes you just have to count your losses and do what's best for you and your partner. Fighting with your partner's family doesn't benefit you or your lover, so put a quick ending to the problem by saying or doing whatever makes your in-laws happy.

5. Set some boundaries: If you've done everything you can to play nice with a feisty in-law but you still find yourself struggling, you might have to just accept that you're not going to get along. Keeping the relationship civil is sometimes better than forcing it to work or taking drastic steps like forbidding them from coming over your house. Your spouse will appreciate your willingness to keep the peace.

Even if you seem to have the perfect relationship with your in-laws, eventually there will be a time when you'll have to work through an issue. Whether it's as little as making a phone call to resolve a disagreement or just dropping the entire matter, with patience you'll always be able to come to a solution.

What are some of your own bad in-law experiences? Share them below.

4 Things Jennifer Aniston Taught Me About Relationships And Love



By Liz of WeLoveDates.com

I've always been fiercely and annoyingly Team Jen, so when the news of her celebrity engagement to Justin Theroux broke out, I was possibly a bit too excited. As a complete and utter

romantic, I'm just happy she's found her happy ending. In honor of America's Sweetheart, here are four things Jennifer Aniston has taught me about relationships and love:

Relationship And Love Advice from Jennifer Aniston

1. Keep on keepin' on: *"There are no regrets in life, just lessons."*

It's easy to look at someone like Aniston and wonder if she would have done anything differently. Would she have fought to stay married to celebrity ex Brad Pitt and gotten into a cat fight with Angelina Jolie? Would she have begged him to stay with her? But by having no regrets and choosing to learn from her past, she is telling the world that nothing that has happened to her in life will ever define who she really is.

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2. Take responsibility: *"Relationships are two people; everyone is accountable. A lot goes into a relationship coming together, and a lot goes into a relationship falling apart. Even if it's 98 percent the other person's fault, it's 2 percent yours.... You can only clean up your side of the street."*

Even the best relationships and love can turn sour. A lot goes on behind the scenes, whether you're part of a famous couple or not. Instead of playing the role of a heartbroken victim, good love advice is to evaluate where you went wrong in the relationship. You didn't fall in love over night, and your relationship didn't end in the blink of an eye.

3. Don't try too hard: *"If you try and be sexy, you'll never be sexy."*

You never get the impression that Aniston is trying too hard. She doesn't dress like she's giving something away for free, and she isn't overly gratuitous when it comes to her sexuality. There is a reason why she's often referred to as the girl next door, and women all over the world look to her for style inspiration. Simply put, she's not desperate, and you shouldn't be either!

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4. Love doesn't play by the rules: *"You know, it isn't designed. Love just shows up and you go, "Oh, wow, this is going to be a hayride and a half."*

Nothing about relationships and love makes sense, and the sooner you accept that, the more fun you'll have dating. To get the most out of love, you have to be willing to let go of control and just go with the flow. Sometimes things won't work out your way, and you'll be heartbroken and alone, but other times, you'll be full of butterflies, loved beyond belief, and excited about the future – like we sure Aniston is over her celebrity engagement.

Liz is the social media manager for We Love Dates, a worldwide online dating site. Join for free now using code WLD GUEST, and check out the popular We Love Dates blog for more dating advice and tips.

How to Kick That Bad Relationship to the Curb



By AJ Harbinger

You did it. You finally broke things off with your old partner, and now you feel great. The only problem is that now you're constantly thinking about your ex and wondering if you did the right thing. Ending a relationship is never easy, but if there was more drama and hurt feelings than good times and fond memories, then it's better for the both of you to say goodbye and move on. As any dating coach will tell you, the longer you stay in a bad relationship, the longer it will take for you to find a happy and healthy one. That said, moving on from a relationship can be more difficult than actually ending it. Though everyone handles a breakup in slightly different ways, the following guidelines can help you get through the process with as little self-torture and suffering as possible:

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1. Don't contact your ex: Maybe at some point down the road you two can be on good terms with each other; however, now is not the time to forge that bridge of friendship. No matter how bad the relationship may have been, many individuals may have a hard time accepting the fact that their ex will no longer be a part of their life. To ease the transition of being newly single, they decide to "be friends," or worse, attempt to hash out over and over again the reasons why you broke up in the first place. Neither of these tactics will help you to truly move beyond the relationship: they'll just cause frustration. Instead, commit to at least three months without contacting your ex. After that amount of time, you'll be better able to determine if you want them in your life again.

2. Get rid of anything that could tempt you to contact them: This is a hard rule to follow, but a necessary one if you really want to get over your relationship. Most dating coaches will advise you that any form of temptation, whether it's Facebook, Twitter or texting, should be temporarily disabled to prevent you from reaching out to your ex and creating a messy breakup situation. This might sting at first, but it's for your own good. Don't fool yourself that you need her phone number or email "just in case." For the time being, your priority should be trying to move on, not finding ways to stay stuck in the past.

3. Don't isolate yourself from friends: If you and your ex share mutual friends, things might get a little tricky for a while. Expect that their friends will take their side and quickly disappear from your social circle. On the flip side, your buddies will still be there for you and more than willing to throw back one or two drinks as you drown your sorrows. Be sure to take them up on their offers to hang out whenever possible. Though some activities will have to be put on hold, such as any parties where your ex will most likely show up, now's the time to rally your friends and have them remind you why splitting was the right thing to do. Plus, spending time

with your friends will leave fewer hours to obsess over your ex and possibly contact them.

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4. Test out the dating waters: As most dating coaches will attest, you typically can't get over an old beau until you find a new one. Though no one is recommending that you dive right into the dating pool, especially after a particularly difficult breakup, there's no harm in dipping your toes in the water. Who knows, you might just find someone else testing the waters and looking for a person just like you.

AJ Harbinger is one of the creators of The Art of Charm Academy. He has written a number of interesting guides, from dating advice on how to meet women to dating after divorce.

When is it Time to Face Your Past?





By Jane Greer, Ph.D. for GalTime

Dealing with Evidence of Exes

Mirror Mirror star Lily Collins was seen recently in pictures with Jamie Campbell Bower, taken while filming a movie together in Canada. That's a change. We're used to seeing Lily in photos with Zac Efron. But rumor has it that Lily and Zac have now split.

Celebrities get together and break up in front of the camera all the time. But these days you don't have to be a star to see your new love interest with an ex. With all the social media that comes into play today, it might be too easy to witness the relationship that came before yours. So what does this mean for your romantic future? And when, if ever, is it OK to talk about it?

In the old days, break-ups were much cleaner. Sure, there might be some old photos of an ex stuck in a box somewhere, but you would have to really snoop to find those. Now all you have to do is go to your new boyfriend or

girlfriend's Facebook page.

First, if you are the one leaving those old photos up, it's time to take them down. You don't have to destroy them. Maybe you can just move them to a private file on your computer. If, however, you are the one left to see your new flame with his or her old one, the first thing I'd suggest is to talk about it. There is a chance your partner isn't aware the photos are up. If he or she leaves them there intentionally, don't become angry or try to force their removal. Instead, keep those pics in mind. Know that they're an indication that your new lover hasn't made a clean break. As your partner asks you to go further into a relationship, remember those images and hold back a little in an effort to protect yourself. Until he or she hits that delete button, the person won't be ready to fully move forward.

Celebrities like Lily and Jamie might not have control over the photos that end up in the magazines, but everyone has control over their Facebook pages.

Celebrity Couples Who Have Been Hurt By Their Own Stardom





By Courtney Allen

In wonderful world of Hollywood, maintaining both a long-lasting relationship and a fast-paced career is evidently a huge challenge. The jam-packed schedules and non-stop tabloid mania in the everyday lives of celebrities leaves us constantly wondering when the next split will be—the fact they are going to happen is a guarantee. Nasty rumors of deceit, unexpected flings with co-stars and stress from an intense life can make stardom a celebrity couple's worst enemy. Unfortunately for these five celebrity duos, losing their battle to fame proved inevitable:

1. Kate and Jon Gosselin: Jon and Kate Gosselin first captured our hearts with their hit TLC show, *Jon and Kate Plus Eight*, which documented their hectic life as parents of sassy-yet-sweet twin girls and a set of adorable sextuplets. The Gosselins graced our television screens for seven seasons as they traveled the globe as a family, while we all hoped their marriage wouldn't end like many of the reality star relationships that preceded them. But Jon and Kate proved no different as the show slowly revealed Kate's exploding temper

and ego while the tabloids unraveled Jon's late-night getaways with other women. Years later, the two had one of the most public divorces in Hollywood.

Related Link: [Hollywood's Messiest Splits](#)

2. Rihanna and Chris Brown: Rihanna and Chris Brown shocked the world when their relationship began in 2008. In our minds, the singers couldn't be a more perfect match, as they're two beautiful and unique voices with stunningly-good looks. Things quickly changed after an incident in 2009 in which Brown allegedly assaulted the female pop star. The two have made amends since then and rumors of a new relationship have spread, especially after the recent release of their song, "Birthday Cake (Remix)." But due to their long-lasting tabloid presence and heated past, we can't help but think that a second try will end in disaster.

3. Jennifer Aniston and Brad Pitt: The split between *Friends* star Jennifer Aniston and Brad Pitt, her "Mr. Perfect," was by far the most controversial divorces in the history of Hollywood. With Aniston's glowing skin and Pitt's captivating eyes, they always had America's attention. It wasn't until the 2004 production of *Mr. and Mrs. Smith* that things seemed to get off track. Pitt quickly fell in love with co-star Angelina Jolie while filming the movie, leaving him and Aniston's happily ever after in the dust as rumors swirled of an affair. Jen filed for divorce in 2005 and Pitt almost immediately began dating Jolie. Now called "Brangelina," the couple has six kids and have made their mark as one of the most powerful couples in Hollywood.

4. Kim Kardashian and Reggie Bush: Kim Kardashian bared it all for her E! show *Keeping Up With the Kardashians*, including her relationship with NFL star Reggie Bush. The reality show revealed their head-over-heels romance for several seasons. But after their final split, the unfortunate truth was revealed: Kardashian's stardom was too much for Bush, who

never seemed to adjust. Kardashian has since been searching for her fairytale: a guy who accepts both her and her lifestyle. She found love in her marriage to Kris Humphries, but that relationship ended after just 72 days. Now the star is happily dating Kanye West. Thankfully, the socialite seems to be taking her new relationship slow, because if there's anything Kim has learned, it's that fame comes at a high price.

Related Link: [Why You Should be Happy You Aren't Famous When it Comes to Love](#)[Love in the Limelight: Why You Should Be Happy You Aren't Famous](#)

5. Katy Perry and Russel Brand: California girl Katy Perry and British comedian Russell Brand began dating in middle of 2009. The two didn't waste any time getting serious as news of their engagement hit the headlines by the end of the same year. And in just ten months, the couple was married. The world watched the pop-star and her new hubby closely as we formed our opinions on whether they would last. Fourteen months later, the pair proved all the doubters right. Russell Brand filed for divorce last December, citing irreconcilable differences. But between both of their busy schedules and separated traveling, it's no wonder the pair couldn't stand the test of time.

Which celebrity couples do you think have been most hurt by their stardom? Share your thoughts with us!

Top Three Common Dating Faux

Pas



By Kongit Farrell

There's no doubt that dating can be both fun and meaningful, but everyone knows that it can also be heartbreaking and challenging. If you find yourself getting constantly frustrated by repeated splits and breakups, you might just need to reassess your understanding of dating. To begin to fix your problems, you first have to understand what they are. Start by checking out the following dating faux pas, and what to do to work around them:

Related Link: [Three Dating Mistakes That Prove It's Time to Use a Matchmaker](#)

1. "Winging it": The famous adage "If you stand for nothing, you fall for anything" also has a place in the realm of

dating. Far too many times, people wind up in bad relationships because they entered it without any knowledge of what they wanted. The problem with this approach is that dating is a process, and how you approach it always determines the outcome. For example, if you are seeking a long-term relationship and commitment, rushing into the physical parts of a relationship won't help. That's why it's important to know what you want before you start dating so that you can come up with a dating strategy that will maximize your success. If only someone would have mentioned this to Halle Berry 15 years ago.

2. Not understanding chemistry's role in love: You meet at a coffee shop and feel this insane connection. You check to see if they feel it too, and low and behold, they do. Don't rush to assume that it's love at first sight. That intense connection you feel is a chemical process called limerence. It evolved in humans to help keep men and women together while raising children. It's not love, but rather one of the main ingredients needed for long-term love. There's a lot more at play than just limerence, however. Without plutonic compatibility, or similar beliefs and values, you just have friends with benefits, not love. Someone needs to let Jennifer Lopez know that with Casper Smart, it's not love, it's limerence!

Related Link: [Top Five Celebrity Love Mistakes We Should Avoid](#)

3. Forgetting your animal nature: The world has changed in many ways that have made dating practices and roles much harder to define. Who opens doors? Who pays for whom? Who wears the pants in the relationship? But at the end of the day, we're human animals, so the rules of the jungle still apply. Men and women might be equal, but they're still different, with one key difference being size. Ladies, you're smaller, so it's important to make sure that you date men who make you feel safe and comfortable. Men, take extra care to let women know that you aren't a threat. Speak softly, smile,

listen and open the door. This doesn't have anything to do with your ego, it's because you are literally larger. Check out Beyoncé Knowles, an intelligent female animal who loves it, as does her husband, Jay-Z!

Kongit Farrell is a Strategic Life & Relationship Coach, and author who specializes in individual and couples counseling. She received her B.S. in Communication from the University of Southern California, and her M.A. in Clinical Psychology from Pepperdine University. She applied her knowledge while working for the Clinton Administration in the Communication Office. Kongit has published numerous articles on mental health, and her first e-book She's Worth the Chase won critical acclaim. Most recently, Kongit appeared on Lifetime's morning show The Balancing Act to discuss her book. She is currently finishing her second book Dating the Natural Way: How to use Biology as a Guide for Healthy and Harmonious Relationships.

Tip of the Hat: Decoding a Guy's First Date Accessories





By Rachel Seliger, JDate.com Community Manager, for GalTime

Decipher Your Date's Personality

There's nothing quite like first date butterflies—you wonder what kind of spark there will be, pray that you don't spill food on yourself and spend hours meticulously primping. But for all that time spent getting yourself mentally and physically prepared, don't forget to take a hard look at what your man is wearing on a first date, as even his choice of accessories can convey a distinct message about his personality.

As a fashionista and the community manager for JDate.com, the premier online community for Jewish singles, I know about the importance of a proper first date wardrobe. I'm here to help you read between the lines—or paisley or plaid—to learn whether he's second date material or just a fling:

Hats: Obviously there are far too many types of hats to make a sweeping generalization. Though hats are a distinct way for a guy to show his personality, they can sometimes scream for too

much attention on a first date. Venues where a hat is OK: outdoor sporting event (baseball cap), speakeasy (fedora), poetry slam (beret), skiing (beanie) or monster truck rally (trucker hat).

Nice watch: Some guys' idea of a "nice" watch is simply that it ticks and doesn't have a superhero on it. If your man flashes a classy timepiece, it shows he is traditional and wants to put his best foot forward.

Scarf: In spring and summer: Prissy. You'll probably have to put your coat down for him to cross a puddle. In winter: Mature. It takes a big man to admit he's cold.

Sunglasses: He thinks he's too cool for school. It's important to look into your date's eyes when you're getting to know them, and let's face it, it's not like he had to dodge a crowd of paparazzi on his way to meet you. Occasion where sunglasses are OK on a date: You're outside and squinting uncomfortably to see your love interest.

Cufflinks: Let me just wipe my drool...ah yes, cufflinks. They show ambition. Not a lot of guys own them, even if dress wear requires them. They're truly an investment piece, and show he cares about his appearance and where he's going in life.

Umbrella: Meticulous. If he thought to check the weather before your date and made the effort to lug an umbrella with him, he's clearly a planner—and a keeper! Added bonus: there's room for two under that umbrella.

Suspenders: He thinks he's unique. Unless he's Steve Urkel, suspenders are a guy's way of showing how "different" and cool he is. He'll try to sell you a story about how he found these ol' suspenders at a thrift store in Williamsburg, but trust me, he spent \$500 to look that vintage.

Bracelet: Sentimental. Do you know any men who wear bracelets that don't have some sort of significant emotional meaning?

Ask him about it as an icebreaker and get to know what makes him tick.

The bottom line is that you have to give any man points for accessorizing—it's so much easier to just throw on a shirt and jeans rather than go that extra mile. When a guy puts in the effort, take notice of these nonverbal cues to see if he could be your perfect match.

“But We Were Drunk”: 5 Reasons Why that Excuse is Lamé





By Evan Goldaper

Nobody's perfect, and we all do things we regret every now and then, especially while in love. Of course, if you and your partner are close, you can expect them to forgive you when you make a mistake. But as Kristen Stewart and Robert Pattinson have shown, infidelity can be tough for anyone to overcome.

What can make a regretful situation even worse is if you try to make an excuse for your behavior. If you've done something while drunk and expect that to be an acceptable justification, you might find your partner even less understanding. "But we were drunk!" might be a classic explanation, but it's very unconvincing. Here are five reasons why you shouldn't expect that to be a perfect failsafe:

Related: [You've Cheated, So Now What?](#)

1. You chose to get drunk in the first place: If you cheated on your partner, you have to be accountable for how you wound up in that situation. Remember that although you might not feel you had control of yourself after you were drunk, you

certainly had control of yourself before then.

2. You know yourself: If you have a tendency to do crazy and unplanned things while drunk, then you've probably figured that out by now. Because you know how you usually act in circumstances like this, you should've known that you could put your relationship at risk.

3. You have a responsibility to your partner: When you're in a relationship, you can't act the same way you did when you were single. As someone's significant other, it's important to remain faithful. Don't set yourself up to challenge that: you're not scanning the dating pool any more.

4. You'd be hurt if you were on the other end: You know you'd be angry if your partner cheated on you, whether or not they were drunk. The same Golden Rule that applied back in kindergarten is true at times like this as well: don't do anything you wouldn't want someone else to do to you.

5. This won't go away: Whether or not your partner accepts your apology this time, you can be certain that your misdeeds will permanently hang over your relationship. The next time you slip up, you can be almost certain that you'll be *breaking up*, so you shouldn't even get there in the first place.

What do you think about being drunk as an excuse for cheating on your partner? Tell us below.

Six Celebrity Couples We Wish Existed



By Elle Rose Williams

When surrounded by a celebrity culture and constantly looking at the world's most beautiful or talented elite, it's hard not to start wishing that two of your favourite celebrities were dating. No matter how perfect some couples seem, deep in our hearts we always know they could do better. Whether we think they'd make a great match or just want to see the children, here are five celebrity couples we wish existed:

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

1. Lady Gaga and Tim Burton: The quirky duo that is Lady Gaga and Tim Burton could be the ultimate power couple, with Gaga ruling the world of music and Burton ruling the world of film. Their united interest in the bizarre and huge cult followings could be great starting points. With your own relationship, it

can be a great idea to make sure you have common ground in this same way.

2. Ryan Gosling and Rachel McAdams: Although Ryan Gosling and Rachel McAdams used to be a couple, they're now separated. However, any girl who grew up with the ultimate romantic epic *The Notebook* would think these two should be reunited one day. It can be the same in our own relationships too: when we have such a long history with someone, it's easy to picture ourselves with them.

3. Jennifer Aniston and David Schwimmer: *Friends* might have ended eight years ago, but after ten years of portraying the ups and downs of Ross and Rachel, it's hard to see Jennifer Aniston and David Schwimmer as anything else. Considering Aniston's consistent bad luck in relationships, it'd be amazing for her and Schwimmer to get together and to finally see her settled and happy. With our own relationships, we like to see ourselves with someone who'll look after us and someone who will be with us through the rough times and the good times too, which Ross and Rachel always personified.

Related Link: [Love in the Limelight: Why You Should Be Happy You Aren't Famous](#)

4. Madonna and Richard Branson: Another important part of being a couple is balancing your attributes. This would make Madonna and Richard Branson a fantastic power couple. Plus, it would be great to see Madonna settled down with a man her own age. There's a lot that Madonna could learn from Branson, and even Branson could benefit from Madonna's publicity stunts. They'd be a good balancing act for each other, and this is always a good way to seek out a potential partner.

5. Charlie Chaplin and Gwen Stefani: How amazing would it be if Charlie Chaplin and Gwen Stefani were a couple? Sure, the two are actually decades apart, but their quiriness and originality would make these two a brilliant celeb couple. We

have a feeling their sense of humor would gel too. In your own relationship, humor is hugely important. As long as you can laugh together, the bad things will never seem as bad.

6. Audrey Hepburn and Colin Farrell: Audrey Hepburn and Colin Farrell are another couple that would be impossible, but still would be brilliant. We'd love to see the dynamic, cheeky Irishman be tamed by the ultimate lady of class and elegance. They'd be so different that they could actually be the perfect match. This can apply to real couples too, so look for someone who wants you to be the very best version of yourself.

Elle works for CS Bedford, an engagement jeweller in London.

Celebrity Marriages That Span the Decades





By Jessica Smith

Celebrity marriages come and go—some much quicker than others. Of course, there are infamous short term marriages, such as Britney Spears and Jason Alexander, who were united in holy matrimony for a whole two days, Carmen Electra and Dennis Rodman, who were husband and wife for six days or Kim Kardashian and Kris Humphries, who were committed for only 72 days. On the other hand, there's a good handful of celebrity couples that have stayed true to their marriage vows since the day they said, "I do." Undoubtedly these couples have gone through major ups and downs like all couples do, but their love for one another and their marriage has conquered everything. Here are some Hollywood marriages to take note of:

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

1. Ozzy and Sharon Osbourne: This musical couple makes the top of our list because they've had one of the most successful marriages in Hollywood. As husband and wife, they've

definitely had more than their fair share of obstacles thrown at them, but nothing can demolish their love for one another. Sharon and Ozzy Osbourne even managed to survive the reality TV show curse. They've been married for 30 years.

2. Kevin Bacon and Kyra Sedgwick: Kevin Bacon and Kyra Sedgwick met on set while they filmed a PBS movie, and they've been working side by side ever since. After 24 years of being bound together, they still seem incredibly happy and very close.

3. Tom Hanks and Rita Wilson: This is a couple that you can count on to be together for the rest of their lives. Tom Hanks and Rita Wilson met in 1985 on the set of the movie *Volunteers*. They were married three years later. The lovebirds have been supporting and loving each other for 24 years.

4. Denzel Washington and Pauletta Pearson: Before Denzel Washington became an Academy Award, Golden Globe and Tony-winning actor, he fell in love with his longtime wife Pauletta Pearson on the set of his first movie *Wilma*. The couple has been together for 29 years.

Related Link: [Five "Down-to-Earth" Celebrity Couples](#)

5. Danny DeVito and Rhea Perlman: Danny DeVito and Rhea Perlman were joined together in holy matrimony 29 years ago. Although this couple is very private, we know that they're still going strong. In fact, this privacy might be the reason for their success.

Who's your favorite successful Hollywood couple? Share your comments below!

9 Things His Handwriting Can Tell You About Him



By Mary Edwards

You might not think it's important when you're looking for a new partner, but you can tell a lot about someone's personality by studying what they've written. Handwriting analysis, also known as graphology, is a field of study that associates a person's writing style with certain psychological profiles. Though it's not an exact science, it can be a fun way to try to learn a little more about someone you've been dating, especially if you're wondering whether it's a good idea to start a relationship with them. Here are nine quick things to look for when trying to learn about someone from their handwriting:

Related Link: [Five Steps To Turn a Date Into a Relationship](#)

1. Size matters: Large, robustly written letters suggest a similarly big, outgoing personality. Smaller letters, on the other hand, indicate shyness. An average size implies a more balanced personality. If you're looking for an exciting new relationship, look for bigger letters.

2. Open or closed: The loops in someone's writing, as in the cursive letter 'L', indicate tension when closed. They show a spontaneous attitude when they're fully opened. Spontaneous people might be more open to unusual date ideas, so consider giving these a try if your partner writes this way.

3. Slanted view: If your subject's writing slants to the left, this could mean they're more of a loner or a rebel. Conversely, a right-slanting writing style says they are friendly and more sociable, which probably makes them very eager to fall in love. No slant tells you that they tend to be driven more by logic than by feelings.

4. Pressure: The pressure applied to paper when writing is another important indicator. Light pressure translates to a highly sensitive, empathic individual. However, heavy pressure means seriousness, which translates nicely into a willingness to commit to a relationship.

5. Above the line: Upper zone letters, like l, t and h that are very tall show aspiration and imagination. Wide loops may imply that your beau is a dreamer.

6. Below the line: Lower zone letters, like g, y and p, can tell you a lot as well. A tight loop could be a sign of impatience, while varied loops and pressure might be harbingers of an unsettled personality. If you're looking for a steady relationship, look for steady loops.

Related Link: [Fishing For Mr. Right—Types of Guys to Throw Back](#)

7. Spacing: When letters are spaced widely, you're most likely dealing with someone who needs their space in relationships as well. Similarly, tighter-spaced letters suggests more openness towards intimacy.

8. Left Margins: The spacing between the edges of the page and the text is just as revealing as the handwriting style. A wide left margin says "I'm open" to getting together, while a narrow one tells you to back off.

9. Right Margins: If the handwriting stops well before the end of the page line, your date is still apprehensive. A narrow right margin implies an impatience to get started as a couple.

You can learn a lot about a person's personality by evaluating their writing style. If your date's personality is in question, take a look at the way that they write. You might learn quite a bit more about them, or at the very least, verify traits you already suspected.

This post originally ran on BestDatingSites.org.

Five Guys Not to Overlook





By Marcus Osborne for GalTime

Dating: Give These Men a Chance

It's no real secret what qualities instantly attract women to a potential long-term partner. Let's face it, certain guys have a built in advantage. It could be their height, wealth, physical attractiveness, sense of humor or confidence...the bottom line is that some men just have what it takes to immediately attract members of the opposite sex.

And some don't. Here's a fact— not every woman is going to land her fairytale version of Mr. Perfect. So let's get real ladies... there are many diamonds in the rough out there that some women may dismiss at first glance. But if you give them a chance, you may discover one of these guys is the right match for you.

So, as your straight male friend, I am offering you some viable alternatives to Mr. Perfect. He may not be Bill Gates or Will Smith or George Clooney...but he might still be your perfect partner:

1. The Geek: Of all guy types, I'd say the Geek is the guy with the greatest long-term potential if you're looking for a provider. Sure, there may be annual trips to San Diego's Comic Con, a trophy mantle packed with Darth Vader action figures and an extensive collection of Batman hoodies to launder, but you know what? These guys *also* build startup companies and make boatloads of money. See through his social awkwardness. The Geek offers you smarts, loyalty, sweetness and acerbic wit.

2. The Fast Food Dude: Sure his job isn't flashy, but hey, dude is holding down a job. And in this economy that's got to be worth some serious brownie points, right? Some might label this guy as unambitious, but I think that's an unfair generalization. Having a career in the fast food industry could mean this man is willing to take on a job he sees as a means to an end. Perhaps he's got a grand plan in mind. Maybe he's interested in owning one of those places. Last I heard, fast food restaurant owners make a pretty nice living. The guy could end up in a corporate office...or he may simply be okay with the job because *it's just a job* and he doesn't want to live to work. In any case, give the guy a shot. If it's true love you want, he may offer it in spades.

3. The Short Guy: Short guys never get the love they deserve. Women often overlook (literally) the guys under 5'9" to their own detriment. These gents have often had to compensate for what they lack vertically by developing winning personalities. Sure a lot of these fellas suffer from "Little Man's Complex" but many of them are empathetic and charming guys. In a long-term relationship, your man's ability to understand the way you feel is vital, right? This is your man.

4. The Shy Dude: Notice, I didn't say *quiet*. The quiet guy is the guy who ends up on the news with his shocked neighbors saying, "He was such a quiet guy." Yet all fail to unravel the mystery: *How did he manage to hide all the heads in his freezer?* Yeah, stay away from that dude. But the Shy Guy is

simply the man who just takes a little time to warm up. It's not that he lacks confidence; it's simply that he isn't skilled at the art of the game. So maybe you'll have to approach him first. So what? Get over it. And get over yourself. This guy is dedicated and caring when he's actually in a relationship, and he'll make you his priority.

5. The Portly Guy: Ok, so obviously we all want to be in good shape. And we all want out partners in good shape. But what's the most desired personality trait in a man, according to women? A sense of humor! Seriously, how many funny chubby dudes have we all come across? The world is filled with 'em! And these guys tend to be, like the short guys, making up for their lack of classic male beauty. Hey we can't all be an Adonis. When you're with your pretty boy 25 years from now, he won't be nearly as pretty. But the guy carrying a few extra pounds will still be fun the hang out with. Listen, a chunky guy can lose weight, but an a-hole is an a-hole for life. Oh by the way, bonus points for you on the Portly Guy. In all likelihood, this man likes to cook and likes to eat and won't be too bothered if you pack on a few yourself.

How to Communicate the Need for Communication





By Ché Blackwood

It seems like everyone says “Let’s talk” these days, but it often comes across as little more than whining. If you have a day job, you can’t be expected to stay up all night talking, but there still is a certain amount of conversation required for a relationship to stay healthy. If you’re having trouble communicating with your partner, it could be a sign that your relationship is headed for trouble, but it doesn’t necessarily mean it’s time for a breakup. Instead, try to approach your partner calmly and lovingly explain your need for dialogue. You’ll be able to talk about your problems without breaking up if you consider these following tips:

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

1. Pick the right moment: It’s one thing to feel neglected because your sweetie didn’t call to say they were running late, but it’s another thing entirely if they’ve done this every night for a week. If you stress the need for communication after one slip up, your beau is going to think you’re overreacting. However, if you have a series of examples

that have led you to feel the way you do, your honey will be more prone to take a step back and hear you out.

2. Think before you speak: The most important step to take before entering into a serious conversation is to analyze your own point of view. While every person has a right to their feelings, emotions can run away from us if left unchecked. It's vital that you know why you're upset. Does the lack of communication leave you feeling lonely? Disconnected? Uncared for? When you can pinpoint the exact reasoning behind your negative feelings, you'll be better able to explain them to your sweetie. If you don't fully understand why you feel the way you do, it's unfair to ask them to.

Related Link: [How to Campaign for a Better Relationship](#)

3. Assert your expectations: Everyone needs their partner to act a certain way, but unless they express those requirements, their partners can't possibly get it right every time. Know what's important to you and articulate those expectations to your beau. Once they know the type of communication you require to be happy in a relationship, they'll be able to assess their own ability to deliver it.

4. Be fair: Communication is never one-sided, so you need to let your partner speak as well. They might not be very happy with what you've been sending their way either. Be open to hearing what they have to say, even if their feelings are different than yours. If you want to really communicate openly together, you need to be willing to listen just as you would like to be listened to.

5. Remember who you're talking to: Your significant other is a unique individual, with their own way of doing things. You need to understand the person you love and their way of communicating in order to successfully express your own feelings to them. While you may need constant affirmation or hour-long talks after dinner, they might be happy with a ten

minute phone call before bed. By understanding the motivations behind your beau's actions, you will better understand how to approach them.

How have you started communicating in your relationship? Tell us below.

Subtle Ways to Get a Second Date



By Jessica Smith

Getting asked out on a first date isn't the hardest part of getting back into the world of relationships, but it's getting

a guy to ask you on a second date that takes work. Going into the first rendezvous, you and your date are going to have certain expectations of one another, and if they're let down, the chances of getting a second date are slim. We've all driven ourselves crazy waiting for our phones to ring or a text to come through, making us wonder what we did wrong when we had thought everything went great! Guys might seem hard to reel in, but after following these simple and subtle steps from Cupid, they'll be knocking down your door to get the chance for a second date:

Related Link: [Five Conversations to Avoid on the First Date](#)

1. Don't dress for the Grammys: It's no mystery that guys will be wondering what you have to offer physically, but it's best not to dress too revealingly. Keep your cleavage tucked in so he's staring into your eyes instead of down your shirt, and don't bother with the extra stress of having to pull down the hem of your dress to keep your hoo-ha from showing. Guys love the girl-next-door look, so keep it simple and wear a cute tank and some jeans that highlight your curves in all the right places.

2. Keep things light: When it comes to conversation, the last things you should mention are your exes or past dates. They're not going to be interested in hearing about other men. Also remember that he didn't take you out to be your therapist, so keep your problems to yourself. By keeping the conversation light and happy, he'll see you as an easygoing kind of girl with whom he enjoys spending time.

3. Get him to talk about himself: Of course, you're going to have to talk about yourself if you want to get to know each other, but it's never good to do all the talking while he just chimes in occasionally. Ask him questions about himself, and the conversation will easily branch off from there. Learning about him this way is an easy way to see what you have in

common and whether you're compatible.

4. Be your best self: You're going to be nervous and you might say something awkward. That's okay: you're only human. He's just as nervous as you are and once the ice is broken the date will get easier. Remember that laughter is a quick way to ease tension between strangers, but don't overdo it. Most importantly, be yourself. You can't make a relationship off of all the right moves and impressive comments if that's not who you really are. Being yourself should settle your nerves and show him that you're a genuine girl with individual qualities.

5. Don't mention the second date: Girls have had their wedding day planned since they were old enough to forget that boys have cooties, but marriage is usually the last thing on a guy's list of things to do. If they feel you're rushing into a relationship, they're as good as gone. A guy won't be afraid to admit that he had a great time, but leave it to him to mention anything about going out again. Even if he was already planning your next encounter, mentioning it before he does he could easily change his mind. In your head, you might think you appear to know what you want, but he might view you as controlling or clingy.

Related Link: [How to Know When It's Time for the First Kiss](#)

6. Leave a little mystery: On a first date, never take things further than a first kiss. If he invites you to bed after one date, he's not a gentleman and he doesn't think of you as a serious potential partner. Even worse, if you agree and hook up with him right away, you're likely to become his booty call, which can be detrimental to a woman's self-esteem. By denying him and making him wait, he'll realize you're a classy lady who demands respect, and he'll be eager to see you again!

What tricks do you have for scoring a second date? Share your comments below.

Miss Independent: The Joys of the Single Life



By Audrey Melnik

Katie Holmes and Tom Cruise have been the center of a media circus since they announced their divorce. A number of rumors have surfaced about why their marriage ended, but no matter what the true causes were, it's clear that Holmes is doing what she thinks is best for her daughter, even if that means ending her marriage. Going through a divorce isn't easy and it always takes time to recover, but it should never be avoided when you think a split is important for you and your family. Thankfully, being single allows you to focus on what makes you

a better person. Here are some great ways Holmes, and other singles, can enjoy their independence:

Related Link: [How to Handle Wedding Season as a Single Gal](#)

1. Work on your career: Now that you're single, you won't have any commitments other than your own. This will let you give your job the time and attention it deserves. Work hard, focus and you'll be able to rise to the top.

2. Take time for yourself: Singles can make their own rules, so be spontaneous. You don't have to worry about anyone but yourself. Enjoy this time, it won't last forever. Find a hobby, read a book or do something you've never done before.

3. Travel: When you were in a relationship, you always had to coordinate schedules before you could travel. When you're on your own, you can just pack your bags and go.

4. Have a girl's night: Whether your girlfriends are single or not, plan a night every now and then to go out with just them. Have fun, go dancing and let loose. You'll see that even though you might not have a partner, there are still plenty of people who care about you.

5. Be a flirt: There's no better way to build confidence than to flirt. When you see someone staring at you from across the bar, go talk to them. Even if you don't wind up dating, it'll be good to give yourself a chance.

Related Link: [Celebrate Being Single This Year](#)

7. Buy yourself something nice: Without a partner, your money belongs to no one but you, and you know you worked hard for it. Find something luxurious that you love and splurge on it!

8. Be an awesome parent (if you have kids): For you single parents, devote more time to your kids. They'll make you happier than any partner could. Plan a fun day with them and

do something you all love.

Sure, being in love is wonderful, but so is being strong and independent. You can pave your own way, make your own decisions with your own money and you don't need a man to do it.

Audrey Melnik is founder and developer of WotWentWrong, the breakup app for couples who never really broke up. It offers closure and answers for relationships past – and a blueprint for future dating success – directly from one's former partners. Audrey is passionate about the intersection of internet technology and business and has successfully developed and enhanced the online businesses for both corporate and government clients in the U.S. and Australia. She credits NYC with her inspiration for WotWentWrong, realizing the web could coax former dating partners into spilling their secrets in a way people could not. Melnik received a Bachelor of Business Systems on scholarship from Monash University in Melbourne, Australia. WotWentWrong is headquartered in Melbourne, Australia but Audrey recently moved to San Francisco.

Celebrity Couples Who Are Better Off Single





By Nisha Ramirez

It's hard to be in the spotlight 24/7, but celebrity relationships can make that even harder. Famous people are known for pairing up with other stars for publicity or because of their poor judgment, but neither ensures success. Whether they find each other before they make it big or start out their relationships at the top of their careers, it seems like celebrity relationships always end badly. It's no surprise that many celebs often seem on the verge of a breakup, and the following celebrities are some of the many who seem better off single:

Related Link: [Love in The Limelight: Why You Should Be Happy You Aren't Famous](#)

1. Selena Gomez and Justin Bieber: From the moment Selena Gomez started dating Justin Bieber, she received death threats from Bieber's many fans, indicating some serious stresses that are unique to their partnership. It's likely a sign that Hollywood's cutest couple should think about having fun apart and enjoying their youth and fame alone.

2. Bethenny Frankel and Jason Hoppy: Early on Bravo TV's *The Real Housewives of New York*, Bethenny Frankel and Jason Hoppy found love and success. She gave birth to their first child, Bryn, and increased her Skinny Girl trademark with her own Bravo reality shows *Bethenny Getting Married* and *Bethenny Ever After*. However, on this season of *Bethenny Ever After*, the couple bickered in almost every episode and divorce rumors began to spread. Though Frankel addressed these rumors on her talk show and stated that she and Hoppy have not seen a divorce lawyer, it's clear that this couple should take some time out from the reality TV spotlight or call it quits altogether.

3. Kim Kardashian and Kanye West: Kim Kardashian and Kanye West are becoming serious and aren't shying away from the public eye. Rumors of their romance began after Amber Rose, West's ex, explained how Kardashian sent emails and pictures to the rapper while she and West were still dating. Plus, Kardashian recently ended her marriage with Kris Humphries after 72 days. Relationships that start off as affairs rarely end happily. These two would be better off on their own.

Related Link: [On & Off: When Celebrities Should Call It Quits](#)

4. Jennifer Lopez and Casper Smart: Pop star and actress Jennifer Lopez, 42, started dating her 25-year-old backup dancer Casper Smart months after she divorced Marc Anthony. However, critics and fans accuse Smart of being nothing more than Lopez's boy toy because of their age difference. Considering this and also Lopez's poor track record of dating celebs, she really needs to stop falling in love with love.

What celebrity couples do you think are better off single? Share your comments below.

Top Five Things to Do If You Get Dumped



By Chris Owen

When you're unceremoniously dumped by your partner, it could easily be a major life-affirming moment. However, most of the time, being dumped just seems to confirm that your life is awful and you're terrible to have trusted that good-for-nothing ex. Of course, even though it always hurts after a breakup, it's never the end of the world. Although you've stumbled along your path to happiness, with a little bit of reflection you can learn from your situation in order to move forward. Breaking up can be a little like overcoming an addiction, which can make it tough to move on. However, it's certainly doable, especially with the help of friends, family and time. Consider these tips for getting over a broken heart:

Related: [Dating After Being Dumped: How to Avoid Messy Rebound Relationships](#)

1. Have a good cry: Before you can move on, allow yourself time to wallow in self-pity and misery until you think you're completely done with tears. Though you might have a relapse, like if you hear a specific song or go to a certain place, it's important not to be upset if that happens. Just pick yourself and try again. Once you've had time to cry, it'll be a lot easier to get over your ex and move forward.

2. Go on holiday: Get your best friends together (preferably the single ones) and organize a holiday. It doesn't have to be an amazing series of adventure travel activities or anything else too fancy. Just getting together for a weekend in another town or country can help take your mind off your ex, letting you remember what it feels like to laugh and fun again. Be aware, however, that when you return home you might have a flood of emotions on your return. Don't let that be a setback.

3. Join a club: Concentrating on a project at work and putting in long hours can often help to numb the pain of a split. However, you don't want to overdo it, as that could make you exhausted or sick. A good alternative is to join a club or find a new hobby, which can be similarly distracting but more relaxing. This will let you meet new people while filling the gap left by your ex-partner.

4. Spend some cash: Don't underestimate the healing power of that old classic hobby—shopping. Of course, I'm not advising that you re-mortgage your house or max out your credit cards, but there's nothing wrong with a little retail therapy to put a smile on your face and some brand new clothes in your wardrobe. Bring along a fun and funky friend to help you stay away from beige and black and find something bright and cheery.

Related: [Is Dating Your Ex Off Limits?](#)

5. Look up some old friends: With social media, it's almost impossible to hide from old friends from school, college and work. Returning to the single life is the best time to get back in touch and have some fun. Seeing old friends is a good opportunity to re-encounter the 'old you.' By talking about the good old days, you'll forget about your current situation in no time.

When you're finally going wild on singles holidays abroad with your brand-new wardrobe and new friends that you met at Scuba club, it'll be easy to remember that life is for living. After a breakup, we just often need a nudge to know where to start.

Chris Owen is well over his first breakup and looking forward to adventure holidays with his young family—time's a great healer!