

Relationship Advice: 5 Signs You Want Your Ex Back



Does absence really make the heart grow fonder or is it just loneliness talking? After breaking up with someone, especially someone you've had a long, meaningful relationship with, you may start questioning if it was the right thing to do. While breaking up because they cheated on you or abused you is never wrong, if there wasn't that type of strife, then you may question why you parted.

Here are five signs that you regret the breakup and want your ex back.

1. Keep Tabs on Social Media

One sign that someone wants their ex back is that they're keeping up with their life via social media. If you find yourself stalking his Facebook or Instagram to see who he is dating or where he is going on vacation, then it is obvious that you miss him. Instead of stalking him online, build up the courage to leave a nice direct message or text him. If he is interested in hearing from you, he will text or message you back. If you don't receive any return messages, that should be a loud and clear sign that your feelings are one-sided.

2. You Regret Your Decision to Break Up

After breaking up with someone you've been in a long-term relationship with, you may immediately begin to regret it. Just because a relationship has become stale, doesn't mean you should give up on it. Successful relationships require hard work from both partners. Consider going to couples therapy to learn how to better communicate with each other, especially when things do seem stale or when you're in a rut. Good communication is a key component of a lasting relationship.

3. You Talk About Your Ex A Lot

Your friends will probably be the first to mention that you're always talking about your ex. They may be tired of hearing about your exploits with him or how much you miss him. You may not even notice that he seems to come up every time you hang out with your best friends, but they will.

4. You Keep In Touch With His Family

If you and your ex had a serious relationship, then you may have gotten to know his family very well. If you keep in touch with them, it may be a sign you miss and want him back. You don't necessarily need to part with the family after a break-up, but it is unusual to frequently reach out to them. If you regret the break-up, stop talking to his family and talk to him. Find out if he is interested in seeing you again by using these tips to [get your ex back permanently](#).

5. You've Forgiven Him for His Wrongdoings

If he wronged you in some way, then you will need to forgive him before you can consider getting back together with your ex. Resentment will eat away at you and the relationship if you haven't been able to forgive him for what happened. If you have forgiven him, don't use what happened to hurt him, but move on and rebuild the trust between you to create a better relationship.

If you recognize some of these signs within yourself, then start exploring opportunities to reconnect with your ex and build a stronger relationship with him or her.

Relationship Advice: Working Through Your Heartbreak





By Dr. Jane Greer

Getting over a heartbreak is never easy, and there is no simple answer to how to recover from it. What does it mean when relationships don't work out? Is it you choosing a bad partner, or is it something out of your control? Dealing with the loss of love is often a challenge. Some people throw themselves back into the mix immediately, jumping in to a new relationship, while others take themselves out of the dating game for a while. The question is, how do you hold on to hope, and is there a way to try to ensure success on take two so that you don't continue to repeat the same wrong moves in the love game? It's rumored that The Weeknd's new EP is about his exes [Selena Gomez](#) and Bella Hadid. Perhaps his approach to dealing with his breakups is through his music.

Here is some expert [relationship advice](#) on navigating heartbreak

post break-up and when entering a new, rushed relationship:

Many who dive right back into the fire may find that their new love connection isn't going as well as they had hoped and wonder why. There are several reasons this can occur, and it is helpful to understand them. For some, the pain of the split is too immense to handle because of how personally rejected they feel. As a result, their self-esteem may take a big hit, and they may go along in a relationship that they know isn't a good fit simply because having a new person in their life helps buffer the intense pain they are feeling. In that case, their thought might be that at least somebody wants to be with them. Another reason is that sometimes the loss of a significant other in their life and everything that goes along with that – doing things together, planning for two, looking toward the future, and having some security as to how they spend their weekends and evenings – is so hard to take that being with anyone might seem better than being alone. Therefore, they will quickly seek out a new partner regardless of how bad a fit that person might be. When that happens, simply having that person in their life trumps how compatible they are. If either of these reasons are in play, it can be the equivalent of taking an aspirin for a headache. It is a quick antidote to buffer the pain, but it may not deal with the contributing issues that brought about the heartbreak in the first place. Consequently, if you are looking to “lose” yourself in a new relationship, be it a rebound or an escape from the past, while it might ease the heartache in the moment it can sometimes lead to more loss in the future.

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In this whole mix one of the questions is, have you gotten over your ex at all? If not, you might find yourself comparing

your new person to your old significant other, and if you are still in love with the former, your current companion may pale in comparison. While the relationship itself might make you feel better about yourself temporarily, your new partner may not ever replace your old one. In addition, there may be unresolved problems still lingering from your old relationship that you now find squarely present in your new romance. You may even realize, surprisingly, that you have taken on the role of your old partner with your new one, and are now doing what your ex did to you, anything from calling too often to acting jealous. If you find this happening it can be a red flag that all is not well.

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If you have gone through a heartbreak and are looking to start a new relationship that is successful, it is important to take an honest look at what didn't work in your romantic past. Shine a light on what went wrong. Were you unhappy or did you do something to make your partner unhappy? Were they turned off by some of your behaviors and quirks, or you by theirs? Was it you or them who was not willing to step up to the plate in terms of making necessary compromises? This will help you develop self-awareness and give you some understanding of what might be at play with your new partner. This will also enable you to view the past as a stepping stone to the future, not wasted or lost time, but important information that you can learn from and take with you. It can also give you more realistic expectations going into the next relationship so you can hopefully make a better choice that will lead to a more positive connection. Along the same lines, if you find yourself going from one relationship to the next so you are not alone, but you keep choosing people who are not right for you or you lose interest in them quickly, then now is a good time to learn how to be on your own so you can develop inner security and grow stronger before doing a cannon ball back in

to that pool of love. Once you have given yourself a chance to do that, you might be better able to choose a new partner based not only on how they make you feel about yourself, but also on how you feel about them and what you are able to share together.

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It seems that The Weeknd is working through his heartache with music. [Taylor Swift](#) has been known to do the same. You don't have to write music to be able to do this. Instead, write a letter of the things you wish to say or wish you said, that you don't have to send. You can also listen to sad songs, but remember to balance that with a few love songs so that you are able to have faith that there will be a new beginning around the corner for you.

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](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit www.drjanegreer.com.

Relationship Advice: Say

'Yes' to Terms of Endearment



By Dr. Jane Greer

So much goes into making a relationship work, and the secret ingredients that lead to success certainly vary from couple to couple. With that in mind, there are certain gestures many have in common that help them accent and cement their romance, and sharing pet or special names as well as baby talk are often among them. In fact, Kelly Ripa and Mark Consuelos recently revealed they share some naughty pet names for each other.

By choosing a nickname you use only

for each other, it can allow you to express the unique affection you share. It can give you the confidence that you are truly seen and known by your partner, and it can make you feel special. Check out more relationship advice around terms of endearment:

Seductive names like this can add a lot of excitement and enhance intimacy as well as rev up your sex life. In some cases, hearing the special name can take you right back to those amorous sessions and make you feel sexy and desirable. In other words, the word itself can cause a reflex that gets your sexual energy going. Some take it a step beyond and give nicknames to their genitalia, which allows them to playfully refer to one another. There are many different types of names that can have a positive effect, and they don't have to be risqué, but can also be simple and innocent. These, too, can be emotional glue that help to keep you together, and that can also add to a shared moment of love. All of this is great, and can bring you closer to your partner, but sometimes there can be too much of a good thing. Can it ever become a problem?

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The resounding answer is yes, it can. There are those occasions when something that starts as a cute and adoring act can begin to feel like a criticism, especially if the name of choice is rooted in a trait or behavior that may potentially annoy your partner. On occasion a name is picked for that very reason, to mitigate personality quirks that can get on each other's nerves. For example, if your partner chose to call you

Slowpoke because you are always on the other side of late, or you call him Bull because he is always rushed and breaks a lot of things, these can eventually come to highlight the less lovable sides of each of you. At first they might seem charming, but over time they can take on the negative twist of reality and you may feel like you are being scolded. Also, they can become overused and grating, and can become a source of tension. The same can happen with baby talk. You might like it, and it can serve to enhance the camaraderie you share while letting your inner child out, but it can become too much and seep into too many different places in your life. If this happens it can have the opposite of the desired result and instead of turning you on it can turn you off. So what do you do when the terms of endearment become terms of negativity?

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The best thing to do is to have a direct conversation with your partner about it. Explain what you are feeling, and suggest either coming up with another pet name or taking a break from it altogether and simply calling you by your real name. If you go the route of searching for a new nickname, you might even recommend that you hunt for one together. When it comes to baby talk, it is important to express your wishes there, too. Sometimes putting boundaries in place can help – for example, maybe you want to keep it out of the bedroom, or maybe the bedroom is the only place it works for you. Perhaps you are comfortable when you are the only ones present, but once you leave the house and are in the company of others, you might want to suggest turning it off and saving it for later. With that, too, if you want to stop it completely then ask to take a break. By doing this and being honest with each other, you are keeping your verbal interaction fresh and true, and continuing the spoken intimacy you share.

It seems that Kelly and Mark are able to enjoy and balance their naughty names, and hopefully so can you whatever your pet names and baby talk might be.

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>.

5 Things We Can Learn from Justin Bieber & Selena Gomez's Rocky Relationship





By Ashton Dixey

There are a lot of beautiful [celebrity couples](#) out there, but there is one in particular that we've all come to admire and treasure: [Justin Bieber](#) and [Selena Gomez](#). Society has perhaps learned more from observing their dating story than we could from reading a [relationship book](#)! Although they're currently on a break right now, that doesn't mean that we can't learn from this super cute couple.

Read on to learn more about the five things that celebrity couple Justin Bieber and Selena Gomez taught us about relationships:

1. First loves are the hardest to get over: Justin Bieber was only 16 and Selena Gomez was 18 when they both started dating each other. Fresh faced and in love, these two went everywhere together and were spotted packing on the PDA in full swing.

Fast forward eight years later (past all of the drama) and these two are still in touch trying to make things work. It seemed like Bieber never fully recovered once Gomez and him broke-up. Gomez even wrote a song about it called "The Heart Wants What It Wants." Be careful who you fall in love with for the first time because that first break-up is the toughest to recover from.

2. Learn to be okay alone: It seemed as if these two kind-of lost their balance when they had their [celebrity break-up](#). One ended up in rehab and the other was caught peeing in random wash buckets in California. Be sure you are okay with who you are as a person inside so you can move on without racking up 20 tattoos on your neck to try and burn away the pain. One month shortly after the break-up, Justin ended up driving drunk without a license, running from the cops, and even egging his neighbor's house. When you go through a break-up, don't lose touch with yourself. Now is the perfect time to rediscover the greatness within you. Stay in touch with friends and family that truly support you so you can talk through your emotions instead of acting impulsively.

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3. Keep a cool head after a break-up: Sometimes it feels really good to go on social media and unfollow your ex-boyfriend or girlfriend. Or, it might be fun to go out with a random person for the night and post pictures of yourself and them kissing. Although this may relieve the pain for a bit, it is not the best idea. Bieber put fuel on the Jelena rumor fires when he unfollowed Gomez and started posting steamy pictures of himself and other girls on Instagram. There was somewhat of an Instagram war occurring between the two. Try your best to keep a cool head after you break-up and don't do anything you'll regret. If you do end up back together at some point, you don't want to do anything that might spoil the relationship for the future. Collect yourself, you got this!

4. Rebounds don't work: If you're trying to get over an ex, it can be tempting to find someone that's available and willing to jump into a relationship with you. But when your heart is still reeling from wanting to be with your ex-lover, this can be a very bad decision. Instead of facing the pain, you're pouring it into a new relationship and settling to boot. Gomez ended up dating The Weeknd for about eight months before she ended up back in Bieber's arms after a sweet bicycle trip that turned out to be an awesome [date idea](#). As much as you try to forget that person that you're still in love with, it won't be easy, and it certainly won't be fair for the person who's serving as your rebound.

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5. If at first you don't succeed, try try again: Throughout Bieber and Gomez's rocky relationship, it seems that Bieber had tried to win Gomez back many times. From serenading her at a hotel in Beverly Hills, to posting photos complimenting Gomez on his Instagram, he tried and tried again to win her back. After several years of trying, it worked! They got officially back together and even made it Instagram official this month. If there's anything to learn here it's that true love never dies and that if there's someone you know you're supposed to be with, it makes sense to fight for their love. Bieber did it for Gomez and even though they are on a break right now, true love is always worth fighting for.

Ashton Dixey is a recent graduate of UVU and an avid reader of romance novels. When not spending time with her family, you can find her working on her website, [Awesome Date Ideas](#), and taking writing workshops.

Expert Marriage Advice: Your Choice of Mate Can Make or Break Your Career



By Rachel Pace

Choosing a mate is one of the biggest choices you'll ever make. When you decided to marry your partner you probably never thought that this choice could make or break your career. It may sound extreme, but studies from Washington University in St. Louis show that your spouse's personality, namely a conscientious mate, may have a direct influence on how successful your career is. The same traits that you love in your marriage may help you professionally down the line. Choosing a wife who is supportive or a husband who encourages

you to do your best can make all the difference in your success. So, choose carefully!

Here is some of the best [marriage advice](#) for your professional and romantic future. These are the top personality traits to look out for when picking your life partner:

1. LOOK FOR... A Supportive Spouse: When choosing a mate, you weren't likely thinking about how their personality might affect your future career. After all, getting married is all about the initial physical attraction, following emotional attraction, and a strong love.

If you want someone who will be good for your career, follow this marriage advice: create a support system. This means you and your partner listen to one another, offer help, pay attention to your spouse's needs, laugh together, show love, patience, and always as a team. If you have a healthy support system at home you know that your partner will always be rooting for you through the good times and is ready to be your shoulder to lean on during the hard days.

2. AVOID... Jealousy: Marriage advice regarding jealousy usually goes a little something like this: "Jealousy is damaging to your marriage on a good day." A level of healthy jealousy regarding someone moving in on your spouse is normal. It is when jealousy moves into the realms of anxiety and control that it becomes damaging.

Telltale signs that your spouse is jealous of your career include the following: speaking negatively about your job, trying to hold you back from advancing in work, and not showing any interest in your day. Career jealousy can happen

for all sorts of reasons. Perhaps your spouse feels stuck in their own profession or wishes they had more time with you. Regardless of their reasoning, a jealous spouse can hold you back from advancing in your professional life.

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3. LOOK FOR... A Conscientious Mate: A conscientious mate is someone who takes great care and puts effort in whatever they do and are guided by a strong sense of right and wrong. A conscientious mate, for example, would tidy up the house without being asked. These scrupulous partners are great for both your marriage, your career, and your health. In fact, a 2009 study by the University of Illinois suggests that women who are paired with a conscientious husband experience added benefits to their health. In the 2014 study “The Role of Active Assortment in Spousal Similarity” research found that women typically listed traits such as conscientiousness and agreeableness higher in the desired partner than men did. The statistic mentioned at the onset, researched by Washington University in St. Louis, followed 5,000 married couples and looked at their measures of income, job satisfaction, and the likelihood of getting promoted.

The research found that those with conscientious spouses increased their chances of higher pay, increased job satisfaction, and were more likely to be promoted. Why? A conscientious mate knows how to take care of things. They do what needs to be done to care for your children, your home, and their own professional pursuits. They do this without being asked and likely without complaint. This personality trait allows you to focus your energy and attention on work pursuits. It also allows you to recharge and relax in your downtime. This is beneficial since the more you're able to wind-down at home, the happier you will be. This good attitude then positively affects both your work capabilities and your marriage.

4. AVOID... Narcissism: You've likely met a few narcissists in your life. Hopefully, you aren't married to one. Named for Narcissus, a man who fell in love with himself and drowned in a pool of water trying to catch his own reflection, narcissism is not a quality you want in your mate. Especially if you want them to support your career goals.

Narcissism is marked by a person lacking empathy, quick to jealousy, a strong sense of entitlement, preoccupied with one's self and also their appearance, and a strong need for excessive admiration. This person believes they are special and deserve to be the center of attention. Research from the National Center for Biotechnology Information suggests that those married to a narcissistic partner will experience a decline in relationship satisfaction over time. Needless to say, a person with a narcissistic personality will not be interested in showing you and your career moves a wide array of support.

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5. AIM FOR... A balance in your Work-Life: Striking that perfect work-life balance is essential for maintaining a happy home while you pursue your career goals. When you come home, remember to leave work at the office. Your time at home is meant to be spent with your spouse, connecting, talking, and enjoying one another's company. Not answering work emails.

It's also important for you to show your partner that they are your number one priority. Even the most conscientious husband or wife can still feel left out if you've been focusing too heavily on your work. One way you can do this is by unplugging from your smart devices when you are home with your spouse. Listen when they speak, and make an effort to have a regular date night with one another. Taking care of your own needs and desires is also important for a healthy work-life balance.

Choosing a mate is important. If you want to be successful in

your career and in your marriage, choose your partner carefully. Look for a partner who is not jealous, who shows patience, empathy, and is conscientious. In return, make sure you are doing your best to create a work-life balance that contributes to a happy marriage.

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.

Expert Marriage Advice: What I Learned About Business After Getting Married





By Rachel Pace

Would it surprise you to know that all the times your wife asked you to put the dishes away or your husband asking you to hear him out before interrupting can actually make a difference in your professional life? Business and marriage can teach you a lot about yourself and about your work ethic. Following great [marriage advice](#) about communication and loyalty can teach you practical lessons in business. In fact, a five-year study from Washington University in St. Louis shows that your spouse's personality can have a direct influence on your career success. Your marriage teaches you to be selfless, to take responsibility, and to roll with the figurative punches. All of these qualities are great for a thriving business and a happy, healthy marriage.

Marriage and the life of an entrepreneur have much in common.

Here is some marriage advice along with the six lessons I learned about business after getting married:

1. Success Starts at Home: Remember that when it comes to entrepreneur couples, business, and marriage – success starts at home. Here is a lesson I learned about business from my marriage. When you and your partner work hard to make one another happy, you'll have higher relationship satisfaction and have less relationship problems. The same goes for your professional life.

Studies show that happy people have better social relationships, and that includes both your marriage and your work-relationships with colleagues and clients. When you take care of yourself by spending time with your spouse, taking care of your kids, and focusing on your hobbies, you'll be happier at work. This happiness doesn't go unnoticed by your clients, and this happy attitude can actually make them more likely to work with you over your competitors.

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2. Listening is a Powerful Tool: When your partner feels like you listen to them, they are more likely to communicate their thoughts and feelings to you. This can help you strengthen your marriage, encourage fun bonding conversations, and teaches you how to talk to one another when things get rough. Communication at home = great customer service at work. Listening is a powerful tool in your marriage and in your business.

The better your communication with your spouse is, the easier

it will be for you to communicate with customers. When you learn to communicate with your spouse, you'll be able to listen patiently and stay calm when dealing with uncomfortable or tense situations at work.

3. Never Go to Bed Angry: When it comes to marriage advice, this is a big one: never ever, go to bed angry. Hitting the hay with unresolved conflict causes sleep-loss and creates an unhealthy atmosphere that your mind will associate with your bedroom. This can impede sexual intimacy, and needless to say, you won't feel refreshed about your relationship come sunrise. One study from Nature Communications reveals the danger of going to bed angry, citing that the brain holds onto negative experiences stronger during sleep. Therefore, it's best to resolve your conflicts before they become a permanent memory.

Similar to resolving conflicts with your spouse, if there is any bad blood happening between you and a client, it's best to get it out as soon as possible. Letting problems fester will only cause your relationship to deteriorate. Treat your client like your partner and let them know how important it is for you to make them happy and resolve your differences as soon as they happen. This strengthens your communication, lowers stress and anxiety, and help you start fresh the next time you speak.

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4. Do you want to be Right or Happy?: There is an old saying about marriage that goes: "Do you want to be happy or do you want to be right?" Basically, arguing about the little things isn't worth disrupting your happy relationship. If it's possible, let it go. And if you are right (or think that you are) in a certain situation, that doesn't mean you always have to shout it from the rooftops or even make note of it at all.

This marriage advice applies to your business life as well. Be flexible when it comes to making decisions and going the extra mile for your clients. Focus on making them happy, not reminding them who the boss is or arguing with them about why you are right about X, Y, and Z. Arguing with business partners or clients is a surefire way to make them look elsewhere for their needs.

5. Realize What's Important: Sometimes your spouse can get upset about topics that make you scratch your head in confusion. Why is that important? Why are they getting so upset about this? The concerns of your spouse aren't always as important to you as they are to them. But that doesn't mean they aren't important.

Similarly, the needs and issues that your client finds important may not also resonate with you, but that doesn't mean you shouldn't treat them with the utmost care.

6. Life Isn't Always About You: Another piece of marriage advice that applies to both business and marriage is that life isn't always about you. Being selfish in marriage will only push your partner away, and only after you've made them feel unimportant to you.

Being giving with your partner will remind them that they are your number one priority and that you will go out of your way to make them happy.

Imagine your client can only get together for a meeting after you're already off the clock. Obviously, you'd much rather be spending time with your spouse or focusing on your hobbies after work. But being unselfish with your clients sometimes means being flexible, even when it isn't convenient for you to do so. Your clients will appreciate your unselfish nature. Being unselfish also means letting your clients speak and showing a general interest in what they have to say. The better you understand their needs, the easier it will be for you to make them happy.

If you're looking for marriage advice regarding your professional life, know this: business and marriage have a direct effect on one another. Communicate with your spouse regularly and take what you learn from your marriage, such as listening, never going to bed angry, and being generous, and make it your new business approach.

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. Her mission is to provide inspiration, support, and empowerment to everyone on their journey to a great marriage. She is a featured writer for marriage.com, a reliable resource to support healthy, happy marriages.

Relationship Advice: Tips to Inject More Romance to Your Relationship





Most relationships start off in a flurry of excitement and anticipation, as they are new to both parties. However, over time it is easy for the magic spark to disappear from your love life. Even though you may still love one another, the tribulations of day to day life such as work and family can take their toll. This can result in a relationship that becomes stale and even tedious.

It is important for any loving couple to find ways to inject the magic back into their relationship. There are different ways in which you can do this and this includes looking at advice from experts online [about relationships](#), which can prove really helpful.

What can you do to restore the magic? Check out this expert relationship advice:

For many couples, restoring the magic that they first experienced when they met can be extremely difficult. However,

you have to bear in mind that this is something that you both have to work on and invest time into. When you do make the effort, it is well worth it because it can change the whole course of your relationship and the way you feel about your partner as well as your life in general.

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Many people worry about their partners having affairs with other people but this generally happens because the relationship at home has lost its magic and the partner is eager to try and recapture that feeling. If you both make an effort in terms of doing this, you not only have a shot at a better relationship but you can reduce the chances of one of you going astray due to dissatisfaction with the way things are.

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You don't have to spend a fortune or go to huge lengths in order to put some magic back into your love life. In fact, it is often the simplest things that are most effective and meaningful such as leaving little romantic messages for your loved one to find over the course of the day or simply sending messages to tell them how much you love them. People often underestimate the power of this type of message but it can often mean far more than more costly shows of affection because it is far more personal.

If you do want to treat your loved one to a romantic experience, you can also make it more personal by doing some home cooking. An intimate meal at home with candles and soft music can be far more effective than being in a crowded restaurant where you can barely hear one another. In addition, it is a far cheaper way of entertaining your loved one and treating them to a special evening as well as being the more

personal option.

Like anything that is worth having in life, a relationship is something that you have to constantly work on in order to keep it alive. However, by putting your efforts into it you can enjoy being in a more fulfilling and exciting relationship.

Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship



By Dr. Jane Greer

People in distance relationships, whether by choice or necessity, are able to have success with a great deal of effort and flexibility. In order to make the relationship work, there must be a strong desire to be together, and a willingness between both partners to make room for each other's respective needs. However, love does not conquer all, regardless if you are a celebrity or not.

Is it possible to find a resolution? Read on for more [relationship advice](#):

Recently, [celebrity couple Jennifer Aniston](#) and Justin Theroux announced their [celebrity divorce](#) after two years of marriage, stating it was a mutual decision to part ways. While Aniston and Theroux love and respect each other, they said they simply couldn't agree on a lifestyle that worked for each other. This is a common issue couples may face: you can love someone, and still desire to live differently than them, or even desire to live in an entirely different place than them.

Splits like the one between Aniston and Theroux are often caused by the inability to find the middle ground when trying to successfully make a home in the same place. Compromise is hard enough for two people who live under the same roof, but when partners are separated by differing work schedules or physical office placement, compromise can be extremely challenging. The key to keeping the peace is to commit to a place together, making sure that both partners are happy and do not feel as though they have sacrificed their happiness and well-being.

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So, if you're in a long distance relationship right now, what

should you consider before packing up your life and moving to a new place with your significant other, to best guarantee a successful outcome? How can you be sure you or your partner are sacrificing enough, without negatively impacting your relationship?

Above all, you and your partner must be in love. This is the most important box to check, as it gives each of you the ability to be open to change because you'll be with your loved one. While this is a starting point, it might not be enough, as we saw with Jennifer and Justin. When deciding to take the plunge, be sure to ask yourself: do you actually like the place you're moving to? Will it take away your happiness?

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Here's some food for thought. If one of you lives in a sunny place, but the other one simply hates the sun, or if one of you lives in a rural community and the other thrives on city life, where to move might not be an easy choice to make. If all your friends live in your current town, would you resent moving away from them to be with your love? Think about how all of this might affect your day-to-day life, mood, and eventually, your relationship. If, on the other hand, your partner lives in New York City, a place you've always wanted live, great! Leaving your loved ones behind won't matter as much. Talk to your partner and hash out the details. A temporary move might not be a deal breaker. A permanent one may be, though.

It is most important to think about your relationship, what it means to you, and where you can find happiness and friends in your new home. Is this decision mutual? Do each of you want it as much as the other? Does moving mean you're ready to take the next step towards engagement?

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It is also important to consider the strength of your

connection, especially during the triumphs and tribulations. Up until now, most of the time you've spent together was special and seemingly perfect. (It's called the honeymoon phase for a reason!) You have probably tried to be on your best behavior at all times to maintain the picturesque image. Once you move, it will be more difficult to keep up the guise.

Ultimately, if you are moving for the right reasons; for love and for openness to adventure, it is less likely that you will feel as though you have lost yourself. What really helps is when you are connected with a partner who has similar aspirations, wants, likes, and needs. In the end it, it should not feel like either of you are sacrificing your "me" to be a "we." This wasn't possible for Jennifer and Justin, but hopefully they can both move forward and find happiness apart.

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](https://www.facebook.com/DrJaneGreer), 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: Survey Results Are In! What Does it Mean to

be Single in America?



By [Jessica Gomez](#)

What does it mean to be single in 2018? The dating climate has changed. Being single has a whole new meaning. For some, it's horrible, and for others, an absolute thrill. Whichever side of the spectrum you may fall, you can count on fun surveys to tell you what people are thinking. Norms have changed between men and women due to the internet and technology affecting the way we feel and act when it comes to sex, relationships, and love – and this [survey](#) confirms it.

A 2017 study on singles in America,

conducted by Research Now and funded by Match, depicts surprising data on the evolution of the dating scene and there's [dating advice](#) in there, too:

Both present dating statistics and the future of dating were among the information gathered from the survey: What's been going around the internet lately is the invention of sex robots. Are they going to replace us as sex partners? The survey, based on 5,000 people, shows that one in four singles would have sex with a robot. And, nearly 50% of singles would consider it cheating if their partner had sex with one.

The study also found interesting information on what women want and do not want on a first date, along with what's acceptable and expected in the dating scene. 94% of women want their date to compliment her appearance, to be waiting for her when she arrives (90%), to hug her (82%), kiss her on the cheek (71%) and insist on paying the bill (91% of women approve of this, however 45% think it's appropriate to split the bill), according to the study. And the most inappropriate thing to do on a date is checking your phone regularly – only one in 10 women think this is appropriate!

That is some of the juiciest information, but check out the rest of the survey's information [HERE](#).

Are you thinking like most singles and taking into consideration the dating advice of your peers? Comment below!

Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?



By Dr. Jane Greer

Choosing a partner for life is a big deal under any circumstances. There's enough pressure on yourself to ensure that you're making the right decision and meeting all your needs. So what happens when you come up against a thumbs down from a parent, sibling, or friend who has been weighing in on your choices all your life? Why is it that the people you love take a contrary position and see your partner completely unsuitable for you? Why can't they just welcome the people your care about with open arms? If this sounds like a familiar

situation, you are not alone. This is a very common experience for many people, and it happens for a lot of reasons. It speaks to declaring your independence, freedom of choice, autonomy, and, most importantly, trusting your own judgement to know what is best for you, rather than what others think is best.

Here are some key pieces of [relationship advice](#) as you work to stay true to yourself and your commitment, without allowing conflict to tear apart your family:

It has been reported that [Selena Gomez](#)'s mother is not happy about her rekindled [celebrity relationship](#) with pop star [Justin Bieber](#). Considering how distraught Selena was in the aftermath of their much-publicized breakup, it makes sense that her loved ones would worry about her this time around. Whatever the reasons may be, Selena's mom has assured the public that she just wants her daughter to be safe, healthy, and happy. While the approval of your parents is always a plus in any relationship, is it crucial to the success of your union? What can you do, then, if you find yourself in a similar situation?

It is important to begin with an open conversation with the person criticizing your partner. Ask them to spell out their concerns and explain why they feel the person is not right for you. This isn't always easy to do. You might start from a defensive position, (especially if this is a continuous pattern) but it is worth hearing what's on their mind because their thinking is valid and you might be missing something. Keep an open mind while you are talking and consider what they have to say. If, for example, your romantic partner exhibited

bad behavior in the past and your parents call that out, think about what has changed and what is different now. You have likely allowed yourself to fully trust that person and move forward with them. Explain the changes and describe why the previous behaviors are no longer something to worry about.

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If, on the other hand, your family members or friends raise issues about a difference in race or religion, this may be a fork in the road where you choose to go your own way. It becomes a step toward independence, and a move away from the ideals of the family you grew up in. It is a time when you can take responsibility and voice your own values, even though they may differ from your parents, siblings, or friends. It can serve as an emotional emancipation and where you start to embrace what is important to you. When this happens, you acknowledge that they have criticisms, while asserting that they are not your personal beliefs.

Related Link: [Relationship Advice: When Is the Old New Again?](#)

Whatever the case, if you continue to meet disapproval tell your loved ones that you would like them to “agree to disagree” and accept that you have clear differences of opinion in order to stay together as a family. This is also a time to put boundaries in place. Note that you are aware they don’t like your choice, but you do not want to hear anything more from them unless you specifically ask for an opinion. You can even warn that if they broach the subject, you will simply end the conversation. This will help you keep some control and prevent being blindsided.

The ultimate goal is to avoid getting into a power struggle that could make you feel controlled and judged by a parent or other loved one. It’ll also avoid lots of arguments, too! Try not to become defensive or feel you have to justify your choice. The only thing that matters is that you are happy,

excited, and comfortable as you move forward with your partner with your eyes on the future. Hopefully Selena and Justin will be able to do this and find peace even with the family discord. And, in time, Selena's mother will also come around and embrace her daughter's rekindled romance.

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Relationship Advice: Can You Fall In Love Just By Chatting Online?





Dating sites have become very popular among people today. In fact, online dating is now the second most common way for American couples to meet! From the onset, there were only a few dating sites available for users, but now there are very popular and specific dating sites that target the needs and interests of individuals. One such example is [interracial dating in the United States](#), which has flourished to the point where there are now so many interracial sites available. However, there are still many skeptics when it comes to opinions about finding love through chatting online. The ongoing debate over whether you can legitimately fall in love online is a ongoing one, and there are many opinions on the matter. Some will argue that you never really fall in love until you have seen someone or have engaged in physical contact. Others will say that falling in love is possible even if you have not met that person in the real life.

Our definition of love and

relationships has changed, and it is entirely possible to fall in love online. Check out our relationship advice:

To determine if you are in love, you must have a real understanding of what love means to you. Love has taken a new form in the digital age. In the past, traditional courtship relied heavily on face-to-face communication and physical presence. Nowadays, meeting someone and having a relationship is more available to us through the online world. Meeting someone has become increasingly easier through the internet. For some, meeting in real life comes very easy and for others, it has always been a difficult task. In the online world, there are more opportunities created through online chatting. However, it is up to you to define what falling in love mean to you. Are you comfortable in divulging your emotions to someone you have never met? Does it matter if you have not seen the person face to face, even if you have a strong virtual connection?

Online applications facilitate connection

Attraction is not only based on physical attraction. It can occur when we share common ideas, perspectives, values and even opinions. If you meet someone online with these commonalities, you can very easily feel attracted to them. This connectedness is a baseline for any relationship, not just a romantic one. It doesn't necessarily demand a face to face meet, p as this can be facilitated easily through online communication. Social media and dating apps help determine if you have a connection or not because the ability to communicate with others is readily available

There is positive association between internet technology and

romance.

A study by Rosenfeld in 2017 concluded that there is a positive correlation between internet technology and romantic relationships. Furthermore, the same study found out that heterosexual couples who met online made a quicker transition to marriage than couples who met offline. This study is also supportive of other findings which state that the percentage of couples who have met online and married in real life are still increasing. Despite being faced with a multitude of dating candidates online, people have been able to sift through the competitive environment and marry the love of their life. This study supports the assertion that yes, it is possible to fall in love online. Technology has made dating tremendously easy, but at the end of the day, it is still up to the individual to make decisions and take the next step forward when it comes to online dating

Even if the other person is not real, the feelings are still real.

Some people claim that a relationship is not legitimate until you have met that person in real life. Being duped online is common and it is one of the hazards of online dating. This is known as “catfishing” and is a common fraud when people create a false online identity to lure others into communicating. This is very tricky since the victim is honest and true, yet the other partner is not who they appear to be. Deception is common in online dating apps.

A study by Toma (et al in 2008) finds put that deception patterns are common. Participants in the study strategically balanced the deceptive opportunities presented by online self-presentation (e.g., the editability of profiles) with the social constraints of establishing romantic relationships (e.g., the anticipation of future interaction). This study also found that 81% of online daters admitted lying about their weight, height or age. This appears to support the claim

that meeting up in real life is an important step in cementing the relationship. However, if you are duped you shouldn't give up on online dating. Your feelings were certainly real, and many people have fallen in love and even have gotten married because of online dating.

Falling in love must be approached positively

Whether you fall in love offline or while chatting online, you must approach love optimistically. Even in real life, you can still be hurt by lies and deception. Just remain positive about finding your true love online. If you and your partner are truly connected, have formed a strong bond and share the same passions and interests, then you might just end up being together in real life.

Relationship Advice: Kinds of People Most Likely to Get the Holiday Blues





By Dr. Sanam Hafeez

With the holidays upon us, it's easy for us to get caught up in the rush of it all. While we may be cooking, shopping, enjoying holiday events, there are others – many of whom are in our very own circles – having a tougher time. [Relationship expert](#) Dr. Sanam Hafeez, a NYC based licensed clinical psychologist, teaching faculty member at Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, reveals who are most likely to have the holiday blues, and how we can help them make it through.

If you think somebody in your life could be affected by the holiday blues, check out Dr. Hafeez's [relationship advice](#) below to help

better understand your loved ones this season.

1. The newly divorced or widowed: Loss is a sad, life-changing event at any time of the year. However, it tends to be harder when everyone around you is joyful celebrating the holiday's and you feel it's an effort to get out of bed. If someone in your circles is going through a major loss and life transition, be supportive and understanding. "They are grieving and mourning and are especially sensitive around the holidays. It's important that they feel included but don't be offended if they choose to opt out of certain events," advises Dr. Hafeez. She suggests checking in and offering them the option to participate in whatever they want, when they want. Love them through it.

Related Link: [Relationship Advice: When The Person You Love Suffers From An Anxiety Disorder](#)

2. The busy entrepreneur: The holidays could be stressful for small business owners because so much rides on the end of year. They may be fretting over their profits (or lack thereof), the goals they didn't reach, and the many things still to do. They feel overwhelmed and when they are expected to shop, entertain and be present for their families, they may be short tempered and anxious. "The best way to help the busy entrepreneur is to make their life easier in any way possible. If they can't make it to a family dinner, tell them your door is open for dessert. Often times they feel guilty and obligated which only adds to their frustration," explains Dr. Hafeez. Also consider that these worker-bees are conflicted. When they are working they miss their families and when they are with family they are thinking of work.

Related Link: [Relationship Advice: Things A Nurse Will Tell You But Your Friends Won't](#)

3. The caretaker of an elder parent or relative: Adults who are now caretakers to their elderly parents are incredibly overwhelmed and often overlooked. As a caretaker, they always have to consider the well-being of their parent. They can't just get up and go," explains Dr. Hafeez. Caretakers may feel resentful, isolated and stuck during the holidays which leads to conflicted feelings of resentment and guilt. They also believe they have to be hands on managing everything. It's important to lighten the caretakers load by offering support; even if it means asking them how they are doing. Be patient and ask the caretaker what they need. It could be something as simple as having food delivered to their home to free up time for other tasks, Dr. Hafeez recommends.

Related Link: [Relationship Advice: 4 Survival Tips When Bah Humbug Meets Father Christmas During The Holidays](#)

4. The recovering substance abuser: Recovering from addiction is hard. Period. It's harder when holiday festivities are filled with friends and family drinking everything from eggnog to champagne. "Understand that those in recovery from substance abuse are hyper-sensitive about being judged. They feel as if all eyes are on them and that pressure may trigger the desire to use drugs or alcohol to soothe their anxiety. When they aren't fully recovered, they may anticipate possible "landmines" and avoid them. They may choose to stay to themselves and observe more and participate less. They might opt out of larger family gatherings that are too overwhelming," cautions Dr. Hafeez. Offer an open invitation and remind them they are welcomed when they are ready. A balance of love, support and acceptance is what they are in most need of, suggests Dr. Hafeez.

5. The children of divorce: Divorce means two separate holidays at two different places, and kids feel overwhelmed having to double up. It's incredibly important for parents to agree on where the kids are going during the holidays and all logistical details. "Kids want to feel safe and secure. They

don't want to feel as if they are the expected to be rushed here and there because their parents chose to divorce," says Dr. Hafeez. It could be unsettling to younger kids, and teens may isolate and rebel against any family events as they are sorting out their own emotions as they get used to a new normal. You really want to establish a game plan for the holidays and if possible, stick to it every year, advises Dr. Hafeez.

Dr. Sanam Hafeez PsyD, is a NYC based licensed clinical psychologist, teaching faculty member at the prestigious Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, P.C. a neuropsychological, developmental and educational center in Manhattan and Queens. She works with individuals who suffer from post-traumatic stress disorder (PTSD), learning disabilities, attention and memory problems, and abuse. Dr. Hafeez often shares her credible expertise to various news outlets in New York City and frequently appears on CNN and Dr.Oz. Connect with her via Twitter @comprehendMind or www.comprehendthemind.com

Relationship Advice: Is a Bad Boy Good for You?





By Dr. Jane Greer

Carmen Electra has revealed her ideal man is a “bad boy with a good heart.” She describes this man as someone who has been through a lot in life, and has had to work on himself. He is a spiritual person with a strong self-awareness, someone who has “worked all the steps” and is ready to settle down after experiencing all of the craziness of life. This is a common desire for women – wanting a man who is thought to be “bad.”

This conundrum of falling for the rebel, the tough guy, and then dealing with the consequences that brings, has been around since people have been looking for love. What is it about that “type” that

attracts so many? Check out the following [relationship advice](#).

It could be the image, or the idea that someone like that might be sexier than someone else, or it might be the thrill of being with a man who often decides not to follow the rules. Whatever the case, it can often lead you down a path of darkness. Very often the outcome is that the “bad boy” makes you feel bad. You see him as having been through a lot, maybe even having suffered, and you might want to try to make things better for him, but it comes with a price. Someone who breaks the rules might do so in your relationship, too, by lying, cheating, and even possibly insulting you. To an outsider, it might look like simply asking for trouble. Why, then, would someone knowingly put themselves through that?

Related Link: [Celebrity News: Carmen Electra Sets Record Straight on Her Relationship with Ex-Husband Dave Navarro](#)

In my book *How Could You Do This To Me? Learning to Trust After Betrayal*, I talk about the trust sand traps that keep you mired in a relationship like this. The first is, you want to give him the benefit of the doubt. In other words, you want to believe what he says and take it at face value, whether it is that he is sorry, or he didn't mean it, or he didn't realize what he did would hurt you. It is a way to make yourself feel virtuous since you are being understanding and patient, and you keep giving him another chance. You can say to yourself, look what I'm willing to put up with. Another trust sand trap you can get stuck in is the idea that he loves you so much he will change his bad behavior for you. This concept allows you to stay in it and tolerate whatever he does while holding onto the hope that over time he will come to treat you the way you want. You are going to be the one who is more special than all of the other women, and be able to bring out the good in him. And finally, there is the idea that we

are meant to accept the good with the bad. He wants you to feel sorry for him for how hard he's had it, and all the pain he has been through. This can work on your guilt. So by staying with him, it gives you a feeling of being in control since you are choosing to put up with it, which can help to alleviate your feeling guilty about not being accepting enough.

Related Link: [Relationship Advice: When Is the Old New Again?](#)

If any one of these three trust sand traps are at play with you, surprisingly the relationship might be a way of going about trying to make yourself feel good. You raise your self-esteem by making you feel you are a strong, tolerant, and forgiving person in contrast to his being so bad. If you find yourself here, you may want to explore other ways to boost yourself up. Try to begin to trust your own truth by admitting that his lies and the other troubling things he does are not okay, and probably won't change. Protect yourself by putting limits in place and refusing to go along with the bad behavior so you don't have to continue to be mistreated.

Hopefully Carmen's "bad boy" has gotten all that negativity out of his system and is ready now for a smooth, good ride with her by his side.

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Relationship Advice: When Is the Old New Again?



By Dr. Jane Greer

Jelena is back! [Justin Bieber](#) and [Selena Gomez](#) are officially back together. This is an instance when what was once old and finished can become new again. Rekindling a relationship in this way can sometimes mean a couple was never really over the feelings they shared for each other the first time around, or that with the passage of time they are simply ready to give it another try. Sometimes extenuating circumstances such as illness can play a role and help them realize what is truly important. With this in mind, an end is not always really an

end, and you might have an opportunity one day to reconnect with an old love if they're single, too. If that happens, it may give you both a chance to deal with unfinished business, and to move forward the way you may have always hoped you would.

How, then, can you get from Point A – a breakup – to Point B – a revived romance?

So many things can bring a relationship to a grinding halt despite the fact that two people still feel love for each other. Career opportunities that force people to live in different places, or one of you wanting one thing – such as marriage or a family – when the other isn't quite ready. Negative parental pressure can also tear two people apart even if they don't really want to say goodbye. In these cases it isn't the feelings people have for each other that threaten the relationship, it is the life/work balance and other outside forces. This can become especially hard to cope with if one or the other jumps into a new relationship quickly to get over the hurt and disappointment of the loss. Even considering that, there still might be feelings of hope that someday they will find their way back to each other and their connection will resume.

Related Link: [Relationship Advice: Does Being Wronged Give You The Right To Fight?](#)

Sometimes this can occur with simple good luck – two people find themselves living in the same city again. It can also happen more dramatically, such as when someone becomes ill, as Selena has been with lupus which required a kidney transplant earlier this year. That sort of event can change your perspective and make you question your priorities, turning the

small issues that once seemed so important in the past into meaningless details in the present. It may make you more willing to compromise over differences that previously you might have stood your ground on. It might also make you realize that you don't want to waste any more time hoping and waiting, and one or the other might reach out. When one does that, if the other person is receptive and welcomes the contact, it can leave room to pick up where you left off, rebuild, or even lay down new tracks.

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

If you have been in a relationship that ended, and find yourself suddenly single and thinking about a former love, if they are also single, it might be a chance to call or write to them. If that person is sick, you can reach out in the name of friendship and offer caring support in those hard times. By doing so you open the door which might lead to something bountiful for both of you, and give new life to the connection you once shared and cherished.

Whatever happens going forward, it seems clear that Selena and Justin indeed have a bond together that has endured.

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Do We Sleep Differently When in Love?



Love is one of those things that cannot be summed up in a few words or a couple of sentences. If you surveyed 100 people, each one would have a different definition of what love actually means to them and how they experience that love. Love is an unspoken bond between two people that can survive through even the harshest circumstances when strong enough.

Does the “can’t-eat-can’t-sleep

kind of love" affect how we sleep?

Now we've all heard the phrase "can't eat-can't sleep kind of love" dubbed by Diane Barrows. But do people in love truly sleep differently? Let's explore the connection between our sleep patterns and love.

Sleep and Love

When a person falls in love, the emotions that one experiences can range from elation to anxiety. Researchers have studied and compared love's actions to symptoms similar to that of a cocaine high: elation and energy without much appetite or need for sleep. The early stages of love can interrupt sleep patterns when a person is experiencing a euphoric high of emotion causing a disruption to their sleep. People can also experience a higher level of anxiety while being separated from their new found love and find themselves consumed with continuous thoughts of them. This can interrupt your daily routine as well and affect your performance in the workplace. A person in a newfound relationship will not want to miss a second with their partner and dismiss sleep as unimportant. A newfound sexual awakening can also keep you up at night because you begin to associate your bed with more than a sleeping area and instead a playground for intimate fun.

At the beginning of the relationship, you will function normally or even at a greater potential on a lesser amount of sleep due to the high level of positive emotions and influx of hormones. Eventually, as the relationship grows stronger through time, one relaxes into it more, gaining a greater confidence in the long-term potential. The Lack of sleep will catch up with your body and mind. A person needs sleep and food to fuel the body and help maintain a healthy mental, emotional and physical state.

Your Partner's Sleeping Patterns

Your partner's sleeping patterns can also affect both your natural and scheduled sleep cycle, or in fact, your entire bedtime routine. Perhaps you are a morning person, preferring to retire for the night in the early nighttime hours, rising with the sun whereas your partner is night owl and would prefer to go to bed later in the night, rising in the mid-morning or afternoon. If you are used to and physically attuned to a routine bedtime, any sudden changes can create a disruption in your mind and body. You might enjoy a quiet read before bed or complete darkness in the room and your partner needs a source of white noise such as the TV which also creates light. You find yourself wanting to match your partner's routines and it can take months or even years to fully adjust both physically and mentally to the changes.

Preferred Mattress and Bedding

It might seem like a strange concept, but even the mattress and accessories you chose to sleep on versus your partners' can interrupt your sleep. You might find greater rewards when sleeping on a firmer innerspring coil mattress with a light comforter and one firm pillow. Your partner on the other hand, prefers a memory foam mattress with a heavy duvet surrounded by pillows of various sizes and thickness. This can cause a friction in the relationship, creating stress, which in turn leads to a lack of sleep due to the brain in a hyped-up state.

Thankfully to modern technology and innovative design techniques, this stress doesn't have to mean an end to the relationship or that you and your partner are doomed to have separate bedrooms for the duration of the relationship. Manufacturers have developed a type of mattress that combines an innerspring coil with a memory foam mattress to deliver both technologies. Manufacturers called this design the hybrid. If a mattress such as this interests you or your partner, The Sleep Judge has compiled a list of the [best hybrid mattresses](#) available today.

Conclusion

So, do we really sleep differently when in love? I think the answer is yes! Sleep is a major component of who we are as human beings, but it can be fragile and upsets can occur with little provocation. Sleep aids the body in healing, relaxation and reduced mood swings. Love can also show all of these morale boosting emotions. There is a quote that states “One of the most beautiful things is falling asleep with someone you love, holding them, and feeling perfectly safe”. Have an open communication with your sleep partner about sleep habits and make minor adjustments where necessary will aid the person in becoming accustomed to opposite routines.

Relationship Advice: How to Handle Engagement Envy





By Dr. Jane Greer

Fashion model Gigi Hadid really wants her boyfriend, Zayn Malik, to propose after she found out her ex, Joe Jonas, just got engaged. This is a common response of feeling envious when your ex has moved on from being with you and gets engaged to someone else. It's difficult to feel like you are a step behind when you see a former partner move forward with increased commitment, planning a future life together with someone else. This can be even more challenging if you are either at a standstill in your current relationship or worse if you're not in one at all. Engagement envy can strike and push you ahead when in fact you might not be ready to get engaged, as well as lead to pressure that can create conflict.

How, then, can you handle envy and see the potential good you have right now instead of focusing on

what could have been or forcing what isn't meant to be yet? Here's some relationship advice.

Even though a relationship is over, there can be that urge to look back and wonder what you could have done differently. There might be a lot of bad that led you to the breakup, but somehow people tend to remember that pot of good that brought and kept you together, no matter how small it might be. With that in mind, it is hard not to wonder what you might have been able to do to work things out with your ex. Should you have tried harder, or given the love you once shared a second chance? These feelings can really come to the forefront when your ex becomes engaged to another person. You might even think that could have been, maybe should have been, you.

Related Link: [Celebrity Couple News: Gigi Hadid's Family Calls Zayn Malik a 'Great Guy' and Says 'She's Happy'](#)

Those negative feelings swirl around the sense that you've been cheated. You were the one who put up with so much negativity and worked at getting your partner to change for the better, and now someone else is going to reap the benefits. Or you might feel it's not fair that your ex so easily found another partner while you might still be looking for Mr. or Mrs. Right. Or, as in Gigi's case, you might actually be part of a new couple, but seeing your ex get engaged to someone else stirs up your own desire to do the same. This could be stemming from not wanting to see your former lover be more successful than you, resulting in your forcing your new partner to take the next step before either of you are ready.

Related Link: [Celebrity Wedding: Joe Jonas & Sophie Turner Are Engaged](#)

All of these scenarios have the undercurrent of envy, which is never a pleasant place to be. So what can you do? First and foremost, remember what was different about the relationship you used to have and why you chose to end it in the first place. Trust your gut that you were taking care of yourself, and the breakup was in your best interest. If your ex was the one to call things off it might help to realize that the expectations he or she had for you were probably unrealistic, and take comfort in the fact that you are now free from that conflict and disappointment.

If you are currently not involved with somebody, it is really important to keep in mind that the connection you had with your ex served a purpose in helping you grow and discover what you are looking for in someone and what you're not. Even though they are now involved with someone else, try to keep that separate from your life and instead let it shed a light on what you want in your next relationship. Rather than getting caught up in feeling left behind or abandoned, or a failure that you and your ex couldn't make it work, focus on what you took out of it to better judge and choose your next partner.

Finally, if you are in a relationship as Gigi is, and your ex is already engaged to someone else, consider that this new situation for your ex may perhaps be a rebound romance. They might be in a hurry to have a commitment, and it still might be just as fraught with the complex issues you had together. Just because he or she is choosing to get married now does not mean it will necessarily be smooth sailing ahead. If you can, sit back and maybe find some relief in the fact that it is not you on the road to marriage with someone you already know brings discontent and hard times to the table.

Hopefully Gigi and Zayn will get engaged when the time is right for them, not her ex.

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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](https://www.facebook.com/DrJaneGreer), 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: Does Being Wronged Give You The Right To Fight?





By Dr. Jane Greer

Superstar Pink has revealed that Christina Aguilera tried to punch her in a club during their feud, rather than talking things out. Sometimes when people do not have the skills or the opportunity to deal with their anger directly, that hostility might build up and result in a situation like this, which isn't healthy for anyone.

So, how can you avoid this a hostile incident, and, more important, how can you guard against feeling so mad that you find yourself wanting to hit someone? Here's some relationship advice:

Very often when somebody does you wrong, you believe you have

the right to feel outrage toward them. If you don't get to talk through those feelings, they can build up into self-righteousness that you carry around with you like a landmine that might explode anytime it is triggered. Understanding this points to how important it is to speak up when you feel offended or hurt by someone's behavior or actions toward you. Doing this is essential to your health and well-being.

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

The best thing to do is to talk directly to the person you have the grievance against. Reach out through a letter, email, or a call, and ask if that person is willing to sit down with you or have a conversation over the phone. Explain that you are upset and would like to clear the air, and hopefully they will respond accordingly. If you can do this, it will not only help to dissipate the fury you feel, but might also lead you to a place of understanding as to why you had such a strong reaction about what happened in the first place. There is also the chance that the person in question did not even realize he or she did something to anger you, and this will give you the opportunity to gain some perspective as to what might have been going on for them. In this way, you can discover something that can help to shift things so that what they did doesn't occur again.

Of course there are times it isn't possible to speak directly to the person. If, for example, they refuse to talk to you, or if it is impossible to reach them, are you stuck with all this rage? You don't have to be. If that happens, see if there is someone else you can talk the issue through with who might help you figure out why this pushed your buttons so much. Did you feel devalued? Lied to? Blamed? Were you treated unfairly? Were you made to feel vulnerable? Once you have a good handle on it, it will help you navigate so that you can prevent similar situations in the future. One of the goals is to learn how to stop taking things personally, because this can make you stronger and less sensitive to people's offensive

behavior.

Related Link: [Celebrity News: Put Yourself First Like Lady Gaga](#)

If there is nobody you are comfortable talking about this with, and the other person is uncooperative, then write it down for yourself. There is a reason we say the pen is mightier than the sword, and there is no better example of that than this scenario. When you are able to express yourself in words, either through talking or writing, it helps to release and decrease your anger, so instead of carrying around one hundred pounds of it, you can reduce that to a lighter load of twenty pounds or so. The sword, or in Pink and Christina's case, a possible punch, does not address the problem or resolve the conflict. It will only lead to more of the same.

Nobody likes to be angry. But if you can use it in a positive way as a catalyst to change through conversation, it can give everyone a chance to move forward and feel better. Thankfully, Pink and Christina never came to blows. Perhaps in the future they will find the words to connect.

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RIP Hugh Hefner: 5 Best Playboy Playmate Celebrity Relationships



By [Katie Gray](#)

It's the end of an era. American icon, publishing pioneer, activist and the ultimate Playboy – sadly passed away recently, at age 91. RIP Hugh Hefner! Since being founded in 1953, Playboy has been a notable American men's magazine that specializes in lifestyle and entertainment. Of course it is most notable for featuring beautiful women. What would a Playboy be without beautiful women? The gorgeous women

featured on the cover and in the magazine, are known as Playmates and Centerfolds. Playboy enterprises is a huge company, with many different divisions. They have accessories and clothing to Playboy TV. From 2005 until 2010, Hugh Hefner and his girlfriends, starred in the E! reality series *The Girls Next Door*. It starred Hugh Hefner, and the [celebrity couple](#) – his three girlfriends: Holly Madison, Bridget Marquardt and Kendra Wilkinson. Who could forget the theme song “Come on-a My House” and the funny adventures that played out on the screen? Hugh Hefner has notoriety for always being surrounded by beautiful women, and dating several of them at once. Hefner was married a couple of times, and is the father of four children. His [celebrity relationships](#) were always highly publicized. They often all lived with him at the famous Playboy Mansion. It doesn't feel real that Hef is gone, but his memory and *Playboy* – will live on!

Cupid has compiled the 5 Best Playboy Playmate Celebrity Relationships:

1. [Holly, Bridget & Kendra](#): Come on-a My House! Perhaps Hugh Hefner's most famous [celebrity relationship](#), was with Holly Madison, Bridget Marquardt, and Kendra Wilkinson. The three lovely ladies, alongside Hefner, starred on the hit reality series “The Girls Next Door” on E! The show revolved around the lives of Hef and the girls. The three girls, also shot the front and back cover, of *Playboy* magazine. They also had photoshoots that were featured inside the pages of *Playboy*. The show was a success, and the audience loved being able to see the personality behind the four stars. All of them have gone on to have successful careers, endeavors and families. These American beauties, really were the classic girls next door.

2. Barbi Benton: Barbi Doll. From 1969-1976, Barbi Benton was in a [celebrity relationship](#) with Hugh Hefner. She is credited with finding and discovering the famous Playboy Mansion, that became a landmark. Barbi Benton was a model and actress. She appeared on the cover of *Playboy* four times! When Hefner first asked her out on a date, she replied, "I don't know, I've never dated someone over 24 before." To which he replied, "That's alright, neither have I." The two dated for years, lived together, and always remained friends. She is happily married, and is a mother.

Related Link: [Celebrity Couples: Cutest Country Music Pairs](#)

3. Kimberley Conrad: Actress and model, Kimberley Conrad, was married to Hugh Hefner. The pretty pair, had two children together – two boys. Conrad was 'Playmate of the Month' in 1988 and in 1989 she won the prized title of 'Playmate of the Year.' They married in 1989 and divorced in 2010, when their youngest son turned 18. After 9 years of marriage, they separated and she lived in the house right next door. They all remained a family unit!

4. Brande Roderick: Baywatch Babe! Model and actress, Brande Roderick, is known for her appearances in *Playboy* and *Baywatch*. From 1999-2000 she was in a celebrity relationship with Hugh Hefner. In 2000 she was 'Playmate of the Month' and then became the ultimate 'Playmate of the Year' in 2001. This American beauty has a lot of film and television credits to her name: *Starsky & Hutch*, *The Nanny Diaries*, *Joey*, *The Parkers*, *Beverly Hills 90210*, and many more. She is now married, a mother, and is still working in the industry.

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5. Crystal Hefner: Crystal Hefner, a model and DJ, was Hugh Hefner's wife – and his last celebrity relationship. The pair married on December 31st, 2012, and tied the knot at the Playboy Mansion. Crystal Hefner was previously the *Playboy*

'Playmate of the Month' for December 2009. The pair remained married until his death, she is now the widow of Hugh Hefner.

Who are your favorite Playboy Playmates that Hugh Hefner was in a celebrity relationship with? Comment below!

Celebrity Couples: Cutest Country Music Pairs



By [Katie Gray](#)

In the name of country music! Country is one of the most popular genres of music. For decades, it has been ruling the

charts. One of the reasons that country music is so popular is because it is very relatable to everybody. Country songs are usually about family, friends, God, and of course – love. Whether it's an upbeat country pop song about hanging out and having a cold beer after working hard, or a love ballad about a breakup – the country music genre has it covered. Country music [celebrity couples](#) tend to have long lasting marriages and relationships, and they typically have families – where they are very hands on and involved with family life. It's incredibly refreshing, especially in this day and age. (Their [celebrity weddings](#) are always beautiful!) These [celebrity relationships](#) are here to stay. Johnny Cash and June Carter were the King and Queen of country music and married life. Now there are more country music couples following in their footsteps, and we couldn't be happier for these healthy and loving relationships!

Cupid has compiled the 5 cutest country music celebrity couples:

1. Faith Hill & Tim McGraw: This kiss! Two of country music's biggest stars, Faith Hill and Tim McGraw, have been together for 20 years! They are happily married and proud parents, to three daughters. They have each stated that they respect one another, and value their marriage as the most important thing. They have never spent more than three consecutive days apart from one another. Just like Taylor Swift sings in one of her earliest hits 'Tim McGraw' – "When you think Tim McGraw, I hope you think of me." When this beautiful couple performs duets together, swoon!

2. Martina McBride & John McBride: This country couple keeps it all in the music business! Country singer-songwriter, Martina McBride, married sound engineer – John McBride back in 1988. They have been together for 28 years! The couple has three daughters together. After becoming a mother, she made it

clear she wanted to be present in her children's lives – so cut back on touring. The two make sure to put family first!

3. Hillary Scott & Chris Tyrrell: Lady Antebellum! The lead singer of the popular music group, Lady Antebellum, is beautiful (inside & out) singer – Hillary Scott. She is married to Chris Tyrrell, who is now a drummer for her band! Talk about mixing business with pleasure and making it work! This country duo has been together for five years!

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4. Keith Urban & Nicole Kidman: Country superstar, Keith Urban, is known for his incredible music, powerful stage presence, and for being super down to earth. It is widely reported that he is as humble as they come! For ten years he has been with award winning actress – Nicole Kidman. This pretty pair is for sure a power couple! They have two young daughters together – Sunday and Faith.

Related Link: [Best Lana Del Rey Lyrics Inspired By Celebrity Relationships](#)

5. Garth Brooks & Trisha Yearwood: This country couple – is country music royalty. Garth Brooks and Trisha Yearwood, are each successful country music artists. They have been together for 11 years! He proposed to her in front of 7,000 fans and the duo wed in 2005. They live a happy, humble, pretty private, life in Oklahoma. They celebrate their wedding anniversary every year with family, and make family their top priority. Cheers to the King and Queen of Country Music!

Who are your favorite country music celebrity couples? Share below!

Celebrity News: Put Yourself First Like Lady Gaga



By Dr. Jane Greer

Lady Gaga announced she is postponing the European leg of her Joanne world tour until next year because she is in a great deal of physical pain, and has decided to take this time to try to heal so that she can come back stronger. This is a very difficult thing to do, since as a performer she may feel like she's letting down her fans. She has been open about her battle with fibromyalgia, including the side effects of anxiety and depression, but until now has pushed through it. In order for her to take this drastic and important step, one can only imagine the acute discomfort she is experiencing. She clearly has such a strong work ethic, and over the years we

have witnessed the incredible details that go into her work. It often seems she will do anything for her fans. But the time has come to focus on herself, making her fans number two for the time being. You don't have to be Lady Gaga or a performer to have a strong response to the people in your life, making it tough to take yourself out, even if it is just for a short time, and do what you have to do if you are suffering from a physical or emotional situation that is making it hard to function in your daily life. Sometimes even being able to find the time to get to the doctor for a simple appointment can seem daunting. So many of us feel a need to keep going, in work or taking care of family, and feel too guilty to take any time out for self-care.

The thing is, when you neglect yourself, not only can it compromise your work and caretaking, there is also a chance you will miss something with your health that needs your attention. When you consider the celebrity news behind Lady Gaga, it's very important to take care of yourself.

It seems like the obvious response that if you are not feeling well you will check it out, but so many people simply don't and continue to ignore whatever is bothering them, often trying to forge ahead and doing further harm. It isn't until you have gone over a cliff or hit a wall, simply unable to go on in the same way, that many people stop to consider their own needs. By then, though, recuperating might take even

longer and be more complicated.

If you are one of those people who finds it difficult to put your own needs first but might be concerned about a personal health issue, what can you do? This does not include situations that might seem like an emergency – a terrible headache, a pain in your left arm, symptoms of a possible stroke – in those cases it is essential to seek immediate medical help. But for more subtle symptoms that linger, making you feel different from your norm, it is important to pay attention and take inventory. Give yourself a timeline, deciding that if the symptoms don't go away by a certain time you will go to a doctor. Some health issues present themselves in a flurry of symptoms that are hard to pinpoint and too easy to explain away. If these persist, don't ignore them.

Along the same lines, if you're dealing with health concerns and physical pain, it helps to be able to talk about it with people, friends and family. That way they can let you know that they care about you, as well as offer support and be helpful with whatever you're going through. It gives them a chance to be there for you.

Lady Gaga was open in sharing her painful condition, and is a role model for all of us. One thing she will most certainly feel in the coming weeks and months is the tremendous love and caring of all her fans .

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Celebrity News: 7 Best Celebrity Pop Music Moments



By [Katie Gray](#)

Pop music is one of the most popular music genres for a reason! For decades, amazing pop music has been created and crafted. People love jammin' out to pop, and watching pop stars perform in bold outfit choices. Since the 80's, Madonna has been the Queen of Pop. From then on, there have been many pop stars and pop princesses introduced to the world. Whether

it's an award show performance or a music video, there have been some iconic pop moments among fellow pop stars in celebrity news, and pop stars in [celebrity relationships](#).

Cupid has compiled the seven best pop moments in celebrity news:

1. Madonna & [Britney Spears](#): The Queen of Pop is Madonna and the Princess of Pop is Britney Spears. The most iconic pop moment in history, is hands down the famous 2003 VMA performance where Madonna, Britney Spears and Christina Aguilera performed and shared a kiss. Madonna was dressed as a groom and Britney was dressed as a bride. To this day, it continues to generate buzz! It will go down in history, as the most iconic moment in pop music. Just like Nicki Minaj sums up in her song with Madonna, she raps, "There's only one queen, and that's Madonna."

2. [Taylor Swift](#)'s 'Look What You Made Me Do': The official music video to 'Look What You Made Me Do' by pop superstar, Taylor Swift, premiered on August 27th at the 2017 MTV Video Music Awards. It broke the record for being the most watched music video within 24 hours of its release, by getting 43.2 million views on YouTube. It garnered over 3 million views per hour. The song and video, is influenced by a lot of Swift's past celebrity relationships. This includes her [celebrity relationship](#) with Calvin Harris, Tom Hiddleston, and the feuds with Kanye West and Katy Perry. The music video even features an elaborate scene where Swift is seen in a bathtub full of jewels "that were all real. That's right, the authentic diamonds, were loaned by celebrity jeweler Neil Lane and was worth over \$10 million. As of now, in September, the video has over 200 million views already!

Related Link: [Best Lana Del Rey Lyrics Inspired By Celebrity Relationships](#)

3. [Ariana Grande](#) & **Big Sean:** Ariana Grande is running pop music right now! The pop star, was in a much publicized relationship with music artist, Big Sean. The celebrity couple was adorable on the red carpet at the Grammys, and it was well noted. Grande performed that night, and had several nominations herself. This duo even wore matching outfits when they performed together at KIIS FM's Jingle Ball in 2014. They also were cute together at 'A Very Grammy Christmas' backstage. Although the couple split, they shared great performances together and have had subsequent music inspired by their [celebrity relationship](#).

4. [Jennifer Lopez](#) & **Iggy Azalea:** Don't be fooled by the rocks that she got, she's still Jenny from the Block! Pop icon, Jennifer Lopez AKA JLO, always brings the fire! Her duet with rapper Iggy Azalea, to their song 'Booty' was the highlight of the 2014 American Music Awards. Their music video to their hit song is also sizzling! It's one of the best collaborations in pop music. The catchy song, features a nice beat, and is great to dance around to! "Work!"

5. [Rihanna](#) & **Drake:** The friendship and [relationship](#), between artists Drake and Rihanna, has been a constant topic on/off throughout the years. Drake and Rihanna are both icons. Drake bought Rihanna a billboard in Los Angeles to congratulate her on receiving the Michael Jackson Video Vanguard Award at the MTV Video Music Awards. He presented her with the moonman award. During his speech, he was loving, and proclaimed he's, "been in love with her" since he was 22 years old. He proclaimed, "She's one of my best friends in the world."□ Whether they're friends or more, they make us swoon!

Related Link: [6 Best Rock & Roll Celebrity Couples](#)

6. **Beyoncé's Lemonade:** Queen Bee – Queen Bey! Beyoncé released her sixth studio album, titled *Lemonade*, and it took the world by storm. The witty lyrics quickly circulated, and the film that went along with it made a big impact. Beyoncé is married

to rapper, Jay-Z, and the pretty pair are also proud parents! Much of the album is about the [celebrity couple](#), and it was widely interpreted that Lemonade was about infidelity. There were some empowering parts of the album, such as the songs “Hold Up” and “Sorry” and “Sandcastles.” There were inspirational parts, such as the fact that winners “don’t quit on themselves.” When life gives you lemons, make lemonade!

7. [Lady Gaga](#) & Album *Joanne*: Lady Gaga is a top pop icon. She’s won a Golden Globe, performed at the Academy Awards and was nominated for an Oscar herself, and continuously sells out stadium tours. She even gave an amazing super bowl half time show performance! She released her album, *Joanne*, which is named after her aunt who died at a young age from lupus. The album also revolves around the triumphs and trials of love. Much of the inspiration for the album, is derived from her relationship, engagement and break-up with Taylor Kinney. After dating for five years, they broke off their [celebrity engagement](#). Lady Gaga said, “When you listen to the album, it’s clear the influence that all the men in my life have made on this record. She added, “I always wanted to be a good girl. And Joanne was such a good girl.”

What are your favorite celebrity pop music moments? Comment below!

Relationship Advice: What We Can Learn From Trials & Triumphs of Celebrity

Relationships



By [Dr. Jane Greer](#)

Selena Gomez was seen cuddling up with The Weeknd while he relaxed with some video games recently. This is a perfect example of a low-key date. Couples sometimes think they must have constant excitement to keep the spark alive in their relationships; however, that is simply not the case. There are so many ways to share quality time, and a well-planned, expensive evening or afternoon is just one of many routes to take to create those special moments.

If you and your sweetheart are

having difficulty finding ways to share some quality time, never fear. Check out some [relationship advice](#) to help you move forward!

Whether you are dating or married, finding time to be together and then deciding how you are going to spend it can be challenging. Many believe that if it doesn't require effort and money, it might not be worth it, or that their partner won't be interested. But so often people don't have the energy or extra minutes in a day it would take to choose a restaurant, make a reservation, find the right exhibit at a museum, and therefore the whole thing might simply not happen at all. There is no question that sometimes extravagant nights out are fun, but the pressure to get them just right can be overwhelming. Instead, consider a low-key date which can be a great way to spend quality time with a loved one. It can be as simple as watching a good movie, ordering your favorite take-out, or each doing what you like while being in the same room, which was the case with Selena and The Weeknd. One of you might want to play video games while the other puts together a photo album, or one of you might want to read a book while the other reads the newspaper.

Related Link: [Relationship Advice: How to Navigate a Separation](#)

If you and your partner have been passing each other most days as you run around keeping your lives in order, but rarely have time to focus on each other, take the pressure off and plan a low-key date. All you really need is to find a few hours in your schedule when you can be together in the same room. One extra benefit it provides is a break from all your other social responsibilities with family and friends. You don't have to be a celebrity to appreciate a few hours out of the

limelight. You can snuggle and watch your favorite show on Netflix, or play cards, or learn how to play chess, or even take a walk. It's an opportunity to let your hair down and be real with each other, free from having to dress up and put too much attention on what you're wearing and how you look. The goal is to be together sharing time and space. Sidestep the fancy schmancy and make it easy peasy. Instead of thinking big, think small and turn it into great fun. The most important thing is that you are devoting time to each other. It will be more doable if it is simpler to plan, and often can be as enjoyable.

Related Link: [Celebrity Couple News: Bethenny Frankel & Dennis Shields Are Back Together and 'Having Fun'](#)

Selena and The Weeknd have the right idea. Just being together is the only real requirement of a happy date.

To keep up with Dr. Jane Greer, 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: How to

Navigate a Separation



By [Dr. Jane Greer](#)

Actors and [celebrity couple](#) Anna Faris and Chris Pratt announced that they are separating. This comes after eight years of celebrity marriage, and the birth of one son, Jack. It's always a shock when a seemingly stable couple decides to split. It appears that Anna and Chris are now finding some of their differences in family life difficult to reconcile, given their respective careers and professional demands. Chris needs to travel more for his career which is at a high point, making it necessary for Anna to handle many home responsibilities solo. Additionally, there may be other issues that they are not in agreement about.

Head below to check out some relationship advice regarding similar situations to Anna Faris and Chris Pratt's!

There is no question that once the decision is made to break up, disentangling your life from your partner's is almost always difficult and messy on so many levels. In addition to the obvious hardships, there is often collateral damage. One of the areas in which it can be particularly complicated is with the family and friends you share in common, and deciding how those alliances will shake out once you are no longer a couple. If you are in the same business, as is the case with Anna and Chris, that group probably also includes your colleagues.

There are so many possible scenarios: your brother has become good friends with your ex-husband, your kids go to the same school as your sister's and your ex-wife is used to spending mornings with her after drop-off, or your parents still invite your ex to holiday dinners. You might expect all of that to stop automatically now that you've split, but sometimes it isn't that clear cut and people want to continue relationships even though you might prefer they don't. Your instinct may be that they will be joining you in the separation and parting ways with your ex as well. However, demanding that they stop being involved in your ex's life can lead to conflict. How, then, can you begin to navigate this so that you can become more comfortable as you try to move forward in your new life?

Related Link: [Celebrity Break-Up News: Anna Faris and Chris Pratt Split After 8 Years](#)

The first step is to evaluate what your hopes and expectations are in terms of family and joint friends and colleagues. Do

you want them to unquestionably take your side and never see or speak to your ex again, or are you simply hoping they will let you know when they do interact with your ex or invite him or her to an event? Once you have a sense of that, consider the relationships these important people to you have with your ex. Have they become great friends, or are they just passing acquaintances who see each other a few times a year? Obviously, the request would vary depending on the intensity of what you are asking someone to give up. If they are very invested in their relationship with your ex, are you able to accept and make room for it? You can look to do this by trying to recognize that it is something separate from you, instead of seeing it as a threat.

Rather than trying to control their behavior, telling them what to do and what not to do, explain to them the way it feels for you, that their staying in touch with your ex might even feel like a betrayal, and let them know how that might affect your relationship with them. For example, it might be harder to talk to them about your feelings, or it might have an impact on the amount of time you spend together. Additionally, you can also let them know there are certain things you have already shared with them that you hope they can respect and keep private, and how important that would be to you. And finally, you can ask them to give you a heads up if there is a possibility that you and your ex will be invited to the same event. This will give you the opportunity to decide if you do or don't want to go, rather than being blindsided by your ex's presence when you show up. Keep in mind there can be many extenuating circumstances that can be confusing – a family illness or even a death – so it helps to be as clear with yourself as possible about what you can handle, so you can be equally honest with the people you love as you move forward.

Related Link: [Celebrity Break-Up: Anna Faris Opens Up About Split from Chris Pratt](#)

The goal is to figure out what it will take to give you the most peace in an already difficult situation. As Anna and Chris work their way through the murky waters of separation, hopefully they, too, will be able to minimize the collateral damage.

To keep up with Dr. Jane Greer, 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](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice: Are Guilty Pleasures Okay?





By Dr. Jane Greer

The pursuit of happiness is an inherent right, as stated in the Declaration of Independence. And yet, everyone grapples with pleasure in one way or another, encountering stumbling blocks along the way. Gina Rodriguez, star of the popular television show *Jane The Virgin*, recently admitted in [celebrity news](#) that she used to feel extremely guilty about masturbating. While masturbating is a natural and healthy activity, many people do experience guilt, especially if their religion indicates it is something to stay away from. They might also feel guilty if they are in a relationship, and worry it might be taking away from their being intimate with their partner.

We all want pleasure, but so often feel we “shouldn’t” have it for one reason or another. Guilt and anxiety can become barriers that make finding it elusive, and that is true whether someone is thinking of masturbating, or indulging in a good meal or a favorite dessert, or even taking time away from work and family to go to the spa. Generally, people have a hard time giving themselves permission to participate in self-

gratification.

The question is, why does feeling good make so many people feel bad? And even more important, how can you handle the negative feelings so that they don't spoil the positive ones? Here is some [relationship advice](#):

Of all the pleasures people feel sheepish about, certainly masturbation is one that carries perceived taboos. By the time people have reached sexual maturity, most have explored and discovered what feels good. If they aren't in a relationship, masturbation will give them the chance to satisfy their sexual desires. If they are, masturbating does not have to take away from the bond they have with their partner but can instead heighten their shared intimacy. But even with this in mind there is often a shameful element to it, as there is with other indulgences. There is this idea of what you should and should not be doing, when in fact, as long as you aren't hurting another person, there is no reason to deny yourself happiness. In fact, it is important to revel in it. We all deal with so many responsibilities and tasks we have to do on a daily basis, from paying the bills to feeding the family to going to work. With that in mind, it is all the more reason to seek out pockets of pleasure that can rejuvenate you and give you the stamina to tolerate all the rest. Here are a few tips for tackling the guilt that may be thwarting your joy.

Related Link: [Celebrity Women Who Built Business Empires With Their Husbands](#)

First of all, question the source of your guilt. Are you listening to someone else's voice in your head? Whether it be a parent or a religious figure or someone else, take time to figure out who is telling you that you shouldn't do whatever it is you want to do. Stop that voice in midsentence and replace it with your own beliefs and convictions. Speak up and out for what you deserve and want, as Gina is doing in challenging the social stigma by talking about masturbation.

Next, give yourself permission to find pleasure. Again, as long as you aren't completely shirking your responsibilities or causing harm to another, you have every right to pursue whatever healthy passion calls to you.

Finally, take responsibility for your well-being with the understanding that if you want to indulge it's helpful to set parameters so that you can feel in charge. Consider what you are hoping to do, and set a middle ground that will make you feel better. Meaning, if you engage in behavior that's triggering your guilt – a delicious dessert or masturbating – know that you will do these things and plan ahead so that you have intention, though you may not know when, you know that they will happen. In this way, rather than doing something impulsively where you feel controlled by it, you are making the decisions.

It isn't easy to tackle guilt, but it is possible. In the end, it is important to remember it is okay to feel good. Just as Gina is speaking out and moving beyond the taboos, you can too. In the end though, keep in mind that treating yourself well will have a positive effect on everything you do, and will give you the energy and grounding you need to keep your life running and give back to others.

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