

Relationship Advice for the Guys: How to Approach a Woman You're Interested In



By [David Wygant](#)

One of the biggest problems for men today is that they suffer from a made-up disease called Approach Anxiety. I keep waiting to see commercials during football games from a major drug manufacturer. It would start like this: a man staring at a woman who is staring at her phone. The man would be thinking about what to say. The woman would still be standing there, checking her Facebook feed or re-reading a text. You can substitute any of the details for this situation because, wherever women go, they're staring at their phones. It's their safety blanket, their virtual crutch. It may be annoying, but

it still doesn't give the men a reason not to go and talk them.

Unfortunately, most men will be in this situation and say, "I really wanted to talk to this woman, but she was too busy on her phone." Women will always have their phone. It's the way they protect themselves, which means that men have to learn to conquer their Approach Anxiety.

Relationship Advice on Approaching Women from Relationship Expert David Wygant

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If you suffer from Approach Anxiety, try this new pill. If you are always trying to think of the right thing to say, then you need to take Approach No More. Now, the side effects may be substantial. You may itch. You may have a chronic stomachache. You may have heart palpitations, but at least you'll be able to go talk to a woman.

Honestly, I find the whole thing super silly. My [relationship advice](#) is to remember that you're just strangers passing each other during the day. It's so easy to start a conversation based on whatever is going on in the moment. I call it the power of observation.

Observe what a woman is doing and make a comment on it so you are jumping into her world. For instance, if she's at Starbucks and ordering a drink you've never had, say something like, "I've never had that here. Is it good? Is it your favorite?"

Men are always looking for opening lines. Opening lines are

the biggest con in the world. Speak, talk, say anything, *be human*. Talk to a woman like you would talk to a regular person, and stop treating her like she's ET's sister. That's how you approach a woman you're interested in. Remember that you're not truly interested in her until you get to know her.

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So how do you get to know her? You must talk to her. Communicate with her. Speak to her. Talk to her like you would anybody else. In my 20 years of being a [relationship expert](#) and helping men and women understand each other, I basically have told men the same thing over and over again: Stop worrying so much about what you say and just say anything. Realize women are more open than you think. They'll put the phone down if you come and talk to them, if you're confident about what you say, if you speak to them like you would an old friend. But if you go over there and try to say something clever that's really not clever, if you say something stupid that you've seen on the Internet, or if you're just shaking in your pants because you're so afraid to talk to her, she's going to feel that energy and want to run.

The only way you make a woman interested in you is if you treat her as you treat anybody else, and it's something that I do all the time. This [dating advice](#) works. The problem is that men have been marketed to death and made to believe that they need to do something so spectacular. Try talking to her about what's going on in the moment and listen to what she has to say. Just treat her like a human being.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Relationship Advice: How to Stay Confident in a Long-Term Relationship



By [David Wygant](#)

In order to feel confident in a long-term relationship, you need to be in the *right* long-term relationship for you. If

you're not safe and you don't feel like you're being heard, then you're in the wrong partnership. There's no way in the world you will ever thrive in a relationship where you feel judged and evaluated at all times. For me – and I've been in many long-term relationships – the ones that I always felt most confident in were the relationships where I was actually seen for who I am. If a woman is trying to change you, if she's trying to make you into someone you're not, you're never going to feel confident.

Long-Term Relationship Advice from Relationship Expert David Wygant

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Long-term relationships are some of the most beautiful things you can ever experience, but the only way to have a successful one is to truly communicate who you are. As a [relationship expert](#), I believe that the beginning of a relationship is when you have the opportunity to be who you are and expose yourself. If you're going to give her a false version of yourself, then her expectations are going to run rampant. And when her expectations run rampant, you're not going to have a successful long-term relationship. That's the biggest mistake most people make.

Most people make this mistake because, over and over again, they think they need to misrepresent themselves to “get” the relationship. To me, I expose it all – *everything*. I reveal all my fears and insecurities because I'm looking for a real relationship, a long-term relationship where I'm able to grow.

A strong long-term relationship is a relationship that's a mirror. You literally reflect each other each and every day. By doing so, you will show each other exactly what you need to

learn. A great relationship will reflect that right back at you. The best relationships are when you grow and when you get out of your own story and are able to create new stories together.

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So my best [relationship advice](#) for feeling confident is to be ready to express yourself. If you're not able to talk about who you are and what you want, then you're not in the right long-term relationship. Now, I can sit here and write another 25 pages on this topic, but the reality is, in life, we need to keep things more simple. And the simple dating advice that I can give you today is that you need to communicate all your needs, your wants, and your desires at the start of a partnership to be fully accepted and heard. Once you do, you'll feel confident in your long-term relationship.

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Expert Dating Advice: How Can I Change My Dating Tactics

for the New Year?



By [David Wygant](#)

This is going to be the shortest article I've ever written because, if you are like most people, you're going to think that next year will be different because it's a different year. In reality, it will be exactly the same *unless* you change the way you do your life. So how do you change your dating tactics for the new year?

Relationship Expert Shares Expert Dating Advice for 2018

It's really simple. You actually start to date. Because if you need to change your dating tactics, it means you're not dating

enough, and if you're not dating enough, it means you're not putting enough energy or effort into your search for love.

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As a [relationship expert](#), I've always believed dating is massive action, massive results. The more you put yourself out there, the better chance you're going to have of actually meeting somebody fantastic. But how do you do this massive action, massive results?

Well, first off, you've got to get dates. In order to get dates, you've got to get on the apps. From Bumble to Tinder to any other app, you need to put yourself out there. And you need to accept the fact that it's going to take you a lot of un-swipes or swipe lefts to find a mutual swipe right. Don't take anything personal.

The dating apps are only part of it. You also need to go and join a dating website. Join a site like match.com and go out and meet people. You can even make one night per week a "going out" night. Don't just have text or e-mail relationships.

You should also keep another night free for any potential dates that may pop up. Why? Because if you free yourself and you allow yourself to go out on dates, you're going to meet people. And if you meet people, you're going to be more successful when it comes dating.

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I'm not asking for a lot from you right now because I know you're crazy busy during the holiday season. What I truly want to do is wish all of you a very merry Christmas and a happy New Year. Get ready for prosperous 2018!

Keep it simple. The above information I gave you is

uncomplicated, and I did it for a reason. Uncomplicated [expert dating advice](#) is what you truly need. Just remember: Without massive action, you won't get massive results and find your next great relationship.

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Dating Advice for Dealing with the Break-Up Blues





By [David Wygant](#)

Let me explain how I personally handle a break-up and why it's probably one of the most amazing ways to heal. When I experience a break-up with somebody, I want to process through it very quickly. Why? Because to me, life is always about moving on.

When I was 19 years old, my mother and I had a long talk. At that time in my life, Kris, my high school girlfriend, had just broken up with me for the third time, and I was extremely upset. I was full of heartache. I was sobbing. I couldn't believe that this was the *third* time we had broken up.

Dating Advice from a Relationship Expert

My mother looked at me and gave me some of the best [dating advice](#) I've ever received. She was actually about to divorce my father, although I didn't find out about that until the next day.

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She said, “David, this will not be the last woman who loves you. As a matter of fact, there will be many women who love you. You see, you’ve learned some amazing things. You’ve grown from this relationship, and because of it, you became a better person. Thanks to all the wonderful experiences you had with Kris, you’re going to meet somebody who loves you more.”

Those words of wisdom really sunk in, and because of them, I’ve always been able to process past relationships very quickly. Whether I ended it or they did, I’ve always known that there’s going to be somebody out there who’s going to love me so much more.

Recently, I was with somebody, and I got love bombed. I spent three months with her. It was literally a summer romance; it lasted from Memorial Day to Labor Day. She told me that she loved me 15 times a day. Then, we had a conflict, and after that, we never spoke ever again. She denied all of her feelings and everything that went on between the two of us.

I was heartbroken, but I was also relieved. I truly believe that, when conflict comes up, you get to see someone for who they truly are – not the well-behaved person that they’ve been pretending to be.

So how did I process through the break-up and end up so much stronger, more powerful, and more open to love than ever before? I talked to my friends. I literally spent two days doing nothing but healing. I went to my coach and therapist a few times. I figured out what I learned from my ex. I embraced how much I grew from the experience. I literally thanked the universe for presenting her to me so that I learned another valuable lesson in love.

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After 72 hours, I realized that I am a far better man because of my relationship with her. I was able to be loving and open again, something I hadn't really done for a couple of years. And my experience with her reminded me of the beautiful [relationship advice](#) that my mother gave me years ago. There's somebody out there who's going to love me even more, and I feel so satisfied knowing that. That's why I've always been able to go through a break-up quickly and come out stronger, more open, and more willing to love.

For more dating advice from relationship expert David Wygant, click [here](#).

Dating Advice: Our Cultures Are So Different, Can It Really Work?





By [David Wygant](#)

There's a saying I have in life as a [relationship expert](#). Date someone from common backgrounds. Why? Because you understand one another. When you have a common background, grew up the same way, in similar neighborhoods and schooling, then you've got a lot of familiarity between the two of you. Now it doesn't mean that if you've grown up differently it can't work out at all. What matters most is how you took your childhood experience and manifested it into adulthood. If your concerned about whether or not your differing cultures will cause relationship problems, follow my [dating advice](#) as someone who has made it work personally.

Dating advice that will help you date outside your culture successfully.

We live in a multi-cultural world right now. Where people from all over the country are living all over the planet. A person

who grew up in New York City might be living in the deep woods in the dark south. A person who lived in LA on the beach might be living in the middle of Manhattan. A guy from India might be living in New York City. A girl who grew up in Bangladesh might be living in the heart of Chicago. The great thing about the United States and the world nowadays is that it's so multi-cultural. So can it work out if a couple is from different cultures? Can a man from India fall in love with a small-town girl from Sioux City, Iowa after a single [date night](#). The answer is absolutely yes! You see, if they grew up the same way, meaning they grew up with love, similar morals, values, and parents that actually cared about them, then their cultural backgrounds actually make life far more interesting. You see, it's fascinating dating somebody from another culture, because really it just comes down to communication. And love is not a cultural thing. Love is really about how you relate to things, where your value system is, and how you can teach and show one another the lessons that you both need to go through.

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One of the most fascinating experiences I ever had was when I dated a girl from Vietnam. She was fascinating in so many different ways. She grew up in an entirely different time than I did. Her dad actually was an American GI and her mother was a Vietnamese refugee. They met during the war and she was born. She never really got to see her dad because he was moved back to the U.S. and never returned. She ended up moving to the U.S. herself when she was a young adult and going to college. She actually got to meet her dad in the process and got to form the relationship she always wanted. She may have grown up dirt poor, but she grew up with values and a culture that was different than my own. She was appreciative. I on the other hand, grew up in New York, where everything was go, go, go! Despite these differences, our value systems were pretty

much the same. Our cultures were very different. but it was a fascinating experience. When it comes down to dating, it's really about what somebody's heart says.

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So ask yourself some serious questions when you think of your significant other. What is their heart about? What does their heart say to you? It's fascinating that we can date within your culture, but isn't it more interesting to date outside your culture and learn some new, amazing and beautiful things?

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Relationship Advice: What To Do When You're No Longer In Love?





By [David Wygant](#)

This could be the easiest question that I could ever answer for anyone. What do you do when you're no longer in love? Here's what the typical person does. They stay in the relationship. That's right. 80 percent of the people that are no longer in love stay in the relationship for an endless amount of time because they feel guilty that they actually no longer love their partner. So they'll sign up for a life of misery in order to protect their partner's feelings. When in reality it's ridiculous because if you're miserable and you don't even love your partner anymore, your partner is definitely feeling that on so many different core levels. The two of you can just sit around the house, make each other miserable. Sleep in the same bed or separate rooms. Never touch one another, never have sex, but yet stay together for the sake of the children. Or stay together for the sake of not wanting to hurt someone instead of confronting relationship problems head on.

Dating Advice That Will Help You Deal With The Partner You No Longer Love

Although I'm now a [relationship expert](#) and matchmaker, I also reacted the same. I remember a long time ago I was no longer in love with somebody that I was with. I hovered in that relationship for at least a year before I finally had the guts to end that relationship. What did I do? I basically took a year of someone's life away from them. That's right, you're a life stealer when you don't have the guts to go and literally talk to somebody about the way you're feeling. And being a life stealer is one of the worst possible stealers you can possibly be. Because in life, when we die, all we ever wish for is more time. Basically you're taking somebody's time away from them.

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So here's my [relationship advice](#). If you're no longer in love with somebody you need to really – well first off, maybe get coaching or maybe some therapy to figure out what it is you fell out of love with. But it's important to take responsibility for your feelings, own your feelings. Own who you are as a person so you're no longer hiding behind the fear. Then, you need to let that person go. Sting said ever so wisely in a song, "when you love somebody, set them free." You once loved this person. You no longer do. So set them free so they're able to literally go on and have the life they're looking for. The longer you keep them in this relationship because the feelings of guilt and fear of being honest or breaking up, the longer you're going to – well literally, increase the anger that's going to come out of them. Have some guts. Tell somebody what you really think when you're no

longer in love. It really is that clear.

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Dating Advice: Should I Drop All The Other People I'm Interested In?





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This is always a controversial subject, especially in today's modern "swipe dating." 93 percent of the people that go out on a date meet on Bumble, Tinder, Hinge or Match will go home that night and literally get back online to see whether or not there's somebody else that's better. Somebody that might be cuter. Somebody that might have a better body. These online dating services are a brilliant marketing ploy to get people to think that there's a huge paradox of choice. It's literally like going on Amazon, but instead you get to look at all the men and women out on the market. You see, by getting on all these devices constantly, there's no reason to ever settle for somebody that's awesome. So we continually get on this treadmill hoping that there's something better. I personally have been a victim of this as well. I've been single for four years, and even that's with all my knowledge in the dating field as a [relationship expert](#). I have definitely had my share of going out with somebody and then going home and swiping to see if she is out there. Whatever the version of she or he is, you know that they might be out there, because every day the inventory is changing. Just like your favorite

supermarket. Why buy a mushy avocado when you can go buy a brand new one the very next day?

Dating Advice That Will Help You Figure Out If You Should Drop Potential Partners

So how do you know when to stop the treadmill dating? When you find somebody you actually connect with. Somebody that makes it easy to hang out. Somebody that's authentic and real. Somebody that communicates their needs, wants, and desires and does not play games with you. Somebody that you're really attracted to, and realize that there's no perfect person out there, but yet this person is somebody that you've never met before. There's not much to say about this, except grow up. There's a reason why people are swiping and dating is that they have no idea what they're doing. People are not giving each other chances anymore to really connect on a deeper level. There are major issues that go on with the swiping and dating, and they contribute to major [relationship problems](#) in the future.

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You can either get off the treadmill and give somebody amazing a chance for at least a month or two, and if it doesn't work out, then go back to the hamster wheel of dating. By all means, run back to the roulette wheel and spin and see if you get lucky again; but know that the only way to get to truly know somebody is to actually give them an opportunity to get to know you. Give them a chance, have a mini-relationship. Plus, sincere relationships are far better than minute relationships that last three hours on a first date. Even if you only hang with somebody for 30 days or 60 days, you're

going to learn something amazing about yourself. So my [dating advice](#), I suggest all you swipers, go out there and give somebody a real opportunity. Give them 60 days. See what happens. See if you can form a relationship. Get to know who they are. And make sure to remember that anybody can put on their best game face for 90 minutes on a first [date night](#); but what you truly need is to get to a level of intimacy that you can trust somebody, feel something for them, and have sex that blows you away. If have any questions on this, let me know.

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Relationship Advice Guys Edition: When's The Right Time To Pop The Question (Marriage)?





By [David Wygant](#)

So you're under the influence of an amazing woman. You're thinking about popping the question. All you think about is the future. You think about the love that you're sharing. You think she's the one for you. Before you run off to pop that question, it's time you start smelling the sausages. Yes, sausages. You see, women need to smell the roses, men need to smell the sausages. Let's bring you back into reality with a real stinky, smelly, greasy, Italian Sausage that you get from the street fair. Before I go on, I need to warn you that I'm about to give you some hard hitting [relationship advice](#). It's going to hopefully wake you back into reality, and give you an opportunity to make the right decision.

Relationship Advice That Will Help You Figure Out If You're Ready For Marriage

Marriage is not something you take lightly. It's not something

you rush into, as the great Elvis Presley song *Fools Rush In* has pointed out. Despite being a [relationship expert](#), in my life I've been married a few times. Every single time I got married, I was a fool – like in Elvis's song – and I always rushed in. I was rushing in based on a story I had. I had to marry her. I wanted to marry her. I'd never been so in love. Yet, I barely knew her... I don't want you to go through what I went through. Marriage is one of the biggest decisions you could possibly make, because from marriage, comes many different things: a lifetime partner (potentially), with children. And here comes the sausage part of it all – the mother of your children is the woman whose going to take half your money if it doesn't work out. Oh yeah, I had to throw that last bit in there because that is the truth. Make the wrong decision, and all of the sudden your bank account, and everything you've ever worked for in your entire life, will go to somebody else. And if that doesn't scare you, maybe this will. The woman that you're so in love with right now, that you think you want to marry, will turn on you most likely. And most likely use your children as a way to manipulate things. Now this may not happen. You may have a future where divorce is amicable. She may not ask for all your money, and she may actually support a great father/daughter, father/son relationship. But I bring these subjects up because when you're under the influence of a new woman, and your under the influence of thinking you're going to marry somebody, somebody has to slap you across the virtual face, and wake you up from the fog that you're in.

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So now that I've scared you, and have given you some sort of reality check, I want to talk about when you should pop the question. What I'm about to tell you is probably, oh good <?>, it's an all conventional [dating tip](#). But I think you need to go through eight seasons with this woman. The seasons don't consist of the NFL, the Baseball or the Basketball season. The

seasons consist of two Winters. Two Springs. Two Summers. And two Falls. You need to see this person in everyday situations, over and over, and over again. You see, if you're in some type of fog from the beginning of the relationship, you're most likely hanging out with her representative. The well behaved version of herself. You need to see somebody in all situations. How they handle adversity. How they handle conflict. How they handle life stuff that comes up. How they handle work stuff. You need to spend as much time with this person, you're evaluating them. Talk about how life is going to be when you get married. Talk about the style of parenting you're looking to do. And yes, you should absolutely discuss parenting style before having kids. Here's another thing, if you're going to be with somebody, they need to match your parenting style. If you haven't thought about parenting styles, then you might just be under the fog of getting married. These are all important things you need to consider when you are thinking of popping the question. There's no rush.

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A great relationship builds. You want a best friend. A best friend you can rely on for life. You want somebody who knows you inside and out, so you, not only can feel safe around them, but they can feel safe around you. You need to have an amazing communication relationship between the two of you. These are just some of the things you need to think about before you go nuts, and marry somebody before you're ready. If you do, your partnership will be plagued with relationship problems. So I repeat, there is no rush! This is the biggest decision of your life! This is the potential mother of your children. This is the woman you're going to share your bed with. Hopefully for the remainder of your life. So take your time. Get to know her. Make a decision based on not pure emotion, but on pure reality.

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Relationship Advice: Is it worth it to try relationship counseling in the dating phase, or is it a lost cause?





By [David Wygant](#)

I've been coaching for 17 years and I'm a firm believer in any type of counseling, therapy, or coaching that you can get will actually make your life far more fulfilling than just trying to get advice from friends and Google searches. As a [relationship expert](#), I've been asked this question many times: Is worth it to try relationship counseling in the dating phase or is it a lost cause?

Find out if you and your loved one could benefit from some counseling with the following relationship advice.

Here's my take on it. It all depends on what the counseling is all about. To me, when I look at couples come into my office, I always look for the foundation of their relationship. Is the relationship based on mutual values? Do they have the same

language of love? Meaning are they understanding each other's desire and need to be loved? How are their communication skills when it comes down to crisis management? How are their communication skills when they have to ask each other for needs, wants, and desires? What is their sex life like? Are they able to understand and fully satisfy one another in that way? There's a lot of other things that I can list here. But when it comes down to couples, you need a foundation in order to go and actually counsel through periods of roughness.

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There's not one couple out there that I've not met and seen that have all the tools in the tool chest to be able to negotiate through every relationship issue. So you need to look at your relationship and ask yourself this. What seems to come up over and over again between the two of you? Because anything that comes up over and over again is a dynamic that you don't have the tools to fix or change. Take a look at your argument history. Are there arguments that you're having on a regular basis? And is it always about the same thing? A couple once came into my office and they were having the same dynamic over and over again. He didn't feel like he was being heard. She kept cutting him off whenever he said that because she went into defense mode. So he felt frustrated and wasn't able to express his needs and desires in the relationship. And this perpetual cycle kept going on and on and on. I was able to counsel them through that. I was able to get them to understand one another. I was able to get her to listen to him more clearly. And he was able to express his needs, wants, and desires to her without feeling cut off or shamed; and this was achieved with only a few [dating tips](#). So you need to take a hard look at your relationship and find the source of your problems.

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Once again, if there's one or two dynamics that seem to be repeating over and over again and you can't seem to come up with a solution or find a way to make each other satisfied and happy, then couple counseling is fantastic. Especially if you really desire to be in a long-term partnership and/or relationship with this person. But if it's a list of things and you're not understanding each other on many levels, then you're in the wrong relationship in the first place and you haven't done the work on yourself to really figure out exactly what you're looking for or need. However, with an open mind and a good counselor, you can learn worthwhile [relationship advice](#). You never know when you can apply these tactics to another relationship.

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So I'm all for couple counseling to negotiate through some of the tough journey through things that you can't negotiate through yourself. And it doesn't matter if you're in the dating phase or if you're in the romance stage or whatever stage you're in. If you're committed to that person, counseling is telling that person I'm committed to understanding you on a much higher level and I'm committed to making this relationship work out fantastic. And I know I don't have the skills or the tools to get past some of the bumps that we have coming up in the road. So it's great to be able to talk to somebody. I'm all for it. It's healthy, it's fantastic, and I appreciate when people have the guts to stand up for the one they love in effort to avoid [relationship problems](#).

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Dating Advice: We Just Started Seeing Each Other, Should I Get Them A Christmas Gift?



By [David Wygant](#)

'Tis the season to spend a lot of money, fa la la la la, la la la la.

You just started dating somebody. You're getting to know them. So the big question is, what do you get them for Christmas? As a relationship expert, the greatest thing in the world is meeting somebody between Thanksgiving and Christmas because you literally are the gift. If you think about it, what have both of you been craving the entire year? Meeting somebody who is absolutely amazing and crazy about! So isn't that enough of a gift when it comes down to exchanging something this holiday year? If you still think you should do something special for your new partner, then follow my holiday gift related [dating advice](#).

Dating Advice On Whether Or Not To Get Your New Partner Gifts This Holiday

So follow me on this one. The gift you give them is something that the both of you can do together because you came together during the holidays. So you need to do something that is going to be fun for the two of you to experience. Ask yourself a few questions: What do they like to do? What type of music do they like? Is there a restaurant that they love? Is there a place that they wanted to go for a little overnight trip? Is there a sporting event that they've been wanting to go see?

Related Link: [The Best Holiday Gift for Your Man](#)

Think of something that the two of you can do together and either buy tickets, book a little hotel room, or make a reservation. That, to me, is what this time of year is all about. It's about bonding. Connecting. And it's not about the physical gift at all. So if you're dating somebody and you just started dating them, do something that the two of you can experience and enjoy together! That is the best gift that you could possibly give them. The most important part of this

brand new relationship is to continue to connect and get to know one and each other.

Related Link: [Relationship Advice: 10 Holiday Date Ideas For Long Time Couples](#)

In Los Angeles there's an island called Catalina, where you can get tickets to take the ferry over. Just imagine what a perfect date night that could be if I was just starting to see somebody during the holiday season. I could take them to Catalina, a place where we'd walk around and have lunch or dinner. And while you're going to be doing something different from my hypothetical Catalina date; you should try to do an activity that's unique and bonds you both. And there's nothing better than buying each other a little trinket from that adventure. If their eyes light up when they see a certain t-shirt because it reminds them of when they were a kid. Or if it's a woman, and she sees a little bracelet that's really inexpensive, get it for her. It's something that will remind her of the first Christmas the two of you spent together. Taking actions such as these are cute and adorable things that will trigger the emotions of a great first holiday, and romance that will hopefully turn into something unforgettable.

Keeping it simple, and keeping it together is what this is all about. You've already delivered the best Christmas gift each of you can give: you became each person's best person you dated all year. So cap it all off by spending some time together and trying out these few dating tips.

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Relationship Advice for the Guys: Why Is it So Hard to Date?



By [David Wygant](#)

I'm going to tell you why it's so hard to date. And I'm going to blame it all on the women. I bet I got your attention, and any women listening or reading this right now- need to pay attention. It's so hard to date because women are so flaky

these days. You meet a woman on an online dating app. You text back and forth. You get her phone number. You spend time talking to her on the phone. You set up a date night, which you're excited about. And then, you send her a text the morning of the date to confirm. And right away you get a text back, and she comes up with one of her excuses: "I've got a work project that came up." You think to yourself, 'man, that's the same type of excuse I've been giving women this whole time.' You almost feel like you're being blown off by a dude. Well, you are; because women are the flakiest beings on the planet.

Relationship Advice For Men On How To Successfully Date Women

And what makes them hard to date for men, is that women are judging you based on whatever story happened to them in the past. You see, women never let go of anything. They're constantly talking about the past. Even as a relationship expert, I remember I would sit down with my ex, and we would talk about the present, and she would go back to what I did to her five years ago. In full detail. And how she's never gotten over it. And that's the problem. The older you get, the more you date, the more women have not gotten over the guys that have burned them. You see, women are the greatest story tellers in the world. They love to tell stories non-stop. So the older they are, the more villains they have in their stories. By the time they meet you, even though they'd like to get together, and they've talked it over with friends on how to get together- they go through all the things that can go wrong on a date, and you're guilty by association. Just because you are a male, and you have facial stubble, means you're going to be just like the other ass that burned her before.

Related Link: [Relationship Advice: What Do You Do When There's](#)

[More Take Than Give In Your Relationship In Life?](#)

So what dating tips can help you get around this? Well, first off, you need to set precedent. When you call her, or talk to her, you need to tell her plain and simple, 'Hey if we're going to get together, we're getting together, but if you're going to flake on me like so many other women, then I don't really want to set plans; because I'm looking forward to getting to know who you are.' When you get her phone number for the first time, you need to look at her and say 'I'm only going to take your phone number, if you're not a flaker. Because I don't deal with flakers. I find them to be, well, almost like dating, or trying to date, a kindergartner, and I'm not going to do that.' You have to literally call them out on their future flake before it happens. You need to stop the flake from happening. When you've planted it in their brain, that you don't deal with flakers, you're literally telling them that they have one chance to be with you. The great guy that you are.

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Look, we've all been flaked on many times, and I'm sure we've been flaked on by women that could literally have been our girlfriend, because that's what life is about. I've played the game of chase and flake. Where I've chased them down, and finally after three weeks of chasing I get to go out with them. And they always say the same thing: "Wow, I wish I went out with you sooner!" I'll look at them and tell them: "Well, if you gave up a few nights of wine drinking with your friends, and if you gave up a few nights of pretending to be busy, we already would've been in a relationship."

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The [relationship advice](#) I hope you take away is that you have

to realize that women don't let go of what happened to them in the past. You need to prove to them no matter what, that you're a man of action, and you're different than anyone else without literally stating it in words (if at all possible). And if you feel that you actually have to say something, the only way to do it is to call them out on the potential flake before it happens, and set the date night in stone. When you send them that text in the beginning of the day reconfirming, you literally need to make it clear: 'I will see you at 8:00 tonight. No flaking allowed.'

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Relationship Advice: What Do You Do When There's More Take Than Give In Your Relationship In Life?





By [David Wygant](#)

There is nothing worse than being in a relationship with a “taker.” I’ve been down this road before and let me tell you, it’s a pretty challenging battle to win. First off, takers never think they’re takers. They don’t see their behavior at all. As a matter of fact, they think what they’re doing is okay. I was once with a woman that was not affectionate at all. For those of you who have read the *Five Love Languages*, my love language equals words of affirmation and physical touch. So when your love language is not being fulfilled, you feel like you’re absolutely dying inside. You don’t feel loved at all. Heed this [relationship advice](#) so you can avoid being taken advantage of by a taker.

Relationship Advice On How To Handle A Stingy Or Greedy Partner

The woman I was with, I had to beg and ask for affection. Imagine that, asking for affection whenever you needed it. And I had to tell her that I needed affection all the time. When she physically touched me, I’d be very

happy, but she never felt the urge at all. As a matter of fact, in an ironic twist, she loved to be touched. So she took, and took, and took! And never gave back! Aside from this specific person, I've been in other relationships where women have taken my generosity and given nothing back. You see, relationships like these never work, and I believe we've all been in relationships with takers, whether it's affection, money, time; whatever you have, they will take.

Related Link: [Relationship Advice: Turning Your Summer Fling Into Something That Lasts Longer](#)

You see, the issue goes back to you. You are a big part of the relationship problems you're facing. You chose the wrong person in the first place, and chose to tolerate their negligence. The taker was always a taker and never a giver, but you decided not to see the warning signs in the beginning (because there's always an opportunity to notice these things). As a relationship expert, I take a look at someone's behaviors and actions in the very, very beginning. I tend to spend a lot of time now looking at someone's behaviors and actions. Do they walk the walk? Do they talk the talk? Are they a giver as I am? Are they nurturing and loving? If there is one thing you keep in mind out of all dating tips, I want you to get rid of the story and the fantasy about what you think the relationship is, and allow the person you're with to show exactly who they are.

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If you're already in a relationship with somebody, the best relationship advice I can offer is that you're going to need to sit down and actually have a tough conversation. More importantly, you can't just accuse somebody of being a taker. What you need to do is fully explain what you need, want, and desire in a relationship. Say what makes you feel fulfilled and happy, and how your partner can achieve this through their

actions. It's very important how you phrase this, because when you tell them it makes you feel love when they do those actions, it's a reward. They're going to want to do it again and again. Tell them all the things you love about what they do and ask for more. It really is that simple.

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Relationship Advice: Turning Your Summer Fling Into Something That Lasts Longer





By [David Wygant](#)

Summer loving, have me a blast. Summer loving, happened so fast. I met a girl crazy for me. I met a boy cute as can be. Summer days drifting away to oh oh the summer nights.

You remember those lines from that iconic song in the movie *Grease*, *Summer Nights*? Well for those of you lucky enough to find a special someone during the hot months, you've just had a little summer loving, or you're experiencing it now. The days are winding down, nights are getting cooler, the sun getting weaker, and Labor Day is almost upon us! What are you going to do about your summer romance? Will it last? As a relationship expert, I'm here to tell you that summer isn't hunting season. Fall actually is! Whoever you met in the summer is thinking the same thing you are. They're thinking, "Have I met somebody that I'm actually going to be able to celebrate Christmas with? Will they be able to cuddle and snuggle all warm by the fire with me?" So how do you actually turn this summer fling into something long-lasting? My [relationship advice](#) is very simple, just continue with the fun!

Relationship Advice On Turning Your Summer Fling Into Something More

In the beginning of a relationship, it's all about having a good time, getting to know one another, learning each other's love language, figuring out who each other is. So what you want to do is continue this relationship by being the same person. Maybe you won't be taking walks on the beach or around the lake anymore. Maybe you'll be doing things in your hometown. It doesn't matter where you are, or how you met. The bottom line is, summer flings can turn into long-lasting relationships, so you should treat it just as that. Continue doing things that were fun.

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Summer may be ending, but if you want a serious relationship, keep courting him or her. Court this person because you've been courting them the whole time in the summertime. Court them so they knows exactly what you're talking about. The best dating advice I can offer is to be open, loving, and present to continue this relationship. To me, summertime is a great time to meet, but now it's time to get down to the nitty-gritty, and get down to the beauty of what you can actually co-create together. Bring back memories of the summer. Take lots of pictures now as summer winds down to an end. Take time to text your special someone these photos throughout the fall so you both can be brought back to that moment. There's no reason for summer flings to end. It can easily continue into the fall. Follow my relationship advice and dating tips, and I assure you, you'll be able to sing *Summer Nights* this same time next year.

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Expert Relationship Advice: You're in the Dog House...Now What?



By [David Wygant](#)

There's nothing like being in the doghouse. As a relationship expert, I can assure you it's the worst part of getting into a fight with a woman. Getting sent to the doghouse without our favorite toys is never any fun. The next time you're in the doghouse, make sure you bring your iPad or have your phone with you so you can sit there and play on your phone and text your friends to figure out exactly how to get out of the mess you're in. Sounds fun, doesn't it? Well, I've got a better idea. An idea that's based on something called communication and is a sure way to help you avoid future relationship problems. So now with the following [relationship advice](#) let's try to do things differently and stay out of the doghouse.

Relationship Advice To Get Out Of The Doghouse

As with most dating advice that's given, communication is the most crucial key to any relationship. However, there's another important key to having a great relationship, and that is ownership. When you learn how to take ownership of something, you'll no longer be in the doghouse. I truly believe that fighting can be avoided in any relationship, as long as you have open communication and take responsibility for all your actions. When you stop blaming the other person or stop getting triggered by what they're doing, you're going to be more in the present moment, so that when a fight happens, you'll be able to have fight management skills right away.

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I was once with a woman whose nickname was "Perfect." Whenever we fought, which was regularly, I would always get so frustrated with her. I was open to apologizing and hearing another viewpoint, but she was always focused on proving her

side, twisting my words around, and making me feel like I was always the one at fault. I would tell her that she was blaming me and she would insist that she wasn't. She never took responsibility for anything! In the time I was with her, she said sorry maybe once, and we fought probably every two weeks about something. It's not in my personality to fight, but it sure was in her personality. She was looking for it; she craved it because she loved drama. So with her, I couldn't do a thing. But with most sane, rational people, I have learned the art of saying "I'm sorry," and you can too if you see my relationship with Perfect as a cautionary tale.

Next time when you're in the doghouse, I want you to think about what happened or triggered inside you to go into the fight mode. I want you to clearly understand her point and listen to it carefully as you review the fight. I don't want you to come out of the doghouse if you're not keeping this relationship advice in mind. I want you to look at her and say, "Listen, I love you. I totally hear what you had to say the other day. I respect your feelings and the way you feel, and I understand that my actions may have triggered you to feel a certain way, and I apologize for that." It really is that simple. It's apologizing, talking with kindness, and making the other person know that you understand where they were coming from. It's what we all want, to be in a relationship where we are understood and heard.

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Dating Advice: How to Know When You've Found the One



By [David Wygant](#)

We are all about finding “the one.” What do you think we are all dating for? We’re dating to find the one of course! But the thing is, there’s really no such thing as the one. Life is just a series of ones. Throughout our entire existence, dating and relationships, everybody you’ve ever fallen in love with, you’ve thought was the one. You thought the one from high school might have been the one, the one from college might have been the one, the one that you found in your 20s might

have been the one. It doesn't really matter what age you're at. As a relationship expert, I can tell you with certainty that whoever you're looking at is the one for right now, and hopefully this is the one that will take you through the end of time. So with that in mind I want you to realize that every other person you thought was the one, was not. So now with the following [dating advice](#) let's do things differently.

Relationship Expert Gives Dating Advice On Finding The One

Let's go through how to really find the one. The one is really important after all. What you need to do is take your time! First off, you need to know exactly who you are, what you want, and how you want to show up for love. That is probably the most important journey to knowing you've found the one. You see, we all fall under the spell of love, or under the influence of a new person. But in reality, what you need to do is you need to start looking carefully at who you're with. Every time we rush into a relationship it tends to never work. So you need to take a moment to reflect about who you are, what you desire in a relationship and how you're willing to make it work.

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The best dating advice I can offer is to ask yourself what you need from the other person. How you want to be held, how you want sex. When you start dating somebody, you need to start realizing how they feel. Are they considerate? Do they show up? Are they good at communicating? You get the idea. The one takes time. Real love takes time. Rushing into something never works. But how do you know if you've found the one? Well, here's what you need to do. You need to take it slow. You need to spend time with them. You need to spend at least a year

with somebody to know whether or not they're the one. You need to see them in all aspects of their life in order to avoid relationship problems. How they handle conflict, how they act when they're around family. You want someone who is consistent. Someone who consistently loves you more every single day. You want to know what it's like when you have your first fight, your first conflict with them. You see, life is not about rushing into things. So my relationship advice to you is to take your time. Because when you take your time, you'll start to realize if somebody is the one or just another one that you need to push aside.

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Dating Advice: How A Masculine Guy Can Get In Touch With His Soft Side





By [David Wygant](#)

Are you one of those guys who thinks getting in touch with your soft side makes you a wimp? Do you feel like you're a wussy if you get in touch with your soft side and actually show people that you have a heart? Well, let me tell you something: I've been the masculine guy my whole life and I can honestly say I've got a soft side. I'm proud of it. Now granted, I'm probably not the guy who's going to go and build the barbeque grill, put furniture together, or say, put a car up on jacks and change the oil myself. But, I've always been a man. I don't really cry at anything. And when I do cry at a sappy movie, I make sure no one sees me doing it. Without our soft sides, we're really out of balance and when we're out of balance, a woman's not going to show up in our life. Have you ever heard the term 'being a big mush'? Well, in my experience as a relationship expert, being a big mush is actually a pretty good thing. I like to be a big mush. I think being a big mush is really important. And if you want my [dating advice](#), I think a lot of people need to really start understanding that that's what a true, masculine man is all about.

Dating Advice: Embrace Your Soft Side to Make Deeper Connections

When I'm with my daughter, I'm a big mush. I'm very connected to her. I'm connected to her and understand her needs, wants and desires. When I'm out with a woman on a date night and I'm listening to her, I tend to be a big mush. I want to hear what she's all about. But I do so in a very masculine way. I do it so she feels safe, secure, protected and honored. So how do you go about getting in touch with that soft side? Well, it's simple. My dating advice: You allow yourself to feel. It's a good thing to feel. It's great to admit that you feel something.

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It's great to admit that you feel connected to the sensitive side of yourself. I strongly suggest that you spend some time really thinking about what makes you emotionally happy, and spend some time trying to really understand that it's good to feel. Spend time looking at your kids, if you have them. Spend time looking at the people in your life, right down to things that really make you feel. It's not good just to be a masculine ape, over and over again. It will cause you many relationship problems. That's what I think about opening yourself up and being a more sensitive kind of guy.

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Dating Advice: Chivalrous Acts For The Modern Man



By [David Wygant](#)

People say that chivalry is dead, but as a relationship expert, I know that's not true. Chivalry never dies because these days, there are modern twists on how men can be chivalrous in dating. Here are some quick dating tips and [dating advice](#) for any man who wants to win a woman over on a date. These things will actually make her decision to go out with you again a no brainer.

Dating Advice On How To Act Chivalrous

1. Pick her up. When you pick her up, walk to her door, knock on the door, and walk back to the car with her. Hold the door open for her, wait for her to get in, and shut the door. Repeat the same thing after dinner, after a movie, after anywhere you go with her. Always open the door for her and always be chivalrous that way. Too often nowadays, people just go and meet one another at a set location. They go in separate cars. Actually picking her up is a little dating advice of mine that makes a big impression.

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2. Don't look at your cell phone on a date. This is a modern version of being chivalrous. If your cell phone goes off, ignore it. As a matter of fact, put the cell phone on vibrate. Don't have the ringer buzz, ring, or do anything that will disturb your date night because you want to give all of your attention to her.

3. Guide but don't be pushy. When you walk into a restaurant, put your hand on the small of her back and allow her to go in first as you slowly guide her with your hand. At the end of the night, especially on your first date, give her a hug and maybe a little kiss on the lips and that's it. No heavy-duty makeout session, no trying to get in there and have sex.

4. Text her afterwards. If she met you on a date, text her when you get home or tell her to text you when she gets home so you know that she's home safe and sound. If she didn't meet you on a date and you actually dropped her off at home, text her when you get home and wish her sweet dreams; tuck her in via text. These are old fashioned and new fashioned tips that will let her see you in a much different light. Simple little

things like following up with a phone call or a voicemail message the day after a date. Setting the next date after a first date so she knows you're interested in her. And, let's not forget one of the most modern chivalrous acts I can think of: If you met on Tinder or Bumble or Match or any other dating site, put your profile on hiatus after you meet somebody you really connect with. That way she'll know that she's met somebody who is serious about dating her and only her.

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Chivalry is not dead. It's just changed so much in today's modern world. If you follow these simple tips, these little things, it will get you to the third and the fourth dates. You want her to think of you as a future boyfriend, not as a guy who just came to meet her for the sake of convenience.

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Relationship Advice: Is Long Distance Worth It?



By [David Wygant](#)

A long distance relationship is probably the biggest challenge that you could ever try to face. I travel a lot. I've been all around the world. I've met some amazing, beautiful women, and I really wish that I had been able to connect with them and see them on a regular basis. I tried long distance and even though I'm a relationship expert, it has never really worked for me. It's not that it's impossible, it's just not very realistic. And I'm going to explain why with some [relationship advice](#).

Relationship Relationship Expert Advice On Gives Long

Distance

Long distance relationships take so much work. It is a constant battle to truly stay connected to someone. Alright, granted, in today's society we text and communicate with one another incessantly. You can actually communicate with somebody non-stop throughout the entire day. In a long distance relationship this can give you a feeling of connecting with someone, a feeling of getting to know them. But a relationship is a day-to-day grind, and I don't mean grind in a negative way. It's a day-to-day exploration of getting to know one another in everyday situations. Even when we do communicate with someone over a long distance, it's usually through texting or social media. We hardly ever even use the phone anymore. In order to avoid relationship problems, there needs to be communication on a scale that's difficult to get other than seeing someone face-to-face. There's things we just can't learn about them, as individuals, any other way.

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For instance, how does this person act when they're with their kids? Or *your* kids? What are they like after a stressful day of work? How are they when they're super busy? Do they have time for you? What are they like when they interact with their friends, their family? Long distance relationships are all about creating an illusion of closeness. You set up a time to meet one another. You spend a weekend together and you're on the best behavior possible. They come and visit you the following month. You're still on your best behavior possible. Everything is exciting in a long distance relationship because you're not seeing each other on a regular basis, so the sex is always off the charts. The things you do are always fun. But, it's like being in an artificial

relationship; everything is fun all the time but not really in touch with reality. Everything is great, but you're missing the day-to-day grind, the reality of knowing someone in a real way.

Related Link: [Relationship Advice: 10 Holiday Date Ideas For Long Time Couples](#)

Long distance relationships will only work if the two of you have an end goal. My relationship advice: The relationship needs purpose. The relationship will eventually need the day-to-day grind. You will both need to decide whether or not it is worth moving away from the illusion that the distance can create. The two of you will have to decide to be flexible enough so that you can close that distance and be together in a set amount of time. For some people this will never be realistic. For instance, if both of you are single parents, you're not going to move your kids anywhere. So, a long distance relationship would be pretty unreasonable. Some people can make this kind of relationship work. If your relationship is made up of two people who are willing to be mobile, two people who are able to go and explore the world, then a long distance relationship has hope. As long as you determine when one of you will spend real, significant amounts of time with the other person. That could even be a month living together, being with that person, and getting to know them on a daily basis.

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This also means having an end goal that you're willing to go and move to another state, or willing to go and move to the city where your partner lives. Love can come from anywhere in this world. Love can come from anywhere on this whole planet. But, my dating tip is that you've got to be able to follow the very distinct guidelines to make it work. When you do that, you actually have a chance. You have a chance to be able to

love.

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Expert Dating Advice: When It's Time To Say The L Word



By [David Wygant](#)

I've got a confession for you: I've always been quick to say the L word. I finally learned, though, that doing so leads to the quick destruction of your relationship and love, and I'm going to explain why.

Relationship Expert Discusses Saying "I Love You" For the First Time

According to my expert [dating advice](#), telling somebody you love them shouldn't be taken lightly. As a matter of fact, it's a very serious thing to say to somebody. The problem is, too many of us throw "I love you" around too quickly, and that's because we're in love with the idea of who we think someone is.

Every time I thought I was in love, I was always in love with the *idea* of that person. I loved the way they looked; I loved the way they smelled; I loved the way they spoke. I loved what I thought they were all about. The myth of being in love is the key here. You see, when we think we know somebody, we fall in love with the idea of what we actually think they are.

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We're all guilty of it. We tend not to listen when people usually tell us exactly who they are. So let's go a little deeper right now, and talk about the L word.

When you meet somebody and you think you're in love with them, it's your thoughts that you love. You're deeply intoxicated and love drunk, under the powerful drug called chemistry.

I remember my last relationship and love. I was so in love

with her, that I was blinded to who she really was. She wasn't a bad person. She was actually a good person, but she wasn't my special person. I put the L word out there and told her I loved her quickly – and that changed everything. She immediately felt like she could do no wrong.

Here was this great man that told her how much he loved her after only three weeks. Six months later, when the relationship was on rocky ground and I started expressing my needs, wants, and desires, she had no idea what to do. She thought I was happy the whole time because I told her how much I loved her over and over again.

Related Link: [Is Getting Hitched Irrelevant These Days?](#)

The right time to tell someone new that you love them is when you really get to know them. You get to know who they are; you get to know their faults; you get to know what they're about. When you know that they make you feel loved, wanted, and desired, then it's time.

I'm going to say it again: The L word is not something you should throw around lightly. That will get you into trouble. So I strongly suggest you follow this expert dating advice: Take 90 days to look at your partner, see what they're all about, and get to know them. See who they are in different situations. See if the feeling of love is real or just chemical.

Give yourself this 90-day challenge and don't say the L word for the first three months. If the love drunk feeling begins to wear off and you see them for who they really are and you *still* want to tell them that you love them, go for it.

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globe.

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Relationship Advice: 10 Holiday Date Ideas For Long Time Couples



By [David Wygant](#)

Ho ho ho, merry Christmas...politically incorrect as that might be. To tell you the truth, I miss the days when Rudolph and Santa reigned and everybody wasn't as PC by saying "happy

holidays,” but it’s the perfect season to put the focus back on your relationship and love. Even though the magic might be fading in your LTR, I have some great date ideas and [relationship advice](#) that will wake up the romance and bring the naughty and nice back into your sleepy, long term relationship.

Relationship Advice For The Holiday Season

1. Nothing’s sexier than dressing as his sexy little elf. A little bit of lingerie and Santa’s cap will go a long way. As a relationship expert, I strongly suggest surprising him with very naughty red lingerie and a red Santa’s cap, letting him play Santa to your naughty little elf.

Related Link: [This Holiday Season, Stop Dating Your iPhone!](#)

2. Go for a walk together and take in the holiday spirit. Considering that most of the country is bathed in balmy spring weather right now, it’s nice to go out at night and just walk around and see the Christmas lights. They will bring back romance from yesteryear and today. It’s almost like visiting the ghost of Christmas past and seeing the ghost of Christmas future. Hold hands, reminisce, get new ideas...then go home and have some fun!

3. Hot chocolate. Nothing is more fun than sitting by a fireplace with your honey and drinking some hot cocoa. Find a little cafe where you can sit, watch the fire, sip on hot cocoa, and people watch. You will quickly realize how grateful you are to still be a team. It’s wonderful when you can reminisce and remember how great things are and can be.

4. Bedtime stories. Read him a Christmas bedtime story and it’ll remind you just how magical the night can be. Couples need to reconnect, and when you reconnect to your youth, you

reconnect to easy feelings of when things were fun and open.

Related Link: [Relationship Advice: Four Reasons To Be Thankful For Your Partner](#)

5. Take a sleigh ride. Even in Southern California, there are places that you can go sleigh riding. Once again, doing something that children love to do will awaken that spirit in you. These are the most exciting things to do when it comes to dating during the holidays. So take a sleigh ride together.

6. Go caroling. It might sound cheesy, but my relationship advice is to go caroling because of the closeness you'll feel with your partner. Singing songs in a group of people enables the inner child to come out and play. When a relationship gets stale, it's like old bread, or even old cookies, that even Santa's reindeer would reject. It's wonderful to just go and sing and be a kid all over again.

7. Watch *A Christmas Story* together. One of the best holiday movies out there. It's a movie that will remind you of when things were fun and easy. It's also a little spooky and life affirming. Great for cuddling.

Related Link: [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

8. Watch some holiday movies. What would Christmas be without *A Wonderful Life*? So get some good holiday movies, watch *Harry Met Sally* and *Sleepless In Seattle*. Movies that will remind you of Christmas, maybe *Home Alone*. Have a marathon and make some popcorn.

9. Get a Charlie Brown Christmas tree and bring it over to her house. Or if you're living together, bring it home one day and decorate it with Christmas songs playing in the background. Wrap a little blanket around the tree and put up those ornaments.

10. A gift a day, goes a long way. There are 12 days of Christmas. Everyday give each other a little gift. A gift that reminds you of how much you love one another. Make it something simple and fun, even if it's just a card or a candy cane.

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Expert Relationship Advice: Travel 101 for the Guys





By [David Wygant](#)

What should a man know before going on vacation with his significant other for the very first time? Well, there are a couple of things to keep in mind. You're going to see your significant other in a whole different way when you go away with her. If you follow my expert [relationship advice](#), I strongly suggest you engage her to see how she handles certain situations.

Follow This Expert Relationship Advice on Your First Vacation as a Couple

The first thing you are going to learn is her level of flexibility. When you take a person out of their everyday surroundings, they need to become a little more, let's just say, flexible. Whether you spend three or four days with her walking around a city or vacationing in paradise, you are going to see how flexible she is outside of her day-to-day routine. How does she roll with the punches when the person in

the next hotel room is loud at night? Or when she doesn't have any cell service and can't check her e-mails? What about when you guys get into a little tiff? Because those things are bound to happen when you go on vacation with somebody.

Related Link: [This Holiday Season, Stop Dating Your iPhone!](#)

Another thing you're going to learn about is her habits. When you're dating somebody, they tend to be on their best behavior. For instance, they won't check their phone as often as they usually do. But when you take them out of their environment, you'll get an idea of her *real* social media and texting habits. How often does she look at her phone? How often is she checking her e-mail or Instagram? Is she answering texts and phone calls from friends when she is away with you? You're going to quickly figure out how her attention is spent. Is she present in the moment? Or is she constantly thinking about work?

You get an idea of who somebody is because, when you take them away, you'll start to learn about how well they can relax. One time, when I took somebody away for the first time, I realized after that three-day trip that it would be our last vacation ever. She couldn't get out of work mode. She was constantly checking her phone, constantly worried about things back at home. She wasn't present at all, and it taught me a lot about her and about the type of relationship and love I was going to have with her. You see, when we were together on a Saturday night, it was easy for her to hide all of those things...but when we were together for five days straight, she couldn't hide those neurotic behaviors.

Another great thing you can learn about somebody is their sleeping habits. Most of the time, when you take someone away for the first time, you spend a night or two together. Imagine spending a week with them and taking a look at their *real* sleeping habits. For instance, how long does she spend in the bathroom before bed? I was dating an awesome girl once, but

after our first trip, I realized that she spent 90 minutes in the bathroom every night doing who knows what. I couldn't believe that was how her days always ended!

Related Link: [Expert Love Advice: Why Getting to Know Her Friends Is Like a Football Game](#)

Traveling with your partner is really an amazing experience. It allows you to see somebody for exactly who they are. Here's my best expert relationship advice: Go away together for a week. That length of time will allow you to get an idea of their habits and of their flexibility when they're out of their comfort zone. It's easy for a woman to pack a bag and come to your house for a night, but it's a challenge for her to come and hang out with you for a full week. You will learn so much about who she is.

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Expert Dating Advice: How To Impress Her Dad





By [David Wygant](#)

So you've met somebody you really care about. You've exchanged the "I like you's." You might have even exchanged the "I love you's." You're talking about a future – or at least something to do next month. And then all of a sudden she says, "My parents are in town this weekend, and I'd love for you to come to dinner with us."

David Wygant Shares Expert Dating Advice to Impress Her Dad

You've heard all about her mom, and you think, "She's a mother; mothers are easy." All you need to do is flirt with her the same way you flirted with her daughter. Well, not exactly the same way, but mothers always want their daughters to find a relationship and love. Mothers are always looking at the man the daughter brings home, and as long as he's well-behaved and dresses well, you're fine.

Related Link: [How to Meet a Man on Halloween](#)

But what about the father? You've heard she's a daddy's girl. You've heard that her father is really difficult, and you've heard many other intimidating things about him. How do you impress the dad? According to my expert [dating advice](#), it comes down to this: The father is always the toughest one, especially if he was a good dad and his daughter was his princess. He's going to want to make sure that the man she picked is strong and confident.

I have a daughter. She's far from dating age, but the way I am bringing my daughter up is the way I want a man to treat her. I want him to listen to her. I want him to respect her. I want him to allow her to blossom and grow. And that's what it's all about.

When you meet the dad, he's the one that is going to have his eyes glaring at you like an eagle on top of a mountain. He wants to make sure you're good enough for his little girl. In his eyes, she will always be his little girl. You are going to need to impress him, and doing that is very simple.

If she's serious about you, he wants to know what your life action plan is, how motivated you are, and how much money you make (without bringing up the number). Maybe you want to become an entrepreneur. Talk about your job. Talk about everything in the positive. He wants to see a motivated man because, if you're the guy that is going to give him grandchildren, he wants to make sure you're going to be able to support them all when she's barefoot and pregnant.

Be a gentleman. Open the door for her. Hold her hand. Treat her with respect. Smile when she talks. Have eye contact. Find out how he wants to be addressed. For instance, if he's a military man, he might want to be called sir.

Related Link: [How to Make Your Girlfriend Feel Beautiful](#)

Share your stories. Share your sports interests. Is he into fantasy football? What's his favorite sports team? It's all

just bonding. Learn about his business ahead of time. Research some things to help you make conversation. It's all about making a connection. Find ways to bond with him because, deep down, he's just a guy.

At the end of the day, it's all about the way you treat his daughter in his presence and your life goals. That's what going to make a father feel comfortable about the man in his daughter's life.

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Relationship Expert Discusses How To Know When It's Time To Call It Quits





By [David Wygant](#)

This is a really tough article to write. When is it time to call it quits with your significant other? Is it when you have exhausted every single avenue, when you have reached a point of diminishing returns in the effort to make your [relationship and love](#) work?

Once a relationship goes down the he-said, she-said route or it starts to look like a standoff at the O.K. Corral, despite many lengthy, late night conversations, it's time to bring in the heavy artillery. If you're not seeing eye-to-eye and you're acting defensive and resentful of each other, then you need to sit down with a professional. You need to talk to someone on the outside, someone not invested in the relationship. I'm talking about a real professional.

Love Advice: When to Break Things Off

As a relationship expert, I am a firm believer in therapy,

especially marriage or relationship counseling. A few hours with the right person can save you months, even years, of emotional duress and stress. After all, if you're struggling, a miracle isn't going to happen out of nowhere. Your significant other isn't suddenly going to say, "Yes, I see your point exactly. I understand everything now!"

Related Link: [Dating Advice: What to Do When You're Not His Priority](#)

I've been down this road too many times. It's beyond frustrating. You think to yourself, "Tonight, I'm going to rephrase the conversation. We're finally going to communicate and realize we both just want to be happy." So you come home, and you discuss things in a constructive way, but as usual, your partner gets triggered, acts defensive...and the shit hits the fan.

If you've got kids in the mix, it makes it even harder to call it quits. But if someone doesn't understand you or recognize your love language and has stopped trying to make you happy, then you need to get help immediately. If the help doesn't work – if you've been to a counselor and you're still banging your head against the wall – nothing's going to change. It's time to figure out the best way for you to move forward separately.

Most people don't change. They won't. They resist it and instead buildup a steady flow of resentment towards you. Resentment is the poison pill for relationships and love. Resentment is the opposite of trying to make someone happy, the opposite of compromise, the opposite of trying to change for the sake of saving the partnership. Once resentment finds its way into your relationship, it's the beginning of the end.

Related Link: [How to Move On After Heartbreak](#)

People only change when they desire change. You can't wave a magic wand over somebody and make them change or see how you

feel. If we could, there would be no divorce, no separation. People would simply evolve and grow together. Like many of you, I wish I could wave a magic wand over my ex and make her the person I want her to be. I'm sure she'd love to magically make me into the perfect person for her too.

So if you've exhausted all avenues and you're both full of resentment, then and only then, when you've done everything you can, it's time to call it quits.

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Expert Relationship Advice: How to Handle a Jealous Girlfriend





By [David Wygant](#)

You find yourself dating this really cool woman. She's hot; she's smart; she's everything you want in a partner. But she's jealous. She literally flinches every time a text comes through on your phone. Even if you're just checking a football score, her mind starts racing, wondering if you're contacting another woman. As a [relationship expert](#), I recognize that jealous girlfriends are a different breed of girl. They're really tough to handle, but they can be managed, thanks to this expert relationship advice.

Related Link: [The Premise of Monogamy](#)

Follow This Expert Relationship Advice to Deal with Jealousy

First, your phone needs to be transparent. You need to let her look at it whenever she wants. Don't hide it, and don't password protect it. Stop all correspondence that may make her mind wander or make her question you. Be sure to delete every naked picture and every text from an old girlfriend beforehand

though! All evidence of past indiscretions needs to be erased because a jealous girlfriend will find it, no matter how well you hide it.

To continuing following my expert dating advice, next, you need to ask your friends to never send you text messages that can easily be misread. Jealous girlfriends are like crime investigators on *CSI*. They literally will create stories based on absolutely nothing. An innocent text from your friend Joe may say something like, "Hey man, last night was awesome. We went by the bar afterwards, and you'll never guess who was there." She'll read that text and automatically assume that "guess who" is some girl that you used to bang and still want to bang.

And third, don't save voicemails from your buddies. You see, she's going to listen to saved messages, old and new, so it's time to delete any and all videos, voicemails, recordings – everything.

Related Link: [Kissing On-Screen: Do Celebrities Get Jealous?](#)

By doing these three steps, you can start building up a jealous girlfriend's confidence. Yeah, it takes some work on your part, but it'll be worth it. Remember that she's only jealous because of all of the other guys who have let her down. So regain her trust, and you'll have an amazing relationship and love.

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