

Relationship Advice: 4 Reasons To Leave The Past In The Past



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

One of the hardest decisions in life is knowing when to walk away from a relationship and love. It's no secret that romance is hard work, but when your love life becomes more work than it's worth, you have to realize that, while fighting for love is admirable, you might be fighting for a lost cause. As relationship experts, we know that when the connection begins to unravel, sometimes, there's no coming back. And while that may be hard to accept, take our [relationship advice](#) and stick to your guns when you decide to pull the trigger on an unhealthy relationship.

NYC Matchmakers Give Relationship Advice: Never Get Back With Your Ex!

Take our expert love advice and remember these four reasons to never to get back with an ex:

1. Trust is token: There's a reason that you decided to break up with your partner in the first place. Whether it was because of cheating, lying, or even abuse, once the trust is lost, there's no coming back. Relationships are built on trust, which is nearly impossible to earn back because you will always be wondering what else they lied about and feel the need to track every move they make. It's also hard for them to break the cycle. Even if you get back together and they try to fix the issue at hand, the chances of them slipping up are high. It'll feel like you're waiting for them to mess up, which is not a healthy foundation for a partnership.

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2. Never settle: You may feel the urge to get back with them because it feels comfortable. You know them inside out and don't have to put yourself back on the market. But by settling for someone who you know in your heart is not right for you, you're not giving love a fair shot. If someone broke the trust and you're considering taking them back, think again. If they were the right match for you and loved you, they would not have betrayed you. While everyone deserves a second chance, you will quickly learn that you can't change someone. While you're trying to change your ex into someone you want them to be, you could be missing ample opportunities to meet your soul mate.

3. Staying is harder than moving on: We all know that when it comes to a break-up, the hardest part is moving on. And while

time heals all wounds, it's a very painful and sometimes long process to get over someone that you loved. Getting back together with your ex may seem like a short-term solution, but it's not. The only thing harder than moving on from your relationship is moving forward in it. Getting over the betrayal or trust issues and being able to move past the reasons that you initially broke up is very difficult.

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4. It's not worth the ego boost: If your boyfriend broke up with you and wants to get back together, you will be tempted because it is a boost to your ego that he wants you back. And if you broke up with your boyfriend, he will probably try to earn the trust back and get back together because it is a blow to his ego that you rejected him. When it comes to deciding whether you want to get back together, you cannot let your ego (or his) cloud your judgement. If you get back together for the wrong reasons or what seems like a good idea in the moment, you will quickly regret it.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.

Love Advice: You Love It, He Loves It Not





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

It's no secret that opposites attract. But what happens when you and your partner have hobbies that clash? As [relationship experts](#), we know that every healthy relationship and love should revolve around compromise. That means that, if your partner loves something that you have no interest in, you need to make an effort to learn about it and show them that you care. Per our love advice, if your partner loves sports and you don't know what team goes with football or basketball, you can still go to a few games with them. In return, they can see some Broadway shows with you. Don't forget that compromise is a two-way street!

Love Advice About Compromise From Elite Matchmakers

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Our love advice is to show your partner that you are making an

effort to learn about and try things that are important to them as an individual. After all, you don't want to change them and make the person that you love give up their interests. By learning about each other's hobbies, you are showing your partner how much you love them and also creating new and exciting ways for you to spend time together. You don't have to love or even enjoy all of the activities that your partner does, but you will enjoy spending the time with them.

With that said, it's also important to give your partner space once in a while to do what they love on their own or with their buddies. You're both individuals who had lives before your relationship, and it's important for you to maintain those friendships and hobbies outside of your romantic partnership. For example, if your significant other loves scary movies and you can't sit through one without screaming and crying, encourage your partner to see the latest horror flick with their friends. By following our expert dating advice and being the one to suggest it, you're showing that you're aware of their interests and also that you're able to trust them and give them space.

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So when it comes to finding your soulmate, don't get hung up on your differences. It's okay not to share all the same interests as your partner. When you're in love, you'll want to learn about all of your honey's hobbies and spend time enjoying them with them – even though they may not have been at the top of your to-do list. Learning about your partner's interests allows you to expand your horizons, break out of your comfort zone, and try new things that you may have not otherwise tried...which allows you both to grow as individuals *and* a couple.

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Expert Dating Advice: 5 Surefire Signs He's Into You...or Not



By Lori Zaslow and Jennifer Zucker for [Project Soulmate](#)

If you're having trouble deciding whether the new guy you're seeing is into you or not, you may be looking too far into it.

In [relationships and love](#), guys are not as complicated as we make them out to be. In fact, it's relatively easy to tell if he's into you or not. We often allow our emotions to interfere with the reality of a situation. Consider our expert dating advice: Don't let your heart block your judgement and lead you to ignore the red flags that your man might be sending you!

Expert Dating Advice From Elite Matchmakers

This dating advice from Project Soulmate's relationship experts will help you determine if your man is into you or not:

1. Is he persistently pursuing you?: The bottom line is, if a guy wants to see you, he will. Don't make excuses for your man, thinking he's too busy with work or other commitments. If he's into you, he'll make time to see you, one way or another. He should be reaching out to you just as much – if not more – than you're reaching out to him. If you're constantly texting him first, this may be the reason that you are hanging out or talking frequently. Take a step back and wait for him to contact you instead. When a guy reaches out to you first, it means he's thinking about you and wants to see you again.

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2. How do you define your dates?: A date can tell you a lot about what your man's intentions are. If he frequently invites you over for a Netflix marathon or texts you late at night to meet up for a drink, he probably considers you to be his hook-up buddy more than anything else. If a guy is into you and sees a potential future with you, he'll court you, which means he'll make plans in advance for your date and take you to dinner or an activity that he knows you're interested in. He'll make an effort to impress you and pay attention to

the type of things you like.

3. Do you believe his body language?: If a guy is into you, he won't be able to keep his hands off you. He'll send you obvious signs during your date. He'll make slight gestures, like putting his hand on your leg, putting his arm around you, or holding your hand in public. You can also tell a lot by looking into his eyes. If his eyes light up when he sees you and he keeps eye contact when you are talking, he's into you.

How a Guy Will Show That He's Into Your Relationship and Love

4. Does he pay attention to you?: If a guy is interested in you, he'll take the time to get to know you. He'll not only ask about your family, work, hobbies, and interests, but he will actually *listen* to your answers. For example, he'll remember your favorite food or hobbies and make a date involving your interests to show you that he cares in a personal way.

Related Link: [Don't Just Drop Hints When You Want Commitment](#)

5. Does he subtly show you off?: Nothing says a guy is into you like introducing you to his friends. Pay close attention to the way he introduces you and how he acts towards you in front of his pals. If he is flirty and kisses you in front of his friends, that means he's proud to show you off. You can also tell how he feels about you by the way that his friends react to the introduction. If they seem to know about you already, that means that he talks about you, which means he's interested. If a guy is interested in you, he wants to become a part of your world and meet your friends as well.

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Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right



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Everyone dreams of the fairytale ending, but nobody said that finding Prince Charming would be easy. Even when we fall in – what *feels* like – love, we're still not always sure that he's The One. After all, relationships and love are supposed to be work, right? While this may be true to an extent, a romance should not be more work than it's worth. One of the hardest decisions to make in a partnership is realizing when

it's time to walk away.

Founders of Project Soulmate Share Expert Dating Advice

While love may be enough to withstand the test of time in stories, reality is much more complicated than that. Two people could be in love and still not be right for each other. Knowing when you are a good fit for each other can be hard. With that thought in mind, here are five red flags that mean you aren't dating Mr. Right:

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1. You don't trust him: If there is no trust, there is no relationship. A relationship is primarily built off trust, so one *without* trust is like having a phone without service: It's frustrating, and no matter how hard you try, it will never work. Let's not beat around the bush: If you don't trust your guy, there is a reason. Whether you saw a text from another girl pop up on his phone, found out he was cheating, or even just caught him in one too many lies, if you don't trust your man, it's over.

You cannot spend all of your time and energy stalking his whereabouts because, let's face it, it's exhausting. Instead of spending your time worrying about your guy's every move, you should be enjoying your life and the people you love!

2. There's no passion: Love and passion seem to go hand-in-hand. But the truth is that you can love someone without feeling any passion for them. If your relationship is lacking that burning passion that you've dreamed about, then you're probably better off as friends. Passion is the longing for someone that makes you feel complete when you are together. And while the sexual passion is said to fade, the romantic passion should last forever. You should always feel like your

partner is your other half and that you complete one another. While it's true that passion isn't everything, it is a necessary component to any successful relationship and love.

Related Link: [Balance Work and Love Like a Celebrity](#)

3. You don't feel accepted: Being in love means that you can completely be yourself around the other person. If you feel like you're constantly walking on egg shells in your relationship or like you're being judged by your man, then he isn't right for you. A person that you love should accept you for exactly who you are and whatever baggage you carry. And while relationships require minor sacrifices, they should be mutual and not one-sided.

As relationship experts, we believe that you shouldn't have to completely change yourself or give up the things that you love for another person. Your partner should accept you for who you are and embrace you with open arms. The truth is, if he really loves you, he should make the effort to learn about your hobbies, your work, and your loved ones. You should never have to give up your life to satisfy your man.

How to Know If You've Found a Relationship and Love with Mr. Right

4. He won't talk about the future: Every couple has to eventually have "the talk" about the future. And while they may dread the moment that they have to face reality and realize they want different things, it's a conversation that has to happen in order to move to the next phase in any partnership. It is true that every person has their own unique set of beliefs, but your partner's goals have to jive with yours in order for a relationship to work. In the beginning stages, many couples don't feel the need to talk about their

these things, but as your relationship progresses, this discussion will become unavoidable. If you're considering spending the rest of your life with someone, having a conversation about religion, children, and your future in general is crucial.

The sooner you have the conversation, the better. You definitely don't want to marry someone, only to find out later that you both want different things in life. Even if you're in love, having different values and wanting different things means that you aren't right for each other. At the end of the day, you need to face the music and realize that it's time to move on.

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5. He doesn't respect you: A relationship and love is all about balance. Your partner should bring out the best in you, and you should bring out the best in him. But the truth is that many times people stay in romances that bring out the worst in them. While arguing is normal in any relationship, there needs to be a healthy line of communication where you can discuss your feelings openly before a full-fledged fight erupts. If your partner doesn't have enough respect for you to sit down and tell you how they are feeling through a mature discussion, then your relationship will quickly spiral out of control.

Let's face it: Nobody likes to fight. If you and your partner don't have open conversations and have a lack communication, then your relationship will quickly take a turn for the worse and you will see each other's ugliest side.

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Don't Just Drop Hints When You Want Commitment



By Lori Zaslow and Danielle Posner for [Project Soulmate](#)

If you're ready for something more serious, dropping hints is okay, but you must be smart about how you play your cards. NO man wants an ultimatum or a stage-five clinger – that is nothing but a turnoff for them. Men are hunters, and they want to feel that they're in control, especially when it comes to the next level of commitment.

First and foremost, we feel strongly that it's okay to ask for sexual monogamy. Deciding to be monogamous must be a mutual

decision by both you and your partner and not an ultimatum. Saying, "Only if you are my boyfriend," right before sex will not only make your partner snap, but I can guarantee you will end up in the emergency room with a broken heart. Asking for your wants during moments of intimacy is a sure way to get the temporary pleasure of *hearing* what you want before he gets the temporary pleasure of you.

So don't put him on the spot. Wait until you're discussing your relationship and say something like, "If we're sleeping together, I don't want to be sleeping with anyone else." This is a confident approach that puts the ball in his court. You have stated what you want, and it is now *his* choice to decide if he wants to go forward or not. State your feelings and wait to see his reaction because it will be telling of how he feels.

Related Link: [NoGamesLove Video Dating Tips: How to Get a Guy to Commit](#)

If you are both on the same page, he will be happy that you have given him a platform to make the relationship more official. If he looks confused, it's a good thing you didn't sleep with him because you would've ended up hurt when he didn't want a commitment. If he is unsure, give him his space; he may need a few days to think about it.

Think of it as an amazing pair of shoes. Sometimes, you throw the money down right away; sometimes, you put the shoes back when you see the price; and sometimes, you need a day or two to think about if it's really worth it to you. If he's in the latter category, DO NOT CALL HIM! Would you want the salesgirl from the shoe department calling everyday to ask if you're still thinking about the shoes? At that point, you may never want to shop there again! I know that when I want something, I can't get it off my mind, and after a few days, I've made my decision. Let him miss you and make his choice on his own.

On that note, it's key to never text a man at work until you are in a relationship, and even then, it should be limited. Men like to focus during the day and not respond to your every emotional need. It's not that he doesn't care about you; it's just that he doesn't care that your best friend Instagrammed a picture of her lunch. Lay low, let him lead, and enjoy the ride. And remember: If he isn't hopping in the driver seat and putting the car into drive, there are men out there who would love to have you in their passenger seat.

Related Link: [10 Signs He's Not Really Committed](#)

It's always easy to listen to what somebody says, but it is more important to read into someone's actions because sometimes actions speak louder than words. If they are giving you a week night and a weekend night, they are saying they want to be with you. Telling him that you want to only sleep with him will be a no-brainer for him, and this conversation should go rather smoothly. If he is listening to your needs and makes an effort to please you, you can rest assured that you are a priority. Eventually, your relationship will lead toward a commitment.

If he is texting you all the time but not asking you out, lay low and don't be so needy. Always texting and always asking for plans doesn't let a man lead; instead, it leads him to block your number! Play your cards right; let him take the lead; and once you have a symbiotic relationship, it is then okay to make plans (men want and expect that.)

Remember: Once a hunter brings back his catch, he expects the woman to cook it. Don't start boiling the water until he brings dinner home, or you are just going to end up with an overflowing pot and a puddle of water on the floor.

For more information about Project Soulmate, click [here](#).

How did you talk to your man about commitment and monogamy? Tell us in the comments below!

Balance Work and Love Like a Celebrity Couple



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

It's no secret that we are all envious of celebrities and the lavish lifestyles they lead, most especially their wardrobes. After all, they're dripping in diamonds and designer ensembles. Let's face it: Who wouldn't want to raid Victoria Beckham or Angelina Jolie's closet? But their favorite arm candy to show off is not their Birkin Bags; it's their men.

Hollywood Relationships and Love Lives

While celebrities may have fame and fortune, when it comes to relationships and love, they don't always have the best luck. Constantly being in the spotlight and traveling for work is not the best mix when it comes to being in a committed partnership. We've seen many [Hollywood relationships](#) unravel because of the constant pressure of being in the public eye, but some celebrity couples have learned to balance their careers with their personal lives.

Related Link: [Sofia Vergara's Ex Nick Loeb Sneaks Up On Her at Red Carpet Event](#)

Finding the perfect balance of being successful in work *and* in your relationship can be tricky for anyone. Some famous couples have made maintaining their relationship look easy, while others crumble to the ground.

Victoria Beckham and David Beckham have become one of Hollywood's most iconic pairs. From their perfect physiques to their trendy clothing lines, this duo is constantly in the media. However, somehow, they've been able to stay grounded and keep their private lives to themselves. They both have successful careers, which helps balance their power in the relationship and allows them to have their own lives in addition to the life that they share together. This is important because, in order to have a successful relationship, you must keep your own interests and friends. The Beckham's have different careers, but they share a love for family and fashion, which helps to keep them united.

Another celebrity couple that we can't seem to get enough of is [Angelina Jolie](#) and [Brad Pitt](#) – otherwise known as Brangelina. This Hollywood relationship may have started out with a bit of a scandal, but their connection has blossomed

into quite the love story. They're able to maintain their busy schedules and keep the spark alive. They visit each other on sets with their children and have even written love notes to each other while they were filming on opposite sides of the world – talk about romance! They also take many family celebrity vacations together and even tied the knot this past year to show their children just how much they love each other.

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Not All Celebrity Couples Last Forever

On the other hand, some celebrity couples like Tom Cruise and Katie Holmes fall apart at the seams. We first learned of their relationship when Cruise infamously jumped on Oprah's sofa and announced his love for the *Dawson's Creek* star. But perhaps, he spoke too soon. The pair became a media frenzy, and with the pressure from the public along with their busy work schedules, they couldn't seem to make it work. They both shared the same career and both converted to Scientology, which may have strained their celebrity relationship.

Given these examples, it's best to follow the behavior of the Beckham's or Brangelina. Maintain your independence no matter how in love you are. If they can find a lasting relationship and love, you can too!

For more information about Project Soulmate, click [here](#).

**How do you balance a relationship and love with your career?
Let us know in the comments below!**

Why a Rebound Romance is a Good Thing



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

A rebound romance tends to be a controversial subject for men and women in today's dating world. After exiting a relationship, we are often told to take some time for ourselves or to learn how to be comfortable alone. Though these are valid points, we feel it's important to not let the failure of one relationship hinder us from entering another. Here at Project Soulmate, we believe there is absolutely an upside to a quick relationship turnaround, so we recommend you jump right back on that dating horse and gallop enthusiastically around the track in search of your proverbial "victory lap."

What better way to dismiss the thoughts of a past relationship than to occupy your mind with someone or something else like a momentary distraction or the start of a new relationship? As a matchmaking company, it's not uncommon for us to come across new clients who are new to the singles' circle. This is our perfect opportunity to get these people back into the dating scene and prevent them from falling into the black hole of despair. Allowing these people to see that there are more great partners out there can open up a different world and lead them to believe in love again.

Related Link: [Hollywood Stars Who Rebounded With a Hot and Heavy Romance](#)

In other instances, women or men may have felt depressed or suffocated in their previous relationships and are looking for someone to ignite their spark once again. Exploring the dating world and beginning a new relationship will bring with it a newfound confidence and allow people to remember that they are absolutely worthy of being happy and finding love.

A perfect example of a successful rebound relationship is that of Ashton Kutcher and Mila Kunis. Kutcher and his longtime friend and former co-star began dating before the *Two and a Half Men* star's divorce from previous wife, Demi Moore, was even finalized. The two are now happily engaged and are expecting their first child together. Talk about a quick turnaround! What better validation do you need?

Related Link: [Can a Rebound Relationship Turn Into True Love?](#)

So there you have it: A "rebound" romance may be just what the doctor ordered! No matter what kind of relationship one may have had or the amount of time it lasted, there is no written rule that demands we evaluate our lives before jumping into another one. Everyone deserves love, so don't waste time sulking about the past. Be proactive, have some fun, and find your soulmate!

For more information about Project Soulmate, click [here](#).

Do you think a rebound fling can turn into the real thing?
Share with us in the comments below!

Taking Your Partner on a Family Vacation



By Lori Zaslow and Jennifer Zucker for [Project Soulmate](#)

Summer has finally arrived, and we are diving right into the month of June! This season brings with it lots of sunscreen, bikini bods, and the exciting – albeit sometimes dreaded – family vacation. Let's say that you've finally met someone

special, and you are contemplating whether or not to bring them to your family's beach house. If you do take the plunge and invite your partner along, here are a few simple rules to consider:

First, if you are a guest in someone else's home, make sure you let them know you are bringing a plus-one. This way, they can decide the sleeping arrangements. Your host may think that separate beds isn't a big deal, but if it is to you, then speak up! If you're pitching in and paying for this vacation, then you should have a say in what room you get and whether or not your significant other can stay in it with you.

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It's probably best that your family isn't meeting your beau for the first time on this vacation. This step will ensure that your love feels somewhat comfortable with your relatives so you don't have to worry about them having a good time. If you have the chance, introduce them to family members they may not know yet to avoid any awkward moments or embarrassing small talk.

Remember to help out and be neat around the house – and encourage your partner to do the same. You don't have to cook a five-course meal every night or do your brother's laundry, but helping with the dishes after dinner, hanging up the beach towels, or making a trip to the grocery store are all small acts that will not go unnoticed by your loved ones.

Take some alone time if you need it. Your sweetheart should feel comfortable enough to say no to cards with the guys or the annual family volleyball tournament. Just don't turn down every offer; you don't know what great traditions you could be missing out on! If you are really serious about this person, it's good to immerse yourself in these customs since they might be a part of the family one day.

Always be on time for arrivals and departures as well as any pre-planned excursions. When things go wrong during traveling, as they often do, try and keep your cool. You won't remember that night spent without your luggage or getting attacked by mosquitos on a morning bike ride, but your family will always remember that first vacation with your significant other.

Related Link: [10 End-of-Summer Date Ideas](#)

Be respectful that this is vacation time and leave your work at home. If you or your boo have to check email regularly or do a few hours of work each day, talk with your family and let them know. Then, unplug and enjoy yourself for a while! This simple act shows your relatives that your significant other is committed to learning about them and can really unwind and relax.

Finally, remember to be yourself. Show your family who you and your partner are as a couple. Following these tips while on vacation will ensure that you have a great time with your sweetheart and that they create long-lasting bonds with your family!

How did you prep for bringing your partner on a family vacation? Share in the comments below!

What You Need to Know Before You Move In Together





By Lori Zaslow and Jennifer Zucker for [Project Soulmate](#)

There are many different factors, both trivial and significant, that you need to decide on as a couple before you move in together. Most importantly, you need to have a solid, set plan. Questions must be answered prior to moving in together. For example, is this the person you want to marry?

If the answer is yes for you, then make sure your partner is on the same page.

Sometimes, people may use moving in together as a sort of cop-out to getting engaged. Living together has all the benefits of marriage *without* the actual commitment in the eyes of the law. Ideally, you should obtain a verbal promise from your partner about if or when the next step towards marriage should occur. However, with that being said, you do not need to put an exact time frame on it because that will add unwanted pressure.

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First, the two of you need to find a place to live. If

possible, it is best to find a new apartment or house together because if you move into a partner's place, it may not ever feel like your home.

Another important aspect to keep in mind is determining what you can't live without. For example, will you be cooking or eating out most of the time? Your answer will determine whether you need a certain grocery store or particular restaurants nearby. Do you need to be close to family or the office? Do you need to use mass transit on daily basis, or are you driving to and from places? Living together, the two of you will be going through enough big changes, so it's best to keep where you live convenient to your already existing lifestyles and routines.

Related Link: [How to Prevent Yourself from Rushing into a Relationship](#)

Little things, like closet and bathroom space, should also be addressed beforehand in order to avoid petty fights and arguments. Plus, you made need to consider whether or not the space (if you're renting) allows for animals. Some people cannot live without their pet, but perhaps, their partner is allergic to the animal. Any issue, no matter how big or small, that's going to alter your lifestyle in any way after moving in together should be addressed in advance!

For more information about Project Soulmate, click [here](#).

**What do you think you should know before you move in together?
Tell us in the comments below!**

Dealing with a Valentine's Day Breakup



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

According to AYI.com, one in five people were dumped on Valentine's Day. The best way to combat that seemingly horribly timed breakup is to get right back in the saddle! Look at this negative occurrence as a positive opportunity.

Good news is, it's still the beginning of the year. Make it your new New Year's resolution to let go of the one who broke your heart and focus on your fabulous self.

Related Link: [5 Celebrity Exes That Became Famous After the Breakup](#)

To start the forgetting process, make a list of what you don't like about your ex. Think about those times when he made you feel bad and didn't lift you back up. Then, write about the life you want. Who knows, thinking about your future may even inspire you to write a book or open your own business.

Erase all of your photos of him; if it's too hard to relive those memories, ask a friend to do it. Delete him from your phone too. The less you're reminded of him, the better.

Don't go on social media to check his status – and don't use mutual friends to do it either! Don't reread old emails, love notes, and text messages; you'll only make yourself upset. Don't listen to old voicemails either. The key is to remove all the triggers that relate to your ex.

Now, take a step back to get organized and then dive into your goals.

Go to the gym and take a spin class or drink some of that increasingly popular green juice. (It tastes decent but makes you *feel* great.) When you take care of yourself physically, your mental health and self-esteem improve too.

Not into the gym? Learn something new. Sign up for a French class or dig out your cookbooks and try different recipes. You won't have time to think about your broken heart when you're trying to figure out what “l'indépendance va vous libérer” means or how to not burn the soufflé that's in the oven!

Related Link: [How to Get Through a Breakup and Heal Your Heart](#)

Use this time to tap back into your responsibilities and remain active. My sister met her fiancé through the kickball league that she joined with her girlfriends. You never know when or where you'll stumble across The One!

This is also the perfect opportunity to explore new avenues of dating. Why not create an online dating profile? Let the

positive feedback you receive from people messaging you boost your confidence. Just be sure you don't compare your new potential mate to your ex. It's time to start completely anew. Good luck!

For more information about Project Soulmate, click [here](#).

Any tips for dealing with a broken heart? Tell us in the comments below!

How to Know When It's Time to Get Hitched



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

Deciding to get married is not a choice you should not make lightly. It's different for every couple, and timing is everything.

We're advocates of the popular rule of thumb that says it's important to see all four seasons of a person before deciding on marriage. It's easy to love someone in less than a year, but it's hard to really *know* them in that short time frame. To truly know someone inside and out, you have to make sure you spend quality time with one another and make an effort to see each other consistently. You have to be with a person through happy times, sad times, and tough times in order to see their true colors.

Related Link: [Why Celebrities Prolong Their Engagements and Hide Their Wedding Plans](#)

It's easy to love someone when it's new and fun, but what would it be like if you lost everything that makes your relationship so secure? As cliché as it sounds, marriage has to endure "for better or for worse." Know yourself first. Are you the type of person who makes hasty decisions? Or have you always known what you want? Are you secure in where you are with your life personally right now? These are all questions to consider before jumping into a bond with another human that is meant to last forever.

Think about how much you've changed in your life to date. We live in a world of fast transitions – from schools to careers to friends to homes to hairstyles and everything in between. Before you make a vow, you have to be able to honestly evaluate whether or not you know what you want in the long term. It's easy to get swept away by love, but marriage is about permanence.

As far as length of engagement is concerned, it doesn't matter how long or short the two of you are engaged. If you want to plan a quick wedding and tie the knot immediately, that's

great. If you have an engagement that lasts a few years – like Kristen Bell and Dax Shepard – then that's fine too!

Related Link: [Kristen Bell and Dax Shepard Are Married!](#)

Some couples want to be engaged and take that next step together but put off the actual wedding because the timing for marriage isn't quite right. They may know they want to spend their lives together but recognize that they need time to sort out finances, job promotions, buying a house, whatever it may be.

It's impossible to base your love and marriage on statistics and what other people are doing. People are quick to give their opinions on other people's relationships. We've all heard of the couple who dated for five years and then broke up and met their true love. We've also heard about the couples who were engaged and married within six months and are still living happily ever after...and those who aren't.

The only real way to know if you're ready to be married is if you have zero doubts when it comes to being by your partner's side for the rest of your lives. No matter what, always make sure you're getting hitched for the right reasons.

For more information about Project Soulmate, click [here](#).

How did you know when you were ready to get hitched? Tell us in the comments below!

Why Do You Want to Be Friends

With Your Ex?



By Lori Zaslow and Jennifer Zucher, founders of [Project Soulmate](#)

While it *is* possible to be friends with your ex, it's very hard and circumstantial. Everyone's relationship is different, but we believe that the general rule of thumb is to cut all ties unless there are third parties involved.

If you have kids together, it's mandatory to maintain a friendly relationship. Putting aside the differences that exist between you and your ex-partner is vital for the wellbeing of your family. A divorce means that children must make so many adjustments, but they still need both of their parents in their lives in consistent ways.

Related Link: [Bruce and Kris Jenner Announce Their Separation](#)

Turning to Hollywood for inspiration, Kris and Bruce Jenner are making a good business decision as well as a smart choice for their kids by choosing to still film their show despite their separation. There is nothing worse than divorce for a family, so why make it any harder than it has to be? By choosing to put aside their personal differences for the sake of their empire, they're keeping the Kardashian-Jenner crew connected and together.

Similarly, Miranda Kerr and Orlando Bloom were recently spotted kissing only a day after they announced their split. They appear to be on great terms despite their separation, which will certainly help their young son Flynn cope with the changes in his life.

Now, let's look at relationships without children involved. It'll be especially difficult to maintain a friendship with your ex if one or both of you still have lingering feelings. However, if both of you are happy in other relationships and enough time has passed, then the possibility does exist. Even then, we still think the relationship should be kept "minimally friendly" – no need to try to be best friends.

Related Link: [Five Ways Being Friends with Your Ex Can Ruin You](#)

If you're in one of the above situations, the real questions to ask yourself are: Why do you want to be friends with your ex? What makes his or her friendship so important to you? And does your ex feel the same way? Are you secretly hoping that sparks will fly again? Figuring out the answers to these questions will help you determine what path to take.

Remember: It may be possible to be friends with your ex, but that doesn't necessarily mean it's healthy to do so.

For more information about Project Soulmate, click [here](#).

Tell us: Have you ever maintained a friendship with an ex?

Basic Principles to Score A Second Date



By Lori Zaslow and Jennifer Zucker, founders of Project Soulmate

Although first dates can seem scary, in reality, first dates are a science that can be easily mastered with just a few pointers. Once you feel confident about the first date, the option of a second date is inevitable. The main thing to remember is the key to the first date is being positive. This may sound cliché, but it's true: positivity is an extremely attractive quality.

Related Link: [Top 10 Dating Dos and Don'ts](#)

To appear positive on a first date, focus on topics that you are passionate about and things that make you happy. This technique will show that you're a cheerful person who has depth. Being upbeat keeps the conversation light but not shallow. It's also a good way to find common interests with your date. However, if your major interest is politics, then you should probably choose a different route and talk about something else. Anything political can be unintentionally polarizing!

If you're too critical, you'll sabotage your date. The person you're interacting with doesn't know you (*it is a first date*), and it's way too soon to burden them with your emotional baggage or negativity. If you find yourself turning to downbeat topics, take a step back and change the course to something more light-hearted.

Another first date necessity is steering clear of both the friend and slut zones. To avoid the friend zone, try a lingering gaze, a flirty smile or even a quick touch, like a brushing of their arm. With that being said, there is a distinct line between flirty and slutty. Don't overdo sexual innuendos or be overly suggestive. Definitely don't sleep together on a first date if you're hoping for a second date. If you actually like this guy and the date went well, he should be excited to take you out on a second date without the expectation of sex afterward.

The next piece of advice for landing a second date is limiting alcohol intake on your first date. If you drink too much, you'll most definitely say or do something that is uncharacteristic to who you are and will embarrass you. And let's be honest, alcohol usually makes us much more likely to hook up!

Related Link: [Returning to the Dating World](#)

And the MOST important advice about landing a second date is to just be yourself! It's awkward and difficult to act like someone you aren't. Plus, why would you want to go on a second date with a guy who doesn't like you for you? After all, you're trying to find someone who likes, and maybe even will come to love, you for who you are, not for the façade you built on the first date.

If you follow these pointers, you are practically guaranteed an offer of a second date. And if this guy is worthy of you, always take the second date – you never know if Mr. Right is right in front of you.

For more information about Project Soulmate, click [here](#).

Celebrity Relationships: Why Celebrities Prolong Their Engagements & Hide Their Wedding Plans





By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

It's no surprise that famous faces from Hollywood are pressured by their intense jobs and hectic schedules. The spotlight is always on them, but they don't want the same burden in their personal life. So how can they keep their romantic relationships out of the prying public eye?

Related Link: [Use Your Five Senses for a More Fulfilled Love Life](#)

One way to feel in control is by prolonging their engagement, which ultimately adds time to the courtship phase of a relationship. After all, what's the rush? For example, Miley Cyrus wants to focus on her career instead. She's young, and it's important that she accomplishes her goals first so that she can truly enjoy the engagement phase. Similarly, Kristin Cavallari, who's currently planning a July wedding, has been engaged to Jay Cutler since 2011, but they decided to focus on raising their son Camden before tying the knot.

Your relationship is supposed to be one of the most sacred parts of your life – which is why many celebrities also hide their [wedding](#) plans from the press. For instance, Jay-Z and Beyoncé tied the knot in 2008 in a top-secret ceremony that Beyoncé didn't speak about for six months after the fact! Justin Timberlake and Jessica Biel's wedding guests didn't even know the location of the event until right before the big day. Natalie Portman and Benjamin Millepied as well as Anne Hathaway and Adam Shulman are two more examples of celebrity couples who planned secret ceremonies.

Related Link: [Justin Timberlake Refers to Wedding Day as "Magical"](#)

Of course, there are a few perks of a longer engagement, like lots of engagement gifts and more attention from friends and family. The only downfall to a longer engagement is...will they ever make it down the aisle?

For more information about Project Soulmate, click [here](#).

Relationship Advice: Use Your Five Senses For a More Fulfilled Love Life





By Lori Zaslow and Jennifer Zucher

If you're looking for ways to spice up your love life, why not use what's already available to you? Take advantage of your five senses – taste, sight, hearing, touch and smell – and get the most out of your relationship.

Taste: Make dinner together. If one of you is more Chef Boyardee than Julia Child, you can still keep your spouse company – and perhaps even get a good laugh out of your culinary mishaps.

Related Link: [Date Idea: Expand Your Tastes](#)

Sight: Plan a regular date night. A romantic outing is something you can both look forward to. Plus, it's a way to transport yourselves back to when you first met. Be spontaneous too. Every once in a while, do something together in the spur of the moment. Breaking away from your routine adds excitement to your relationship, and the experience, whether it's a surprise day trip or just an impromptu picnic in the backyard, it will bring the two of you closer together.

Hearing: Always talk or text at some point during the day. Whenever you can, take a few minutes out of your busy schedule to say hello to your significant other. Even a text that says something like “hope you’re having a good day” shows that you’re thinking of him. Most people spend more time at work than at home, so it’s important to stay connected to your loved ones.

Touch: Go for a walk, either a hike on a nearby trail or a stroll down a city street. The dynamic scenery may inspire a philosophical conversation about your plans for the future, or you may feel content to just enjoy the view as you walk hand-in-hand. Getting in touch with both your surroundings and each other will reignite any spark that’s been missing.

Related Link: [The Most Health-Conscious Celebrity Couples](#)

Smell: Make putting on your favorite scent part of your morning routine, like brushing your teeth and washing your face. You want to be remembered and thought of throughout the day, so always make sure you smell your best. Remember that oils last longer than perfumes and can even be worn with perfume to enhance your own scent and allure. The power of smell is seductive.

To ignite your sense of smell, check out the new love oil created by Project Soulmate matchmakers Lori Zaslow and Jennifer Zucher. grav.i.tate is the perfect aphrodisiac to spice up your love life, whether first thing in the morning or for a sexier vibe in the evening.

For more information about Project Soulmate, click [here](#).

Why Do High-Powered Men Like Dan Marino Cheat?



By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

In light of the recent reveal that Dan Marino, CBS football commentator and Miami Dolphins' quarterback legend, fathered a love child in 2005, we can't help but wonder...

Why do high-powered men cheat on their wives and father love children without thinking they'll get caught?

Related Link: [Single Life: To Play or Not to Play](#)

It's complicated and not a blanket statement issue. A lot of people (not just men) come into power and money, perhaps

because they are very self-involved or are driven by a feeling of powerlessness – or they get sucked in by their ego and lose touch with their morals, especially in the heat moment. The entitlement that often stems from power and wealth triggers irresponsibility and lack of empathy for others who don't have it that way.

People also make decisions about cheating in the moment, not considering the future. After all, it's one of many exit strategies people take in relationships to avoid hurt, intimacy and struggle because it externally fills voids that their partners are not fulfilling. The person doing the cheating isn't thinking about getting caught because they aren't thinking about the future in that particular moment.

Some are just assholes. Some are sociopaths and enjoy it. Many think that they are above their vows, and they have either rationalized what they are doing and/or love the thrill of possibly getting caught. Some just make stupid, immature, out-of-control mistakes from emotional issues – and then fear the backlash of hurting their wives or losing control of their reputation, so they cover it up. Everyone is different.

Why do wives stay with their cheating husbands? And vice versa?

Some people stay with a cheating spouse because they still love their partner and feel that they can truly forgive them. Others don't leave because they are afraid to be alone. Some stay to give their kids the illusion of a happy family; because with kids involved, they feel that there is more reason to fight for the relationship. Some have to stay financially. Then there are some partners who stay because *they* have cheated too.

Infidelity is a symptom of an underlying problem. When someone gets caught, there is an opportunity to dig deep and work through all the issues that need to be discussed – trust being

the first one, obviously!

Related Link: [Kristen Stewart Apologizes for Making People Angry](#)

What damage will cheating have on the love child?

The love child will have his/her own issues with self-esteem, trust, role models and more, but no more damage than the other children involved. Anyone growing up with parents who don't do what's best for them can become hurt and resentful. Many follow in these footsteps, and many fall for these type of partners. Others swear off marriage completely.

Of course, those who go to therapy and keep working on themselves eventually can grow to be well-adjusted, happy adults in healthy relationships. But the relationship with the guilty parent often suffers long-term. Trust and abandonment will be the first of many damaging factors. The parent must clean up the mess of lies and have full disclosure to ever gain respect from the children. People forget that kids are very smart! Once you lose respect for a parent, it can change the way you view your life and your childhood – and the way you will potentially parent one day.

Even if you can forgive your partner for cheating, there are still repercussions, both immediate and in the future, that you both must face, especially if children are involved. Be sure to remember that as you work to recover from infidelity.

Lori Zaslow and Jennifer Zucker are the founders of Project Soulmate, Manhattan's premier matchmaking service for elite singles. You can follow Project Soulmate on Twitter and Facebook.

Dating Someone New During the Holidays



By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

How should you approach the holidays when you're dating someone new? Or what if you're single and looking for love? Here are three questions that are frequently asked during this festive time of year.

1. What sort of present should I buy someone who I just started dating? The holidays are a time to do something special for the people you care about. Whether you're in a three-year or three-month relationship, it's important to show your significant other that you care.

Think about their hobbies. If your guy likes music, get him a new pair of headphones and an iTunes gift card. If your girl is a foodie, sign her up for a cooking class and buy a new cookbook that the two of you can use on your next date night. Or consider getting your partner something that you can do together, like a private yoga class or tickets to a show. This type of gift shows that you're looking forward to the future and making new memories as a couple.

Related Link: [A Present is Worth a Thousand Words: What a Gift Says About Your Relationship](#)

Remember that your present doesn't have to be expensive. In fact, things like diamonds or a gold watch can be a turn off when dating someone new. Most people would rather receive something more personal and thoughtful.

2. Should we plan to spend New Year's Eve together? New Year's Eve is a romantic holiday that focuses on celebrating the New Year ahead, having fun with friends and, if you're lucky, getting a kiss at midnight from your special someone. If you're dating someone new, spending this night together is a good test to see how serious the other person is about the relationship.

It's also one of the only holidays that isn't typically spent with family, so it's a great chance to enjoy the time you have together. Integrate your sweetheart into your friend circle, but make sure to give them some one-on-one time with you too.

3. Is it possible to find love on New Year's Eve? New Year's Eve may seem like it's a holiday for couples to dance the night away, but it's still possible to meet someone worth dating. Most celebrations consist of parties or dinners with friends, which is a prime opportunity to meet new people. Tell whoever is hosting the party or planning the evening to invite some single friends that you haven't met yet. If possible, make sure that the party you go to includes people of similar

ages and with similar interests. It is important that you feel comfortable so that you will be outgoing and talk to unfamiliar faces.

Related Link: [5 Resolutions That Can Help You Find “The One”](#)

Be sure to avoid going home with a random person to make yourself feel better though. When you wake up the next day, you will feel even lonelier than the night before, and that isn't a great way to start the New Year. Don't overthink the night and feel like you have to do something over the top. Enjoy yourself and remember that it's just another day.

Lori Zaslow and Jennifer Zucker are the founders of Project Soulmate, Manhattan's premier matchmaking service for elite singles.

Top 10 Dating Dos and Don'ts





By Lori Zaslow and Jennifer Zucker, founders of Project Soulmate

Before stepping into the dating world, you should always know your target audience. In the animal kingdom, you do not see zebras reproducing with monkeys. Know your type in terms of looks, personality, goals, interests, etc. Don't date a partier if that isn't your thing; don't date a bore if you like adventure; and don't date a religious zealot if you never want to step foot in a church. You will just be wasting your time, and your relationship will likely be doomed from the start.

With that thought in mind, here are our top 10 dating dos and don'ts:

1. Be positive and warm. Always smile, and don't be a Debbie Downer. Check out when you're not feeling chemistry, as it can come back and haunt you later – remember that it's a small world, and everybody knows everybody. Be your own PR person; you never know if he will introduce you to his brother, cousin or friend. You always want to leave a good taste in someone's mouth about you.

2. Be present and discuss. Nothing too deep though. Ask about his hobbies and interests, but don't interrogate a guy and act like a private investigator (where are you from, what do you do for a living, etc.). Never talk about the future because it will guarantee no future. Examples are getting married, having kids or inviting him to a wedding in six months when you barely know each other.

3. When you are having a great time, don't stay too long. An hour and a half should suffice because too long will turn into too much information and too much alcohol. Leave him desiring more and wanting to see you again. Always leave on a high note. When things are going good, exit. If there is a connection, he will pursue you.

4. Be thoughtful and initiate a plan. It's okay for a woman to plan a date, just not the first date. Don't always expect a man to do everything. He isn't your father; he's the man you are dating. Men want love and attention just like women.

Related Link: [Date Idea: Take An Autumn Stroll](#)

5. Compliment him. If he looks good and smells good, tell him! Everyone wants to feel good about him or herself.

6. Guys cannot stand a girl that is too chatty and catty. It is an automatic turn-off. Another turn-off is a girl who nags. Remember that guys like a girl who can make meaningful contributions to the conversation and not just talk about other people.

7. Dress sexy but not provocative. Men are visual creatures. A little leg and a little arm never hurt, but do not go overboard and send the wrong message. Be sure to leave something to the imagination.

8. Don't drink too much. Two drink maximum, ladies! Any more, and you may become sloppy. A turn-on is someone who can hold her own and still carry on a conversation without relying on

liquid courage.

9. After a great date, you can send a thank you text, but that's it! Don't smother a guy and over-pursue him. No one likes desperation in a woman.

Related Link: [How to Find Love Online with Non-Traditional Dating Sites](#)

10. Guys don't like when you compare your relationship to another one. They don't want to hear about your friends and their relationships. Just remember, the male ego is fragile and needs to be handled with care.

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