

# Dating Advice: Online Dating Tips To Find Your Soulmate



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Dr. Diana Kirschner to give their [dating advice](#) on the secrets of attraction.

## Relationship Experts Talk Online Dating Advice

Trying to find your soulmate is rough, especially after experiencing bad break-ups or relationship problems. But have no fear, because the experts say that everyone has a soulmate. Your soulmate has to be willing to grow and meet the basics. Try online dating if you want to find someone who has the same value system, wants the future you want, and feels like it's coming home.

**Related Link:** [Dating Advice: The Secrets to Attraction](#)

In order to find love online, there is simple dating advice that you could try to find great guys. First, your online profile should feature a great photo. Men are visual, so pictures count. Wear red, smile, make eye contact with the camera and wear moderate makeup. Also, be proactive about messaging men online, especially if you're not getting the responses that you want.

**Related Link:** [Dating Advice For Women: What Are Men Attracted To?](#)

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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.

**Related Link:** [Dating Advice: Chivalrous Acts For The Modern Man](#)

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.

*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](#).*

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# Dating Advice: 5 Steps To Securing A Second Date



 By [Joshua Pompey](#)

You've met the man of your dreams. He was tall, handsome, fun, and somehow managed to avoid making you question the male species. A true dating rarity these days. You can't wait to have another date night. The question is, how do you secure that coveted second meeting once the first date is over? As a relationship expert, I have some [dating advice](#). Below are five steps to take to ensure a second date.

## Dating Advice On Securing A Second Date Night

**Step 1:** Send a thank you text after the date. If you had a good time, don't keep it to yourself. Text your date an hour later that you had a good time and thank him for taking you out. Men who are serious about finding a relationship will not be scared off by this. They will like you that much more if they know you have a good heart and are a kind person.

**Step 2:** Don't play games. In an era of unlimited distractions and short attention spans, playing games will put you on the fast track to being forgotten. These days everyone carries

their phone on them twenty-four seven. Avoiding contact for long periods of time after a great date won't come across as playing it cool, it will just come across as rude or disengaged. If you like a man, do all the things you did prior to the first date. Stay interesting, fun, and don't be afraid to flirt a bit over your texts.

**Related Link:** [Dating Advice: Does A Man Really Have to Call?](#)

**Step 3:** Don't come across as *too* eager. There is a fine line between showing interest and acting as if you are suddenly his girlfriend. No, you don't want to start playing games. But you also don't want to start hitting up his phone around the clock asking trivial details about his life. Play it cool and just go with the flow.

**Step 4:** Never send a panic text. If he goes a few hours without answering your text, don't send a follow-up text that wreaks of desperation and insecurity. He may have just become busy, but that doesn't mean he is no longer interested. However, if you send an unwarranted panic text, he may just lose the interest he previously had. My dating advice: If it gets to a point where a day has passed and he clearly isn't responding, he may have simply just forgot about the text. It happens. So shoot him a new text the next day as if nothing ever happened. Don't comment on him ignoring your previous text.

**Related Link:** [Dating Advice: Moving Your Relationship From Online To Face-to-Face](#)

**Step 5:** Attempt to meet sooner rather than later. If you are asked out for a second date with a really great guy, don't put off the date because you have a yoga class or made plans to meet up with your friends later in the week for happy hour. We all get busy these days, but when you run into potential love, that needs to take precedence in your life, as nothing is more important. My dating tip: Postponing a date for more than a

week for trivial reasons will quickly cause the momentum to fade.

*Want more information from Joshua Pompey? For more information from Joshua Pompey, please visit this [link](#) where you can receive a free profile evaluation. Or visit [here](#) for free profile writing advice. Check back for more dating 101 tips from the relationship expert!*

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## Dating Advice: The Secrets to Attraction



On this week's episode of [Single in Stilettoes](#), founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to give their [dating advice](#) on the secrets of attraction.

## Dating Advice: Relationship Experts Reveal Secrets of Attraction

The expert dating advice is simple. Practice, practice, practice. Check out their dating tips below.

**1. Eye contact and smiling.** Women don't realize how important this is! Hold eye contact and smile, it makes you approachable.

**Related Link:** [Dating Advice For Women: What Are Men Attracted](#)

[To?](#)

**2. Tone of voice.** Sometimes women come across as bossy and demanding, even when they don't mean to. Take a breath, soften your voice, slow down.

**3. Confidence in body language.** Throw shoulders back and bring the energy down into your body. Lean back into things instead of leaning into them.

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## Relationship Advice: Mending a Split Like Megan Fox and Brian Austin Green



 By Dr. Jane Greer

After five years of celebrity marriage, Megan Fox and Brian Austin Green had decided to call it quits. However, apparently their differences are reconcilable – the [celebrity couple](#) has reunited and is moving back in together. Sometimes it can be very helpful when two people take some time apart to evaluate how they feel about each other, and to sort out what is really important to both of them.

**In the face of baby number three on board, it looks like Fox and Green have decided to join forces to work on their marriage and see if it can, in fact, work on take two.**

Similarly, Patrick Dempsey and his wife recently put the brakes on their [celebrity divorce](#). And you don't have to be married to give love a second chance. Courtney Cox and her boyfriend are back together after calling off their engagement late last year.

**Related Link:** [Megan Fox Reveals Third Pregnancy](#)

There are many things that can drive a couple toward a breakup. Underscoring most separations are feelings of disappointment, anger, and the idea that there was something you couldn't get beyond, some impassable issue, an irreconcilable difference for which there is no clear middle ground or answer. The anger itself can make it impossible to get along, either leading to too much fighting or a cold war distance between you, both of which can bring your sex life to a complete stop. For some people, the decision to end the relationship seems like the only path out of the hopelessness and unhappiness one or each partner is experiencing. Breaking up can appear to be a way out of the stress and on the road to a better place.

That said, love is a funny thing. Just because you aren't getting along doesn't necessarily mean you have stopped loving or feeling attracted to your partner. In addition to that, some space might infuse those feelings with new life while giving you a fresh perspective on what you can and can't



tolerate in your life. In other words, even though an end to your connection might seem freeing at first, it might ultimately prove to be complicated, difficult, and lonely. Suddenly those weekend trips to see his mother don't seem like that much of a sacrifice, or the fact that she chooses to go to the gym most nights instead of eating dinner with you might not leave you feeling so abandoned as long as she comes home after. Time apart allows you to evaluate what is important, and can give you the chance to decide if what once felt untenable and unacceptable might suddenly become manageable in the face of what you really have to lose. Taking a break can give you a chance to get a new outlook, while letting the anger subside. You can cool down and bring some objectivity back into your relationship.

**Related Link:** [Are Celebrity Exes Emma Stone and Andrew Garfield Back Together](#)

If your relationship feels like it is at a standstill and is steeped in feelings of resentment and disappointment try this [relationship advice](#): instead of making the decision to end it for good, consider ending it for now. Give yourselves some time apart so you can see that you actually might want to stay together – just as so many celebrities are doing lately.

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

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# Dating Advice Q&A: Is It Weird If He Doesn't Call Back After A Date?



*Question from Luci M.: I met a guy online who seems really great. We went on a date and everything went well! We even planned our second date. It's been three days but he hasn't called me yet. Is it weird if he hasn't called yet? Should I call or text him?*

Online dating isn't always easy, especially when it comes to the etiquette of calling back. Leave it up to the relationship experts who have [dating advice](#) that may provide some comfort.

## Dating Advice: When Should He Call Back?

[Suzanne K. Oshima, Matchmaker](#): It really depends on when the second date is planned for. If it's next week, then I don't think it's a big deal that he hasn't called you yet. But if the date is tomorrow, then that could be an issue. The most important thing to know is that if a man is really interested in you, he will pursue you. My dating advice: You shouldn't have to call or text him. He will call or text you and he will make proper arrangements for the second date. If he's not calling/texting you soon after the first date, he might just see you as a "filler."

**Related Link:** [Dating Advice Q&A: Is He Hiding Something When](#)

## [He Turns His Phone Off?](#)

[Robert Manni, Guy's Guy](#): When a guy is interested in a woman he's just met, he'll get in touch with her ASAP to see her again. Let's assume this one time there were extenuating circumstances that prevented this guy from contacting you. It could be work or a personal situation. There is nothing wrong with texting or calling him once. If he's interested, you will definitely hear back. If he doesn't respond, my dating tip is that it's probably time to move on.

*To find out more about our three dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

**What's your best piece of dating advice when it comes to a man calling back after a date? Share in the comments below!**

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# Dating Advice: Gifts For the Heart



 By Amy Osmond Cook for [Divorce Support Center](#)

Most would agree that Seattle Seahawks Quarterback Russell Wilson is the picture of good health. When paired up with his beautiful fiancée, Ciara, they are the image of a healthy celebrity couple. Finding the perfect gift to celebrate your loved one, however, never gets any easier, even for famous couples. Do you go with chocolates or flowers? How about a

fancy dinner? When you do find the perfect token of love, it will most likely cost you a pretty penny to celebrate your beautiful mate. With summer love heating up, my [dating advice](#) is to make your heart the focus of your enduring love. Here are five ideas that stem from the heart – for the heart.

## **Dating Advice: Making Your Heart The Focus of Your Relationship**

**1. Adopt a heart healthy diet as a couple.** By incorporating fresh fruit and vegetables, lean proteins, whole grains, and limiting your fat intake, you are taking healthy steps toward a loving and lasting relationship. According to the Mayo Clinic, “Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease.” My dating advice is to put your heart where your mouth is and make healthy food choices that will create long-term benefits for you and your loved one.

**Related Link:** [Dating Advice: Spring Cleaning For The Soul](#)

**2. Exercise for Deux.** “If you don’t make time for walking together, you’ll never work it into your busy days,” warned relationship expert Sheri Stritof. We all can benefit from daily exercise. A great way to stay motivated to exercise daily is to share your exercise routine with your sweetheart. Creating a daily walking ritual with your loved one is a great exercise for your heart, and the emotional connection that can come from daily conversations is good for the soul.

**3. Learn CPR.** According to the American Heart Association, sudden cardiac arrest is the leading cause of death in adults. When an individual is able to start CPR, the survival rate increases to over 40 percent. By contrast, each minute that treatment is delayed, the chance of your loved one surviving

reduces by 10 percent. For information on CPR training, you can contact your local branch of the American Red Cross, or you can contact city hall for information on community courses. By learning CPR, you just may give the best gift of all to those you love—the gift of life.

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**4. Follow up on physical exams.** Both males and females are encouraged to undergo physical exams every year. Experts agree a key to overall good health is prevention. One way to prevent disease is to build a comprehensive medical history. Early detection of common diseases is a strong defense should disease occur. According to Health Contributor Treacy Colbert, we should have cholesterol checked every five years, blood pressure checked every two years, and mammograms and cancer screenings every year. While you are focusing on your internal health, don't forget your cover. Colbert reported that the rates of melanoma continued to climb in the United States despite increased awareness of the dangers of skin cancer. "Check your skin every month for moles that have changed or look abnormal," wrote Colbert. "You should also look out for sores that won't heal. Have your doctor check your skin thoroughly as part of your physical—melanoma is highly curable when diagnosed early."

**5. Share expressions of gratitude.** For the United Health Group, good health is more than just measuring pressures or pounds: "It means taking an integrated approach to well-being that includes not only our physical health but our emotional health, our sense of purpose, our connections to our community and our overall quality of life." Experts say when you vocalize positive phrases and express appreciation to your loved one, it has a positive impact on your health as well as the mental well-being of your loved one. You will always avoid a few relationship problems. So share your feelings about your sweetheart. Tell him how much he means to you.

When you find someone you want to spend the rest of your life with, why not share gifts that are meant to last as long as your love for that person endures? With gifts such as a better diet, exercise, learning CPR, physical exams and phrases of gratitude, your gifts from the heart can be good for your heart. I “heart” that idea.

*For more information about and articles by our Hope After Divorce relationship experts, click [here](#).*

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## Dating Advice For Women: What Are Men Attracted To?



On this week’s episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Tripp to give their [dating advice](#) on what attracts men.

## Dating Advice On Attracting The Right Man

Tripp has worked with thousands of men to help them find the woman of their dreams. Now he gives his dating advice to women so they can avoid relationship problems and find the man of their dreams. Below are the top 10 things that men are attracted to in a woman.

1. A man is attracted to a woman who’s not “crazy.”

2. A man is attracted to a woman who's emotionally stable.

**Related Link:** [Relationship Advice: How to Find Real Love](#)

3. A man is attracted to a woman who is independent.

4. A man is attracted to a woman who can take care of herself but still needs a man.

5. A man is attracted to a woman's feminine energy.

6. A man is attracted to a woman who is put together.

**Related Link:** [Dating Advice: How To Attract A Man Through Your Body Language](#)

7. A man is attracted to a woman who has a life

8. A man is attracted to a woman who he's attracted to physically, but every guy is different

9. A man is attracted to a woman who takes care of her body

10. A man is attracted to a woman with confidence

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## Dating Advice: How to Deal with Heartbreak





By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House gives dating advice on how to get over a heartbreak and move on from your ex and those relationship problems.

## Dating Advice On Dealing with Heartbreak

**1. Write down why he or she is a jerk.** Don't fantasize about your ex. Dating tip: Remember why you broke up in the first place.

**Related Link:** [Relationship Advice On How To Fall In Love](#)

**2. Burn the fantasy.** Literally, write down your fantasy and burn it. Instead, do something for yourself. Take yourself out, show yourself love.

**3. Would you date yourself?** If you wouldn't date yourself, then get a life. Take control of your life again. Find yourself, go back to your passions, go back to your old friends.

*For more relationship advice videos from House, click [here](#).*

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**How do you handle heartbreak? Tell us in the comments below!**

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# Relationship Advice: How to Find Real Love



On this week's episode of [Single in Stiletto's](#), founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant-Johnson to give their [relationship advice](#) on how to find real love, even if you've been in the dating world for awhile.

## Relationship Advice on Finding True Love

**1. Clarity.** It's important to have clarity about what you want in terms of a relationship in your life. One dating tip: This doesn't mean having a huge list, but there is a power in being able to say what you want.

**Related Link:** [Dating Advice: How To Attract A Man Through Your Body Language](#)

**2. Conviction.** The experts relationship advice is to have conviction and belief that finding love is possible for you.

**3. Compassion.** Have compassion for yourself and recognize that all you've been trying to do is get one of your deepest needs met. Also, approach potential dating partners with compassion as well.

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# Celebrity Couple Predictions: Megan Fox, Trai Byers and Selena Gomez



 By [Shoshi](#)

In the latest celebrity news, these famous couples have made headlines, whether it be Megan Fox's rumored divorce, the *Empire* stars secret wedding, and Selena Gomez's not-so budding relationship. Whose stepping out in Hollywood this time around hand in hand? Check out my predictions for these three [celebrity couples](#) and find out what's next in their love lives.

## Celebrity Couples Predictions: Celebrity Relationships That May or May Not Last

**Megan Fox and Brian Austin Green:** When Megan Fox started showing a baby bump, the press went crazy speculating over who the "baby daddy" could be. Since Fox filed for divorce from Brian Austin Green last August, technically, the baby could be anybody's. But I never doubted that the baby was Green's. This famous couple has been on a roller coaster ride since they got together. Fox and Green used to break up and get back together all the time before they got married. The new addition to their family was not planned, but they say all is good, they're happy now and plan to see where it all goes. Neither

one of them were dating anyone else and they still lived in the same house. My prediction is that Fox and Green will not file for celebrity divorce. It may be bumpy between them every now and then, but their spiritual connection remains. My relationship advice to Fox is take a month or two vacation from Green every so often. That seems to do the trick when it comes to rekindling their love.

**Related Link:** [Celebrity Baby News: Megan Fox Reveals Third Pregnancy](#)

**Trai Byers and Grace Gealey:** Two stars from *Empire*, Trai Byers and Grace Gealey, got married in a quiet ceremony in the Cayman Islands. You could say that it was a whirlwind romance since they had a short and quick courtship. Will they last? Right now it looks good. The Hollywood couple have the same ideals when it comes to marriage and family. Around their fifth year of marriage will be a time of make it or break it. Oddly, none of their co-stars from *Empire* were invited to the celebrity wedding, because they wanted to keep the wedding small. That lets me know that the rumors are true. Byers is not happy to be on the show and there have been rumors circulating that he wants to quit. By the end of the year, let's say around November, there will be celebrity news that the pair is expecting their first child. They will have two kids together, a boy and a girl. After *Empire*, Gealey will focus on being mother and wife while Byers brings home the bacon.

**Related Link:** [Celebrity Divorce: Terrence Howard Splits from Wife No. 3](#)

**Selena Gomez and Charlie Puth:** Anytime Selena Gomez talks to anyone of the opposite sex, it causes a stir. This time around she is being paired with Charlie Puth. Puth does not have nearly enough swagger for Gomez. She likes bad boys and men with an edge. Puth is as wonder bread as they get. He's talented but a bore. Gomez needs a guy that matches her fire

and passion. If anything is going on with Puth, it's simply a friends with benefits situation. This rumored relationship has no steam. I actually see Gomez involved with an actor a little bit older. This new celebrity couple should blossom during the summer. Puth will keep having make out sessions with starlets.

*For more information on Shoshi click [here](#).*

**What celebrity couples do you want to see predictions for next? Tell us in the comments below!**

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## **Dating Advice: Spring Cleaning For The Soul**



By J'Nel Wright for [Divorce Support Center](#)

The last trace of snow has finally melted as we transition from winter to spring. For many, the realization that spring is officially in the air symbolizes the end of a long, dark winter filled with unrealized goals, baggage left over from the holidays, and the end of winter blues. Take my [dating advice](#): This is the perfect time to shake out the dust and shadows trapped in our minds and bodies and welcome renewal. The process of reinventing ourselves isn't a new concept. Many celebrities have transformed themselves in ways that reinforce their place in the annals of super-stardom. Jamie Foxx could have remained a one-act comedian – he is certainly funny enough. Instead, he reinvented himself as a musician and an actor and emerged triumphant in both areas. We can enjoy that same sense of renewal in our lives.

# Dating Advice: Spring Into Action This Season

**1. Get off the couch.** Your New Year's Resolutions may have bit the dust a long time ago, but it's never too late to reignite an exercise routine. Spring is the perfect time to explore different exercise routines or experiment with new gear. "Short-term goals will help you make physical activity a regular part of your daily life," reported The National Institute on Aging as part of their Go4Life campaign. "For these goals, think about the things you need to get or do to be physically active. For example, you may need to buy appropriate fitness clothes or walking shoes. Make sure your short-term goals will really help you be more active."

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**2. Toss out the negative thoughts.** This spring season is the perfect time to throw out the self-criticism and negativity you've been carrying around all winter long. Are you still haunted by the offhanded remarks from the last family gathering or the critical comments from a co-worker? Maybe your significant other wasn't as supportive as you needed him to be during a stressful time. Chances are, you are giving those remarks more thought than they are. You know your capabilities as an employee, and you know you are a good person, so it's time to shake the negative remarks out of your head and move on.

**3. Throw out the critical relationships.** Much like we sort through the clothing that no longer fits or feels comfortable, the same sorting process can be used to sift through the relationships that no longer benefit us. "It could be that you've grown apart and don't share the same goals and values," wrote relationship expert Debra Rogers. "Or you've both simply

become unhappy. If you're wondering where you're headed, it's straight to no-where-ville. Sail to a new shore and find a better man for you." If you're having relationship problems and growing tired of defending your actions, enduring unfair criticism or playing down your accomplishments for the sake of sparing the feelings of an insecure friend or partner, it's time to clean out your contact list. You need people in your life who will support you, celebrate you, and make you feel good about yourself. My dating advice? Try signing up for help from a professional matchmaker to help you through this process.

**Related Link:** [Relationship Advice: How Your Relationships And Love Impact Your New Year's Resolutions](#)

**4. Sort through personal goals.** Spring is the ideal time to refocus on lost goals or eliminate self-defeating habits. Do you still procrastinate? Is the novel you have been working on since college still gathering dust on the shelf? Perhaps now is the time to start eliminating personal debt or build up a savings fund for an upcoming trip. The key is to try new things and embrace new challenges that help us grow. "You probably don't think about how bad habits sabotage your life in so many areas. Many of those habits are things that you waste time doing that cause you to lose sight of the big picture and become consumed with whatever is right in front of you," wrote Dr. Michelle Callahan, a psychologist and author. This is the time to recommit to those goals and reinvent ourselves.

By committing to a daily exercise routine, eliminating negative thoughts, people, and other destructive baggage from our lives, and renewing our focus on personal goals, we are ready to "spring" into action with a new determination to make a fresh start in renewing our best selves.

*[J'Nel Wright](#) is a lifestyle writer who dabbles in relationships and wellness. Her writing has appeared in both*

*regional and national publications addressing a variety of topics ranging from human interest and literature to business, interpersonal behavior, and health issues.*

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# Relationship Advice: Why Are Women Attracted to Unavailable Men?



 By Dr. Jane Greer

Actress [Scarlett Johansson](#) revealed to *Cosmopolitan* that years ago, she was in a [celebrity relationship](#) with someone who was forever unavailable, and that was when she hit “rock bottom.” She described him as “so attractively unavailable.”

**Her story raises the question, why are women attracted to men who are unavailable? What is it about the “chase” that is appealing to us? Check out this [relationship advice](#).**

Whether you are in high school dealing with a boyfriend who you feel loves you too much, or you’re a movie star with people constantly asking you out, or you are recently divorced

and getting more calls than you ever did, but none of them seem right, you might be in that funk so many people find themselves in where the men who are interested strike you as unappealing availability-wise, but the ones who won't commit are "attractively unavailable," as Scarlett described her one-time boyfriend. Sometimes the guy who wants to commit to you and does not hide his feelings is equated with the good and nice guy, as opposed to the one who says he will call, but doesn't, and who instead is seen as the romantic bad boy. For some reason, the fact that the guy likes you so much makes you question his confidence and desirability. You might ask, why is he available in the first place? If he were more secure and attractive, wouldn't he be taken by now?

**Related Link:** [Relationship Advice: When to Stop Wearing Your Wedding Ring](#)

There are also the possible elements of a challenge or a competition. If someone pulls away and becomes seemingly less interested, then you might feel the need to try to get them back. It can become more about having their love than actually sharing the love with them. Or, if that someone begins to give another woman attention, you might feel jealous and try to take that focus away from the new love interest and return it to you.

**Related Link:** [Four Changes You MUST Make to Avoid Falling Prey to the Unavailable Man](#)

So why do so many woman choose the undependable, withholding man over the one who is ready to profess his love to them? In terms of family dynamics, there is the question of what you did and didn't get growing up from family members, especially mothers and fathers. On the one hand, it may be that you are constantly trying to get what is out of reach. On the other hand, you might be more comfortable with less commitment and emotion in a relationship. That constant chase can also become a vehicle for your self-esteem and believing you are better



and greater if you are able to attain the unattainable. In other words, if you can convince a man who is not eager or willing to commit to do so, then you must be extra special, and this can set you on a journey that does not have a happy ending.

If this sounds familiar, and you are constantly chasing your man, or not sure when he might call or ask you out again, it could be time to look at it from a different vantage point and turn it inside out. Why spend your efforts trying to get someone's affection that at best will be inconsistent and leave you wanting more, when you can instead choose someone who will be dependably loving and offer you a true sense of fulfillment? The goal is to feel valued, cared about, and loved for who you are and what you do, the qualities you already possess, rather than having to prove your worth to a guy who is not looking to ever really be fully involved with you. Overhaul how you are going about seeking happiness and security. If you are lucky enough to be with a good guy who does nice things, accept it and believe that you are worth it. Look to reciprocate and build on a relationship with someone who is able to give you the closeness and companionship you are looking for. Try to stop seeing that as boring, and instead see it as rewarding and positive. In many ways it is like developing a new muscle. Do your best to stop flinching and being turned off by nice behavior, and begin to welcome and appreciate it so that you can feel good about yourself, rather than not.

It's important to be aware of these things, if, in fact, there is a pattern in play and you are continually choosing partners who can't be there for you, so you can make better choices in the future. Ultimately you want to strive to try to feel like a winner because of the things you can have, not for half-heartedly getting the things you can't. It looks like Scarlett has finally been successful at that.

*Please tune in to the Doctor on Call radio hour on*

HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](#), and be sure to follow [@DrJaneGreer](#) on Twitter for her latest insights on love, relationships, sex, and intimacy.

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## Dating Advice: How To Attract A Man Through Your Body Language



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *The Power of Women Over Men and How to Use It* Nick Karson to talk expert [dating advice](#) on how to show a man you're interested in him through your body language.

## Dating Advice On Attracting A Man Through Your Body Language

Dating is not easy, but expert dating advice says one of the best ways to show a man that you're attracted to him is through your body language. Experts say your body language can say more to a man than you ever could. Their three best dating

tips are to smile, hold eye contact, and lean into his personal space a bit.

**1. Smile.** One of the biggest things you can do to show a man that you're interested, is to smile. It's a green light because men are so nervous and want to say hi, but don't always feel comfortable. If you can hold his gaze and give him a sweet smile, it makes you approachable.

**Related Link:** [Dating Advice: First Date Do's and Don'ts](#)

**2. Holding his eye contact for 2-3 seconds.** Doing this shows that you're listening and are engaged in the conversation.

**3. Lean in.** Go into his personal space a beat and lean in when you're talking to him. When women do that little hair toss, it shows men that you like them.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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## Relationship Advice: When to Share Your Passwords

 By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Emily Stovall

Is there ever really a right time to share your password? Is there a bad time? Most people don't know, and that is completely understandable because sharing passwords is kind of

an awkward situation. Sometimes people believe sharing a password means taking the next step in a relationship, and allowing oneself to be completely open with their partner. Other times, people feel like they should never have to give out their password because it is an invasion of privacy, and they figure “why does my partner need it anyways?” Both are totally logical, and lead me to the [relationship advice](#) that the relationship experts at [Project Soulmate](#) have, which is that there is never a *right* time to share passwords, but there can be a *wrong* time.

## Relationship Advice On Sharing Passwords: How Soon Is Too Soon?

If you are trying to show your boyfriend a picture or video and your phone locks in the middle of him looking at it, then by all means tell him your password. Sometimes people just take the idea of sharing a password too far, when in reality it is not a big deal at all. Often times people are scared of sharing their password simply because they feel like they have something to hide. My question is if you really have something that secret to hide from your significant other, then why are you dating your significant other? In a [healthy relationship](#), there is no particular day that you both agree to share your passwords, it just happens naturally. It happens when the password is needed to do something, not needed to “snoop” on something.

**Related Link:** [Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace](#)

When your partner requests your password simply because they feel like you are being unfaithful, our relationship advice is not to give it to them, because that is the *wrong* time to share your password. This makes the whole password sharing moment have a negative connotation behind it and should be

avoided. If your significant other is worried you are cheating, or vice versa, then you are having bigger relationship problems than simply not having shared passwords. Relationships should be built on trust, and without that trust, the love will be lost. Sharing your password won't bring the love back, it will only lead to more and more distrust, and more and more "snooping" of each others stuff.

**Related Link:** [Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own](#)

Our dating tip: Share your password when the time naturally comes up, not the time that someone just wants to snoop.

*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.*

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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.

**Related Link:** [Expert Dating Advice: When It's Time To Say The L Word](#)

**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.

**Related Link:** [Relationship Advice: Is Long Distance Worth It?](#)

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.

*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](#).*

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## Dating Advice: Does A Man Really Have to Call?



 By [Joshua Pompey](#)

You have an amazing date night. He's fun. He's charming. He says and does all the right things. You kiss goodnight, agree to meet up again at some point, and eagerly await a call from him. But that call never comes. Text after text after text, until finally a few days later, he asks you out...via text. The question is, should he have picked up the phone to call you? Isn't that what a "good guy" who is serious about a relationship would do? The answer is yes, but only if you're trapped in a time warp where the two day rule still exists and the Kardashians don't plague our lives on a daily basis. My dating tip is that you need to face the facts. Times have changed tremendously over the past decade. When it comes to the courting process, phone calls are starting to go the way of the Arch Deluxe and Pepsi Clear. Remember those? Neither does anyone else. If a man doesn't pick up the phone to call you, it doesn't mean he isn't serious about you. It just means he's playing by the dating rules of the era that he is currently living in. Take this [dating advice](#) from a relationship expert!

## Dating Advice: How to React When a Man Only Texts

Today the majority of social interactions take place via text message, even more so than face to face interactions and this isn't just limited to dating. Texting often dominates work, friends, and family connections as well. For better or worse, most men simply don't feel the need to make phone calls when they can get out a quick message via text.

**Related Link:** [Dating Advice Q&A: What Does Texting on a Date Say to Your Partner?](#)

We also live in a generation where men and women alike live much busier lives. Work hours are longer than ever, social obligations are never-ending, and by the time most people



finish all their responsibilities for the day, it's almost time for bed. Text messaging is just more practical and convenient on every level. "But if he really likes me. Wouldn't he make the time to call me?" Not necessarily. Men are also calling or texting based on their own perception of how they *think* they are expected to act. We live in a day and age where the majority of women also prefer texting to phone calls. This makes calling you a big risk. If he calls you and gets the machine, now he has to suffer through an agonizing waiting game. This is mental torture, even for us men. With a text message he knows that he will probably hear back from you relatively quickly.

**Related Link:** [Dating Advice Q&A: How Harmless is Sending Pictures Via Text?](#)

Finally, phone calls come with much higher stakes. Calling you means he has to be charming, witty, and on his A game. This may not be true, but he still may feel this way. On the contrary, text messages are a pressure free situation. With all that said, if a man likes you, he will eventually call you. But this usually doesn't come until after a few dates, when he feels as if things are progressing to a relationship. But during the courting phase, my dating advice is to not be alarmed not to hear a man's voice on the phone. If you are dismissing men based on this notion, you may just be waiting a very long time for someone to come along.

*Want more information from Joshua Pompey? For some advanced text messaging tips from Joshua Pompey that will keep men from disappearing, visit this [link](#). Or click [here](#) to learn more about Joshua's online dating profile service. Check back for more dating 101 tips from the relationship expert!*

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# Dating Advice: First Date Do's and Don'ts



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *121 First Dates* Wendy Newman to talk expert [dating advice](#) on first date do's and don'ts.

## Dating Advice: First Date Tips

Dating experts acknowledge that it can take awhile to find the man of your dreams, but they have some dating tips on how to act on a first date.

**1. Show up natural.** Be yourself and don't have an agenda. Throw away that checklist and don't prequalify the person you're dating.

**2. Get to know each other.** Show up and try to get to know who the person is. Find out what they love and what they're passionate about.

**Related Link:** [Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121\(!\) First Dates](#)

**3. Be clear if you don't like him.** Be gracious and pleasant, but don't act happy and flirty only to say no to a second date or dodge his calls.

**4. Don't be negative.** A first date is not the time to complain about your day at work, your parents, your friends, or even an ex. Be positive and pleasant to be around.

**5. Don't talk about the long term future on a first date.** Women think they're serious and that men date for sport. But it's just the way that you approach dating that's different. Men realize that a first date is just a first date. It's a baby step. Expert dating advice: Don't go into it trying to find your husband. Just try to get to know each other.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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## **Relationship Advice: Telltale Signs Your Relationship Is One of Convenience**



 By Toni Coleman, LCSW, CMC for [Divorce Support Center](#)

Relationships and marriages differ in many ways. What works for one couple would not be right for another. Therefore, there isn't one specific set of attributes or descriptors that could be used in a premarital checklist designed to ensure any marriage will be a successful one. However, there are certain traits that are commonly found in relationships that couples describe as happy and satisfying. These often have to do with specific dynamics and qualities that impact how they relate and communicate from day to day. When these are absent or lacking in some way, it can point to a union that continues due to convenience rather than emotional, spiritual, and

physical attachment. Here's some [relationship advice](#) that will help you classify your relationship as convenient or sent from Cupid.

## **Expert Relationship Advice On How To Tell If You're In A Relationship Out Of Convenience**

**1. You decided to marry because of your age, a desire for children, and/or social pressure to do so.** People get married for many different reasons that can include peer or family pressure, age, a desire for children, practical concerns involving money and lifestyle, and/or a fear of being alone or never finding someone as good as one's partner. All of these are more about convenience than emotional attachment and love—even though both can be and are present in many relationships. If relationship problems, such as missing emotional attachment exist, couples often find that over time they feel restless, unfulfilled, and bored. These are major contributors to increasing alienation and emotional and physical infidelity because they may seek to meet their emotional needs outside of the relationship.

**2. Your daily lives are more parallel than intertwined.** This is when two people live essentially as roommates—sharing household responsibilities and interacting when needs or issues arise that require them to do so. As a relationship expert, I see that these couples may share coffee or the occasional meal, attend social and other events together, but they function as individuals rather than as a unit, lacking the cohesiveness and intimacy that is enjoyed by those with an intimate connection.

**Related Link:** [Celebrity News: Scott Disick Admits to 'Making Decisions That Weren't Great' About Kourtney Kardashian](#)

**3. Your conversations consist of topics related to scheduling, household coordination and or issues with finances, future planning and the children.** When all of your conversations are pragmatic and skin deep, there is something missing. It's that tone in your partner's voice, the sharing of feelings and desires, those discussions about nothing or everything during which you feel close and connected.

**4. You value the material and social benefits of your marriage over the relationship itself.** If someone were to ask you why you like being married, what would you say? Would your thoughts immediately go to your home, material possessions, nice vacations, social status, friend group, household help, financial security, and/or the ability to choose work over staying home? If so, the glue that holds you together may be one of practicality and security, rather than emotional and physical affection and attachment.

**5. You seek out others to meet your needs for friendship and companionship.** Do you feel lonely at home? Do you actively seek out friendship with others because you and your spouse don't share this? Do you hate date nights? Are double or group dates the only ones you go on? Marriage to the wrong person can be very lonely, even lonelier than being single, as many singles have strong social networks that sustain them and help meet their needs. However, if your marriage is more of an arrangement, you will be spending most of your free time with someone you feel little in common with and/or have little or no desire to interact with.

**Related Link:** [Celebrity News: Iggy Azalea Responds to Nick Young Alleged Cheating Scandal](#)

**6. Sex is rare or non-existent, and you see it as your duty.** Everyone's sex drive ebbs and flows over the course of a long-term relationship. We can't sustain the initial excitement and highs we experienced when it was new, nor should we expect to. However, when we have an emotional

connection with someone there is a desire for closeness, touch, and yes, sex. We also want to meet that other person's intimacy needs and therefore it doesn't feel like a chore. If it does, something critical is missing.

**Related Link:** [Celebrity Couple News: Faith Hill & Tim McGraw Share Steamy Kiss at AMC Awards](#)

**7. A slippery slope—using alcohol to escape.** If you feel the need to numb yourself, find ways to get distance, and/or use alcohol or other substances to escape your day to day reality—your relationship is in trouble. When we feel connected to our partner we seek more closeness. The sound of their voice, that feeling we have when they walk in the room, that little thrill we feel when they reach out and offer a hug or a caress are all signs that a relationship is strong and that the intimate connection is there.

If the above signs resonate with you—you have a choice to make. You can choose to continue in a union that satisfies your needs for comfort, predictability and security; or you can ask your partner to sit down with you and have that long overdue talk about how you are both feeling and how the relationship is or is not meeting your intimacy needs. This conversation would be an ice breaker and only the beginning of more discussion about what each of you wants that you aren't getting from one another and from your relationship. From there, my relationship advice is to establish goals and identify resources to help you work and grow together as a team. This would require a willingness to be open and vulnerable, and seeking out professional help may be essential to helping you get and stay on track. Success will rest on the strength of your joint commitment and ability to make the relationship one of your top priorities.

*[Toni Coleman](#), LCSW, CMC is an internationally known psychotherapist, relationship coach, and founder of consummate relationship coaching. As a recognized expert, Ms.*

*Coleman is the featured relationship coach in The Business and Practice of Coaching, (Norton, September 2005.) In addition, she authored the forward for Winning Points with the Woman in your Life, One Touchdown at a Time, (Simon and Schuster, November 2005.) among many other achievements.*

*For more information about and articles by our Hope After Divorce relationship experts, click [here](#).*

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## **Expert Dating Advice: What Men Want & Why They Cheat**



On this week's episode of [Single in Stiletto](#)s, founder and matchmaker Suzanne Oshima turns the conversation over to relationship expert and author of "The Problem With Women...is Men," Charles J. Orlando to talk expert [dating advice](#) about none other than men, what they want, and why they cheat.

## **Dating Advice On What Men Want & Why They Cheat**

Men want women who are confident, intelligent, energetic, honest, and supportive. Men respond to women who bring confidence to the table, but that is not to be mistaken with being a bitch. "Confidence is knowing who you are, it's knowing where you're going, and it's knowing who's going with you," Orlando said. He also wants someone he can talk with, not talk at. Sometimes a woman's intelligence can be

troublesome to men if it's greater than his own. When women are smarter men have to be comfortable with that. Some men don't know their place as anything other than being a protector/provider, so it forces them to find their new masculine. But Orlando did note, a man doesn't open a door for a woman because he thinks she's incapable, he opens the door because he values you. Men also want someone who is energetic and spontaneous, so Orlando's dating advice is to bring excitement to the relationship. He wants these things to remain throughout the relationship. Spontaneity is often the first to go, Orlando said, but men want to keep it.

**Related Link:** [Dating Advice: Get Inspired by Childhood Fun](#)

Men cheat for a variety of reasons, but Orlando said, "before physical act of betrayal, the relationship has already broken down." There is something missing in the relationship even before the inception of an affair. But what is it exactly that compels men to cheat? One, the opportunity to have sex without getting caught, which also caters to physical/sexual gratification that is emotionally detached. Two, he wants to have sexual variety. He's curious about being with someone he found physically attractive. Three, for the thrill of the chase. He misses that challenge and wants to know he's still got it. And finally, the desire to feel important or feel special. He wanted a ego boost because he wasn't getting it at home. "For any wife who won't there's a neighbor who will," Orlando said.

**Related Link:** [Relationship Advice: 4 Ways to Break Up With Your In The Nicest Way Possible](#)

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# Dating Advice Q&A: Is He Hiding Something When He Turns His Phone Off?



*Question from Charlie S.: I've noticed that my boyfriend turns his phone off at random times – during a lunch date in the middle of the week, during a Sunday night football game, etc. Should I be worried that he's hiding something from me? What's the best way to ask him about it?*

If that moment when he locks his phone and slides it in his pocket is unsettling, leave it up to the relationship experts who have [dating advice](#) that may provide some comfort.

## Dating Advice: Is He Hiding Something?

[Suzanne K. Oshima, Matchmaker](#): Try not to jump to negative conclusions about your boyfriend turning off his phone. Did you ever think that maybe he just wants to enjoy watching the game or lunch without constant interruptions with phone calls and texts from people? Believe it or not, there are some people who aren't as attached to their phone and need it on 24/7. So, unless you're seeing any other red flags or have any other relationship problems that seem like he's hiding something from you, then I highly recommend giving your boyfriend the benefit of the doubt. Because a sure fire way to kill a great relationship is to accuse him of doing something he's not.

**Related Link:** [Relationship Advice: How and Where to Meet Men](#)

[Paige Wyatt, Reality TV Star](#): When your guy is turning off his phone at random times it most likely means he'd like to unplug and enjoy his time without a phone buzzing in his pocket. If he is turning off his phone during dates or quality time with you it means he wants to be with you without distraction, and that is great! If he was hiding something from you, he would be turning his phone off around you all of the time, not randomly!

**Related Link:** [Dating Advice: Is Spring the Time For a New Fling?](#)

[Robert Manni, Guy's Guy](#): I suggest asking yourself why you believe your boyfriend's turning off his phone is a problem or a sign he is attempting to hide something. Many women would be thrilled if their boyfriend shut his phone off when he's with them. That usually means he is paying attention and more available for conversation. You may have trust issues with your boyfriend and believe his turning his phone off is to shield himself from other women contacting him when he's with you. If so, my dating advice is to simply ask him why he turns his phone off. How you gauge his answer will either assuage your concerns or bring the issue to the surface. You be the judge. Good luck.

*To find out more about our three dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

**What's your best piece of dating advice when it comes to your partner turning off his phone? Share in the comments below!**

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# Relationship Advice: How and Where To Meet Men



On this week's [Single in Stilettos](#) video, matchmaker Suzanne Oshima and dating expert Marni Kinrys give [relationship advice](#) on how and where to meet the man of your dreams.

## Relationship Advice On How To Meet 'The One'

Meeting 'the one' can seem like an impossible task, but this expert love advice will have you dating someone new in no time. To start, the experts say that you have to put yourself out there. Having a social life requires work and effort. Delegate one day a week where you will do something that will put you in a position to meet a man. Whether that be having a dinner party for singles, going to a bar, going to a singles event, joining a running club for singles, or online dating, there are so many places to meet someone new.

**Related Link:** [Expert Dating Advice On How To Handle Dating A Player](#)

Remember, it's important to be active and do more than two things to meet someone. Men (and women) are everywhere, it's just a matter of opening your eyes and looking around. Women: Don't be afraid to approach a man and just say hi. If he's interested, he'll take the lead from there. The biggest confusion and misconception is that people don't want to be

approached.t

**Related Link:** [Expert Dating Advice On How To Flirt With Men](#)

You can even start a conversation with someone on the subway or at the grocery store. Just opening yourself up to any and all opportunities will help you find the man of your dreams. Follow this relationship advice, because the only way you can have people in your life, is to be open to it.

*For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).*

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**How and where did you meet the man of your dreams? Tell us in the comments below!**

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## **Relationship Advice: What NOT To Do When You're Upset With Your Partner's Weight**



By Toni Coleman, LCSW, CMC for [Divorce Support Center](#)

What do celebrities like [Oprah Winfrey](#), [Britney Spears](#), [Mariah Carey](#) and [Christina Aguilera](#) have in common? They are all beautiful, talented women who have faced public scrutiny as they struggled with their weight. As people age, many struggle with their weight. It seems that between the stress, lack of time and energy, competing work and family demands, poor food

choices and eating on the run, a healthy lifestyle often ends up at or near the bottom of many people's priority lists. This behavior can then be exacerbated when significant others, family and/or friends attribute the problem to the individual's apathy, lack of motivation or discipline, or an unwillingness or inability to make better choices. All of these assume something negative—which is not only unhelpful, it often leads to a continuing downward spiral. If your partner is not taking care of himself or herself, you may have fallen into using one or more of the following counterproductive strategies. If so, it is time to find positive and healthy ways to offer the support and encouragement your partner needs especially from you with a little [relationship advice](#)!

## **Relationship Advice: What Not To Do About Your Partner's Weight**

**1. Telling them how great they would look if they were thinner.** When someone is carrying too much weight, they are well aware of it. In fact many people, especially women, feel badly about themselves because of it. It isn't useful for them to hear how much better they would look without those extra 20 pounds; it only makes them feel worse as it reminds them that you are very aware and thinking about it. Even though this might seem counterintuitive, what you should do instead is offer compliments on their hair, outfit, how hot they look at that moment, or anything about their appearance that you find attractive. By doing so, you will help lift their spirits and sense of self, and offer them something positive to focus on, which will encourage and support them in taking their next steps towards a healthier lifestyle and weight.

**2. Making 'useful' suggestions for what, when, and how much they should eat.** "Useful" suggestions are often badly veiled attempts to control and manipulate someone's behavior. They

can lead to a dynamic where one partner nags the other with their constant stream of suggestions, which then leads to feelings of anger and resentment that get expressed through their partner acting out, usually in the form of eating more of the unhealthiest food they can find. Dating tip: What you should do instead is be a good role model for your spouse. As a relationship expert, I think that you should make good choices for yourself in what and how much you eat. You can suggest (not push or insist) a date night where you do some meal planning, shopping and cooking together, while remaining open to their input and suggestions. Cooking several meals a week at home is a great start, as you will be eating healthier because the meals are made from fresh, whole ingredients. Taking good care of yourself will result in a happier, healthier, and more attractive you—this is what your partner will notice and want for himself or herself.

**Related Link:** [Relationship Advice: 10 Tips for Couples 'From the Energies of Love'](#)

**3. Signing them up for a gym membership when they didn't request one.** It's likely they will repay your investment of money and effort by never using it. No one likes to be managed or to feel coerced or guilt-tripped into anything. The result is that it kills all motivation instead of encouraging it. If you enjoy working out—go to the gym or participate in a physical activity or sport. Definitely ask your partner if they would like to join you for a walk, a hike, to walk the dog, or any activity that you do that you would enjoy sharing with them. If they do express an interest in taking a class or joining a gym, ask them if they would like company. When we have a buddy, we are more likely to follow through and it is more fun. The key here is to listen to them and let them initiate, then you can jump in with an offer of support and companionship.

**4. Commenting on how good someone looks since they lost all that weight.** Adolescents sometimes do this in order to get

someone to act out of jealousy; teachers of young children also use this as a way to motivate their other students to do the same and earn some of that praise. But feelings of jealousy, competitiveness, and/or insecurity are not effective motivators for adults who want to make lasting behavior changes. All this does is pile on their already present feelings of insecurity and self-disgust, which leaves them feeling less lovable and more unworthy of their relationship. When you are having a down day and don't feel good about yourself, do you find your motivation and enthusiasm to be higher than when you are having a good day? I didn't think so. A simple way to keep these kinds of comments in check is to ask yourself how you would feel if your partner used the same approach in their attempt to motivate you into action.

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**5. Bringing home their “trigger foods” because they aren't a problem for you.** Here's another instance in which it is useful to ask yourself how you would feel if you could not consume something due to a medical or other condition, yet your partner frequently brought it home and consumed it in front of you. It would probably feel as though they were unconcerned or unaware of your feelings. You would also be confronted with more temptation, which could lead to feelings of deprivation and resentment. If this were the case how might you act? Would you sneak the food when your partner wasn't looking? Would you seethe quietly and want to find some other way to act out, or just withdraw and feel worse about yourself? Whatever your response, it's likely it would be a negative one. Therefore, loving and concerned partners need to be aware of how their behavior can impact their spouse and then be willing to make adjustments to help create a more supportive and helpful environment. After all, if a partner can stick with their goal and make those necessary lifestyle changes, it's a win-win.

**6. Sending mixed messages by voicing concern, then encouraging**

**noncompliance.** This is a classic scenario where a spouse who is upset about their partner's weight or alcohol consumption places them in situations that lead to them consuming unhealthy food, overeating, and/or drinking to excess. It's as though the partner sends a strong message to them to maintain discipline and healthy habits, then sets them up by insisting they join them in activities with people and in places that will surely sabotage their efforts. When this happens, some partners even say things like, "it's okay this one time," or "you are not as much fun as you used to be," when their partner is trying to abstain from certain food or drink. A driving factor behind this scenario is that the partner doesn't want to be deprived just because their significant other has an issue. They want them to deal with their issue, but not if it means they have to sacrifice something as well. Could this be you?

**7. Withdrawing affection and sex because you are angry at their weight gain.** Negative reinforcement rarely works. It has been demonstrated repeatedly to be an ineffective motivator. If you withdraw your affection, it will lead to them feeling unattractive and unlovable, which often leads to a sense of hopelessness and despair. My relationship advice is to stay engaged, show affection, offer positive and caring feedback, and remind them of all the ways they are special and important to you. This will help to energize and motivate them to do more and do it better. A belief in one's own abilities encourages us to reach beyond our fears in pursuit of our goals.

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If your partner is struggling with an unhealthy lifestyle and carrying extra weight, a loving and supportive environment will be important if they are to make any significant and lasting changes. The tone you set, the words you choose and the attitude you take towards them will play an important role



in their success or failure. You cannot do it for them, nor can you threaten, cajole, intimidate, or guilt-trip them into being who you think they should be. They have to want it and work for it. But having you as their partner in success, celebrating their good choices and big steps along the way will help ensure they never feel alone.

**Have a tip for how you and your partner powered through weight struggles together? Share in the comments below!**

*For more information about and articles by our Hope After Divorce relationship experts, click [here](#).*

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## **Expert Dating Advice: Three Signs He Is Unavailable**



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks about the language of love with relationship expert Nicole Moore who provides [dating advice](#) on the three defining ways men show you that they are unavailable for a relationship.

## **Expert Dating Advice: Three Signs He is Unavailable**

Similar to many readers, relationship problems are not foreign to the dating experts. For Moore, to solve her own woes and to provide others with dating advice, she developed a knack for

love. “After enough pain, I got fed up and thought ‘I’m going to figure out how to make love work’ and I devoted my life to learning about love, how to love well and I figured out love is skill like anything else. It’s a learnable skill,” the expert shares. “When you know how to do the skill of love right you can have an amazing loving relationship.” Here are three signs that the guy you’re in to just isn’t available.

**1. He tells you.** If he says he isn’t looking for a relationship, or work is his priority, or his profile states that he’s just looking for friends and fun, take the hint. Regardless of these overt cues, women think he will commit to a loving relationship with them. “Look at what he is saying rather than what you are desiring or the fantasy that you made up in your mind,” Moore says. Pay attention to him and the way he talks about relationships; if he shows any of the signs above, it is very unlikely that man is available to you for a relationship.

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**2. Is he present?** When you’re with him what’s his energy like? Is it focused on you? Is he uncomfortable? Is he looking around, checking his phone and making you feel as if he isn’t fully with you? “The reason people aren’t present on the deeper level is because there is stuff inside of them they haven’t dealt with yet. They can’t hang out in their body, they have to go to their heads,” Moore says. Dating tip: Once he faces enough of his inner demons, he’ll make you feel like you’re the only two in the room and he’s ready to make the two of you a happy item.

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**3. How does he talk about women in general?** If he talks negatively about women or talks negatively about his acts in

the past he's not ready for you yet. He is either not over his exes or could have preconceived notions of women that are unfavorable and these two factors will prevent him from giving himself to you fully or at all. "He's going to hold himself back because he's actually afraid that women are going to hurt him," Moore reveals.

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