

# Expert Dating Advice About Why You Shouldn't Give Up on Finding the Right Man



**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette



**David Steele**  
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Relationship Coaching Institute

On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to dating expert and family therapist David Steele about why you shouldn't give up on finding the right relationship and love.

## Dating Experts Encourage You to Keep Looking for Mr. Right

According to this expert [dating advice](#), you shouldn't let your frustration and anger discourage you. Steele shares three important tips:

**1. Believe in yourself:** “Believe that you are wonderful, that you deserve to love and be loved, and that there’s the perfect person out there for you,” he explains. “You have to believe that.” Remember that, while you’re looking for your soul mate, they’re also looking for you.

**Related Link:** [Expert Dating Advice: Top Four Places to Meet Mr. Right](#)

**2. Practice conscious dating:** That means being aware of who you are and what you want and then using dating strategies to get your ideal relationship and love. “It can feel like finding a needle in a haystack, but it doesn’t have to,” says the dating expert, who met his wife in just three months (after 200 dates!). Say no to everyone who isn’t the right fit for you.

**Related Link:** [Relationship Advice: How to Get Engaged in a Year](#)

**3. Be the chooser:** Make the choice that is right for you. If you don’t see a future with someone, don’t say yes to that second date!

Watch the video above for more great expert dating advice!

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

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**Got any tips for someone ready to give up on their search for The One? Tell us in the comments below!**

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# Celebrity Couple Predictions: Katie Holmes, Gigi Hadid and Miranda Lambert



By [Shoshi](#)

If you're looking for the latest celebrity news on Hollywood romances, you've come to the right place! Below, I consider the future of three new [celebrity couples](#).

## Shoshi's Predictions For These Celebrity Couples

**Katie Holmes and Jamie Foxx:** If you believe the media, Foxx

and Holmes are secretly in love with each other. The thought of that makes me giggle. I always think that Tom Cruise has sent Foxx in to be his spy to find out what Suri is up to. While they would be a weird couple, it could also work. Foxx has always been tight lipped about who he's dating and Holmes never reveals if she's dating anyone. Both of them seem to spend more time with their children than anyone else. Could they be the perfect pair? I don't see Holmes and Foxx in a steady relationship. However, I do see friends with benefits. They're both sexy and single. Why not participate in some extracurricular activities from time to time? Don't believe the media hype, but just know that we'll be the last to know if they are officially a couple. Neither of them are going to talk.

**Related Link:** [Celebrity News: Jamie Foxx Celebrates 48th Birthday with Katie Holmes](#)

**Gigi Hadid and Zayn Malik:** All media eyes are on model and personality Gigi Hadid and former One Direction singer, Zayn Malik. It even looks like they spent New Year's Eve together. At least, that's what their photos would lead us to believe. Isn't that what "couples" do? With all of the time they've been spending together, we should file them in the couple category. At least for now. Hadid has the attention span of a gnat when it comes to her relationships and love. She is fickle, but she's perfectly entitled to be that way. She's young, hot, and figuring it all out. If I were her, I would do the same thing. This relationship will run its course soon enough. Hadid doesn't have time for a serious relationship since she tends to be busy modeling and hanging with the Jenner's. Right now she's having fun causing a stir on Instagram with Malik. Guess they don't have anything else better to do.

**Related Link:** [New Celebrity Couple Alert! Gigi Hadid & Zayn Malik Are Dating](#)

**Miranda Lambert and Anderson East:** We all know that Blake Shelton is currently dating Gwen Stefani. But it looks like his ex, Miranda Lambert, is now seeing Anderson East. A photo on Instagram captured the two of them cuddling with the caption, "The snuggle is real." As if we needed the clarification. Just who is this Anderson East? A rhythm and blues singer from Alabama. I had never heard of him until Lambert's selfie. By the looks of it, this new relationship is the most interesting thing about him. When I look at this new celebrity couple, I don't see much to the fling. I predict the main reason that she's seeing him is to keep up with Blake and Gwen. The celebrity exes are playing a game of who can move on quicker. The media is falling in love with *The Voice* co-stars as they go on adventures around the globe. The last thing Lambert wants is to look pitiful and brokenhearted. Blake is all over the place having fun, it's time for her to start posting her own "moving on" pictures. That's not to say that she isn't generally into East, I'm just not fooled by her calculated move. Lambert will move on when she finds someone better. If the rumors about her are true, East shouldn't get to attached to her. As soon as someone better comes along Lambert will move on.

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

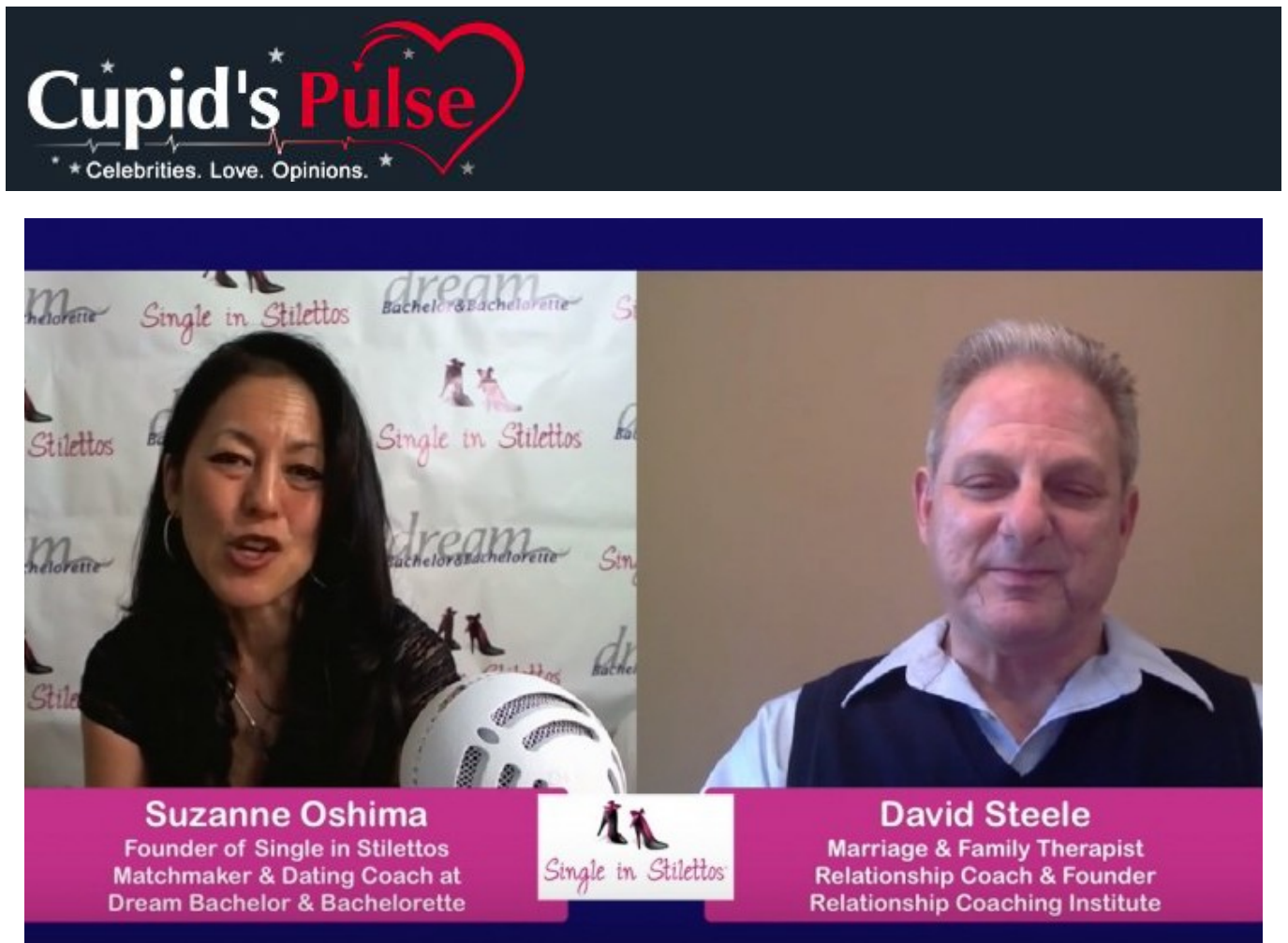
**What celebrity couples do you want to see predictions for next? Tell us in the comments below!**

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**Dating      Advice:      How      To  
Approach      A      Man      Without**



# Seeming Desperate



On this week's Single in Stilettos [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt Adams about how to approach a man without seeming desperate.

## Dating Advice On Making The First Move

If you're single and looking for your next relationship and love, then you know how hard it can be to approach a man without appearing desperate. Desperation is about neediness and we all know that isn't attractive. Check out the expert dating advice tips below on how to approach a man.

**1. Give value.** Dating experts reveal that you need to have the

mindset that you need to give the guy something. The first step to approaching a man is to bring something to the table, like being funny or having something interesting to say.

**Related Link:** [Dating Experts Reveal How to Attract the Right Man](#)

**2. Compliments.** Give out sincere compliments, because men love them and it feeds their ego. Again, you want to give the man good feelings.

**Related Link:** [Relationship Advice: How To Get Engaged In A Year!](#)

**3. Social touching.** Don't be afraid to touch him. Touching is the next phase of acceptance, so if you touch his forearm, it lets a guy know that you're accepting him into your space. Maybe even touch his triceps and compliment his strength.

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

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**What's your advice on approaching a man without seeming desperate? Tell us in the comments below!**

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## **What Can We Learn From Celebrity Divorces?**



By [Project Soulmate](#)'s Business Director Samantha Cohen. Contributors: *Project Soulmate Matchmakers* and *BRAVO TV's Love Brokers* Lori Zaslow and Jennifer Zucher

From [Jennifer Aniston](#) and Brad Pitt to Jennifer Garner and [Ben Affleck](#), we have seen many of our favorite Hollywood couples unexpectedly split. The reason for their [celebrity divorces](#) may vary, but many of the underlying issues are the same. While celebrities may seem to have a perfect relationship and love to an outsider, they all deal with real-life marital issues and temptations like everyone else. The main difference is that they're constantly being dissected by the media and have pressure to maintain a certain image. Keep reading for our relationship advice on what these celebrity divorces can teach you.



# Relationship Advice: What Celebrity Divorces Can Teach You

It's no secret that marriage is work. As we go through life's obstacles our relationships often turn into an emotional roller coaster, full of highs and lows. As a result, we like to turn to celebrity couples to give us hope for a perfect, flawless relationship. But the truth of the matter is that we're being deceived by the media portraying a perfect couple and celebrities are really just like us. Over the years, we have seen our favorite Hollywood couples crumble as they're forced to deal with real life marital issues such as infidelity, deceit, neglect and hardships. The main difference between celebrities and the average person is that they're forced to deal with their divorces in a very public manner where all of the details of their divorce become public knowledge. This can be detrimental for their kids, family, friends and of course, their image.

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

So the question remains: What can we learn from celebrity divorces? The answer is simple. We can learn that celebrities are just like us and that there's no such thing as a perfect marriage. Instead of looking at celebrity couples as a goal for your marriage, you should focus on improving the issues in your own love life. Because the truth is that there's no perfect relationship and every partnership has its own unique struggles. While you may admire or even envy your favorite celebrity couple like Kim and Kanye, you need to realize that a relationship isn't always as perfect as it may seem from the outside. You don't want to set unrealistic expectations of a perfect marriage based on a façade.

Just like your favorite celebrities are altered to look skinny and flawless, their lives and relationships are often attuned

in the public eye to look perfect. But the truth is there's no such thing as perfection, and every person and relationship has its flaws. And while life's bumpy ride may bring couples closer together, sometimes there's no other route but divorce and moving on. It can be hard to watch your favorite Hollywood couples fall apart, but one of the benefits of celebrity divorce is that the stigma that was once attached to ending your marriage has nearly disappeared. And celebrity couples that have made the move to publicly get divorced could be the influencing factor that gives someone the strength to move on from their unhealthy marriage and get a divorce.

**Related Link:** [Expert Dating Advice: How to Get Over "The Little Things"](#)

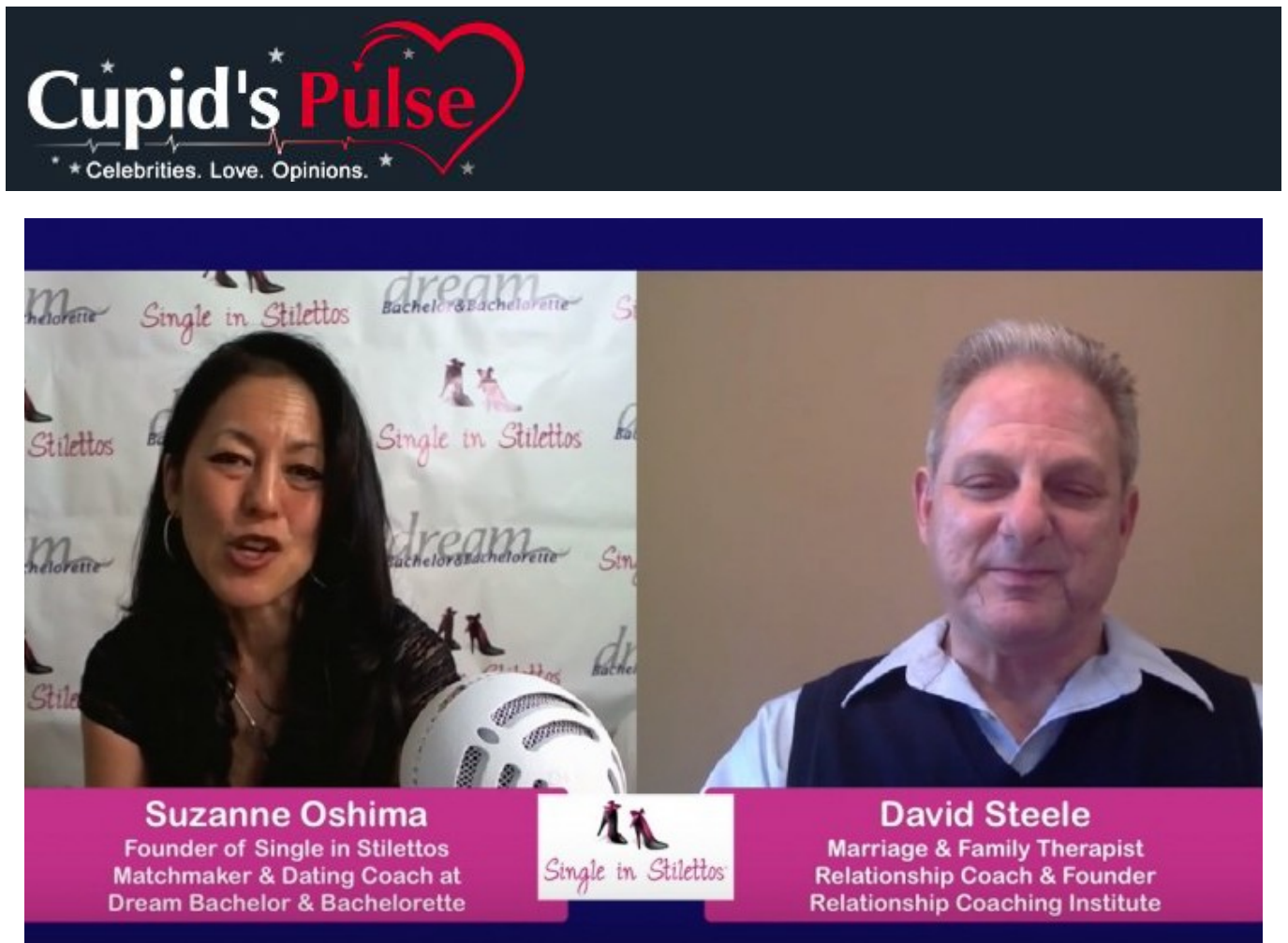
Celebrities, just like you and me, aren't exempt from the struggles in life and maintaining relationships. And when they're able to move on from marital issues, despite the fact that they might be judged or criticized by the media, they become good role models. Maybe then we'll be able to find the strength to do what will make us happiest in the long run.

*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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## **Relationship Advice: Why Your Dating New Year's Resolutions**

# Fail



By Toni Coleman, LCSW

Once again it's time for that honored tradition of setting and then breaking our New Year's resolutions. Year after year we tell ourselves that this time it will be different; then armed with a renewed feeling of determination and optimism, we prepare to say goodbye to our bad habits, unhealthy lifestyle choices, and/or dead end job or even our relationship and love. Then at the beginning of February, we find that much of our resolve has been replaced with a feeling of defeat and a resignation that our life probably won't ever be what we want it to be. As a relationship expert, I know it's hard when your dating goals aren't met. Keep reading for my [relationship advice](#) on why you're dating New Year's resolutions are failing and what to do about it.

# Relationship Advice On Your New Year's Dating Resolutions

**1. Avoid the number one reason for failed resolutions.** Essentially we set ourselves up for failure every year. We do this by setting unrealistic goals, having too many goals, and not having a concrete and reasonable plan for how we will work toward them. This especially happens in the dating world. When we don't make any progress, our self-esteem and confidence take a hit, we feel defeated, and we abandon our plans. Our defeat contributes to a belief that this goal is just not possible for us, and if we do this year after year it becomes a self-fulfilling prophecy.

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

**2. Set a maximum of one or two achievable goals.** These don't have to be major goals; they can be smaller objectives that will lead to bigger changes that can happen further down the road. By approaching change in small and manageable steps, you will help ensure your success, which will provide you with continued motivation and a boost of self-esteem along the way. It's also important to think about your core need or desire—in other words, what is the key problem or desired change you want to address. By correctly identifying this and tackling it first, you will find that most other issues you think require a separate resolution are connected to the core need, and will be impacted by addressing it.

**3. Write down how and when you will take your action steps.** Unless you have a concrete plan for working on your resolutions, they will not get acted on. Your calendar contains a record of work obligations and tasks, social events, and other life priorities so you won't neglect or forget them. Can you imagine what would happen if you never wrote anything down? Many things would slip through the

cracks, and you would be hopelessly off track. The same problem presents itself when you make an agreement with yourself to work on a resolution—if it isn't put into your schedule, it simply won't happen. My dating advice is to set small goals like making an online dating profile, going on three dates, etc.

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

**4. If a goal proves unrealistic or unattainable, tweak it until it works.** This seems to be a hard one for many people as they equate stepping back with failure. However, this is no different from when you are involved with any project that presents unforeseen issues or challenges and requires you to make adjustments and changes along the way. If you are cutting a piece of wood for a home repair project and find it is too long or short, you will either have to shorten it or start with a new piece. If you are completing a work document and find omissions or errors, you go back and change, correct and/or delete until it is correct. Applying this same approach to achieving a resolution will work in much the same way, keeping you engaged until you are satisfied with the outcome.

**5. Celebrate every small win—this keeps momentum going.** It's hard to sustain ourselves through long, dry spells when we aren't receiving any feedback on our investment of time and energy. This is why using short-term objectives as building blocks to success is a great way to keep up the momentum. If you resolve to lose 5 pounds over 3-4 weeks as opposed to losing 40 pounds over 6-8 months, you increase your chance of success. At the end of those few weeks, you can congratulate yourself on achieving that first objective and get a boost to your self-esteem, which will help you to remain positive and more confident that you can continue achieving your ideal weight.

**Related Link:** [Relationship Advice: 5 Questions To Ask Yourself](#)



## [Before Saying "I Do"](#)

The people who are successful at realizing their New Year's resolutions do not have more self-control or discipline than you. They don't succeed because they are lucky, and many or most aren't blessed with more resources or a special talent that gives them an edge. What they do have is a clear and strong desire for change, a written and well thought out plan, and a willingness to be flexible with their process and open to making adjustments along the way. My relationship advice is to do the same thing.

*[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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# Relationship Advice Video: Dating After a Divorce or Break-Up





On this week's [Single in Stilettos relationship advice](#) video, matchmaker Suzanne Oshima talks to My Own Diva founder Marianne Jordan about looking for love after a divorce or break-up. Jordan knows about this challenge from first-hand experience: She married when she was 26-years-old and found herself divorced in her early 30s. The dating expert launched her company when she realized there was no support for younger women dealing with the end of marriage, and now, My Own Diva also caters to those going through a tough break-up or the loss of a loved one.

## Post-Divorce Relationship Advice

**Related Link:** [Looking for Love? 5 Things That Belong on Your Must-Have List](#)

Here are some of the love advice questions Jordan answers in the video above: How long should you wait after a divorce to look for a new relationship and love? How hard is it to take that first step into the dating world? And what do you do if you get scared? Plus, she reveals her five best tips for how to open up your heart again.

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

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What is your best love advice for someone dating after divorce? Tell us in the comments below!

# Relationship Advice: 10 Holiday Date Ideas For Long Time Couples

A video call interface showing two participants. On the left is Suzanne Oshima, a woman with long dark hair, wearing a black top. On the right is David Steele, a man with short grey hair, wearing a light blue shirt and a dark blue vest. The background behind Suzanne is a white banner with logos for "Single in Stilettos" and "Dream Bachelor & Bachelorette".

**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette



**David Steele**  
Marriage & Family Therapist  
Relationship Coach & Founder  
Relationship Coaching Institute

By [David Wygant](#)

Ho ho ho, merry Christmas...politically incorrect as that might be. To tell you the truth, I miss the days when Rudolph and Santa reigned and everybody wasn't as PC by saying "happy holidays," but it's the perfect season to put the focus back on your relationship and love. Even though the magic might be fading in your LTR, I have some great date ideas and [relationship advice](#) that will wake up the romance and bring the naughty and nice back into your sleepy, long term relationship.

## Relationship Advice For The Holiday Season

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

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

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

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

reminisce and remember how great things are and can be.

**4. Bedtime stories.** Read him a Christmas bedtime story and it'll remind you just how magical the night can be. Couples need to reconnect, and when you reconnect to your youth, you reconnect to easy feelings of when things were fun and open.

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

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

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

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

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

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

**9. Get a Charlie Brown Christmas tree and bring it over to her**



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

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

*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 dating advice from David, click [here](#).*

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## Dating Experts Reveal How to Attract the Right Man





On this week's [Single in Stilettos](#) expert dating advice video, matchmaker Suzanne Oshima and dating expert Nicole Moore discuss how to attract the right man and find a lasting relationship and love.

## Expert Dating Advice to Meet Someone Special

If you're ready to meet The One, consider these three pieces of [dating advice](#):

**1. You have to stop hating men:** Grab a friend or a journal and clear out all of the negative thoughts in your head. Remember that "good men really want women who love men because that makes them feel safe," Moore says.

**Related Link:** [Five Ways to Get His Undivided Attention](#)

**2. You must have confidence:** Every single man wants confidence in a partner. "When you're confident in yourself, he's going to trust that he's making a good choice in you," she shares. "And men want to make a good decision. They hate to fail!" To

channel your inner confidence, make a list of 30 reasons why you're a great catch.

**Related Link:** [Celebrity Couples: What True Love Looks Like](#)

**3. Believe that you can attract the right guy:** "It doesn't matter what the dating field is; it matters what *you* want," Moore says. "Hold in your mind, 'I'm the woman who only attracts high-quality men.'" Be firm and strong in that positioning.

As the dating expert explains, "I believe love is a skill, and if you learn it, you can really make it work well." We couldn't agree more!

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

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**What is your best dating advice to attract the right man? Tell us in the comments below!**

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## **Dating Advice Q&A: How Harmless Is Sending Pictures Via Text?**





*Question from Carolynn R.: I've been texting this guy, and he's really nice, but he keeps asking me for pictures – not nude pictures, just pictures. It seems a bit weird to me, and I don't know if this means he's going to ask for more revealing ones in the future. Am I just being paranoid, or is this as weird as I think it is?*

Keep reading to see what [dating advice](#) the relationship experts had for Carolynn!

## **Dating Advice: When Is It Okay To Send Pictures?**

[Suzanne K. Oshima, Matchmaker](#): If you don't feel comfortable sending him photos via text, then just tell him to friend you on Facebook where there are a lot of great photos of you. If he still keeps pressuring you to send photos and he takes it one step further where he asks you to send him nude photos of yourself, then just remember you have choice. Don't let him pressure you into doing something that you don't want to do. No matter how nice he is, if he keeps up the pressure to

send nude photos, my dating advice is to move on, because it's obvious he's only interested in one thing.

**Related Link:** [Dating Advice Q&A: How Do I Tell My Friend She Shares Too Much About Her Relationship And Love On Instagram?](#)

Paige Wyatt, Reality TV Star: When a guy asks you to send him photos of you, revealing or not, you should know that he's very interested in your looks and maybe only your looks. If a guy asks for one or two photos of you, it may be his harmless way of wanting to put a face to the person texting him. If he is constantly asking for photos of you, he may only be interested in your looks instead of forming a relationship and love. If you really like him, my relationship advice is to tell him to add you on Facebook and creep on photos there!

**Related Link:** [Love Advice Q&A: How Do I Show My Interest In Someone Online?](#)

[Robert Manni, Guy's Guy](#): Without knowing for sure the kind of photos your guy is asking for, my guess is that he is most likely seeking provocative pics of you, not the ones you share on Facebook and Instagram. If so, you need to decide if this is something you're comfortable with. In the interim, I suggest spending more actual face time with him versus FaceTime, to get a better sense of his true character and intentions. If he is more interested in photos of you than being with you, that, of course is a problem and reason to move on. 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@cupidpulse.com](mailto:cupid@cupidpulse.com).*

**Do you think it's appropriate to send pictures via text? Share your dating advice with us in the comments below!**



# Relationship Advice: 5 Questions To Ask Yourself Before Saying “I Do”



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

In light of John Legend and Chrissy Teigen’s exciting pregnancy announcement, I couldn’t help but take a look at when John knew he was ready to propose. In an interview with Oprah, the gushing celebrity couple gave the inside scoop on their relationship and love and John recounted exactly how he knew it was the right time to propose. Check out the [relationship advice](#) below for what questions you should ask

yourself to see if you're ready for your man to put a ring on it and start a life of bliss together.

**Related Link:** [Celebrity Pregnancy: John Legend Says He's Always Been Attracted to Pregnant Women](#)

## **Dating Expert Shares Relationship Advice On What To Ask Yourself Before Saying "I Do"**

**1. Do you love him?** First and foremost, it's important to be honest with yourself and your significant other about your feelings in the relationship. Remember that being in love doesn't mean you think he is perfect or you never fight. It does mean you're able to talk openly with him, care about his dreams and ambitions in addition to your own, and feel a deep connection with him emotionally, mentally, physically, and intellectually.

**Related Link:** [Relationship Advice On Finding True Love](#)

**2. Do you see yourself living with him?** After the big 'I do' comes getting a new roommate! Do you know if you're compatible with your man's living habits? While a dirty sock on the floor is nothing to freak out about, it's important to notice how he treats his space. It's best to know this *before* you move in together so you can talk about living preferences and make any necessary compromises. Also remember that moving in together means you'll be seeing a lot more of each other. Are you ready to see each other everyday when you wake up and every night when you go to sleep, or does it feel too early in the relationship to take that step?

**3. Do you want to spend forever with him?** He may feel like the love of your life right now, but do you see him in the picture years down the road? As a dating expert, I know that growth

and change are inevitable aspects of life. If you see yourself growing and changing with him, then you're headed in the right direction! It's important to talk about where you see yourselves in the future and make sure you want the same things.

**Related Link:** [Expert Love Advice: How To Tackle That Nagging Seven-Year Itch](#)

**4. Do you want to have kids with him?** Asking this question is a great way to decide whether or not you have a future together. Do you want this man to raise your sons and daughters? If you envision him by your side as you play with and teach your children, then you've got a good thing going.

**5. Does it feel like the right time or do you feel pressured?** In the interview with Oprah, John Legend said, "She didn't pressure me, she didn't say, you know, it's time to put a ring on it...I felt like 'it's time for us to put a ring on it.'" It's important that the two of you are thinking about marriage because you both *want* to get married. If one of you feels unhealthy pressure, whether it's from you, him, or your parents, then you need to think long and hard about whether it's something you really want.

**Related Link:** [Relationship Advice: How Do You Know When Prince Charming Is Actually Prince Alarming?](#)

Choosing whom you marry is a big decision. It's important to feel confident about your choice before you say yes. My relationship advice is to ask yourself these questions inspired by John Legend will help you decide whether to say yes to the love of your life or wait until you're more sure of your feelings.

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

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# Expert Dating Advice: How Do I Know If a Guy is Into Me?



By [Jared Sais](#)

*"I found out that a guy liked me, and I liked him too. I tried to talk to him more and set up a casual date, but he stopped responding. What gives?"*

As a relationship expert, I hear about this story happening a lot. It's like the person just vanishes. You thought they liked you back. You were talking a lot, and then suddenly, you never hear back from them. This phenomenon is called "ghosting," and the idea behind it is simple: It's easier to

ignore the situation instead of facing it head on.

**Related Link:** [Expert Love Advice: 10 Signs He's Just Not That Into You](#)

## Relationship Expert Shares His Thoughts on “Ghosting”

People ghost as a way to say they're not interested in you. It sucks, I know. It hurts, and you're left with a bad taste in your mouth. Things may even feel unresolved. I hope you take comfort in the fact you're not alone. People everywhere are wondering the same question. What the heck is going on?

Ghosting is the new way of saying, “It's not you; it's me.” Technology has been integrated into the dating world and the process of forming new relationships and love. Ghosting is how people are using (or not using) it to end their partnerships.

As part of my expert [dating advice](#), I've said before that people don't have the same social skills they used to. They text instead of talking face-to-face. I remember when texting was considered the “cheap way” to break-up with someone. Back then, someone would be so offended if you called it quits via text! Now it's standard, and ghosting is becoming less and less taboo.

So if the person just vanishes into the night with no response, chances are he's ghosting you and isn't interested in continuing what you already started. But why, right? You want answers!

**Related Link:** [Relationship Expert Talks About What's Wrong with Men in the Dating World](#)

The first thing that comes to mind is that they might have been dating other people at the same time and felt they had



more in common with the other person. A second possibility is that, while they aren't seeing someone else, they didn't feel that chemistry with you, causing them to ghost you. A third option – one that's very cliché but could be true – is that they're a workaholic and simply don't have time for a relationship. Regardless of why, they're ignoring you instead of being an adult about things and just talking to you.

Here's what you need to remember: If someone is truly interested in you, they'll want to see you, talk to you, and spend time with you. That's how you should be treated: with kindness and respect. How someone starts or ends a relationship shows a lot about their character. If someone is ghosting you, they probably aren't ready for anything serious. It's time to move on!

*[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a relationship expert in non-verbal communication, who specializes in dating advice about body language, micro-expressions, and lie deception.*

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## **Dating Advice for Women: Get Out of Your Dating Rut & Find the Right Man**





On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Marni Battista about how to get out of your dating rut and meet someone special.

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

## Follow This Dating Advice to Find the Right Man

The relationship experts believe that, if the same thing keeps happening in your search for a relationship and love, you need to look inward and make some changes. They discuss their best [dating advice](#) to help you do a dating cleanse and stop repeating the same negative patterns. Plus, they share how staying in your comfort zone can keep you single, why you need to go on at least three dates with someone before making a decision about them, and what the biggest turn-off is for men on a first date.

**Related Link:** [Get Back in the Dating Game This New Year](#)

Watch the video above for more great dating advice!

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

For more videos from [CupidsPulse.com](http://CupidsPulse.com), check out our [YouTube channel](#).

What is your best love advice to get out of a dating rut? Tell us in the comments below!

# Celebrity Couple Predictions: Gwen Stefani, Serena Williams and Nicole Scherzinger

A video call interface showing two participants. On the left is Suzanne Oshima, a woman with long dark hair, wearing a black top. On the right is David Steele, a man with short grey hair, wearing a light blue shirt and a dark blue vest. The background behind Suzanne is a white banner with logos for 'Single in Stilettos' and 'Dream Bachelor & Bachelorette'. A white microphone is visible in front of her. Below the video frames is a pink banner with white text identifying each person and their roles. In the center of the pink banner is a small logo for 'Single in Stilettos' featuring a high-heeled shoe and a silhouette of a couple.

**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette

**David Steele**  
Marriage & Family Therapist  
Relationship Coach & Founder  
Relationship Coaching Institute

By [Shoshi](#)

If you're looking for the latest celebrity news and romance rumors, you've come to the right place! Below, I consider the future of three [celebrity couples](#), two new pairs and one on-again, off-again duo.

## Get the Latest Celebrity News on Blake Shelton and Gwen Stefani

**Blake Shelton and Gwen Stefani**: When it was announced that Gwen Stefani and Gavin Rossdale were getting a celebrity divorce, it wasn't a big surprise. Throughout their marriage, there were cheating rumors on Rosedale's end – and where there's smoke, there tends to be fire. Good for Stefani for doing what she needed to do to get out of their marriage and get on with her life. Besides, she's as hot as ever; she will land another lover...which brings us to her new romance with Blake Shelton.

**Related Link:** [Gwen Stefani Drops New Music Video About Celebrity Divorce](#)

If ever someone needed to have fun after ending a marriage, it's the pop star. Looks like Shelton is the right partner in crime! I don't see this relationship and love as a long-lasting one though. It's simply two people coming together to heal as they put their marriages behind them. After Shelton, Stefani will move on to a new guy who is a little younger and wants to settle down.

**Serena Williams and Alexis Ohanian**: It seems like any man that the tennis star speaks to for more than five minutes gets the title of "boyfriend." Currently, that man is Alexis Ohanian, the co-founder of Reddit. Rumor has it that they were seen holding hands after one of her workouts. However, I have to ask: Is there even one photo of this celebrity

couple together? It'd be nice to have a little proof that they have been in the same room at the same time! Unfortunately, Williams tends to keep her personal life to herself, so it may a while before we get the true scoop on this pair.

This relationship looks like a casual one, though it could very easily turn out to be the real deal. They're both at the top of their field; they both have their own money; and they're both good-looking. It's a grand slam.

## **Shoshi's Prediction for Celebrity Exes Nicole Scherzinger and Lewis Hamilton**

**Nicole Scherzinger and Lewis Hamilton:** These two make one hot famous couple. When they walk a red carpet, people have to fan themselves. That being said, it's not all hearts and flowers between them. They have broken up and gotten back together so many times that they probably don't know which date to use as their anniversary.

**Related Link:** [Nicole Scherzinger and Lewis Hamilton Become Celebrity Exes Again](#)

Besides their six-year age difference, there seems to be a lot of physical distance. Scherzinger lives in Los Angeles, while Hamilton lives in Monaco. It's being said that the distance is causing a strain on the relationship and love. Plus, there's the fact that Hamilton won't marry Scherzinger. Put all of that together, and it screams *hot mess*.

One of them is going to have to put an end to all of the celebrity break-ups and make-ups. From what I see, it will have to be Scherzinger. It looks like they want different things from their relationship. If no one is willing to move to make this relationship work, it doesn't stand a chance.



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

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

## Expert Dating Advice: How to Rebound from a Solo Holiday Season



By Debbie Ceresa for [Divorce Support Center](#)

Does Christmas have you singing the blues? The holidays are supposed to be about good times with family, friends, and

traditions. Yet, many of us dredge up old feelings from divorce, job loss, money, or even the death of a beloved pet. December has more stimuli than other times of the year, sparking memories that are both happy and sad. The many holiday sounds, traditions, and smells take us down memory lane, but often that road runs two ways, lined with both cherished and painful memories of what once was part of our lives.

## Dating Advice for Rebounding From a Solo Holiday Season

While the sparkling lights, decorations, and songs may leave you with an emptiness that magnifies your new single status, here are three pieces of expert [dating advice](#) to help you avoid an unhealthy rebound relationship and love and bring the ring back into the holidays and throughout the coming New Year.

**Related Link:** [Moving On After a Divorce](#)

**1. Follow your heart:** We all need a connection with someone. However, before beginning a new relationship, make sure your heart is telling you it's right. If you can't fully commit emotionally to moving forward, you may still be grieving over a previous loss. Resolving feelings following a failed partnership or divorce takes time.

Instead of getting involved with someone, step back and evaluate your unresolved grief. Many of us don't give ourselves credit when it comes to our instincts. The pain of loss is sharp and lingering, but awareness of your feelings can help you avoid a rebound relationship that will surely complicate your ability to move forward and hurt the other person involved.

**2. Take your life on a vacation:** That's right. Take a

vacation. Instead of thinking and rethinking your new marital status, start planning a life vacation. Think about how motivated you are while planning a trip! Most of us have so many tasks to get done before leaving, so try looking at your life this way.

Social psychologist Erica B. Slotter, Ph.D. calls it looking for the silver lining. "Focus on the good things that may come out of the end of your relationship and love. Perhaps now you feel you can cook foods your partner never liked or finally take that pottery class," she writes in the article, "3 Ways to Take Care of Yourself After a Breakup." "Maybe you can simply feel grateful that a painful relationship is over, and in the future, look for a better one."

Focus on a to-do list of how you can improve your situation, however small or large, and write it down. Look at your list daily, and promise to check off one item each day. Channel thoughts from past trips that improved your well-being and feel confident about taking this emotional vacation.

**Related Link:** [Dating Advice: Create the Person You Want to Be](#)

**3. Love yourself:** You are a wonderful human being! Take a few minutes every day to remind yourself of the many good things you've done in your life. "When relationships end, people tend to be very hard on themselves," writes Slotter. "Stop it. Self-compassion involves viewing yourself with kindness and acceptance, not being overly focused or identified with negative emotions, and acknowledging that many others in the world have likely been where you are now at some point in their lives."

If you want to listen to my expert dating advice, you should add meditation to your to-do list. It works wonders for your well-being. Along with meditation, a great daily exercise is to tell yourself you're a good person and deserve to be happy. Think about the many things that would make you feel whole

again and concentrate on the positive.

By following your heart, using personal accomplishment and growth to help heal, and remembering to love ourselves, we can all have beautiful views in our lives, one needs only to step back and look.

*Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit [debbieceresa.com](http://debbieceresa.com).*

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

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## **Expert Dating Advice: Top Four Places to Meet Mr. Right**





In this week's [dating advice](#) video from [Single in Stilettos](#), founder Suzanne Oshima and relationship author Duana Welch discuss the top four places to meet Mr. Right.

## Consider This Expert Dating Advice If You Want to Meet Mr. Right

To follow this expert dating advice, the best places to meet Mr. Right are listed below:

**1. Look for your future in your past:** Welch says that 10 percent of women have a “lost love.” If you broke up because of outside circumstances, like moving away or a background difference, it’s worth reconnecting. These couples “often know within one hour that this person is The One for them,” explains the relationship author. “And their divorce rate is *two percent.*”

**Related Link:** [Duana Welch Says Living Together Doesn't Prepare You for More](#)

**2. Ask your friends and family to set you up:** Statistically,



most people meet their significant other this way. It's so successful because it capitalizes on familiarity and safety. "It's an informal matchmaking process that works really well," says Welch.

**3. Get online:** Between 2002 and 2008, according to the Harris Survey, one in three new marriages were between people who met through online dating – and those couples were slightly happier than pairs who met another way. "That's my story," the relationship author of *Love Actually* shares. "I met my husband online."

**Related Link:** [How to Ditch Your "Better Than Nothing" Relationship and Love](#)

**4. Use the Law of Proximity:** You're most likely to marry someone you've met in person (duh!), and therefore, the single biggest predictor of a life partner is geographic nearness. "You need to put yourself next to this person," Welch says. "Let's say that you're taking a couple of college classes, and there's a really attractive guy in that class...You need to sit next to him."

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

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**Where is the best place to find true love? Tell us in the comments below!**

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# Relationship Advice: Four Reasons To Be Thankful For Your Partner



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

Leaves are falling and frost is here, which can only mean one thing: the holiday season is here! Thanksgiving is a time to be thankful for the things in your life that you may not stop to appreciate on a daily basis. But most importantly, Thanksgiving is a time to be thankful for the *people* in your life. As relationship experts, we know that it can be difficult to take the time to appreciate your significant other as often as you probably should. Aside from birthdays and anniversaries, Thanksgiving is the perfect time to show

the person you love why you care about them. But before you do, our [relationship advice](#) is to realize why you're thankful for them.

## Relationship Advice: Be Thankful For Your Partner This Holiday Season

Here's 4 reasons you should be thankful and appreciative of your partner this Thanksgiving:

**1. It's the holidays.** Who doesn't love holidays? Holidays bring food, friends, family, and most importantly love. The Thanksgiving spirit in and of itself should give you a reason to celebrate your relationship and love a little extra this week. Spend some time cooking together or watching a game of football. Listen to our love advice and whatever the tradition is, share it together.

**Related Link:** [Taking Your Partner on a Family Vacation](#)

**2. They put up with you.** Okay, this is a big one. If nothing else, you should appreciate your significant other because they have to put up with you on a regular basis. Sure, we all think we're great and have no flaws, but the fact of the matter is that we do. Thanksgiving is meant to ignite a sense of gratefulness for the people you care about, so be grateful that he/she puts up with you during your best and worst moments.

**Related Link:** [Expert Dating Advice: How to Get Over "The Little Things"](#)

**3. It's the season of giving.** Relationships live and thrive through compromise. The ever-changing cycle of give and take is what makes a relationship tick and function properly. Only

you and your significant other know your system of give and take, but consider giving a little extra this holiday because it's good-natured and it even feels good too. If you know he/she likes their potatoes made a certain kind of way, consider making their favorite dish this Thanksgiving to put a smile on their face and satisfaction in their stomach. The little things go a long way, so consider what they love and try to give them what you can this Thanksgiving.

**Related Link:** [Love Advice: What To Do If Your Friends Don't Love Your Partner Like You Do](#)

**4. For all the times you didn't say thank you.** We're all guilty of taking things for granted, but it's important to stop and appreciate who you have every once in a while. There probably has been countless times that your partner has done something for you that you didn't notice, like hanging your keys up in the same spot so you don't forget them. Again, it's the little things that count. It's okay to forget a thank you here and there. Thanksgiving is an opportunity to tell the person you love how you truly appreciate every time they do those little things, even when you may not say it every time. It's the perfect time to say thank you for all the things that typically go unnoticed. Our relationship advice is to spread thanks as generously as you spread your gravy and your holiday is bound to be a success along with your relationship.

*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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# Relationship Advice On Finding True Love



On this week's Single in Stilettos [relationship advice](#) video, matchmaker Suzanne Oshima and dating expert Tinzley Bradford reveal how to find relationships and love that will last a lifetime!

## Dating Experts Give Relationship Advice On Finding True Love

Check out the video above for the best relationship advice on how to find true love.

**1. Be with someone who wants to be with you.** The person you're dating should be able to tell you, without hesitating, that



they're looking for the same things you are. The relationship experts revealed their dating advice that you need to watch out for the man who will pursue you one week and disappear the next.

**Related Link:** [Relationship Advice: How To Get A Ring On The Finger!](#)

**2. Be a lovable person.** Even though you may have had bad experiences in the past, don't be critical or downgrading of the man you're dating currently. That negatively isn't good for either of you!

**Related Link:** [Dating Advice: Balancing Your Career & Relationships and Love](#)

**3. Be patient.** Don't let the fact that you're single consume you. Hang out with friends and family and do things to keep you occupied. Just enjoy life as you are, have fun, do something different, and flirt. The worst thing you can do is stress over being single.

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

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**What are your tips for finding true love? Tell us in the comments below!**

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## **Expert Relationship Advice:**

# Travel 101 for the Guys



By [David Wygant](#)

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

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

# Couple

The first thing you are going to learn is her level of flexibility. When you take a person out of their everyday surroundings, they need to become a little more, let's just say, flexible. Whether you spend three or four days with her walking around a city or vacationing in paradise, you are going to see how flexible she is outside of her day-to-day routine. How does she roll with the punches when the person in the next hotel room is loud at night? Or when she doesn't have any cell service and can't check her e-mails? What about when you guys get into a little tiff? Because those things are bound to happen when you go on vacation with somebody.

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

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

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

night, it was easy for her to hide all of those things...but when we were together for five days straight, she couldn't hide those neurotic behaviors.

Another great thing you can learn about somebody is their sleeping habits. Most of the time, when you take someone away for the first time, you spend a night or two together. Imagine spending a week with them and taking a look at their *real* sleeping habits. For instance, how long does she spend in the bathroom before bed? I was dating an awesome girl once, but after our first trip, I realized that she spent 90 minutes in the bathroom every night doing who knows what. I couldn't believe that was how her days always ended!

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

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

*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 dating advice from David, click [here](#).*

# Relationship Advice: Is Friendship After Divorce Possible?



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

Headlines are filled with photos of happy celebrities vacationing in remote places with their children in tow. It's a picture perfect story—almost. For some celebrity exes such as Miranda Kerr and Orlando Bloom and Mariah Carey and Nick Cannon, the marriage ended long ago, but the family unit remains. It's not uncommon to hear stories of former couples vacationing together, living by each other and spending family



time together. With such a high-profile breakup, how can co-parenting be such an easy transition for them? My [relationship advice](#) for you is to emulate these famous relationships because the success largely depends on the parents' ability to move forward.

## **Relationship Advice Navigating Friendship Post-Divorce**

Though the success of co-parenting is largely dependent on the circumstances of the split, these celebrity couples are proof that children can still grow up with the positive influence of both parents, even after the marriage or longtime relationship and love has ended. Here is my relationship advice for how to successfully transition from a married household to shared parenting between two households.

**1. Focus on long term.** A swift dose of reality should remind you that carrying anger or other negative feelings won't change the outcome. Your marriage died. Mourn the loss of that part of your life then move forward to create a new future for yourself and children. "I am always impressed when I see couples who manage to stay friends, as it takes strength in character and an understanding of the bigger picture to rise above the hurt," wrote Seth Myers, Psy.D., in the article, *Stay Friends After Divorce: Why, Coping, and Moving On*. "While we can't do much to change the state of affairs in other couples, you can reflect on your own relationship." Recognize that your former partner must make the same effort. This often means a new relationship—and you need to be okay with that.

**Related Link:** [Expert Dating Advice: Moving On After a Divorce](#)

**2. You are not defined by your divorce, so don't allow it to dictate your actions.** Your role as a spouse may be over, but your parenting role continues. Don't allow the end of your

marriage to overshadow the positive, future memorable moments you owe your children. By making the choice to fill your life with positive and hopeful plans for the future, you'll have a solid base on which to build new relationships. But, you do need a plan. A personal strategy will lessen the potentially negative effects if you witness your partner moving forward. It will also remind you to stay focused on the plans you have prepared for your progress. This transition requires a great deal of discipline and compromise since you're putting your feelings aside for the sake of contributing to a positive parenting environment for your children. A large part of this growth is recognizing that was then, and this is now. Your actions will be a lasting example for your children. What message do you hope they remember? Whether positive or negative—it'll make an impact.

**Related Link:** [Relationship Expert Talks About Being Friends With Your Ex](#)

**3. Relationships are life's classroom.** Seth Myers described it best when he wrote, "Too often, men and women end relationships and feel that they made a mistake in choosing the partner they committed to in the past because the relationship didn't work. But such a perspective betrays the bigger picture that relationships are one of life's greatest classrooms and it's within this context that we figure out what we need and learn how to move closer to true fulfillment." Instead of focusing your energy on changing the result of your ended marriage by making him pay for what he did, recognize your role in the demise of that relationship and make it a goal to learn from that experience. Feelings of resentment and revenge do nothing to change the outcome. All it does is affect those you still fully love—your children. "Barring cases of abuse," added Myers, "learning to forge a friendship with your ex after divorce can be a truly healing experience and allows for an important integration of your past with the present."

By staying committed to long-term goals, maintaining a positive and hopeful attitude on your future, and viewing your relationship as a learning experience, you're set to develop a surprisingly supportive relationship with the one person who used to know you best and that's a winning strategy for you and your children.

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

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## **Dating Advice: Balancing Your Career & Relationships and Love**





On this week's [Single in Stiletto](#) relationship advice video, dating experts Suzanne Oshima and CupidsPulse.com Executive Editor [Lori Bizzoco](#) reveal three [dating advice](#) tips on balancing your relationships and love with a booming career!

## Dating Advice On How To Balance Your Love Life & A Booming Career

If you've ever wondered, "Can I really have it all?", these relationship experts are here to tell you that you can. We may not be able to have it all at the same time, but you can balance your career and love life with these tips below.

**1. Prioritization.** Make sure you set priorities for yourself so you're happy with what you've accomplished, whether it be at work or in your personal life. Also, communicate what's important to you with your significant other and even your boss.

**Related Link:** [Dating Advice: First Date Tips For Women!](#)

**2. Time management.** Need some dating advice? Start devoting

time to your relationship the same way you do with work. Set boundaries and make sure you're not working 12-14 hour days, because that's not healthy. If you make a time commitment to someone, be there, whether it's with your friends or your partner.

**Related Link:** [Relationship Advice: How To Get A Ring On The Finger!](#)

**3. Communication.** Take interest in your partners day and ask about their coworkers, while sharing details about your own job. You'll feel connected and it will help you unwind after a stressful work day. But limit job chit chat, so it doesn't consume the relationship.

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

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**What is your advice on balancing a career and your love life? Tell us in the comments below!**

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# **Dating Advice Q&A: How Do I Tell My Friend She Shares Too Much About Her Relationship And Love On Instagram?**





*Question from Mary Kate K.: I have a friend that has been dating this guy for almost 2 years. It seems like every other day she's uploading a picture of the two of them with some caption like, "the love of my life and I enjoying dinner at our favorite restaurant" or "look at the flowers my boyfriend gave me after a hard day!" I'm happy for her...but I'm also sick to my stomach. How do I nicely tell her to tone it down?*

Read on to see the relationship experts [dating advice](#)!

## Dating Advice: How To Deal With Too Much PDA

[Suzanne K. Oshima, Matchmaker](#): While it can be annoying when a friend posts too much about their relationship and love on social media, it's not really your place to tell your friend how much she should or shouldn't post on Instagram. I think

the bigger issue is, you really need to ask yourself why it really bothers you so much? Her posts aren't vulgar or offensive by any means, however if her posts are making you physically sick to your stomach, then you have a choice to follow or unfollow her. If you follow her, then just be a good friend and be truly happy for her. And if you can't be happy for her, my love advice is to stop following her.

**Related Link:** [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

Paige Wyatt, Reality TV Star: Telling someone to stop posting about their relationship is a conversation that will never end well and will also make you seem a bit jealous. Simply unfollow her on so you don't see her posts unless you search for them. Telling someone to tone down their happiness online will make you seem unsupportive of their relationship and stir up trouble.

**Related Link:** [Love Advice Q&A: How Do I Show My Interest In Someone Online?](#)

[Robert Manni, Guy's Guy](#): For whatever reason, you'd prefer not to see your friend's parade of Instagram posts with her boyfriend of almost two years. Here is an easy solution: My dating advice is to stop following her on Instagram. It's not appropriate to ask her to stop posting what makes her happy. After all, it's her account. The question you might ask yourself is why. Are you being good friend and concerned about the guy, fear your friend is setting herself up for an embarrassing fail on social media? Or could you be a tad jealous of her good fortune? Ouch. In our Kardashian world where anything and everything is exposed on social media, I'm not feeling why your friend's Insta-bragging is such an issue. Respect and good luck, Mary Kate.

*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.*

**Do you think it's appropriate to tell a friend to tone down the PDA on her social media accounts? Share your dating advice with us in the comments below!**

## **Dating Advice: First Date Tips For Women!**

A split-screen video frame showing two people. On the left is Suzanne Oshima, a woman with long dark hair, wearing a black top. On the right is David Steele, a man with short grey hair, wearing a blue shirt and a dark vest. The background behind Suzanne features logos for "Single in Stilettos" and "Dream Bachelor & Bachelorette".

**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette

**David Steele**  
Marriage & Family Therapist  
Relationship Coach & Founder  
Relationship Coaching Institute

On this week's Single in Stilettos [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt

Adams about what turns a man off on a first date.

## First Date Dating Advice From Relationship Expert Matt Adams

On a first date, the biggest turn off for a man is when a woman talks about her relationship goals right off the bat. Yes, men want to know if you want to get married and have kids, but not in the first meeting. Wait to share your relationship and love goals, so that your date can get to know you and assess what role you'll play in their life.

**Related Link:** [Dating Advice: How To Get A Man To Call You Back](#)

Listen to this expert dating advice and take the pressure off yourself on the first date. Go out, have fun, and meet new people. Make sure you aren't being negative, either. People don't want to hear about your bad day or why your previous relationships haven't worked out. The experts share their love advice to spin everything into a positive, so you can present your best self first.

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

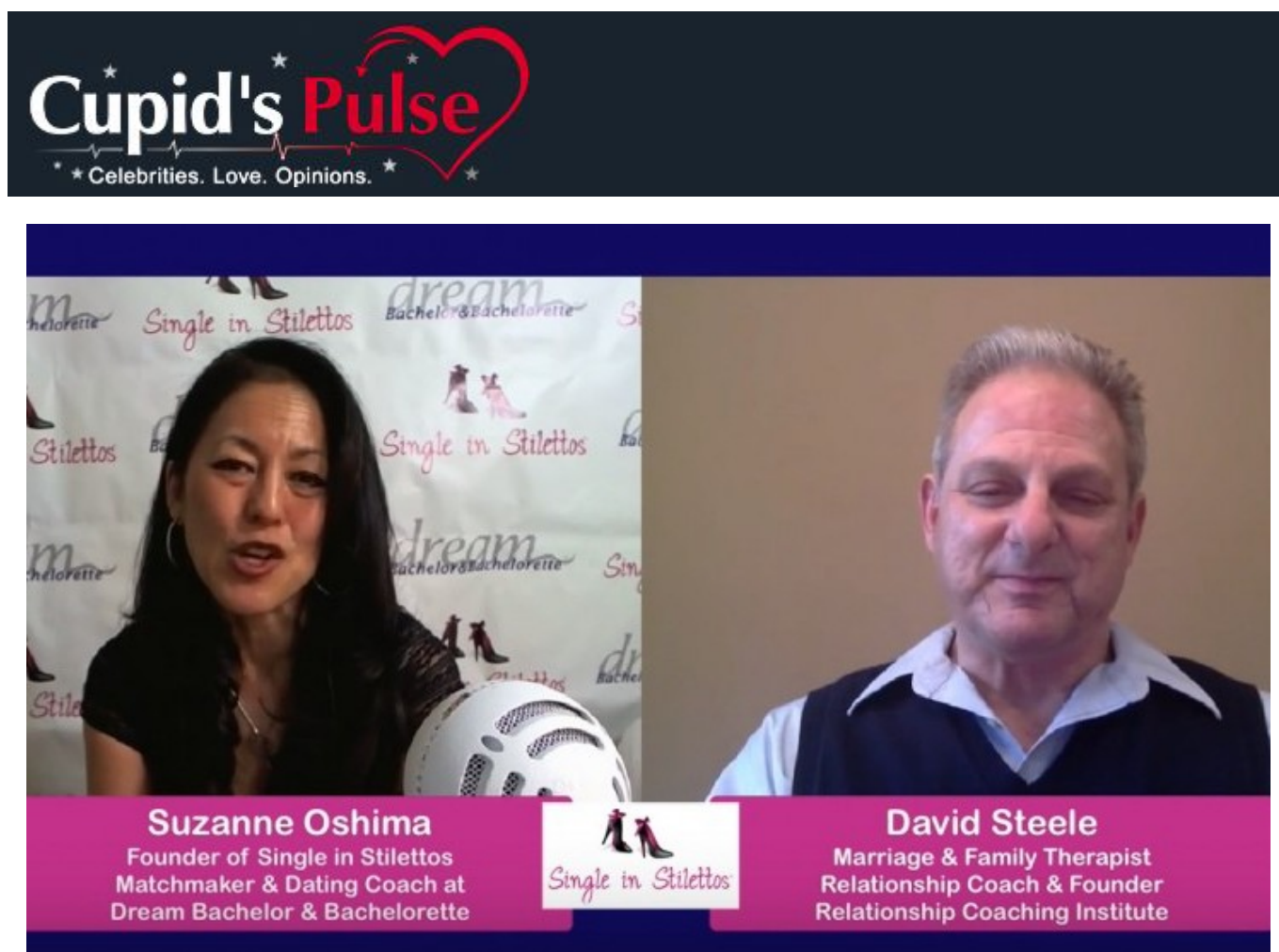
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**What are your first date tips? Tell us in the comments below!**

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## Relationship Advice On How To

# Fall In Love



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

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) gives relationship advice for how to fall in love. Check out the video above for more details!

## Relationship Advice from E!'s *Famously Single* Dating Coach On Falling In Love

Have you ever thought of falling in love as a decision, rather than the spontaneous, exciting chemistry that's often shown in the movies? Most people haven't, however, relationship expert



Laurel House shares that people need to stop waiting to fall and instead make the decision to open your heart and let your guard down. The simple act of falling in love is called chemistry, which is actually a drug, and it fades. The dating expert featured on *E!'s Famously Single* reveals that chemistry shows itself in the brain in the same location as cocaine and even shows similar attributes.

**Related Link:** [Expert Dating Advice: How To Find The Good Guys Sexy](#)

While the high of falling in love feels good, it also fixes blinders to your face that makes it hard to see the warning signs that would prove that your relationship and love won't lead you to happily ever after. If you want to truly experience love, House's relationship advice is to make the decision to open your heart and date smart. With a clear head and minus the facade, you can make the decision to find love. The decision includes being vulnerable because if you aren't, you won't feel their love and you won't love them either. Watch the video above to find out how to fall in love correctly!

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

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**Do you think falling in love is a decision or a feeling? Tell us in the comments below!**

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# Dating Advice: Body Language to Create Instant Attraction



By [Jared Sais](#)

Instant attraction happens all the time. As a relationship expert, when I go out to research at a venue, I can spot this phenomena in a split second. However, people who share the nonverbal cues of instant attraction don't usually know it at first. Their bodies seem to be on a different wavelength than the conscious mind. It's as if their souls were meeting before their actual bodies were. The body subconsciously understands this connection, yet the individual people lag behind. Well not me. I see it first hand as fast as it happens. And this is my secret on what I look for. My [dating advice](#) is to look for three main nonverbal cues to identify instant attraction.

# Dating Advice On Nonverbal Cues For Instant Attraction

**1. Eye contact with a delayed neck turn lasting about two full seconds.** This is a hard nonverbal cue to look for yourself. As you walk into a crowded place full of people you're taking in more information than you can actually fully handle. You're in a stage of information overload. So, when your body chooses to take a longer-than-average look at someone, that tells me they're more important than the other people you decided to mentally block or purge. When the eye contact is reciprocated for an equal time of two seconds, that's the first sign of instant attraction. The neck will slowly turn away instead of quickly whipping to the next target or person. This occurs because the eyes want a longer look at the person you're interested in. Now, this happens so fast that your body keeps moving and your mind may not fully recognize the chemistry that just took place. Take my love advice and try to capitalize on those moments.

**Related Link:** [Expert Love Advice: 10 Signs That He's Just Not That Into You](#)

**2. A comparable physical attraction match.** One thing I've noticed is that usually instant attraction takes place with people of close or equal attraction level. Meaning, if you wouldn't normally be attracted to that person, you won't form instant attraction to that person. Chemistry and survival make up a big part of this instant connection. Your body is saying that person would be a good match for you, as matching with them would lead to a good looking baby. Chemistry also plays a role as the force trying to make that happen. Hormones and pheromones are released and the two bodies start trying to push you two together. I'm not saying people won't find love in other forms, such as personality, wits, stability, or economics. But we're speaking about instant attraction and that is almost 100% based on looks or in this case, senses.

**Related Link:** [Dating Expert Gives Five Body Language Cues to Look For on a First Date](#)

### **3. The five senses create a liking.**

- Sight/Looks. The obvious one. If you look good, more people will form an instant attraction towards you. This attraction isn't always reciprocated back but if the two people are close or equal levels of attraction, it will be.
- Smell. Sure, we can say pheromones and hormones need to match up but the truth is if you smell nice, people want to be around you longer. If you smell bad, people will run away. Think of bees to a flower. Try and be the flower. Make sure you smell nice so you can keep the company surrounding you longer. Also, smell is a powerful tool. People remember smells long after other senses.
- Taste. No, you're not eating the person. Well I hope you're not. But taste does play a role when speaking about instant attraction. The Luncheon Technique is a persuasion tool that states if you give someone a tasty meal and ask for something, such as money, they'll be more likely to give you what you want. So, if you approach someone in a nice place, as they're eating and having fun, they will be more likely to respond favorably towards you. Now, not everyone likes to eat in front of strangers, or even be approached by one as they're eating. But the idea is sound and there are specific ways to approach people in times like this that won't create a sense of awkwardness.
- Touch. Touch is a powerful tool. It lets people know if you're interested, strong, caring, friends, lovers or family. Touch is how we connect as humans and animals to show feelings and emotions. Based on touch, we can determine if someone will be or is instantly attracted to you on where they're touching you. If a person

(though in my findings a woman will usually perform this nonverbal action) puts a flat hand on your chest, that is a sign of trust and complete affection and lust. Hands on bicep, thigh, knee, side of the neck, cheek, hand and lower back are all attraction cues. The forearm can be a sign of attraction but can also be a sign of friendship. Depending on where you are and who is doing it and how it's being done.

- Hearing. The sound of a voice can trigger a sense of attraction. How someones voice impacts your ears will send a sign of pleasant or unpleasant, adding to the force of instant attraction. If you like the way they sound, find it comforting or attractive and their voice matches their appearance, you'll be more attracted to that person.

**Related Link:** [Relationship Expert Talks What's Wrong With Men In The Dating World](#)

I see people show nonverbal cues of instant attraction all the time. It happens everywhere such as on the street, at a bar, in a restaurant or at a friends party meeting new people. I hope when reading this you'll be more open to observing this happen to you and will be able to capitalize on it and find the relationship and love to last a lifetime. So, my dating advice is to put away your phones and look into peoples eyes and see if you find what you've been looking for.

*[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a dating expert in non-verbal communication, who specializes in body language, micro-expressions, and lie deception as they relate to relationships and love.*