

Relationship Advice: Top 6 Contributors to Infidelity



By Toni Coleman

We read celebrity gossip about infidelity all the time. Sometimes, as in the cases of Debra Messing or Claire Danes, it's a part of their dating behavior. But what compels a partner to cheat? And why are the perimeters of commitment such a mystery to them? In this article, relationship expert Toni Coleman, LCSW, gives [relationship advice](#) and explores the hidden meanings behind infidelity and what we can do to secure our relationships and love.

Relationship Advice On Infidelity

When infidelity occurs, it often leads to a lot of blaming that focuses on the violation of trust and a realization that one's partner isn't the person who they believed them to be. There's a clear distinction made between victim and perpetrator. While this is certainly true to a point, it ignores the dynamics that left the relationship vulnerable in the first place. And it leads to a simplistic and erroneous conclusion that nothing could have prevented the infidelity except for the wronged spouse to have picked someone else to marry. Remaining stuck in this thinking is a sure way to end up in divorce court. My relationship advice to healing is that both people need to take an honest look at the state of their marriage prior to the cheating, what each contributed to their problems, and how they could work together on building an infidelity proof union. Identifying which of the following issues played a role in their marital breakdown is the first and most important step. Below are the top 6 contributors to infidelity.

1. A breakdown in communication. A "problem with communication" is the number one reason couples give for seeking relationship help. It has a broad interpretation but essentially boils down to having difficulty connecting through daily conversation, misunderstandings and hurt feelings due to an inability to express feelings and needs clearly, conflict when discussing sensitive topics or issues they disagree on, and/or withholding through silence. Any of these can contribute to increasing distance, which leaves a void that one partner might attempt to fill by going outside the relationship. This is of course a poor choice, and one that can bring the couple to a place there is no coming back from.

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

2. A decrease in emotional and physical intimacy. There is a lot of emphasis placed on a couple's problematic sexual relationship as the cause of marital unhappiness. However, this is only one facet of what they share and though it is important, addressing it alone will not offer a complete solution for repairing their broken bond. Emotional intimacy provides fuel and is foreplay in a relationship—and unless two people share a strong friendship and good intellectual chemistry, their physical relationship can become another chore that is best avoided or handled quickly and without wasting any of the little emotional energy that their relationship has left them with. One partner might make the poor decision to reach out to someone who they can laugh with, who listens to them and seems to really get them, and who challenges them and inspires them in a way their spouse no longer seems to have any interest in doing.

3. Unaddressed stressors related to family and job. Couples encounter many challenges on the long road through commitment, marriage and family life. Sickness, loss of a job, an ill or handicapped child, unexpected financial problems, and the day-to-day struggle to find balance in a too-crowded life all lead to stress. For many people, this is something they try to ignore or just push through, thinking that in time, things will get better on their own. Then, one day, they realize they are completely overwhelmed and experiencing physical and emotional symptoms that contribute to an “every man for himself” mindset. When this happens, the marriage is often put on the back burner and the individuals hunker down, focused on getting through another day, unable or unwilling to add to their own burden, even for the well-being of their partner.

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4. A negative or hostile home environment. When a couple stops communicating, puts their focus on their own needs, and withdraws due to overload—the environment often becomes

charged with negative energy and feelings of resentment and anger. The tension is often palatable as one or both seek a way to escape through watching TV, going online, spending time alone in different rooms and parts of the house—and seeking companionship and dialogue with others outside of the relationship/family. Essentially the negative energy pushes them further and further apart until home is not a comfortable or happy place to be, so they look elsewhere for that lost comfort.

5. Stressors related to physical or mental illness. This is the “in sickness and health” part that is contained in the marriage vows. For many couples, naiveté contributes to that feeling of invulnerability that many start out their marriage with. Sickness happens to other people, but won’t happen to them. Then when something bad strikes, it feels completely unexpected and can have a sudden destabilizing impact on a relationship. Even if the couple can quickly put resources and supports in place to deal with the crisis, it can be a game changer, depending on the type, severity, and chronicity of the illness. Physical and emotional exhaustion, draining or depleted resources, lack of down time and fun, and the potential for a large shift in how the couple interacts and relates—can push one or both people over the edge. If one individual ends up in a caregiver role for their partner, it shifts the dynamics in a way that can leave them unable to get their own needs met—and they may feel resentment and a desire to escape this new life they had not planned on. Even if the illness is not chronic and can be eventually resolved, the stress can alter how two people relate and lead to emotional and physical distance that leaves a void of unmet needs.

6. Financial problems. Money problems are often said to be the root cause of marital conflict and discord. Difficulty managing joint finances, agreeing on a budget, keeping secrets about purchases and debt, and conflicting values regarding saving and spending are some of the common issues that arise.

If these are not addressed quickly, they can lead to a loss of trust, and respect, and an unwillingness to be open and candid regarding important financial decisions that could have a long-term impact on their family's security and well-being. When this happens, some people are vulnerable to thinking about what it would be like to be with someone else, to have a partner that offers financial security and someone who wants what they want for their future.

Related Link: [Relationship Advice On Financial Infidelity](#)

No wonder the marriage vows include the phrase “for better or worse, for richer or poorer, in sickness and in health...” Marriages are tested by all of these, and if a couple doesn't work together, they will slip apart—and the space that is left is what a third person moves in to fill.

Toni Coleman is a licensed psychotherapist, certified relationship coach and internationally recognized dating and relationship expert and founder of consum-mate relationship coaching. She is frequently quoted in many local and national publications and top ranked dating and relationship websites and has been a guest on a number of radio and TV programs seeking to provide their listeners with her cutting edge expertise. She is a regular contributor to Hope After Divorce and HealthyLiving.care.

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

Relationship Advice: Living

Together Doesn't Prepare You For More



In this week's [relationship advice](#) video, matchmaker and dating expert Suzanne Oshima talks to relationship author Duana Welch about why living together doesn't prepare you for more. Check out their [dating advice](#) in the video above!

Relationship Advice On Moving In Together

Although it might be quite shocking and contrary to popular belief, surveys show that moving in together actually won't benefit your relationship and love. It might even make it suffer. The experts say that those who move in together before marriage are more likely to get divorced and cheat on each

other.

Related Link: [Dating Advice Reveals What Men Really Want In A Woman](#)

Experts say women may need some relationship advice that when a man asks you to move in, he isn't asking you to marry him. Without that commitment to marriage, men are less likely to propose and more likely to have an affair. If you end up moving in together before marriage, or before you've set your wedding date, you might end up playing at commitment, instead of fully committing.

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What do you think about moving in together before marriage? Tell us in the comments below!

Celebrity Couple Predictions: Khloe Kardashian, Olivia Munn and Ciara





By [Shoshi](#)

Want the latest [celebrity news](#) and romance gossip? Recently, these famous couples have made headlines for their relationships and love, whether it be Khloe Kardashian's rekindled celebrity marriage, Olivia Munn's soon-to-be troubled romance, or Ciara's new beau. Check out my predictions for the three celebrity couples below and find out what's next in their love lives!

Celebrity Gossip Around These Celebrity Couples

Khloe Kardashian and Lamar Odom: I was not surprised that Kardashian and Odom put their divorce on hold. I called it before Odom woke up. According to the ladies at the Love Ranch, Odom didn't sleep with either one of them. Maybe he was too busy popping pills? There's so much criticism online because Kardashian has decided to take him back, especially since he happened to be in a brothel. But remember, it's not

like he slipped out of the house to go to the Love Ranch. They were in the process of a divorce so he was doing his thing and she was doing hers. Will this celebrity couple last is the biggest question circling around them. At this moment, when I look at their relationship the answer is yes. There's a different energy around Khloe and Lamar than when they were married the first time around. Right now, it's about two people who love and need each other, money and celebrity status aside. I hope that they make it. There is no reason why they can't have a healthy relationship. For it to work, these two will have to keep things private. That includes keeping Kris Jenner out of their business. This time around I see that Kardashian is strong enough to tell her mother to stay out of her business. She knows what her life is like without Lamar and she would prefer to have him in it.

Related Link: [Khloe Kardashian and Lamar Odom Are Throwing Out Celebrity Divorce Case](#)

Olivia Munn and Aaron Rodgers: This is an interesting relationship, one that looks a bit unbalanced. Rodgers credits Munn for supporting him and putting some of her goals on hold for him. Meanwhile Munn credits Rodgers for helping her to be in better shape. It's good that they're aware of their dynamic. Right now things are okay between these two, but as time goes on, there will be friction. Rodgers is getting more out of this relationship than Munn, which will eventually become a sore point. At the beginning of a relationship is when you set the stage for the give and take. This will not be an equal relationship when it comes to career. There is also something shady about Rodgers that will come to light in the long run. It looks like he has marriage on his mind as does Munn. Sometimes a woman gives things up to get a ring, which is her choice. Hopefully that decision doesn't eventually cost her a booming career and a relationship.

Related Link: [Aaron Rodgers Gushes Over Celebrity Relationship with Olivia Munn](#)

Ciara and Russell Wilson: When Ciara and Wilson were seen together there were whispers of it not being a real relationship. It was suggested that the two were only together for the cameras. Now that it has been more than a few months, the fans are not happy about Ciara being in the picture. The Seattle Seahawks haven't been having the best football season, which has the fans saying that Ciara is nothing but bad luck. Sports teams have always been superstitious, which is why most of them have a psychic on call. While Ciara is probably not the reason the Seahawks can't get it together on the field, she should fall back a bit at the games. She should stay in the box seats away from the stands and the fans. It might even be good if she just watches the game at home. Since players are superstitious when it comes to games, it would be a shame if Wilson starts believing what people are saying. These two have similar values and want the same thing in a relationship. This relationship has a good chance of ending up in marriage if they continue in the direction they're going in.

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

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

Online Dating Advice: When To Jump Back Online After A Breakup





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 online [dating advice](#) for when to get back online after a nasty breakup

Online Dating Advice After A Breakup From E!'s *Famously Single* Laurel House

If you're recently heartbroken and don't know when to get back out in the dating world, then this dating advice is for you. Relationship experts reveal that getting back out there doesn't always mean looking for a new relationship and love. You need time to be alone and heal, but going out, flirting, and feeling sexy is a necessary reminder that you're a hot commodity.

Related Link: [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

Moving on isn't always easy, so check out what steps to take after a breakup. First, you need to end social media relationships, because you don't want to see what your ex is up to. Then, you need to list all of the bad things about your former romance. It's too easy to fantasize about what used to be. Next, you need to refresh your look and do something that will make you feel good about yourself again. For the rest of the steps from *E!'s 'Famously Single;* star Laurel House, check out the video above!

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When do you think you should get back online after a breakup? Tell us in the comments below!

Dating Advice Reveals What Men Really Want In A Woman





In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating coach Arica Angelo about what men really want in a woman. Check out their [dating advice](#) in the video above!

Dating Advice For Women: What A Man Really Wants

1. Respect. Respect can be shown by saying thank you and being grateful for the hard work a man puts into a date. Some women have a sense of entitlement and expect men to do certain things, but our dating advice is to be grateful and honor him.

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2. A woman who knows how to have fun. No one likes boring dates, with little interaction because it's such a turn off. Listen to this love advice and when you're on a date, put yourself out there and have fun.

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[About Men](#)

3. A bright woman. Men love brilliant women, so communicate your brilliance. Don't be a narcissist or brag about your accomplishments, though. Men gravitate toward intellectual women, so flirt with your brilliance.

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What do you think a man really wants? Tell us in the comments below!

Dating Advice: First Date Fashion Do's And Don'ts





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

A first date is just as important as a first impression, so things like introduction and attire really count. The introduction and conversation aspect comes with the territory, but sometimes it's tough to decide what to wear to the occasion. What do you wear on a date night? It's important to look good, but it's also important to not appear like you're trying too hard. So as relationship experts, here's our [dating advice](#) and tips on do's and don'ts of fashion when going on a first date.

Dating Advice On First Date Fashion

Do: Wear something flattering

This may be an obvious one, but you'd be surprised how many people miss this memo. It's important to look your best and in order to do so you should always wear something that fits your figure; not too tight, but not too baggy. Most importantly, make sure you're comfortable in what you're wearing because it will make you feel better when you're out on the date knowing

that you like the way you look.

Don't: Wear something too flashy

Flattering is chic, flashy is trashy. Don't be that girl that shows up to a date in a low cut shirt or sequins all over your outfit. A man may appreciate your womanly features, but it's the first date and you should leave something to the imagination. This is essential because you want his first impression of you to be classy, responsible, and someone he can picture himself in a relationship and love with.

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

Do: Lipstick

Not only is lipstick very in right now, but it also screams classy with a hint of sexy. Lipstick is the perfect make-up "do" because it balances your face in a way that compliments every woman. So, wear some lipstick to the first date, but make sure you find the right color for both your complexion and the outfit you're planning to wear!

Don't: Get too crazy with your make-up

Historically, men aren't huge fans of crazy amounts of make-up on a woman. That being said, women love make-up, so you do you and wear what you please, but just remember that the "natural look" is classic and looks really nice. So, our dating advice is wear the "natural look" for the first date because it's a win win.

Related Link: [Expert Dating Advice: 5 Surefire Signs He's Into You...or Not](#)

Do: Wear cute shoes

Who doesn't love shoes? The first date is the time to pull out your really nice shoes whether they're your nicest boots, your

brand new stilettos, or a cute bootie you just bought. The right shoe will pull your whole outfit together and he's going to appreciate that you're putting your best foot forward to look great for him.

Don't: Wear shoes you can't walk in

This is important. Shoes are like a Venus fly-trap. They suck you in with their beauty and then slowly kill your feet with pain while you wear them. I don't care how pretty the shoe is, if you can't walk in them or you're going to be complaining the whole night about how your feet hurt, DO NOT WEAR THEM. He wants to know that you are having a good time and I can guarantee he will be able to detect the pain on your face when you wince every time you walk, which will just bring the mood down for both you and him. So, our love advice: When looking in your closet to pick a pair of shoes, pick the pair that is cute, but provides a certain level of comfort so that both you and your guy can enjoy your night to the fullest.

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.

Relationship Advice On Financial Infidelity





By Toni Coleman

While celebrity news cites irreconcilable differences as the final blow for [celebrity divorces](#) such as Brandi Glanville of “Real Housewives of Beverly Hills,” actress Kaley Cuoco, and celebrity chef Giada DeLaurentiis, it doesn’t take long for the matter of money to surface as part of the proceedings. Whether finances are openly discussed as an asset to a healthy relationship and love, or used as fodder when your vows start falling in the red, money is an integral part of any marriage.

Relationship Advice On Handling Money Issues

If you’re concerned about how you and your partner communicate about money, pay attention to the following relationship advice. Watch for these four warning signs of financial infidelity.

1. You never sit down and talk specific numbers. After two people are married, their lives become intertwined. Their home

and individual possessions essentially become the property of both. And ideally large purchases, investments, and decisions regarding long-term financial goals are decided jointly. But what if a couple never discusses a budget or decides how they will handle savings and investments? That answer is usually that you're both too busy, one of you is better with money and handles all the bills without the input of the other, or you each handle your money in your own way. If any of these are true you could be on a slippery slope. Continuing down this path could lead to important financial decisions being made without the knowledge or consent of the other, which constitutes financial infidelity.

My relationship advice is to address this by sitting down and listing all your income and expenses. Then, decide on a budget that covers joint expenses while also allowing each of you a discretionary pot of money that only you control. Every few months conduct a joint review to assess how your system is working and make adjustments as needed. Handling it this way allows you both some autonomy but not at the expense of your marital financial health and happiness.

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2. Discussing finances becomes heated and defensive. What happens if you agree to sit down and talk about your finances and one of you reacts with defensiveness or anger because you feel you're being accused or challenged in some way? When you attempt to talk it through, do the words "yours" and "mine" get used too often? Does it ever feel like money is a taboo subject that you shouldn't really be discussing at all because it often leads to hurt feelings or conflict? If any of these sound familiar, you're at risk of ending up with no financial plan, which often leads to impulsive, short-sighted, and costly choices. When this happens, partners can begin to focus on protecting their share of the assets, which increases secrecy and contributes to a further breakdown of cooperation

and an increasing loss of intimacy. The way to address this issue is to decide together that continuing to avoid the problem is not an option. Then you may need to seek out resources to help if you continue to be unsuccessful in your attempts to resolve it on your own. Try talking with an experienced counselor or a financial planner.

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3. Large purchases are hidden. When there is a breakdown in cooperation and a loss of intimacy, secrecy flourishes. These conditions create an environment in which partners can begin to act autonomously and in their own interest, hiding large purchases as they tell themselves they have no other option. Over time, one partner can run up huge amounts of credit card and other debt, liens are placed against the home due to unpaid taxes, and properties go into foreclosure—all happening without the knowledge or consent of the other partner. Yes, these are all examples of worse case scenarios, but they happen with alarming frequency. The solution is open, honest communication—again seeking out competent, experienced professionals when needed.

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4. You discover a secret bank account or PO box. When one partner is being secretive, the other one usually senses something is up and begins to pay closer attention. This is often when the discovery of a secret bank account or PO box is discovered. Sometimes the partner happens upon the information as they're attempting to get a better handle on the couple's bills and complete paperwork. Either way, it not only spells serious trouble, but it also says that the problem has been going on for some time and has most likely reached a serious stage. It is at this stage that large secret purchases, huge debt or liens and potential foreclosures come to light.

When you hear about money being the number one reason for divorce, this is why. Because so much damage has been allowed to occur, the solution will be more complicated and costly in terms of money, time, and marital goodwill. Immediate crisis intervention is needed, which consists of professionals who can help the couple triage their debt, cut their expenses, come up with a payment plan—and continue in their home and adjusted lifestyle if possible. When a couple finds themselves here, they must act quickly and work towards a new normal. Otherwise the financial consequences can be dire and the marriage un-salvageable.

You have worked hard to build your financial security. Don't allow it to collapse by falling victim to poor financial decisions by someone you love and trust. By watching for signs of financial infidelity, you can be sure your wallet is protected as well as your heart.

Toni Coleman is a licensed psychotherapist, certified relationship coach and internationally recognized dating and relationship expert and founder of consum-mate relationship coaching. She is frequently quoted in many local and national publications and top ranked dating and relationship websites and has been a guest on a number of radio and TV programs seeking to provide their listeners with her cutting edge expertise. She is a regular contributor to Hope After Divorce and HealthyLiving.care.

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Relationship Advice: How To Get A Ring On THAT Finger!



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima and dating expert Tinzley Bradford talk about how long you should wait before you get engaged.

Dating Experts Give Relationship Advice On When To Tie The Knot

Have you been in a relationship and love for a few years and he still hasn't proposed? It seems like we've all been there, but don't fret because the experts have this [relationship advice](#): It's okay to ask him and talk to him about it! If

you've been together for 2-4 years, then it's time to have a talk. Don't waste your time when you're dating, because if he likes you, he should put a ring on it.

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You also want to make sure you never give a man an ultimatum and you value what he wants. Marriage is about compromise and it's about both of you, so you need to have a discussion about it. Learn about where both of you are regarding the idea of marriage, whether you're comfortable financially or even at your career. You never want to force someone into marriage. Listen to this relationship advice, because if he's dodging the talk, that could be a red flag that maybe he isn't ready for marriage.

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How long should you wait before getting engaged? Tell us in the comments below!

**Relationship Expert Talks
Striking Up Party
Conversation**



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](#) talks about how to start a conversation at a party. Her dating advice is simple: Dig in and reveal yourself.

E!'s *Famously Single* Dating Coach Gives Top Tips For Party Conversation

When you go to a party and see someone really hot standing across the way, how do you casually start a conversation? The relationship expert empathizes that finding a point of entry can be difficult. The first step is to overcome your nerves! Harness them and get your adrenaline pumping so it empowers you. You want to walk up confident in how interesting you are.

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Once you find the confidence to approach the hottie across the way, you'll want a few topics to discuss. For example, if you're a foodie, talk about the food being served at the party. Or be a bar fly and talk about cocktails. Either way, relationship experts, whether from *E!'s Famously Single* or not, say you'll want to show a passion of yours and reveal something about yourself. Remember to dig deep and get past the surface if you want a relationship and love.

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

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How do you start up conversation at a party? Tell us in the comments below!

Expert Dating Advice: How To Impress Her Dad





By [David Wygant](#)

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

David Wygant Shares Expert Dating Advice to Impress Her Dad

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

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

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

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

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

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

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

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

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

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](#).

Dating Experts Reveal 5 Things You Need To Know About Men





On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima and dating expert Robert Manni reveal the five things women need to know about men when they're dating!

Dating Expert Reveals Relationship Advice: 5 Things You Need To Know About Men

1. Men are sexually wired. They think about sex a lot. But, the dating experts say just because he thinks of it, doesn't mean that's his only intent.

2. What you see is what you get. Men say what they think and are straightforward. You can tell a lot by his demeanor, sense of humor, and how he dresses. Unless he's a player. The experts relationship advice is to sort through the players and genuine guys.

Related Link: [Relationship Experts Talk Capturing His](#)

[Attention \(in person!\)](#)

3. Patronizing women. A lot of men tell women what they want to hear, with sex in mind. Women have to be careful and sort out if what they're hearing is true.

4. Men are driven by fear and ego. Men are competitive with each other and are ultimately loners. They don't confide in each other and are left to sort things out on their own. Men have a fear of losing rather than the desire to win.

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5. Men want a solid relationship and love. They are looking for something reliable. Men want a woman who is attractive and a friend they can confide in.

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What do you think women need to know about men? Tell us in the comments below!

Love Advice: Roll With The Punches, Don't Get Rolled Over



By Debbie Ceresa

You know the feeling. It's that unsettling doubt that surfaces when the best of days turns into the worst of moments. It's like the time Taylor Swift was awarded the 2009 MTV Best Female Video Award only to watch helplessly as the self-proclaimed 'expert' on artistry, Kanye West, took the microphone to express his differing opinion. Thankfully, most of us aren't confronted with these instances on national television, yet our reactions to these experiences are just as emotionally charged. As a relationship expert, I know these moments happen in relationships and love all the time. During these occasions, you're faced with a choice. How you handle that decision can make all of the difference in the outcome.

Love Advice On Rolling With The Punches

Several years ago, I was asked to present several awards during an annual high school honors ceremony. This year, one of the awards would be presented to my team of ambassadors and I couldn't wait. I caught the smiles from the audience and was ready to begin my accolades of the young people on the team. However, before I could say another word, a loud ringing phone rudely interrupted this high point. I could have tried continuing over the interruption. Or, I could have gotten angry and flustered. But, I didn't. The ringing eventually stopped and the audience sat silently. Looking over the crowd, I smiled and jokingly said, "I guess another student wants to apply." The laughter was overwhelming and so was the applause.

Related Link: [Relationship Advice: 4 Reasons To Leave The Past In The Past](#)

I learned a lot from that incident. Often in our lives, many unexpected events happen. What we do with the unexpected is what matters. My love advice: Instead of living in fear of being knocked off course, here are four strategies to navigate the surprise bumps and keep you on the straight and narrow for success in your love life.

1. Change your course and navigate the unexpected life bumps. You know the unexpected is going to happen when you least expect the disruption. Why not channel your adventuresome side? Use the detour as an opportunity to find a new discovery. Many of us hide our longing for adventure by turning cautious and reserved. Remember your curiosity when you were a child? Some of your inquisitive adventures were great learning experiences; others earned you a time-out. Either way, it didn't take long to learn from one of your escapades. As adults in your love life, not all of your challenges bring about immediate positive outcomes.

Nevertheless, accept this love advice, your “time-out” experience, and learn from it.

2. Learn to laugh. By keeping an open mind, you’ll find yourself laughing and enjoying some of the unexpected. It’s easy to focus on the familiar and never look beyond the narrow comfort zone you created. Often times, the comfort zone is only in our mind, prohibiting us from seeing so much more. Life is constantly changing; why not enjoy the unforeseen? My expert dating advice: Laugh, join the party, and live in the moment.

3. Don’t listen to the criticism. Many people rely on the emotional destruction of others to boost their own place in life. Just like Taylor Swift in 2009, and the 2015 Grammy awarding artist Beck for Album of the Year (whom Kanye West also tried to upstage), sometimes this happens when you least expect it. In those seemingly powerless instances, the outcome is entirely up to you. Your strength lies in your ability to rise above the negativity and be an example of grace, maturity and professionalism. Both Swift and Beck displayed immense diplomacy and both gained enormous respect as a result.

4. Accept and share compliment. How do you feel when someone hands you a compliment? I don’t know about you, but I feel good when that positive gesture comes my way. Focusing on what’s good in our lives and taking note of our good fortune in every aspect helps us operate on a higher level. It encourages us to rise above the pettiness and negativity and remain focused on what is everlasting and important. Accept and be grateful for that positive vibe that comes to you. Think about the many ways you can spread your own thankfulness. I guarantee the positive energy will make your day.

Related Link: [Dating Advice: Create The Person You Want To Be](#)

We can’t eliminate the unanticipated twists that happen in our

lives, but we can decide today how we plan to navigate them. By remaining flexible in the need to change, using humor to buoy our decisions, turning away from negative people, and focusing on our contributions to the world and being grateful for the goodness that comes our way in return, we can handle the unexpected. In this way, the one thing we CAN expect is much success and happiness in our near future.

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.

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

Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?





Question from Anna C.: I've had a crush on my neighbor for a while, and he finally asked me out on a date! Since we've lived near each other for nearly a year, we're already friends on Facebook. Of course, I've looked at his profile in that time, and I feel like I really know him. On our date, is it okay to bring up something I saw on his profile, or should I avoid mentioning anything I've learned from social media stalking?

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

Relationship Experts Share Dating Advice On Social Media Stalking

[Suzanne K. Oshima, Matchmaker](#): If it was something that you saw on his profile awhile back, then I would avoid bringing it up. He'll know that you've been snooping around his Facebook page and it could raise an "eyebrow" in his mind. As a relationship expert, I tell my clients that you never want to appear like you're more interested in him than he is in you. So, just play it cool on the first date and have fun. As you

go out on more dates and you get to know him better, then it would be okay to bring up something you saw on his profile because then it would be more appropriate.

Related Link: [Expert Love Advice Q&A: When Do I Send A Friend Request After A First Date?](#)

Paige Wyatt, Reality TV Star: It's absolutely okay to mention something you saw on your dates Facebook profile on the first date! It's a good way to connect and create a comfortable conversation. But you've got to make sure you say you saw it on their profile. If you say, "Hey, I saw that funny video on your page last week with the cats!" it can start a conversation, but if you say "I think cats are so funny!" it might get a little weird. Guys can get creeped out if you try to hide the fact that you looked at their social media. Honestly, that seems a little more stalker-ish, like you're secretly watching them. If you're open about seeing things on their profile, they're more inclined to feel flattered that you took an interest in their stuff!

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

[Robert Manni, Guy's Guy](#): Since you were neighbors and had connected offline prior to dating, I suggest leaving Facebook behind for now. Checking his profile now and then is understandable, but as you know, social media posts can lead to assumptions and misconceptions. If I were you, my love advice is to consider yourself lucky to be dating someone that interested you from afar. That's a great start. Now it's time focus on building a relationship and love face to face, and hopefully cheek to cheek.

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 social media stalking creates false intimacy?
Share your dating advice with us in the comments below!

Dating Advice: How To Get A Man To Call You Back



On this week's [Single in Stiletto's](#) relationship advice video, matchmaker Suzanne Oshima talks to dating expert Matt Adams about how to get a man to stop texting you and actually pick up the phone.

Related Link: [Expert Love Advice: Matt Adams Reveals the #1 Thing a Man Wants After Looks](#)

Matt Adams Reveals Dating Advice On Becoming A Priority In A Mans Life

Are you struggling with how to become a priority in your relationship and love? Then, you've come to the right place, because Matt Adams reveals his best love advice for how to get a man to value you. First, you cannot be needy! Don't require something of the man your dating and instead give him value. For example, text him something interesting or funny that doesn't need a reply.

Related Link: [Expert Dating Advice: What A Man Doesn't Want In A Woman](#)

You can bait him with something, like a mysterious story. Say, "I'm so embarrassed, you'll never guess what I did today." Then, when he replies, you'll respond and say "Too much to text, call me later!" Now, you're setting him up to chase you a bit to get that missing information. It's vulnerable and yet mysterious. If they don't bite the bait, then they probably aren't as interested as you might think.

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

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

How do you get a man to call instead of text? Tell us in the comments below!

Relationship Expert Talks What's Wrong With Men In The Dating World



By [Jared Sais](#)

As a [relationship expert](#), I've heard some of the worst dating stories. I'm sure, like my friends, you too have been on some bad dates. Sometimes the men are only after one thing. Sometimes they just don't know how to actually have a conversation with you. And sometimes they have no manners and barely plan the date. This article will do two things. First, I will call out the rude, bizarre, and ugly behavior men are showing women on dates. Second, I will share my love advice on how women should handle situations like these.

Relationship Expert Says What To Do On A Bad Date

Let's look at a couple scenarios and then I'll give my expert dating advice.

Scenario 1: The girl picks up the guy in front of his apartment. It's 7 p.m. and the girl hasn't eaten and is quite hungry. She is excited as she sits in the car anxiously. She took the time to make sure she looked nice. Then the man walks out of his building in workout gear. Long shorts, ragged shirt, and hair a mess. He gets in the car and tells the girl that they're going to a nice place. Needless to say, she's a bit dumbfounded by the way he chose to put himself together. He tells her where to go and they wind up at a sports bar. As they get into the bar he sees a group of his friends and orders two beers, one for him and one for her. The night ends two hours later and he decides to stay with his friends, leaving the girl to drive home from the bar.

Now, I'm sure your mouth is on the floor by now, but this situation might also look familiar. And if so, this is what you can do next time:

- Call them out on how they've presented themselves.
- Tell them you haven't had dinner yet.
- Tell them the date is over if they don't treat you right.
- If they don't show you respect or have class, they're not worth your time.

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

Scenario 2: The girl took time getting ready and even wore a new outfit. It's 8 p.m. and she only ate a tiny bit as the guy said they were getting food together. As the girl meets the

guy, he decides to change the plans and wants to head to a bar for a drink first. They get a drink each and he only pays for his, leaving her to pay for her own. During the drinks they speak about getting food and more about him. He never asks one question about her and what she likes. They finish their drinks and head back to his car. They start to drive and wind up back at her car. He says he'll get food on the way home and that he feels tired. So the girl drives home and eats back at her place.

What to do if this happens to you:

- Leave and never call him back, ever.
- Again, call him out on his behavior.
- The man should pay for the first few dates. Call me old school but it's just classy and shows good manners. Of course, the girl should offer to split but the guy should decline and pay.
- If the plans change, step it up in scale. So if you want to change plans, make it bigger and better, not smaller and worse.
- If you agree to food on the date, then that is a must. Don't ditch the main event. It's rude.

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

What is wrong with men today? They aren't dressing to par, they aren't paying, they only want a physical relationship and love, they show zero class, and worst of all, they're disrespectful to women. There are good guys out there, ladies, but there may be awkwardness, which will happen to a guy that really likes you. They will pay for the date, open the door and want to get to know you.

As a relationship expert, I see good guys get the boot due to

some silly reason, while idiot men who won't even care about a woman's day get all the buzz and attention. This leads to a constant cycle of bad dates and sadness. But, this isn't all the woman's fault, not in the slightest. Men need to really bring their game up. Be a classy guy, show you care about the way you look, and act with gratitude. Open doors, pay for the meal and look for something real in the woman you're dating. Not every date needs to be perfect but try and put some thought into it to make it nice. I think the perfect date is at a coffee shop, from 5-8 p.m., where there's quiet music to take away from any first date awkwardness.

[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.

Dating Advice: Don't Let Jealousy Impact Your Friendships





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](#) talks about how jealousy impacts your friendships. Her dating advice is simple: Just because you're in a relationship and love doesn't mean you have to drop your opposite sex friends.

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House That Will Help Your Friendships

Being in a committed relationship is not a single gender jail, where your partner is the bodyguard. The relationship expert offers everyone a reality check: Friends often last longer than new lovers. Your BFF's have been there through the good times and the bad. So don't disengage with your friends when you're spoken for and decide to go back when you're single. You'll most likely lose a lot of friends that way.

Related Link: [Dating Expert Says Look For What You Need, Not](#)

[Want!](#)

House also reveals that you *can* be friends with people of the opposite sex! Her dating advice? As long as you both have an understanding that you're just friends, then it shouldn't impact your love life. There should be no lying or hiding your friends from your partner. But make sure you have a conversation with your honey to talk about your comfort levels.

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

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

Do you think you can be friends with people of the opposite sex? Tell us in the comments below!

Are Celebrity Couple Emma Stone and Andrew Garfield Overcoming Jealousy?





By Dr. Jane Greer

It's rumored that celebrity couple Emma Stone and Andrew Garfield are having issues lately, stemming from the fact that Stone is close to her colleague Ryan Gosling. The possibility has spawned a lot of discussion about jealousy and how the famous couple might move forward from here. While the two of them have not addressed the situation publicly, additional reports surfaced suggesting the pair have resolved their issues.

It's very important to tackle jealousy head-on rather than letting it simmer within the relationship.

Believe it or not, your partner doesn't have to be working with a movie star, as is the case for Emma and Andrew, for you to feel the green-eyed monster in full force. In fact, most people go through this at one time or another, especially if

their loved one is working closely with someone who is attractive and smart. When this happens, it is hard not to be rattled by the possibility that they could fall for this person and you could wind up losing them. So, what can you do to keep your fear and jealousy from taking over, and possibly creating more of a problem with your relationship than actually exists?

Recognition.

First, recognize that acting jealous can actually cause tension between you that may drive you apart rather than bring you closer. If you are feeling threatened, you may accuse your lover of doing something he or she isn't doing, lash out in anger, or just generally make things so unpleasant that you unwittingly push them away from you and possibly in the direction of the other person.

Focus on your connection.

The bottom line is that it is always uncomfortable knowing there are appealing men or women around whom your lover might come into contact with and find attractive. However, the real key to staying together happily is to focus on the connection you two share, rather than putting an emphasis on that perceived interloper. In other words, pay attention to ways to build on and strengthen your intimacy and closeness. If you are having problems over sex and/or money, for example, then now is a good time to invest your energy into problem solving and finding ways to compromise and resolve them, so that you can feel more confident, happy, and safe in your relationship. This way you use your energy productively to focus on considering and loving each other, rather than use it to act on your anxiety and possibly end up having it work against you.

Eliminate the space.

When you are in sync and feel harmonious, it can eliminate any

room for someone else to come between you. It can also help to ask for reassurance, making sure to avoid placing blame but rather raising your concerns and giving your significant other the chance to bring clarity to what is actually going on that will help you feel better. Despite jealous feelings occurring, when you have a strong foundation and trust each other, you can feel secure that you are the person your partner wants to be with. Hopefully, that will be the case, too, for Emma and Andrew.

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. Connect with Dr. Jane Greer on www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.

Breaking Up: How To Ditch Your “Better Than Nothing” Relationship And Love





On this week's [Single in Stiletto's](#) relationship advice video, dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about ditching those better than nothing (BTN) relationships and love.

Related Link: [Love Advice: How To Increase Your Chances Of Meeting The One](#)

End Your 'Better Than Nothing' Relationships and Love

Have you ever been in a better than nothing relationship and love? The type where a lot of your standards are met, but you just know that this isn't your final choice. If you're in this type of romantic rendezvous, get out of it as soon as possible! "It's a time waster," the relationship experts say.

Related Link: [Relationship Advice Video: 5 Things That Belong On Your Must-Have List](#)

Here are five ways to know when it's time to ditch your BTN

love:

- 1. If they lack one of your must have.** Don't stay with your honey if you aren't fully satisfied.
- 2. If the pain outweighs the pleasure.** Relationships should be happy, not painful.
- 3. If they don't love you enough.** You deserve someone who worships the ground you walk on.
- 4. If you don't love them enough.** You deserve to worship the ground someone walks on.
- 5. If your intuition says so.** Your intuition was created to protect you, so listen to it!

Listen to the love advice above to find out how to end one of these toxic flings!

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 do you think about better than nothing relationships? Tell us in the comments below!

Celebrity Couple Predictions: George Clooney, Kylie Jenner

and Sandra Bullock



By [Shoshi](#)

Want the latest celebrity news and romance gossip? Then you've come to the right place! Recently, these famous couples have made headlines for their relationships and love, whether it be George Clooney's [celebrity marriage](#), Kylie Jenner's budding romance, or Sandra Bullock's new beau. Check out my predictions for the three celebrity couples below and find out what's next in their love lives!

The Latest Celebrity News and

Celebrity Couple Predictions

George Clooney and Amal Clooney: What can one say about George and Amal? They seem to be on top of the world. As they travel the world walking hand and hand, the media cannot get enough of this celebrity couple. Since there doesn't seem to be any real drama in their relationship and love, the media is trying to stir something up. Most of the criticism is focused on Amal. Some say she dresses tacky, while others accused her law firm of giving her the high profile accounts, because she is married to George Clooney. Nevermind that she's highly qualified to take on any case thrown her way. I love Amal and think that she's great for George. I still say that from the beginning their celebrity marriage was for calculated reasons versus simply love. Those reasons may never be known to the rest of us, because it looks like they know how to keep their mouths shut. This couple is working out fine even though Clooney is starting to look much older when he stands next to his lovely wife. Let's just say Clooney met a woman who know hows to ride or die.

Related Link: [George Clooney Jokes About Celebrity Marriage: 'They Said It Wouldn't Last'](#)

Kylie Jenner and Tyga: This relationship has disaster written all over it. Are they in love? It looks more like lust than love to me. At this point it's hard to know who's using who. Tyga is getting a boost in his career from being with a Jenner, while who knows exactly what Jenner is getting from being with him. It all seems like a carefully orchestrated relationship put together by the puppetmaster, Kris Jenner. Don't believe the engagement rumors. This relationship is going to run its course and end as dramatically as it began. Right now, what remains to be seen is who will get tired of who first. Right now, my money is on Jenner because she has the upper-hand.

Related Link: [Famous Couple Kylie Jenner and Tyga Make Funny Snapchat Videos](#)

Sandra Bullock and Bryan Randall: There are rumors flying everywhere that Sandra Bullock is dating model and photographer, Bryan Randall. Before you get all excited about this news, hold on a minute, When did a dinner date start to mean that someone is in a relationship? I would love to see Bullock find love, but it's time to stop assuming she's in a relationship with every single man she talks to. That being said, Randall has a bit of a criminal past and we all know how Bullock loves bad boys. I don't see a romance with Randall having any staying power. Right now, she is just dipping her toe back into the dating scene. The main concern on her mind is having a good influence around for her son, Louis. Randall is a "meh" choice for Bullock. He's fine for testing out her flirting moves, but she should definitely keep her options open. Bullock needs to take dating tips from some of the other women in Hollywood.

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 Love Advice: Handling Debt & Credit Scores Post-Divorce



By Rosalind Sedacca, CCT

As the media shares details of [celebrity break-ups](#) we learn that even the rich and famous aren't immune to financial hardships. With stars like Brian Austin Green and Avril Lavigne taking steps toward a life on their own, we are reminded of the importance of keeping our financial history intact.

This Expert Love Advice Will Save Your Credit Score

Divorced or not, we all understand the importance of having a high credit score. Unfortunately when divorce decrees are drawn up, a simple attorney error or oversight can result in long-term negative affects on your personal credit. Since these papers identify who is awarded what debt, it's essential

that debts that came from joint accounts are only in the person's name that is awarded that debt per the decree. In most cases the decree is a simple agreement between divorcing couples. It *does not separate liabilities* – and that's where the problem lies. If, while you were married, your significant other had created some debt on your joint accounts, both of you are affected. Each of your social security numbers are attached to the obligations – and all three credit bureaus have this information.

Related Link: [Kelsey Grammer's Ex Could Get \\$30M in the Divorce!](#)

When you decide to end your relationship and love, a divorce decree is not the best way to handle debt. The reasons become obvious when you explore a number of likely possibilities. What if, a couple of years after the divorce, your ex decides to be late on a debt obligation that is still reporting in your name? Imagine what will happen to your credit score! It can suddenly drop 150 points – and you may not even know it! Unfortunately, this is not uncommon. And the problem is now yours even though the debt was awarded to your ex. What if it's a house at stake and your former spouse decides to let it go to foreclosure? Are you aware that you cannot buy a home for the next three years because of the foreclosure record on your credit report?

Related Link: [Facing a Divorce? Don't Take the Adversarial Approach](#)

Here's some expert love advice offered by divorce financial planners. They insist that divorcing couples should never rely on the other spouse to pay bills that were awarded to them per decree. In essence, this is a disaster waiting to happen. These issues must be tackled up front so you're not vulnerable once the divorce is final. If you are among those who have already made this mistake, it's important that you go back to court to get those debts off your name. If a house is involved

especially, get it refinanced out of your name or sold, depending on the situation. If your ex is behind on the mortgage, you might want to go back to court and take over the mortgage payment in return for having the house awarded back to you.

Divorce is tough enough without having to deal with financial crises in the months and years to follow. Be aware. Make sure you don't have debts in your name that get awarded to your ex. Don't put him or her in the position in which they can ruin your credit. If you are not sure about your credit rating, get your current credit report with credit scores to make sure there is no damage done. There are many resources on the Internet for accessing this information. My relationship advice: Don't put it off!

For more information on and expert relationship advice from Hope After Divorce, click [here](#).

For other free articles on child-centered divorce, a free ezine, valuable resources for parents, coaching, and other services, visit <http://www.childcenterreddivorce.com>. Rosalind Sedacca, CCT is founder of the Child-Centered Divorce Network and author of the new ebook, How Do I Tell the Kids ... about the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love!

Relationship Experts Talk

Capturing His Attention (In Person!)



In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating coach Arica Angelo about how to capture his attention (in person!). Check out their expert dating advice above!

Three Tips From Relationship Experts: How To Capture His Attention

1. Appearance. Men are visual creatures, so make sure you're emulating the best version of yourself. You are your brand, so

present yourself accordingly.

Related Link: [Expert Dating Advice: What A Man Doesn't Want In A Woman](#)

2. Energy. If you have a positive energy and openness, then people will gravitate towards you, the relationship experts say. Be excited about yourself and your life, because that is attractive.

Related Link: [Expert Love Advice: Matt Adams Reveals the #1 Thing a Man Wants After Looks](#)

3. Pursue men yourself. Don't be afraid to initiate conversation, ladies. If you want a relationship and love, get out of your head, and go after the guys you want to date.

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](#).

How do you capture his attention in person? Tell us in the comments below!

Dating Expert Says Look For What You Need, Not Want!





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](#) shares the secret on how to be happy in your relationship and love for the rest of your life! Her expert love advice is simple: Make sure you're looking for what you need versus what you want.

E!'s *Famously Single* Dating Expert On Wants Vs. Needs

If your love life isn't where you want it to be, then you may be searching too hard for what you want, instead of what you need. The list of "must-haves" that you judge every potential partner by, is actually just a list of preferences and aren't essential to a lasting relationship. "You need someone who makes you feel like a priority and communicates with you," the dating expert shares. But you don't necessarily need that person to be tall, dark, and handsome.

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

[Sexy](#)

Start looking at your needs as sexy. It's sexy when your honey shows up physically and emotionally for you. It's sexy when your love is kind to you and respects you. It's attractive when you share the same core values. If you don't have your needs met, the connection won't last. "Get your needs met and your wants will be fulfilled," House says.

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

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

How do you know your wants versus your needs? Tell us in the comments below!

Expert Dating Advice: How to Get Over "The Little Things"





By [Project Soulmate](#) matchmakers Lori Zaslow and Jennifer Zucher with contributing writers Nicole Hartley and Samantha Cohen

Is there something about your significant other that bothers you a little too much and a little too often? Relationships and love are often born on “the little things.” It’s the little things that attract you to your significant other, but it can also be the little things that really annoy you about that person too. Is her voice too squeaky? Does he talk too loud in public? Does her taste in music really drive you insane? Partnerships are difficult enough without those small annoyances getting in the way. Finding the perfect person can be a difficult task, but once you do find your match, how do you get over those things they do that bother you? Read on for our expert dating advice!

Getting Over Small Annoyances in Your Relationship and Love

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

First things first: If something they do bothers you to the extent that you really just can't get over it, maybe it's time to face the reality that they may not be your soulmate. However, in most cases, this is the extreme. Sure, hating your girlfriend's taste in music can be a bother on occasions, but it is something you can get over. On the other hand, if you're a neat freak and she's a hopeless slob, *that* can be a deal breaker.

Let's face it: Every person has flaws. It is the size and the severity of the flaw that can determine whether or not the relationship and love is worth it for the long haul. As relationship experts, we think we can all admit that, at times, we love to hate things about people. It's just what we do! However, sometimes those flaws are what make us love someone even more. So what if you hate her taste in music? Maybe you love the way she dances or the way she can never get the lyrics quite right to her favorite song. In order to appreciate these little quirks, you may have to sacrifice putting up with music you might hate.

In any relationship, it's important to always look for the good things in your significant other and in the partnership itself. If it's "the little things" that made you fall in love with them, then it's safe to say that getting over those things that bother you should be just as simple. Hopefully, for every thing that bothers you about them, you have a handful of things that you really love about them. That is what you should focus on when feeling bothered by that annoying thing your soulmate does.

Related Link: [Love Advice: You Love It, He Loves It Not](#)

Always remember that no one is perfect. Love isn't perfect, and neither is your significant other. It is important to look for the best in everyone, so give your boyfriend or girlfriend a break. If you're feeling extra nice, consider this love advice: Get up and dance to that awful

music with them! Maybe karma will reward you, and they will cherish your peculiarities too.

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.

Relationship Advice On Dating Your Ex



In this week's [relationship advice video](#) from [Single in Stiletto](#)s, matchmaker and dating expert Suzanne Oshima talks

to relationship author Tinzley Bradford about dating your ex.

Expert Dating Advice: Should You Date Your Ex?

Make sure you listen to this expert dating advice and ask these three questions before you decide whether or not to go back to your old partner:

1. Do you harbor any resentments? If the issues aren't resolved, then don't go back to your old flame! Here's some relationship advice: You have to go in with a clean slate, if you've made the decision to go backwards, instead of forwards.

Related Link: [Expert Dating Advice: How to Make a Relationship and Love Work](#)

2. What caused the break up? You need to assess what went wrong and what arguments were had. Make sure you know what you're willing to deal with.

Related Link: [Relationship Advice Video: 5 Things That Belong On Your Must-Have List](#)

3. Is it worth the effort? You need to make sure the circumstances have changed, so you'll nurture a healthier relationship and love.

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

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

Would you get back together with your ex? Tell us in the comments below!