

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



By [David Wygant](#)

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

Once a relationship goes down the he-said, she-said route or it starts to look like a standoff at the O.K. Corral, despite many lengthy, late night conversations, it's time to bring in the heavy artillery. If you're not seeing eye-to-

eye and you're acting defensive and resentful of each other, then you need to sit down with a professional. You need to talk to someone on the outside, someone not invested in the relationship. I'm talking about a real professional.

Love Advice: When to Break Things Off

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

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

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

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

Most people don't change. They won't. They resist it and

instead buildup a steady flow of resentment towards you. Resentment is the poison pill for relationships and love. Resentment is the opposite of trying to make someone happy, the opposite of compromise, the opposite of trying to change for the sake of saving the partnership. Once resentment finds its way into your relationship, it's the beginning of the end.

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

People only change when they desire change. You can't wave a magic wand over somebody and make them change or see how you feel. If we could, there would be no divorce, no separation. People would simply evolve and grow together. Like many of you, I wish I could wave a magic wand over my ex and make her the person I want her to be. I'm sure she'd love to magically make me into the perfect person for her too.

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

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 Expert Talks

When To File For Divorce



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

If your relationship and love has been confronted with unexpected and undesirable changes, you might consider ending your marriage. While we witness the threat of [celebrity divorce](#) surface almost every day, along with other nasty allegations, the fact remains that the decision to pursue a divorce is a personal choice.

Relationship Expert: What To Consider Before Ending Your

Marriage

Before you make a serious decision about your future, consider our love advice and ask yourself these questions:

1. What do you value most about the marriage? Is it the security the marriage provides? Do you value the companionship that's shared? For many, mutual respect is a highly favored characteristic, but whatever it may be, consider the strength of that factor now. For example, relationship expert, Rosalind Sedacca, CCT, says "When one or both spouses stop respecting one another, the foundation of the marriage is torn apart and little can be done to mend it. This is the biggest cause of divorce and is usually behind all the other issues involved." If the value you cherish is lost, you need to decide if it can ever be reclaimed. If not, you have the answer on what the next step should be.

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2. What do you value in your partner? Think about what attracted you to your honey in the first place. Was it integrity? Was it the prospect of a lifetime of financial support? Does your partner make you laugh or offer protection that makes you feel safe? If something has happened that compromises their character or desirable traits, you need to consider what's left. Moreover, is it enough to sustain your marriage in the future. The key is to identify the difference between reacting to an emotional experience and becoming more self-aware about what ultimately matters to you and what you want in your life.

Divorce support relationship expert Cathy Meyer says "If you're ready for divorce, you've let go of any emotional attachments you have to your spouse. These are good and negative feelings that often come into play during marital conflict. Deciding on divorce at a time when you're overwhelmed with emotions won't solve problems. It will

generate problems and compound any hurt and frustration you may be feeling.”

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3. How much is an outside party influencing your feelings or decision? At the first sign of infidelity, the pressure to leave the marriage is palpable. Often the hint of staying leaves feminists howling “once a cheater, always a cheater.” But what if the infraction is viewed as redeemable? In a variety of instances that go beyond infidelity, how do you piece together the logic of the woman who chooses to stand by her man? Truthfully, a third party has no place in your decision. If they have information that’s important for you to know then it should be shared, but if you find yourself overly concerned about the reaction your decision may receive, your focus is misdirected. Only you can decide if this marriage has the foundation to withstand hardship. You’re the one to decide if you have the strength and desire to rebuild it. Whatever your decision, be prepared to defend it to those who question it, but make it clear the decision was yours to make.

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

We are surrounded by failed marriages that kicked the bucket for a host of reasons. Unfortunately, the commonality of it doesn’t make the decision to end our marriage any easier. By establishing our value system and monitoring the present state of a relationship that we once held in high esteem, we can better prepare ourselves to estimate the current value of our love and whether or not it can make it over the threshold to better days.

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

Expert Dating Advice: How to Make a Relationship and Love Work



On this week's [Single in Stiletto's](#) relationship advice video, matchmaker Suzanne Oshima talks to [dating expert](#) and Robert Manni about how to make a relationship and love work.

Dating Expert Robert Manni Reveals

How to Keep Your Relationship and Love Strong

Here are five pieces of expert dating advice to follow if you want a strong relationship and love:

1. Pay attention: As Manni explains, “Guys are not that good at paying attention, and women pay attention to *everything*.” If you want to keep your partner happy, be mindful to their needs.

Related Link: [Improve Your Chances of Finding Love, Thanks to This Relationship Advice Video!](#)

2. Give your partner the benefit of the doubt: People are very quick to point out if something’s not completely right, but a lot of times, there’s a rationale behind people’s behavior. Don’t jump to conclusions!

3. Have shared values: “A couple can be opposites, but it’s the values that count – they need to sync up,” the dating expert says. For instance, two people need the same viewpoint on money, trust, and family, which often goes back to how they were raised.

4. Communicate: It’s important that neither person shuts down when it comes to communication. Really listen and hear where the other person is coming from. “It’s very important that women don’t expect men to read their minds and that men are willing to engage about an issue,” Manni shares. “Both women and men have to meet each other halfway.”

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5. Always keep dating: It’s easy to get comfortable and unintentionally take things for granted. “I’m guilty of that all the time,” the relationship author of *The Guy’s Guys Guide*

to Love admits. “You have to keep the mindset – and the heartset – that the person you’re with is somebody that you’re constantly wooing.”

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Love Advice Q&A: How Do I Show My Interest In Someone Online?





Question from Carrie K.: When I first meet a nice guy and we become friends on Facebook, I always try to think of a way to show him I might be interested. Is there a way to subtly do so without looking like a stalker or totally desperate?

Read on for [love advice](#) from our dating experts!

Relationship Experts Share Dating Advice About Showing Interest On Facebook

[Suzanne K. Oshima, Matchmaker](#): When it comes to Facebook, there's a fine line between showing interest and coming across as a stalker. Obviously, you can like and comment on his posts, but my love advice is to not do so too much. If you go overboard, you'll be seen as someone who has a little too much interest in his life and no life of your own. So my expert dating advice is to be selective about what you comment on and like. Then, at some point, after you've been friends for awhile, try to initiate a conversation over the private

messaging feature on Facebook. Once the conversation takes off, add in a little innocent flirting and see where it goes. Soon, he may ask you out on a date, and you can get offline and meet up in person!

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

Paige Wyatt, Reality TV Star: I know that everyone likes to fluff up their Facebook profile to encourage some new sparks. There's just a right and wrong way to do it. Most importantly, don't ever pretend that you're seriously interested in something you've never even heard of because this new guy seems into it. That can lead to some awkward conversations when he starts asking you about it. You can absolutely expand your interests though. Let's say you like being outdoors, for example. Just because your version of "being outdoors" is drinking wine and eating cheese at the closest park instead of hiking three miles every weekend doesn't mean it's a lie. You can also message him if you see something cool on his profile, like, "I loved that video you just posted – do you rock climb?" It can give you guys something to talk about and is a good way to further the conversation beyond a confirmed friend request.

Related Link: [Dating Advice Q&A: Can I Blog About My Relationship and Love Life?](#)

[Robert Manni, Guy's Guy](#): The dating game is thriving in the digital world, but if you want to win, get offline as quickly as possible. Most guys are not that savvy when it comes to reading between the lines of texts or e-mails, so as a relationship expert, I suggest you stay cool, but be clear about your intentions. A good way to take the connection offline is through finding common ground with a new connection. For example, you love margaritas, and he considers himself an expert on tequila. Bueno! Find a cool and conveniently located Mexican restaurant or bar that carries

the good stuff and suggest meeting up to sample their Maestro Dobel reposado, don Julio 1942, or 7 Leguas Tequila Anejo. If you conduct a bit of research on something you both enjoy, most guys will appreciate the effort. And in this case, he'll think you're someone who has great taste in men *and* spirits.

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.

How would you show someone you're interested via Facebook? Share your dating advice with us in the comments below!

Relationship Expert Reveals The Secret To A Great First Date





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 never have a bad first date again! Her expert dating advice is simple: Always pre-qualify your dates.

Relationship Expert from E!'s *Famously Single* Says to Pre-Qualify Potential Matches Before a First Date

We all know that relationships and love can be tricky. Whether you meet through work, friends, or even online, you must pre-qualify all of your dates before you give them any personal information. With online dating in particular, if you move too quickly, you may realize how weird or creepy they are too late. "You're afraid, and now, they have your phone number," the relationship expert shares.

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

To avoid having a bad first date, pre-qualify your potential matches by asking strategic and substantive questions. Be vulnerable and remember to go down before you go up. Even share your core values and ask for their's to ensure a positive outcome. "Online dating can be the most amazing and easy way to meet people," House says. "But it can be exhausting, confusing, and a waste of time if you don't pre-qualify."

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

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

How do you pre-qualify your dates? Tell us in the comments below!

Relationship Advice Video: Rejection Is Part of Dating – Get Used to It!





In this week's [Single in Stiletto's](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to [dating expert](#) David Crowther about one part of looking for a relationship and love that you *must* accept: rejection.

Expert Relationship Advice About Rejection

As Oshima says, "Nobody likes rejection." For some people, if they face too much rejection, they want to stop dating all together, which is a huge mistake. According to the relationship advice video, it can affect us physically. For instance, we may experience a tight feeling in our chest or the blood rush to our face. "With the proper outlook and a grandiose goal, it's something you can overcome," Crowther explains.

Related Link: [Relationship Advice Video: Should I Date More Than One Man?](#)

The dating expert also discusses the idea of the default

future, which means that, if you keep doing what you're doing, you're going to continue following the same path. Instead, you must step outside of your comfort zone and put yourself in the position to be rejected. Eventually, you'll realize that those guys aren't the right fit for you anyways!

Check out the rest of his love advice in the video above!

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

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Expert Relationship Advice: Comforting Your Partner During Arguments





By Jared Sais

It's inevitable that you'll endure rough patches in your relationship and love, and maintaining a loving and committed attitude during them will help strengthen your bond. If you want to comfort your significant other but aren't sure what to do, consider these six pieces of non-verbal expert relationship advice:

Dating Expert Reveals How to Play Nice During Arguments

1. Pay attention to your tone and pitch: It's not what you say but *how you say it*. As a dating expert, I remind my clients of this truth often! We've all heard it before, and during an argument, it absolutely rings true. Which one sounds better? "You have been so self-absorbed – it has been driving me nuts" or "I feel that you have been very busy lately and haven't been taking the time to consider me and my feelings..." Even though both statements make the same point, your partner will react to the first one very differently than the second one. The first statement is harsh and accusatory, while the second statement permits more

empathy and discussion.

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Instead of screaming an impulsive negative thought, take a deep breath and, in a calm manner, state how you've been feeling. Be completely honest, but imagine how *you* would want to be confronted if the issue were directed at you. It is often helpful to initiate the conversation by stating, "This is how I feel" or even just "I feel..."

Telling your significant other how you feel rather than yelling "You are an idiot!" allows them to understand you're not accusing them or playing the "I'm right, and you're wrong" game. Instead, you're merely revealing your feelings. Your perspective on an issue is your reality, but it may not be your partner's. By beginning the conversation in a mature way, you're bravely setting the stage for a constructive argument. The issue can then be resolved quickly and often without any harm to the relationship and love.

My love advice below breaks this idea down even more. Here are some tips to consider:

- Use a calm, conversational voice. I know the urge to yell and shout is there, but hold it back.
- Use phrases like, "I hear what you are saying" or "I'm trying to see it from your perspective" and actually mean them. Try to understand what your partner is feeling.
- Alternate voicing your feelings and opinions. Both of you talking at once will eventually lead to yelling.
- Limit sarcasm, as it is the lowest form of humor. Also, refrain from phrases like, "What's wrong with you?" and "Are you feeling okay?" Those comments tend to initiate a steamy cycle of anger.

- Don't talk down to your partner. You are clearly with that person for a reason, and you're not their superior.
- Be genuine and honest in regards to how you feel.

2. Limit the defensive body language: Arguments will happen, regardless of how perfect your relationship is. The most important thing for you to do is say what's really bothering you, which is sometimes more difficult than it seems due to the nature of your feelings. It may be uncomfortable, embarrassing, or just anger you too much!

Having closed-off body language will make the difficult topic even more stressful to discuss and thus slow the mending process. Unresolved issues will linger and likely come back to haunt the relationship. Here are the dos and don'ts of keeping your body language open:

- Don't fold or cross your arms. You're not a body guard or a bouncer at a club trying to portray intimidation.
- Do talk with your hands and leave your arms open or to the sides of your body. This stance promotes the impression of open-mindedness and flexibility. People like to be heard and understood.
- Don't point at your partner. It adds a sense of guilt and makes the other person feel uncomfortable.
- Do keep a normal distance (each couple has their own normal distance), and don't tilt your body away or leave.
- Don't turn away from your partner. Face the person speaking, as it shows respect and that you're listening to what they're saying. You may not agree with their statements, but if you want to be heard, you have to listen.

3. Make direct eye contact: Eye contact is of prime importance when discussing a difficult topic or trying to resolve an argument. It's not constant, as too much can be awkward and

uncomfortable, but consistent eye contact should be made throughout the conversation. It displays confidence, maturity, and trust. More than just being common courtesy, looking into someone's eyes when they're speaking shows that you're paying attention to what they're saying and that you care about how they feel. These are all necessary features to civilly talk through a difficult situation.

Whatever you do, don't roll your eyes or look away too much. I understand it can be uncomfortable to see your partner upset, but as a mature adult, you need to confront the issue, eyes on.

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

4. Limit the use of angry body language: Similar to the importance of having open body language, limiting angry body language will help solve the problem at hand. Anger is easily seen without a word or grunt. Once it's detected, it's contagious – and that's one wild fire you need to put out.

Angry body language is displayed most commonly by these three non-verbal cues:

- Closed fist(s).
- A facial expression of anger, which includes pinched lips, death eyes or a strong glare, and lowering of eyebrows.
- Hitting. If you or your partner hits the wall or an object, stop what you're doing. Take a deep breath and start the conversation again after both of you regain your composure.

5. Recognize the non-verbal sign for “stop”: Look out for this very important non-verbal cue. It's the stop sign, a flat palm with straight fingers stretched out. This cue might be shown in front of the person's chest or at the side of the person's hip. Wherever it is, it means one thing: Stop what you're doing right now! No matter what you're doing or saying, if you

see this non-verbal cue, you need to walk away or leave the room. Return only if you and the other person can calmly discuss the problem at hand. This “stop” sign, alternated with tight closed fists, is the strongest clue that you need to regroup.

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6. Seek help when needed: There's no harm in asking for help! After all, being honest with yourself about your relationship and love is key to a happy ending. A therapist is a wonderful way to maintain a healthy environment when discussing an important issue. Sometimes, a problem is deeper than it seems, and help from a professional may be the best way to resolve it.

[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.

Expert Relationship Advice: Three Questions Crucial to Co-Parenting Success





By Rosalind Sedacca, CCT

Michael Matracci, Esq. is one of the “good guy” collaborative divorce attorneys who avidly supports the concept and principles of a child-centered divorce. He is the author of a new [self-help relationship book](#), *Fighting Over the Kids: Resolving Day-to-Day Custody Conflict in Divorce Situations*, which can be found at his website, www.divorcewithoutdishonor.com/.

Expert Relationship Advice from Michael Matracci, Esq.

Recently, I interviewed the relationship author, who is a divorced parent himself. He shared with me a valuable technique he uses when dealing with parenting issues with his former spouse. I loved his expert relationship advice and am passing it along to other parents who face continuous challenges, month after month, year after year, as they raise their children following a divorce.

Related Link: [A Reminder About Relationship Mistakes to Avoid](#)

Michael asks himself three basic questions that get to the heart of what a child-centered divorce is about: doing the very best for your children. When a parenting issue arises that he and his former spouse have to face, before he takes any action, he first answers these questions:

- 1. If we were two “normal” married parents, what would I do?**
- 2. If we were still married, would this issue really be a big deal?**
- 3. Is this about our child – or more about ME and HER/HIM?**

These questions put you in the right perspective for taking wise and effective action. They help you to detach from the emotional “drama” of your divorce. Have you been caught up in your “story” about being a victim, abused, hurt, angry, jealous, or exploited by your former spouse? By questioning your motives, you can remind yourself that parenting issues are not about you; they are about what’s in the best interest of the children you love.

That can mean sacrificing some ego gratification, biting your tongue when you want to be sarcastic, and being more tolerant of an ex who sees things differently regarding discipline, rules, and other parenting choices. At the same time, it can also bring you into closer alignment with your children’s other parent, which will help you to determine the best outcomes for your children together as their parents.

Related Link: [How to Cooperatively Co-Parent After Separation or Divorce](#)

Most important of all, these questions will remind you that when it comes to parenting decisions, always take the high road. Be the “mature” parent who puts their children’s needs first. That’s always the answer you are looking for – and one that you will never regret.

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.childcentereddivorce.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!

Expert Love Advice: Matt Adams Reveals the #1 Thing a Man Wants After Looks





In today's [relationship advice video](#), Single in Stiletto's founder and matchmaker Suzanne Oshima talks to dating expert Matt Adams about the number one thing a man wants in a woman *after* looks.

Expert Love Advice from Dating Expert Matt Adams

According to Adams, he looks for physical attraction first and a good personality second. "It's really what attracts me to them," he reveals. "If you don't have as juicy of a personality, you've got to work on that a little bit." There's more to this expert love advice though: Most of the men who the dating expert counsels want a woman who adds value to their lives. "Are you fun? Are you flirty? Are you adventurous?" he asks. "What are you doing to help his life? Those kind of things are how a man is assessing you as you're going through the dating process."

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

Watch the video above for more great expert love advice!

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Hey guys! What do you look for in a potential partner? Tell us in the comments below.

Celebrity Couple Predictions: Jennifer Aniston, Caitlyn Jenner and Elizabeth Olsen





By [Shoshi](#)

The latest celebrity news has been brimming with romance gossip. Recently, these famous couples have made headlines for their relationships and love, whether it be Jennifer Aniston's secret [celebrity wedding](#), Caitlyn Jenner's budding romance, or Elizabeth Olsen's new beau. Check out my predictions for the three celebrity couples below and find out what's next in their love lives!

Celebrity Couple Predictions and the Latest Celebrity News

Jennifer Aniston and Justin Theroux: Fans of [Jennifer Aniston](#) let out sighs of relief when it was announced that she *finally* married Justin Theroux. We were all wondering if this marriage was ever going to happen! Now that the two have walked down the aisle, the media can finally stop making the actress look pathetic when it comes to love. I never believed that she was as miserable as people wanted her to be. She dated quite a few cuties along the way – why should

she have to settle down?

As a relationship expert, I see good energy for this celebrity couple. Everything should work out if they are committed to making their marriage work when they hit bumpy times. Soon, there will be celebrity break-up rumors, but pay no attention to them.

Theroux has seen a dramatic upgrade in his living situation since he started dating Aniston. That is not to say his bank account is anything to side eye. When it comes to money, the *Friends* alum is clearly the one with more. I see a big prenuptial agreement in place if this marriage ever takes a turn for the worse. It looks like there is a cheating clause, which is ironic since it is speculated that Aniston may have swooped in on Theroux when he was in a relationship. All the best to these two! May that prenup gather dust and never be used.

Related Link: [Find Out Why Newlyweds Jennifer Aniston and Justin Theroux Decided to Celebrate Celebrity Marriage](#)

Caitlyn Jenner and Candis Cayne: [Caitlyn Jenner](#) has faced her share of relationships rumors. Now, everyone wants to know who she will date: men or women, maybe even both. All eyes are currently on the relationship that she has with Candis Cayne. Are they dating or not? As I take a look at these two, what I see is really close friendship. At least for now. You know how things in the Kardashian world can change! Jenner can learn from Cayne as well as talk to her about things that her family cannot understand. That being said, like most people who are brought into the Kardashian mix, Cayne is benefiting from being Jenner's best girlfriend. It is a win-win situation for both of them. Just don't look for them to step out as a famous couple. It's unfortunate – they would be so hot together!

Related Link: [Celebrity News: Caitlyn Jenner Addresses Candis Cayne Dating Rumors on 'I Am Cait'](#)

Elizabeth Olsen and Tom Hiddleston: It looks like Mary Kate and Ashley Olsen's little sister Elizabeth is dating British actor Tom Hiddleston. The two haven't confirmed that they're dating, but photos are showing that they seem pretty darn close. The alleged famous couple met while playing husband and wife on the set of *I Saw The Light*, a movie about Hank and Audrey Williams. While they make a good-looking pair, it looks like it will only be a casual romance. Olsen broke up with her fiancé at the beginning of this year, and a serious relationship is not on her mind right now. She wants to have a bit fun instead. As for Hiddleston? He is becoming hot in the business, so he will add a few gorgeous starlets to his little black book to fit right in with the other eligible bachelors 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!

Dating Expert Gives Love Advice: Is It Okay To Fake It?





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 great love advice on whether or not it's okay to fake it! Her expert dating advice is to communicate and ensure that your man knows how to please you.

E!'s Famously Single Dating Coach Talks Faking It

It's no surprise that dating experts want to make sure that you're communicating in your relationship and love. If your honey doesn't know how to please you, "that's a real problem in the relationship!" House explains. But when your styles clash, you're not in the mood, and it's simply not going to happen, what do you do? You have three options:

1. You fake it and give the guy a break: Sure, you've given him the false confidence that he's doing a great job,

but you've also missed him. You even rewarded him for a job poorly done and did yourself a disservice. Don't make this mistake!

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2. You feign suddenly remembering that you're busy: You were supposed to call your mom, or maybe you're too tired or really stressed. This is alright because at least you haven't missed him, but your avoidance isn't helping your cause either. Don't put off the conversation.

Related Link: [Screwing the Rules Video Dating Tips: Dress Up for Your Man](#)

3. You fess up in a nice way: You tell him that it's not going to happen like that, but if he did *this* instead, it would feel so amazing. He needs to know that just because a certain technique worked on someone else doesn't mean it'll work on you. We have different experiences and preferences. Styles don't always mesh up at first, but that doesn't mean that they won't eventually. Don't be afraid to let him know what you like!

If he's paying attention and he cares, he'll make adjustments for you. Don't forget to also pay attention to his styles and make sure he's happy as well. Communication is key for maximum pleasure.

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

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

What do you think about faking it? Tell us in the comments below!

Relationship Advice Video: 5 Things That Belong On Your Must-Have List



On this week's [Single in Stiletto's](#) relationship advice video, dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about the five things that belong on your must-have list.

Relationship Advice Video Reveals What To Have On Your Must-Have List

While some relationship experts assert that you need to throw away your must-have list, others give love advice about what you need to be looking for when it comes to your next relationship and love. The relationship advice video above reveals the 5 things that belong on every woman's must-have list:

Related Link: [Dating Experts Say Your List Of Must-Haves Isn't That Important!](#)

1. Someone who is kind and respectful: Your gold standard should be someone who expresses kindness even when things aren't going his way. You don't want to be with someone who will take it out on you when they've had a bad day.

2. Someone who wants the same amount and type of intimacy: Everyone has a different attachment style, but you need to align yourself with someone who has the same style as you. If you are secure and want to cuddle a lot, you can't be with someone who is avoidant and doesn't want to spend time with you.

3. Someone whose past won't ruin your future: The biggest indicator of how someone will act in the future is their past. If your partner has a harrowing story, make sure they learned from it and overcame the obstacles thrown their way.

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4. Someone who is at least as into you as you are into them: Science proves that men fall harder and faster during the falling in love stage of a relationship and love. If your man isn't as into it as you are, take a step back and reevaluate.

5. Someone who heals rather than worsens your own issues: The reason we get into intimate partnerships is to have a good time, so make sure you're having a *great* time with someone who makes your life happier.

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What do you think every woman should have on her must-have list? Tell us in the comments below!

Love Advice: What To Do If Your Friends Don't Love Your Partner Like You Do





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

We have all had a friend that falls head over heels for a guy that you can't stand to be around. But what happens when that friend is you? There is nothing worse than falling in love with a guy that your best friends hate to be around. As relationship experts, we know that, if the people around you think that you're making a mistake in your [relationship and love](#), they might be right.

Love Advice: Relationship Experts on Friends versus Boyfriend

Here is our love advice for what to do when your friends don't quite love your partner like you do:

1. Take a step back: A lot of times, when you fall hard and fast for someone, you become blinded by love and overlook a lot of qualities that are important to have in a partner. You should hear what your friends have to say and really listen to the points that they make. At the end of the day, they have

your best interests at heart. Our love advice is simple: Instead of making excuses for your man and getting defensive, take the time to listen to your friends' arguments and start to really pay attention to the points that they make. You might start to see your partner in a different light.

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

2. Set initial intentions: It's important to truly listen to the points that your friends make because you don't want to end a good thing for a bad reason. If your friends are jealous that you're spending more time with him or have been dying for a boyfriend, but you snatched one up first – be wary. While we like to think that our buddies always have our backs, sometimes, jealousy can play a factor in their decision to not like your boyfriend. This situation is also fixable. Our dating advice is to balance the amount of time you spend with your friends and your man, as difficult as that may be. And make sure you tell your friends how happy he makes you. If they truly love you, they will understand and be happy for you.

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

3. Make a choice: You have to expect that not all of your friends are going to quickly fall in love with your boyfriend the way that you did. Your pals might be more cautious because they want to make sure that he treats you the way that you deserve to be treated and that he really makes you happy. You should ask your friends what they really think and why they feel that way, because sometimes your googly eyes may blind you from the truth. And while your friends may be right about your man, you have to follow your heart and find out the truth for yourself.

Your buddies should respect your decision either way and be there for you, even if you have to separate yourself for a

while to see where things can go with your boyfriend. Remember that you can love your girlfriends *and* your boyfriend even if they don't love each other. Neither of them should make you choose if they really want you to be happy.

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 Expert Talks About Being Friends With Your Ex





By Debbie Ceresa

“Today, I marry my friend.” It’s a common declaration of love shared between two people as part of their wedding ceremony. We promise “to love and cherish until death do us part.” But what happens when the relationship and love you once shared dies? Is it possible to stay friends with your ex?

Relationship Expert Shares Her Thoughts on a Friendship With An Ex

“If you don’t have children or financial reasons tying you together and you want to stay friends, you need to think about how the friendship would work,” advises Dr. John Aiken, a clinical psychologist and [relationship expert](#), in the article_“Can You Be Friends With Your Ex?” Even if you share children with your former partner, Aiken refers to the importance of establishing boundaries, measuring expectations, and evaluating the true motivations for wanting to keep your ex in your life. We see this challenge in the recent celebrity break-ups of Jennifer Garner and Ben Affleck as well as Gwen

Stefani and Gavin Rossdale as they move forward with separate lives yet combined parenting.

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

Sometimes, the reason the relationship ended supports the need to cut ties and walk away. However, as a relationship expert, I know that, many times, if you struggled on a romantic level, a friendship can still flourish. If you choose to develop a friendship with your ex, here are some things to remember:

1. Mourn the loss of the relationship you once knew: You've ended your relationship. For whatever reason, you're no longer romantically together. Now is the time to stop the fighting and blaming and get on the path to recovery. "Give each other time to mourn the death of the relationship," advises Ami Angelowicz in the article "The longer you two were together, the longer it will take before you're ready for friendship. It could be two months or two years – feel it out. You'll know when the time is right because both of you will feel ready for it. Let hearts heal and flames fizzle out before hopping on the friendship train." You'll have challenges along the way, but you'll find that healing and forgiveness will bring you new insights. Once you step away from the negative thoughts, you'll find yourself a new person who is able to renew your old friendship with your ex.

2. Set clear boundaries: Recognize that you're now at a different stage in your relationship with your ex. All couples have their own song and dance, but now is the time to change yours. This new dance could bring back what you miss about your lost friendship. "The same rules don't apply anymore, so toss out old expectations," advises Dr. Gabrielle Morrissey, a sex and dating expert for bodyandsoul.com. "Setting clear and defined boundaries means that, when you become attached again, you'll have an emotionally healthy relationship with your ex." Why not treat your ex like your other friends, acknowledging their strengths and weaknesses? Focus on your

ex's friendship strengths, but keep the relationship at an appropriate level. Just because you're rekindling your friendship doesn't mean you're looking to rekindle your romantic relationship.

3. Move forward: Be angry. Be jealous. You can even spend time feeling hurt. Then move on. It's essential for you to date other people and make new friends in different social circles. "You might not realize it, but keeping your ex around as a friend after a break-up can keep you from moving on," observes writer Karley Sciortino in the article "Breathless: Should You Be Friends With Your Ex?" "Moving on is hard, and the impulse to keep your ex in your life can be really strong – we all get it. But you first need to give yourself a window to move on physically and emotionally."

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

Reaching out to a former love certainly has its rewards. You need to allow yourself time to mourn the loss of the relationship and embrace new parameters as well as set clear boundaries as to what those parameters include. Then, after moving forward by welcoming opportunities for love to become a part of your life, you can enjoy the support of a former partner who knows you better than anyone else while you gain strength and focus on finding a new path to personal happiness.

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!](#)

Expert Dating Advice: What A Man Doesn't 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 don't want in a woman. Check out their expert dating advice above!

Expert Dating Advice For Women

In any relationship and love, you are 50 percent of the equation. So before you start blaming the man for how he acts on a first date, start thinking about what *you're* contributing to the conversation. Follow this expert dating advice and remember these three things that men don't want in a woman:

1. A sense of entitlement: Men hate women who are entitled and self-centered. Just think: You wouldn't like it if one of your girlfriends acted that way! It completely turns them off and puts a bad taste in their mouth. Don't be demanding or have expectations when you aren't giving anything back. A man wants a woman who really appreciates him.

Related Link: [Relationship Experts Reveal 5 Ways To Survive A First Date](#)

2. Someone who is boring: Men also hate it when a woman looks bored on a date and, in turn, is boring to hangout with. If you look at your phone on a date and only reply with one word answers, then you need to start putting yourself out there. Don't be scared to let loose! Beware, though, because you also can't just keep talking about yourself. You need to ask him questions too and engage in conversation.

Related Link: [Dating Experts Say Your List Of Must-Haves Isn't That Important!](#)

3. Someone who is superficial: Never play the superficial card. Men don't like having superficial conversations, like talking about your shoes or tanning regimen. Why would you talk about those things on a date? If you're nervous and shy, stray away from these topics because it makes you look dumb and entitled (see #1!).

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

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What do you think men don't want in a woman? Tell us in the comments below!

Expert Relationship Advice: How to Handle a Jealous Girlfriend



By [David Wygant](#)

You find yourself dating this really cool woman. She's hot;

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

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

Follow This Expert Relationship Advice to Deal with Jealousy

First, your phone needs to be transparent. You need to let her look at it whenever she wants. Don't hide it, and don't password protect it. Stop all correspondence that may make her mind wander or make her question you. Be sure to delete every naked picture and every text from an old girlfriend beforehand though! All evidence of past indiscretions needs to be erased because a jealous girlfriend will find it, no matter how well you hide it.

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

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

everything.

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

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

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

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

Relationship Expert Reveals What to Do Before You Begin Online Dating





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 to prepare for online dating.

Expert Online Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Before you begin online dating, you need to turn your focus inward. "Do some soul searching and figure out who you truly are at your core, what you stand for as a person, what you actually enjoy doing, what your dating purpose is, and what you truly need as opposed to what you want," says relationship expert Laurel House. She believes that the answers to those questions are essential when it comes to being authentic and attracting the right person for your next relationship and love. This idea holds true whether you use online dating or another method to meet someone special. Otherwise, according

to this expert dating advice, you may end up in a partnership that doesn't suit you.

Related Link: [Love Advice: What Makes a Great Online Dating Profile](#)

"This is something that I work on with my clients every single day, and it's really hard – being honest with yourself first," she adds.

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

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

Love Advice for Women: He's Definitely Interested...But He's Not Pursuing Me!





In this week's [relationship advice video](#) from [Single in Stilettos](#), matchmaker and dating expert Suzanne Oshima talks to relationship author Tinzley Bradford about what to do when a guy is definitely interested but isn't pursuing you.

Dating Experts Share Love Advice For Women

Has a guy ever gone out with you and acted into you but then pulled back suddenly and temporarily? If so, don't worry! It happens to women all of the time, and we have some love advice for you. Relationship experts agree that he may be too shy or scared to evolve the relationship and love. While you don't want to come across as demanding or sassy, you can still ask him what's going on in a cute way, like by sending him a text that says you miss him. If you're vulnerable with him, hopefully, he'll be vulnerable with you too.

Related Link: [Relationship Advice Video: Two Quick Ways To Figure Out If He's The One](#)

However, if this game continues over a long period of time, follow this love advice and just say, "Next!" Your time is valuable, and so are you. Know your self worth, and don't become that desperate, nagging woman. Dating should have a push-pull dynamic with *both* parties initiating conversation and dates. If you're trying to develop the relationship and he doesn't respond, then you're wasting your time and his. You'll need to pull back and kindly stop initiating anything.

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

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What would you do if he was interested but not pursuing you? Tell us in the comments below!

Dating Advice Q&A: How Do I Handle My Partner's Family On Facebook?





Question from Catherine A.: My boyfriend's siblings and parents recently friend-requested me on Facebook. I don't have anything bad on there, but I'm still worried. Should I accept their friend requests? Would it be worse not to? What if we break up?

Keep reading for [dating advice](#) from our relationship experts!

Relationship Experts Give Dating Advice About Your Partner's Family and Facebook

[Suzanne K. Oshima, Matchmaker](#): If you don't accept their friend requests, it'll be very awkward every time you see them. Since you don't have anything bad on Facebook, then you have nothing to worry about. Also, if you're really concerned, then my dating advice would be to limit what they see in your news feed through your settings. And right now, I really wouldn't worry about you and your boyfriend breaking up. Don't be concerned about something that may never happen!

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

Paige Wyatt, Reality TV Star: Absolutely accept those friend requests! Whenever they try to reach out to you, especially online, it's a great opportunity to show that you want to be involved with his family. Also, by giving them access to your profile, you give them a way to get to know you more, especially if you don't get to spend much time with them. With Facebook, you also have the ability to spruce up your profile to make a good impression. Consider this love advice: Accepting your boyfriend's family on Facebook can really benefit your relationship and love! If you end up breaking up, then delete him and his family. Even if they get offended, what's the harm? You're already broken up!

Related Link: [Q&A: Should I Be Worried If My Man Hasn't Asked Me to Be in a Facebook Relationship?](#)

[Robert Manni, Guy's Guy](#): Great question. Your decision depends on your relationship with your boyfriend. If you're in a committed relationship where you've met and established a connection with his family, there's no reason not to accept their requests. If things don't work out, you can always unfriend them. However, if this is a relatively new situation and you're unsure about your feelings, then it's your prerogative to simply ignore their requests. The fact that you mentioned that more than one member of his family sent you a request leads me to believe that you are in a real relationship and should act accordingly. Ultimately, your Facebook page is *your* turf, and you can accept or keep out anyone you choose. Good luck.

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

If you have any questions you would like answered by our relationship experts, please e-mail them to

cupid@cupidspulse.com.

Would you accept your partner's family friend requests? Share your dating advice with us in the comments below!

Expert Dating Advice: Moving On After a Divorce



By Debbie Ceresa

"I don't regret getting the divorce," a close friend confided recently. "It's more resentment. My ex seems to be moving on with his life so easily. I fear I may never find someone I can trust again." Sound familiar? Many divorcees can relate to

these circumstances, and celebrity couples are no exception. We saw it play out in Hollywood with [celebrity exes](#) Mariah Carey and Nick Cannon, who handled a private and painful break-up in the public eye. Inevitably, two people who have ended their relationship and love with each other must move forward. Most of us hope to get a second chance at love, but sometimes, that isn't the case, and you find yourself standing still while your ex moves on.

Post-Divorce Expert Dating Advice

My expert dating advice is to take ownership of your feelings, complete yourself, and forgive. You need to be able to handle this change while preparing yourself for your own happiness.

1. Take ownership of your feelings: Often times, in failed relationships, one or both partners misunderstand emotional responsibility. What does this mean? Take a minute and think about the many arguments or disagreements you had during your marriage. Do you find yourself saying that your partner made you mad? Instead of owning your feelings, you're blaming someone else. As a relationship expert, I can tell you the result: If you aren't able to look at your own emotions, you're creating a victim mentality, which will certainly land you in an emotional jail of your own making.

Related Link: [Expert Dating Advice For Finding Love After Divorce](#)

2. Ask yourself, "Am I getting over a relationship or getting complete?": The first thing we think of when someone recommends "getting over" a relationship is to forget, but is it really possible to not remember falling in love with someone or having children together? Consider my expert dating advice, and find closure in your relationship by writing down your unrealized dreams and expectations. Think about some of the things that never materialized during your marriage. Keep

your notebook in a safe and private place. Remember that it's for you to think about and not share. You may discover writing gives you an opportunity to look honestly at the situation. Making a list of your broken hopes in your personal notebook is a step towards forgiveness.

3. Forgive and be free: I recognize that insensitive, uncaring, and even evil actions by your ex hurt you terribly. However, if you persist in holding onto your resentful and unforgiving mentality, you will only continue to hurt yourself. An important aspect of recovery is remembering that forgiveness is designed to empower you. You're not condoning negative aspects of your marriage. Set yourself free by recognizing what was incomplete during your relationship.

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

There are few things more painful than realizing the person you once loved so deeply has found love with another. The feelings of inadequacy and doubt can take a beating on your heart and your hope for a happy future. But, by taking control of your emotions and owning those feelings, focusing on building inner strength, and allowing forgiveness to release those feelings that weigh you down, you are preparing yourself for a future filled with hope, happiness, and, perhaps, a second chance at everlasting love.

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 experts, click [here](#).

Relationship Experts Reveal 5 Ways To Survive A First Date



On this week's dating advice video from [Single in Stiletto's](#), matchmaker Suzanne Oshima and [relationship author](#) Robert Manni give us five ways to survive a first date. Check out what these relationship experts have to say!

Dating Advice Video: Best First Dates Tips For Women

1. Make a good first impression: These relationship experts remind us that you only get one chance to make a great first impression. Within three seconds of meeting you, a man will decide whether or not he wants to see you again, so make those three seconds count!

Related Link: [Dating Experts Give First Date Tips](#)

2. Don't show up late: If you aren't punctual, then you're telling your date that you don't respect their time. If you're running late, make sure to send a text at least 10 minutes before you're supposed to be there, just to be courteous.

3. Don't drink too much: Men hate it when a woman gets too "sloppy" on a date and can't handle whatever amount of alcohol she drinks. After all, no one wants to date a lush!

4. Have an exit strategy: He's nice, but you aren't feeling it. If that's the case, don't waste your time – or his. Be polite and tell him that you think he's great, but there just isn't a connection. Most of the time, he'll appreciate your honesty.

Related Link: [Relationship Advice Video: Two Quick Ways To Figure Out If He's The One](#)

5. Don't have sex with him: Can you have sex with a man on a first date? Sure. But will it work out? Highly unlikely. Men can have sex with anyone with no emotional connection, so if you're just looking for sex, then go ahead. But if you want a relationship and love, then you should wait!

If you follow these first date tips, you're more likely to succeed at getting a second date...and a third date and a fourth 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](#).

What is your best first date tip? Tell us in the comments below!

Expert Dating Advice from Laurel House: First Date Conversation Tips



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 great first date conversations tips to help you land that second date. Her expert dating advice is to forget the small talk and open yourself up to deeper conversations.

E!'s *Famously Single* Dating Coach On What To Talk About On A First Date

You may be wondering how to get passed the small talk on a first date in order to form a lasting relationship and love. "Be revealing, be vulnerable, be you," says the relationship author. The biggest mistake you can make is to view the first date as merely an opportunity to see if you're chemically drawn to each other. Doing so will set you up for a fast burn out of fireworks rather than a lasting flame. Remember that the initial hit of chemistry can be exciting but also blinding.

Related Link: [Dating Experts Give First Date Tips](#)

The first date is the perfect time to see if your core values align. Talking about shared interests is great, but you need to dig even deeper. The conversation should reflect your desire to have a substantive relationship. House's expert dating advice is to ask the most important question: Why? The first date is about learning new things, and the answer to that question will help you understand each other and your points of view. So pull your walls down! By sharing first, you're creating an environment of safety and trust.

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

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

What do you think is the best way to move beyond the small talk on a first date? Tell us in the comments below!

Dating Experts Say Your List Of Must-Haves Isn't That Important!



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

Kinrys about why your list of must-haves isn't as important as you may think.

Expert Love Advice About Your List of Must-Haves

Do you ever wonder why you can't find a relationship and love to last a lifetime? The truth is, you probably have a long list of must-haves and ridiculous expectations. Dating experts agree that women put too much pressure on men. For instance, they expect them to be charismatic and witty, like the guys we see in movies; however, in real life, these type of men are usually the jerks.

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

If you have a list of must-haves that is impossible to meet, listen to this expert love advice: Open your parameters and help a man out instead of waiting for him to fail! Add to the conversation and ask your date questions so he can feel more confident. Remember that you're looking for a life partner, and it just doesn't matter how tall he is or if he has a full head of hair. The more closed off you are and the more things you have on your list, the longer you'll be single. We all have a picture perfect man in our heads, but we need to let go of that idea in order to give the right guy a chance.

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What's your best love advice for meeting The One? Tell us in the comments below!

Expert Love Advice: 10 Signs That He's Just Not That Into You



By [Jared Sais](#)

The world of dating is hard to maneuver by yourself. If you ever find yourself wondering if your date is going to call you again, follow my [expert love advice](#) to figure out if he likes you...or not. Here are 10 signs that he's just not that into you:

Dating Expert Reveals 10 Ways to Know If He's Into You Or Not

1. He doesn't make eye contact: A man will lovingly gaze into a girl's eyes if he likes her. Heck, a man will awkwardly stare shamelessly at a girl when he likes her! To most men, it's the only move they have when they flirt. If they aren't looking at you, it's the biggest sign that they're not interested in a relationship and love.

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

2. He doesn't text you back: A man will usually text you after a date to make sure you got home okay. But after that, if you text back and he doesn't respond, that means he's not interested. A man who wants to see you again will set the next date up while you're still on the first date. If the first date ends and there isn't talk of a second date or he doesn't follow up with a text, the odds aren't good that you'll see him again.

3. He pays attention to his phone during your date: Looking at his phone during a date means one thing: boredom. As a dating expert, I came up with an easy way to remember this rule: more phone equals less interested and less phone equals more interested.

4. He talks about other women: Well, this one is simple: If he's speaking about or looking at other women, he's either a creep, or he sees you as more of a friend than a potential partner. You'll need to get his attention and show him you can be sexy and more than just a pal. Those other women have nothing on you!

Related Link: [Expert Dating Advice: How to Spot a Man Who Only Wants One Thing](#)

5. He shows a lack of emotion: Simply put, a man who cares for you is interested in you. If you're sad and there's a huge lack of empathy, then chances are, he doesn't even cherish your friendship. My expert love advice is to lose him fast, as he isn't a good friend or the right fit for you romantically.

6. He makes excuses: "I can't see you tomorrow." "I have to wash my hair." "Oh, I can't go to that bar with you because I'm busy." Excuses can be practical at first, but one after the other means one thing: He's just not that into you. Also, look for excuses that don't make any sense.

7. He only calls if he needs you or at a late hour: As a relationship expert, I think these two scenarios sound like booty calls. Maybe he's only interested in a physical relationship with you. That's when you get the late night calls or dates that always seem to be watching movies at his place.

Related Link: [Love Advice: How To Tell If a Guy Likes You](#)

8. He shows a fake smile: A fake smile is seen as the polite thing to do, but it means that there's a lack of happiness and good vibes. If there's no interest, someone will fake smile, as they'd rather not be rude. By the next day, though, a text message will say that they're just not feeling it.

9. He doesn't contact you after a date: It's the easy way out. Many of us are guilty of not texting or returning messages as a way to ignore the situation completely.

10. He touches you as a friend: Think about how he touches you: Shoulder touches (friend) versus thigh touches (sexual attraction) and upper back (friend) versus lower back (sexual attraction) are two examples. Touching may be seen as good no matter what, but that isn't so. A touch on the top of your head (which usually symbolizes dominance or that you did a "good job") doesn't mean the same thing as a touch on your chest with a flat palm (a non-verbal cue of trust and love).

[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.