

# Love Advice: You Love It, He Loves It Not



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

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

# Love Advice About Compromise From Elite Matchmakers

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

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

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

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

So when it comes to finding your soulmate, don't get hung up on your differences. It's okay not to share all the same interests as your partner. When you're in love, you'll want to learn about all of your honey's hobbies and spend time

enjoying them with them – even though they may not have been at the top of your to-do list. Learning about your partner's interests allows you to expand your horizons, break out of your comfort zone, and try new things that you may have not otherwise tried...which allows you both to grow as individuals and a couple.

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

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## Expert Relationship Advice: Is Getting Hitched Irrelevant These Days?





By [David Wygant](#)

Take a look at all of the [celebrity couples](#) out there that don't make marriage a priority in their relationships and love: [Kourtney Kardashian](#) and Scott Disick, [Jennifer Aniston](#) and Justin Theroux, Goldie Hawn and Kurt Russell. Does that mean that you have to do what these famous couples do? Per my expert relationship advice, no one should ever follow the example of a celebrity. A celebrity is just someone who happens to have lucked into a career – who had enough talent, timing, connections, or serendipity. Look at Kardashian, for instance. Her lack of talent is painfully apparent, but her mother is an absolutely brilliant marketer. She was able to get a terrible reality TV show on the air and capture the public's morbid curiosity...and the rest is history.

**Related Link:** [Why Kourtney Kardashian and Scott Disick Don't Need to Get Married](#)

# Expert Relationship Advice About Marriage

You need to stay on the path of your own life and follow your heart. Marriage is something that is definitely, in today's day and age, different than it's ever been before. As a relationship expert, I find that most people who get married these days don't have the patience to stick it out. And why is that? Because the word "commitment" doesn't mean what it used to. When people used to get married, it was "for life." The term "'til death do us part" was used because people got married very young and died young too, so death was usually what parted them.

I can't tell you whether to get married or not, and I can't tell you whether it's irrelevant for you. My expert love advice is simple: You need to search deep inside and ask yourself, "What do I want out of life?" Do you want to get married? Do you want to have children? Do you want to raise a family? You have to decide what *you* want to do based on who you are as a person, not based on the story your parents passed on to you and not based on the expectations of others or some fairy tale you heard as a kid. After all, marriage is not for everyone.

**Related Link:** [Bristol Palin Cancels Celebrity Wedding](#)

I've met a lot of young people who have no interest in getting married. As a matter of fact, they have no interest in having a family. All they want to do is enjoy life. Marriage is great, but it takes two people to grow and learn, step outside themselves, and be willing to love somebody unconditionally. If you don't have that in a relationship and you're not willing to be vulnerable or to make sacrifices, then my expert relationship advice is that marriage *is* irrelevant for you.

If you take two self-absorbed individuals and throw them into



a relationship and love, you have two people who are afraid to work on themselves, and the marriage will never last. Think about what you really want because, at the end of the day, this journey of life is all about you. Write down how you want to spend your time. Write down how you feel about marriage, children, etc. And then date accordingly. You'll find plenty of people who feel the exact same way as you!

*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 advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.*

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## Relationship Advice Video: Do You Have to Be Happy Alone Before You Can Be Happy with a Man?





On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to relationship author Duana Welch about whether or not you have to be happy alone before you can be happy with a man.

**Related Link:** [Duana Welch Reveals How to Tell If Your Man Will Cheat](#)

## Relationship Authors Shares Love Advice About Happiness

Both dating experts agree: You can't be happy with someone else until you're happy with yourself. According to their love advice, no man can complete you; he can only *complement* you. Still, it's normal to feel lonely when you're single. As Welch explains, "The fact of the matter is most of us are not very happy alone." That's why you're dating after all – to bring more happiness into your life! "This is not the same thing as failing to love yourself," she assures us.

The relationship author adds, "It's very important to work on

loving you.”

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

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# Love Advice Video: How To Say Goodbye To Your Ex For Good



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

No matter how nasty the break-up was or how badly your ex



treated you, you constantly find yourself thinking of him and missing him. Don't worry – you're not alone! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers love advice on how to say goodbye to your ex for good.

**Related Link:** [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

## **E! 's *Famously Single* Dating Expert's Love Advice On How To End Your Obsession with Your Ex**

Having an obsession with your ex and being trapped inside of the toxic cycle of wanting to get back with him is unhealthy. With her love advice, House stresses the importance of realizing that "it's time to unhook your heart from his." You shouldn't allow him to continue to have a hold on you or your self-worth. In order to find true love and happiness, you must break free from the vicious cycle by "removing yourself from the triggers that tempt you to go back." Once you do that, you will be able to experience a healthy and real romantic relationship.

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

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# Romantic Relationship Advice: From Roadkill to Recommitment



By Elaine Taylor

I am a woman for whom the relationship “r-word” had been “roadkill” more often than “recommitment” (not nearly as often as my almost namesake Elizabeth Taylor but more in the range of Demi Moore or [Jennifer Lopez](#)). So it’s surprising that I leapt to the assumption that “May is National Recommitment Month” was for romantic relationships. A Google search, however, led in a different direction.

## Romantic Relationship Advice on the

# Importance of Recommitment

Apparently, Recommitment Month originated as a time to look back on New Year's resolutions and reenergize (recommit to) goals set and vows made with a champagne glass in one hand and a noisemaker stuck between pursed lips. Recommitment Month is also an overused leitmotif commandeered by addiction facilities to hawk their pricey rehab gigs.

My only New Year's resolution is never to make one because I already know my commitment will be lip-service deep. I'm going to stick with what I, multi-divorced but now blissfully hitched, finally figured out about both commitment...and its scary twin, "recommitment."

My romantic relationship practices in years past have followed the basic animal kingdom model. I have:

- Been attracted to the peacock version of the species: tall, dark, handsome. Who could resist a nice tail?
- Gone for the all-too-common, unambitious, suburban songbird. He sits atop the feeder, happily chirping at the bright blue sky, waiting for Santa Claus to show up with the seed bag.
- Tried out a white-rumped sandpiper. It could be said that I was attracted to his breeding territory(San Francisco). It could also be said I didn't realize his breed was not monogamous.

**Related Link:** [Expert Relationship Advice: I'm Divorced, But He's Married](#)

Recommitment? Ha. More than once I sprinted down the aisle – in reverse – to Peggy Lee crooning, "Is that all there is?" Not that any of my paramours had grim character flaws. They were perfectly acceptable husband material. Just not for me. At some point, I poked an accusatory finger at the mirror and confided, "With your track record, maybe it's time to

consider that *you* might be the problem.” So I went to an astrologer/psychic to ask if Peggy Lee nailed it: That’s all there was?

“Oh, no,” the psychic said. “You are destined for great love – the kind about which stories are written – but not until you’re ready.”

Seriously? I had a workout regimen and a classic sense of style, and I waxed routinely. What more did a woman have to do to be “ready” for a relationship and love? Ashton Kutcher came along with his tidbit of relationship advice – vulnerability is the essence of romance – a couple decades too late for me; I had to figure it out for myself. Even more scary, it became obvious that I had to be willing to be vulnerable with *myself* before I could be vulnerable with anyone else.

Over the next years, I spent time on the therapy couch, and I:

- Held my nose and, reluctantly, dived headfirst into my emotional dumpster.
- Dug to the back of the withheld-feelings closet – the one I had never dared peek inside because, yes, I had in fact stuffed it with an army of destructive memories and their full-dress uniforms: shame, sorrow, and self-denigration.
- Didn’t stop diving and digging until that dumpster and that closet were emptied out, spit-shined, and springtime fresh.

That was my first big step in making myself “ready.” The second step – and perhaps my most important insight – was to realize the one person to whom I had never even *considered* committing to – much less *recommitting* to – was...me! Of course not – that would be selfish! I was committed to mothering and wife-ing and bread winner-ing. *Me*-ing would have taken time from the ones I loved.

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



My therapist asked if I included myself on the Ones-I-Love list. The question didn't even make sense. Wasn't it someone else's job to love me? The someone I hadn't yet met?

## Focusing On Your Relationship and Love with Yourself

The therapist's answer came in the form of a question: If you don't love yourself – believe yourself worthy of love, deserving to be cared about and cared for – then why would that elusive “someone else” love and care about you?

Whoa! That was like a pistol-whip to the head. It left me stunned and reeling. Was she saying it wouldn't be selfish to expect from others what I was so willing to give? Respect? Nurturing? Security? To feel I had the right to the same “love-entitlement” that I accorded the Ones-I-Loved?

The psychic had been right when she said I wasn't ready. I had always hidden my vulnerability, never believed in my own self-worth. I worked hard to change. Soon after, the love – that someone for whom I had yearned for so long – slid right into my life. For more than a decade, he has colored my world with a rainbow of happiness and contentment. Never again have I found myself asking, “Is that all there is?” Recommitment – to him and to myself – is, at last, something I do most willingly, joyfully, and often.

*Elaine Taylor is the author of Karma Deception and a Pair of Red Ferraris: A Memoir. She is a former IT headhunter, Contingent Workforce Management specialist, and Board member of Raphael House in San Francisco. She can be found at [www.KarmaDeception.com](http://www.KarmaDeception.com)*

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

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# Do Men Want to Date Younger Women? Find Out What Dating Experts Think!



On this week's [Single in Stilettos](#) show, matchmaker Suzanne Oshima and dating expert David Crowther discuss whether or not men want to date younger women.

## Relationship Advice Video Reveals

# If Men Want to Date Younger Women

**Related Link:** [Expert Love Advice: The #1 Thing a Man Wants in a Woman](#)

Middle-aged women often think that men their age only want to date younger women, but that's not always true. According to this relationship advice video, it really just depends. If a man is going through a divorce and experiences a mid-life crisis, he may feel the need to date a younger woman to validate himself or make him feel desirable. If a man wants children, he'll be attracted to women of childbearing years.

As this dating expert explains, there are also men, though, who aren't going through a life change or don't want children and will date people closer to their age. For the most part, men want to date someone within 10 years of their age.

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

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**Do you think men want to date younger women? Tell us in the comments below!**

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## Expert Dating Advice: How to Find True Love Fast





Matchmaker Suzanne Oshima talks to relationship expert Arica Angelo about how to find true love fast. Check out their [expert dating advice](#) above!

**Related Link:** [The Secrets of Meeting Men](#)

## Expert Dating Advice to Help You Find Love Fast

Angelo believes that there are two pieces of love advice you must consider if you're ready for The One. First, you must come off the sidelines. Dating is constantly changing, which means you have to break out of your routine if you want to keep up.

And second, you have to be willing to take risks. If you're not meeting someone special, it's time to stop playing it safe and do something differently!

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



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# Dating Advice Q&A: Can I Blog About My Relationship and Love Life?



*Question from Jenny T.: I have a lifestyle blog where I constantly post updates about my friendships, favorite fashion, recipes, and occasionally my love life. I started dating a new guy about two weeks ago. Can I blog about our dates and how I feel about him, or is it too soon to share*

*those details about our relationship?*

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

## Dating Advice from Our Relationship Experts

[Suzanne K. Oshima, Matchmaker](#): One sure fire way to make a guy disappear without a trace is to start blogging about your dates and how you feel about him when you're just two weeks into dating. It doesn't matter if you don't use his real name, no man wants to feel like everything he does or says on a date will be exposed for the whole world to see.

When you launched your lifestyle blog, you signed on to blog about your personal life and everything that goes on with it. But he didn't sign on to have his personal life exposed too. So, my suggestion is for you to cool it with TMI about your relationship and love life on your blog, otherwise you won't have any dates to blog about.

**Related Link:** [Dating Advice Q&A: Is It Appropriate to Play Hard to Get Via Texting?](#)

Paige Wyatt, Reality Star: Sharing intimate details about your relationship and love life with a new guy should be more discrete than cooking tips or fashion advice. Posting details about dates can make a guy uncomfortable, especially early in the dating process. Guys tend to keep their romantic lives to themselves, because they don't have the desire to share details and experiences like women do.

Typically they wouldn't mind you chatting with your girlfriends about your relationship, but posting things about the dates online can feel invasive to guys. This can be especially true if they learn how you feel about the dates or relationship by reading it online instead of you sharing it

with them personally. It would be appropriate to post things less intimate, such as “great date night restaurants”, or “fun date night outfits”, but keep the personal details about your new relationship close.

**Related Link:** [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

[Robert Manni, Guy's Guy](#): Good writing requires guts and honesty, but in this case, I suggest a cautious approach. It's one thing to look back and provide insights from lessons learned from past relationships. But providing readers blow-by-blow details after only two weeks creates unnecessary pressure on the writer, her guy, and their possibility of succeeding as a couple. Would you want your audience to know all the details of your latest love interest as it's happening? I'd say, probably not.

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

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

**Would you blog about your relationship and love life? Share your dating advice with us in the comments below!**

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# Expert Dating Advice For Finding Love After Divorce



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

Fellow fictional vampires Nikki Reed and Ian Somerhalder just tied the knot in their celebrity wedding after a whirlwind romance. The famous couple began their relationship in the fall of 2014 when Reed announced she and her then-husband Paul McDonald were separating. By January 2015, the [celebrity divorce](#) was finalized and Somerhalder had popped the question. Now, the two are hitched and honeymooning in Brazil after dating for less than a year.

## Expert Dating Advice for Finding Love

To some, tying the knot only four months after leaving a marriage may seem impulsive, but there are no rules set in stone when it comes to finding love after a divorce. “This



wildly varies from person to person,” Judith Sills, Ph.D, psychologist and author of *Getting Naked Again: Dating, Romance, Sex, and Love When You’ve Been Divorced, Widowed, Dumped, or Distracted* told Web MD. “Everyone ends a relationship by grieving the emotional investment. For some people, that happens before they move out. Others are still emotionally married after the divorce is final.”

Based on the romantic photos that Daily Mail shared of the honeymoon, it looks like married life suits this famous couple. Reed seems confident about her relationship with Somerhalder, which is one of the most important signs of a healthy union, especially when her celebrity divorce from Paul McDonald was so public.

What are some ways you can tell if you are ready to dedicate yourself to a committed relationship after a divorce? Here’s some expert [dating advice](#) to determine if you’re ready to begin again:

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

**1. Feel it out:** Stay true to your feelings. Allow yourself “a little time to think, a little time to grieve, a little opportunity to find someone else,” Sills says. Sure, Reed was ready to seriously date almost immediately after leaving her previous marriage, but that doesn’t mean you have to be, too. Do what feels good. If dating makes you uncomfortable, embrace that fact, and use that time to treat yourself. Eventually, your emotions will let you know when you’re really ready.

**2. No, really, feel it out:** Dating after divorce has shown potential to prevent depression in a surprising way. Dr. Karen Finn stresses the importance of human touch when it comes to maintaining good mental health. However, if the idea of becoming physically close with a new person isn’t appealing, Dr. Finn recommends to, “get a massage, become known by your friends as a hugger, get a mani and/or pedi, and hug

yourself.”

**3. Do it for the right reasons:** It can be tempting to jump back into dating after a divorce so that you can claim yourself as “the winner,” the one who finds happiness with another person first. Unfortunately, that’s not the kind of motivation that will necessarily lead to a lasting new relationship. You wouldn’t want to get involved with someone who is invested in hurting their ex’s feelings, so don’t put anyone else in that position.

**Related Link:** [How to Be Mindful When It Comes to Relationships and Love](#)

There is no schedule in terms of finding love post-divorce. Most importantly, this is a time to rekindle the love you have for yourself! *Then* you can start hunting vampires like Reed, if you know what I mean.

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

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## Relationship Advice: How To Get Engaged In A Year!





On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Debi Berndt about how to change your dating life and get engaged within the year. Read on for their [relationship advice](#)!

**Related Link:** [Dating Advice for Women: Get Out of Your Dating Rut & Find the Right Man](#)

## Follow This Relationship Advice To Change Your Dating Life and Get Engaged In A Year

Dating experts believe that you may actually be subconsciously choosing to be single, rather than seeking the relationship and love you truly want. If you want to break that cycle you need to find out why you're making that choice and go deep into what is stopping you from finding the love of your life. By following this love advice you can change your dating life and realize why you're attracted to people and what true love actually is.

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

Watch the video above for more great relationship advice!

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**What is your best relationship advice to change your dating life? Tell us in the comments below!**

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## **Relationship Expert Shares Must-Dos for Career Women**







By [Sandra Fidelis](#)

What's a driven career woman to do when she's looking for a [relationship and love](#) life while simultaneously balancing the demands of a busy professional life? Some say that dating is like having a second job, but your journey to love doesn't have to feel like a burden.

## Relationship Expert Shares Must-Dos for Career Women Looking for Relationships and Love

Hilary Duff, star of the series *Younger*, is now a single celebrity mom after her separation from husband, Mike Comrie. Duff is in the process of reviving her acting career after taking some time off to start a family. But now that she's back on the market as a single celebrity and career woman, what can she and other singles like her do to meet a great guy? Sandra Fidelis, a relationship expert, says that there are four must-dos for a career woman to find love again:

**Related Link:** [Expert Love Advice: What to Do If Your Job Intimidates Your Partner](#)

**1. Expand your social circle** – It may be difficult for you to expand your social circle. Maybe you have a great set of friends and co-workers that you hang out with on a regular basis and there are no eligible men available. Well, if you're not meeting many any bachelors through your current circle of friends, you should find ways to branch out and do activities or join clubs where you don't know anyone. This is the best way to increase your opportunity to meet Mr. Right.

**2. Focus on self-care** – It's easy to get caught up in the rat race and let your self-care routine fall by the wayside. Taking care of yourself, mind, body and spirit will make you much more attractive to men and you'll look and feel great. Hilary Duff recently showed off her toned body in *Shape* magazine where she talked about how she stays in shape by switching up her exercise routine. Take a hint from this single celebrity! Your self-care routine should definitely include some regular exercises that you find enjoyable. In addition, yoga, meditation or regular massages are great ways to unwind and connect with your magnetic feminine energy.

**Related Link:** [How to Balance a New Relationship and Love with a Booming Career](#)

**3. Take part in activities you enjoy** – You can expand your social circle and meet new people by taking part in activities you love. If you're a busy woman whose main focus is work, you'll be able to connect with other like-minded people (including men) and it will also allow you to cultivate a richer and more enjoyable life – which makes you a more attractive woman.

**4. Try online dating or work with a matchmaker** – Many women cringe at the thought of going online to meet a partner, but if you're a busy career woman looking for a committed

relationship and love life, going online or hiring a professional to introduce you to potential matches may be an effective way to meet people you may never have the chance of meeting otherwise. Take Duff for example, it's recently been reported that the starlet took to Tinder. Although many think it's a fake account (and it may very well be), celebrities are no strangers to using a more discrete method such as a matchmaker and "outsourcing" their dating search. You might consider getting online or outsourcing your love life too if your career demands make it hard for you to meet great men.

*[Sandra Fidelis](#) is a relationship expert, best-selling author and speaker with a great talent for helping single women get off the dating merry-go-round and finally meet the right man.*

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## Relationship Expert Shares How To Get Over 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](#) offers her best dating advice post-breakup. If your relationship and love affair just ended you may be stuck in a vicious cycle of crying, hating him, and missing him. "You're heartbroken and you don't know what to do," the relationship expert said. "You can't function. All you feel capable of doing is crying. Is that extreme? Maybe. But it's not uncommon." Her expert dating advice will help you go through what she calls a breakover. A post-breakup makeover.

## **Relationship Expert from E!'s *Famously Single* Shares Relationship Advice Post-Breakup**

In this week's relationship advice video post, the *Screwing the Rules* relationship expert elaborates that there are 12 steps for a breakover:

**Related Link:** [Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up](#)

1. Realize the reality of the relationship. Face your contribution to the breakup.
2. Bumpers with benefits. What did you learn from the experience?
3. Write down why he's an asshole.
4. Dig in. Address some deep-seeded issues and excavate them.
5. Would you date yourself?
6. Get to know yourself. What are your core values? Do you know your needs vs. your wants?

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

7. Go out and online. No, you are not ready to date, but you can go out and see that there are plenty of fish in the sea.
8. Flirt. Feel sexy and have fun.
9. Renew you. Get a life, pursue your passions and get hobbies.
10. Refresh your look. DO NOT chop off and dye your hair. Just think about highlighting it, a new outfit, a day at the spa.
11. Feel and look sexy and strong.
12. Now you're ready to start dating.

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

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**How do you get over a breakup? Tell us in the comments below!**



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# Relationship Advice Video: I Have a Successful Career But Am Struggling to Find Love



In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Des O'Connor, who shares his best [love advice](#) for someone who has a successful career but is struggling to find The One.

## Dating Expert Shares Best Love Advice

Despite what you may think, you can climb the corporate ladder *and* have a fulfilled romantic relationship and love life. O'Connor reveals five tips to remember:

**Related Link:** [Single in Stilettos Show: Love Advice for Winning Him Over](#)

- 1. What you focus on is what you become:** If you're only concerned about your job, it'll take over your personal life too. Turn some of your attention to dating instead.
- 2. You need to strike a balance.**
- 3. Men need to feel needed.**

**4. Stop saying, “I don’t need a man!”:** If you keep sending that idea out into the universe, guess what? You won’t find a guy to invite into your life!

**Related Link:** [Des O’Connor Reveals Why You Keep Attracting the Wrong Men](#)

**5. Men aren’t intimidated by strong, independent women:** If you keep running into this issue, you’re attracting the wrong type of men.

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## Relationship Advice: How Do You Know When Prince Charming Is Actually Prince Alarming?





By Justin Lavelle, BeenVerified.com

When you hear someone say that they met their significant other online, you wouldn't think twice, as online dating is one of the leading ways singles meet potential suitors. Although it's commonplace to meet people online, there are always risks associated with dating people you don't know. You might end up connecting with someone who has a fake profile and is more interested in scamming you rather than determining if you're Mrs. Right. But how do you know if you're dealing with someone who has a fake profile? And what are the red flags you should look for? Fortunately, there's [relationship advice](#) to navigate the online dating scene and figure out if you're dealing with prince charming or prince alarming.

## Relationship Advice: Tips to Help Protect Yourself When Dating Online

1. It's a big red flag if your online interest asks you for money, especially if it's early on and you've never met face-to-face. Scammers will often ask for money on behalf of a sick

relative, a short term loan to pay rent, or travel money to visit you if he lives out of state.

**Related Link:** [Match.com Studies Singles in America](#)

2. Be careful if he avoids meeting you, especially if he says he will be out of the country. There's a reason that scammers don't want to meet face-to-face. If they're running a game, they will come up with all kinds of excuses to avoid meeting. Some may use work travel as an excuse, others may say they have shared custody of his kids and it's his weekend to keep them, or that an ill mother needs to be taken care of. Listen to this relationship advice: Pay close attention to what they're saying.

3. Dating experts say to meet relatively quickly in person and in a public place. It's advantageous to meet face-to-face to see if you have chemistry and if he is who he claims to be. It's far easier to walk away from a bad situation before you feel an attachment. Choose a place that has foot traffic in case you need to call out for assistance. Always tell a friend or family member where you'll be and what time you'll be there. It might be wise to have a bail out call come 30 minutes into your meeting, just in case you need an escape strategy.

**Related Link:** [Julie Spira Discusses 'The Perils of Cyber-Dating'](#)

4. Accept the fact everyone tells lies, even little white ones, so decide where you draw the line. Online daters want to put their best foot forward. Men may say they're a couple of inches taller than they are in reality, and women may not accurately describe their body type. Many online daters accept superficial lies as part of the deal. My dating advice is to decide what is acceptable for you.

5. To avoid identity theft scams, try Google's reverse image search. Take a few minutes to search the profile's pictures,



and if the reverse search shows up across hundreds of pages, it's highly likely that the person is being deceitful and is using someone else's images as his own.

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

6. When chatting online, make sure the flow of conversation makes sense to ascertain if you're talking to a live person or a robot profile. Mix up the conversation; see if the person continues to track with you. If they're unable to switch gears, it could be a robot responder giving predetermined responses.

7. Relationship experts say if his profile is comprised of only one photo and the text is basically empty, they could be a scammer. People who don't want to be held accountable to the content of their profile will simply leave it blank. If they're too lazy to take the time to self-disclose and post some self-descriptive text, then you should probably take a pass.

8. If his Facebook account has fewer than 100 friends, there's a reason to be suspicious, especially for younger users. Most people on Facebook have more than one hundred friends. There could be an explanation; he may be new to social media or a teacher that is trying to remain private. Delve deeper into his reasons. This doesn't necessarily apply to older users, as the average person over 55 is more likely to have smaller amounts of followers.

**Related Link:** [Online Dating Advice: When To Jump Back Online After A Breakup](#)

9. If people claim to be famous or know famous people, it could be to lure you in. Some women get star struck and might continue in conversation with someone they aren't interested in if there is hope of meeting someone rich and famous. Take their stories with a grain of salt; don't continue the

dialogue if you're not truly interested.

10. Research as much as you can about the person before you meet face-to-face. Search their name on Google, search all social media profiles and ask friends if they know them. You might find out that the person has a criminal record or may be in a serious relationship and love already! Also, you can do a thorough background check on the person via BeenVerified.com, which consolidates information from public data sources to make it a one-stop shop for accessing personal information.

*Justin Lavelle is the social media and blog content director for BeenVerified.com. BeenVerified is a leading source of online background checks and contact information. It helps people discover, understand and use public data in their everyday lives and can provide peace of mind by offering a fast, easy and affordable way to do background checks on potential dates. BeenVerified allows individuals to find more information about people, phone numbers, email addresses and property records.*

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## **Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up**





By [Jared Sais](#)

To understand the non-verbal communication of a break-up, we need to know that our bodies and mind prep us before the split actually takes place. As a relationship expert, I have seen five main non-verbal tools that we use to get ready to end a [relationship and love](#): contempt, distance, arguing, a change in routine, and a lack of empathy or not caring.

## Relationship Expert Talks Non-Verbal Cues Before a Break-Up

To follow my expert dating advice, let's dig deeper into each of these emotional, non-verbal preparation tools:

**Contempt:** Relationship experts in the field of non-verbal communication believe this facial cue to be one of the most noticeable and reliant cues for a break-up. Contempt can be shown as a unilateral facial expression, usually having the corner of the lip rise from one side of the face. It can also be shown as a rolling of the eye. If your partner starts showing contempt more and more, they are preparing themselves

to hate you.

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

**Distance:** Dating experts know that, when we are in love, everything about how we feel and the way we show our emotion is about letting people get close to you. It can be shown in kissing, hugging, cuddling, and more. It has even been stated that our cells bond more closely together when we are in love. When prepping for a break-up, one of the first signs is starting to separate and create physical distance from one another. Many people notice this part the most – the lack of a hug or the shortness of a kiss. Little by little, the distance will grow until not much is even said between you both.

**Arguing:** There are three main reasons why so many arguments take place before a break-up: to make it easier to leave the person, to find peace of mind, and to convince yourself you are making the right choice. After all, it is easier to leave someone who is angry! An argument can stem from your partner needing to get something off their chest. It helps them with closure, as they probably didn't say everything they felt during the partnership. In addition to closure, they bring up the unpleasant past to help them decide if they are making the right decision in ending the relationship and love.

**Change in routine:** The most important way to know something is wrong is sudden changes that occur in the relationship – things like hanging out with new friends without you, getting home much later than usual, or making drastic changes without telling you, like a new hairstyle or a tattoo. All of these actions usually stem from the need for new things. Plus, they show your partner that new and exciting things can happen without you. It also helps them see the life they could have without you. Sudden changes in routine can be less evident as well, things like not going to sleep together or not eating dinner together as you once did before. All of these are clues

that the relationship is changing.

**Related Link:** [Ryan Reynolds and Blake Lively's Body Language: Confidence is Key](#)

**Lack of empathy or not caring:** This sign is distance through emotions. When they no longer care about things that once mattered to you as a couple, it's a big sign that they may break-up with you soon. The lack of empathy is a way to distance themselves from the relationship and put them in the state of mind to move on, and the lack of caring means that they are fed up with the way things are. For many people, this part hurts the most; it's the total lack of love and respect that once glued you two together.

*[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.*

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## Expert Love Advice Reveals Four Reasons Why Men Disappear







On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Tinzley Bradford about why men disappear.

## Dating Experts Explain Why Men Disappear

The author of *Settle Free Dating Method for Women* explains that dating is hard enough without having to worry about the great guy in your life suddenly disappearing. According to her expert love advice, here are four reasons why a man may vanish:

**Related Link:** [How to Kick That Bad Relationship to the Curb](#)

**1. He met someone else:** While it may be hard to accept, until you're in a committed, monogamous relationship, he's free to date multiple people at once – and so are you!

**2. He already has someone:** You may be the other woman and not even know it. If he suddenly stops calling, there's a chance

he's focusing all of his attention on his girlfriend or wife. Unfortunately, some men enjoy the thrill of cheating.

**3. He just wants sex:** He may want sex without any strings attached. If so, if you don't give him what he wants, he'll disappear.

**4. He's bored:** He may think your relationship has become predictable and mundane. In that case, he may stop calling without any explanation.

If you're dating a man who disappears, it's important to remember that he's doing you a favor: Any guy who leaves without an explanation isn't the right one for you!

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

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

**How do you handle a man who disappears? Share your relationship advice below!**

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## **Celebrity Couple Predictions: Bobby Flay, Robert Pattinson and Miley Cyrus**





By [Shoshi](#)

The latest celebrity news has been filled with hot relationship gossip, including a celebrity marriage coming to an end, a famous couple finding true love, and a pop star who won't be settling down any time soon. Check out my predictions for the three [celebrity couples](#) below and find out what's next in their relationships and love lives!

## Latest Celebrity News About Three Celebrity Couples

**Bobby Flay and Stephanie March:** It looks like the celebrity marriage of Chef Bobby Flay and actress Stephanie March is going up in flames. On television, Flay seems like a nice guy, especially when he's standing behind the grill wearing an apron. On the flipside of that, I have only heard negative things about him that make him sound like a real douche (for lack of a better word). Therefore, some of the claims about him from March are no surprise. If memory serves me right, she left acting to help him with his restaurants.

A “close source” to him says he’s heartbroken about his celebrity divorce. When I look at this relationship and love, it looks like he can’t get out of it soon enough. Word on the street is that March is not happy with the prenup. Of course, she isn’t! When you’re in love, money doesn’t matter as much, but when the love is over, you want to take them for all that you can. That doesn’t make her a bad person; it makes her human. I see other female energy around Flay. I’m not saying he has a mistress, but maybe he put his utensils in someone else’s kitchen, if you know what I mean.

**Related Link:** [Bobby Flay Helps January Jones After a Hit-And-Run Accident](#)

**Robert Pattinson and FKA Twigs:** Word on the streets is that singer FKA Twigs and actor [Robert Pattinson](#) are engaged. One thing’s for sure: Pattinson never looked so happy until this whirlwind celebrity romance. If you look back at some of his photos when he was with Kristen Stewart, he looked a bit miserable.

This famous couple is on a roll and won’t be slowing down anytime soon. They are both equally invested in their relationship and love, and I see them going to the chapel and getting married soon. Pattinson knew that she was The One immediately. When a man finds what he is looking for, he doesn’t waste time. They could tie the knot by the end of this year. There is also a bit of baby energy swirling around these two. Within the first year of their celebrity marriage, a little girl just might show up.

**Related Link:** [April Fools? T-Pain Says Famous Couple Robert Pattinson and FKA Twigs Are Engaged](#)

## Miley Cyrus Will Not Announce

# Celebrity Engagement Anytime Soon

**Miley Cyrus and Patrick Schwarzenegger:** Where do I begin with this celebrity relationship? It seems like Patrick Schwarzenegger has been spending more time with his “friends” than with [Miley Cyrus](#). Does he only know women? I don’t see this relationship ever getting serious. If it does, Cyrus will always be questioning what he is doing with his so-called friends. It’s not that Schwarzenegger should stop having women friends, but does he have to *always* look so cuddly with all of them?

Schwarzenegger doesn’t seem to want to settle down at all, and Cyrus isn’t ready to be married with kids either. They have a relationship that is kind of like the ones you may have had in high school, where the loves lines are always kind of blurry.

For now, the two of them are getting what they need from each other: some fun and frolic. No need to wait for a celebrity engagement announcement from them. This will fizzle out sooner rather than later. The next guy Cyrus dates will be a long-term relationship. As for Schwarzenegger, until he falls in love, he will go through girlfriend after girlfriend.

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

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

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## Expert Dating Advice: How To



# Find The Good Guys Sexy



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](#) finally explains why women are so attracted to the bad boys and never want the good guys. "It's not that they're bad that makes them attractive," the dating coach shares. "Women are actually attracted to men, and the bad boys are often more masculine." Her expert dating advice will help you tell your good guy what you want and need in a relationship and love.

# Laurel House From E!'s *Famously Single* Shares Expert Dating Advice About How to Find A Good Guy

The *Screwing the Rules* relationship author elaborates that nice guys are often times more gentle because they don't want to offend or disrespect you. They come off as Prince Charming. But here's a secret, fellows: "We don't always want Prince Charming; we're more turned on by Tarzan," House says. If you always find yourself with a bad boy who isn't good for you, then follow this expert dating advice about how to find a good guy sexy:

**Related Link:** [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

1. Pre-qualify your dates so you can get to know him *before* you go out with him.
2. Shift your focus from want to need. Define your needs in a relationship and love – things like communication, respect, mutual adoration, shared core values, and trust.
3. Change your perspective of what a good guy is and focus on the positives rather than the negatives.
4. Communicate! Let him know you want him to take control; let him know your boundaries; let him talk dirty to you; and let him know it's annoying when he texts or calls too often.
5. Don't mistake nice for annoying. Then, you'll end up wondering why you dumped a guy for a stupid reason when you see him get married and live happily ever after with someone else.

For more expert dating advice from House, click [here](#).

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

[channel](#).

Are you usually attracted to the bad boys and want to find a good guy instead? Tell us in the comments below!

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# Relationship Advice Video: Three Things Women Don't Know About Men



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating expert and [relationship author](#) Robert Manni about what women don't know

about men.

**Related Link:** [Robert Manni Reveals How to Talk About Being Exclusive with Your Partner](#)

## Dating Expert Reveals What Women Don't Know About Men

According to this relationship advice video, there are three things that women don't know about men. First, men are not that complicated. The dating expert says that they are very simple creatures – what you see is what you get! Second, they don't pay attention. They're consumed with their own lives and often forget to focus on the details of their relationship. If you want him to open up, you have to ease him into it; otherwise, you might scare him away. And finally, men aren't mind readers. If you feel a certain way, you need to tell him because he probably won't figure it out on his own. Armed with this love advice, you'll be ready for your next 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](#).*

**Anything else women don't know about men? Tell us in the comments below!**

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## Expert Dating Advice: 5



# Surefire Signs He's Into You...or Not



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

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



# Expert Dating Advice From Elite Matchmakers

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

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

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

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

**3. Do you believe his body language?:** If a guy is into you, he won't be able to keep his hands off you. He'll send you obvious signs during your date. He'll make slight gestures, like putting his hand on your leg, putting his arm around you, or holding your hand in public. You can also tell a lot by

looking into his eyes. If his eyes light up when he sees you and he keeps eye contact when you are talking, he's into you.

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

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

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

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

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

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# Expert Love Advice: Is Your Partner Lying? Use These CIA Tricks to Find Out!



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

Ever feel like your partner isn't telling you the whole truth? From Bill Clinton's "I did not have sexual relations with that woman" to [Brad Pitt](#) and [Angelina Jolie](#) swearing that no funny business was going down on the set of *Mr. and Mrs. Smith*, single celebrities and famous couples alike are infamous for stretching the truth. Everyday pairs struggle with lying as well. In a *Reader's Digest* poll, 96 percent of Americans admitted lying to those close to them. But it's also worth noting that 50 percent of lies are told by only 5.3 percent of the people. Consider this expert love and dating advice below!

# Dating Advice to Help You Determine if Your Partner is Lying

A recent *Huffington Post* article identified four ways to tell whether someone is lying:

**1. Look for nasal engorgement and itching:** When a person lies, specific tissues in the nose usually engorge, says Dr. Alan Hirsch of The Smell & Taste Treatment and Research Foundation in Chicago. This nasal engorgement, which Hirsch calls the “Pinocchio Sign,” causes cells to release histamine, which in turn causes the nose to itch.

**Related Link:** [Find Out What Kristen Stewart’s Body Language Reveals About Her Cheating Guilt](#)

**2. Notice negation and aversion cues:** Look for negation cues, such as covering or blocking the mouth and covering or rubbing the eyes, nose or ears, and aversion clues, such as turning the head or body away when making a crucial statement.

**3. Beware of religious rhetoric:** Religious phrases like “I swear on my mother’s grave,” “God, no,” or “as God is my witness” are ironic red flags.

**4. Call out the denial phrases:** Denial phrases including “trust me,” “honestly,” and “to be perfectly honest” are evasive. Evasion is about trying to change a perception, and these phrases repeated over and over again are typical clues to lying.

## Expert Love Advice From a Former CIA Officer

Phil Houston, former Central Intelligence Agency (CIA) officer and CEO of QVerity, takes it one step further in his recently published book *Get the Truth: Former CIA Officers Teach You*

*How to Persuade Anyone to Tell All.* In it, he explains how you can persuade people – even a partner with something to hide – to tell you anything. Here are four steps to take to follow his expert love advice:

**Related Link:** [5 Red Flags to be Aware of In Your Relationship](#)

**1. Make a transition statement:** First, let them know that the lie isn't working. For example, we might say, "Honey, listen, I've got to tell you. I've got some problems with what you were saying about our credit card statement." Deliver it in a low-key manner without making it adversarial to help keep them calm.

**2. Stop them from talking:** Behaviorists explain to us that, every time you verbalize the lie, you become more psychologically entrenched in it. So step two is to start talking and give them reasons to tell you what's really going on.

**3. Lower their defenses:** Rationalize or minimize the problem so the risks of telling the truth seem smaller. "Hey, listen," we might say. "Everybody has trouble with their credit card statements." We can do it by monologuing as well, which means we are basically trying to tell the person lying that they can still win.

**4. Switch to a presumptive question:** After we lower their defenses, we should switch into a presumptive question, like, "What did you really do with the credit card?"

If you want to find out even more about Houston's method, check out the book on Amazon. I'm going to try the technique out on my teenagers and see what really happened to my last pair of work shoes!

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



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# Single in Stilettos Show: Dating Advice for Attracting an Alpha Male



On this week's [Single in Stilettos](#) video, relationship expert Suzanne Oshima and WingGirlMethod.com founder Marni Kinrys share their best [dating advice](#) for attracting an alpha male.

**Related Link:** [Expert Love Advice: He's Great, But He's a Bad Kisser...Now What?!](#)

# Relationship Experts Share Reveal Dating Advice for Attracting an Alpha Male

While Kinrys has worked with a lot of alpha males who are attracted to strong women, the dating expert believes that all men still want to feel needed by their partner. If they don't, they won't stick around. So ladies, no matter how independent you are, you need to let the man take the lead when it comes to your relationship and love life!

Watch the video above for more great dating advice!

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

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

**Tell us your best tip for attracting an alpha male in the comments below!**

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## Expert Love Advice: Why Getting to Know Her Friends Is Like a Football Game





By [David Wygant](#)

For a guy, one of the most important steps in any [relationship and love](#) is getting to know her friends. Her pals are what I call the defensive coordinator, offensive coordinator, special teams coach – the list goes on. Basically, until you get their approval, her BFFs are going to be ripping you apart. They're going to be evaluating each and every move, almost like going through the game tape after each date. As a relationship expert, here is my best advice for winning her friends over.

## **Relationship Expert David Wygant Compares Relationships and Love to a Football Game**

The defensive coordinator is the one who thinks her friend is going to get hurt. She is going to break down the date when the girl about it. She's going to say, "He actually did that at that moment? So did that other idiot four and a half years

ago – do you remember that?”

**Related Link:** [David Wygant's Book 'Naked' Teaches Us How to Reveal Ourselves When Dating](#)

Her next friend is going to be a hopeless dreamer. She's the offensive coordinator. She's the one that desperately wants her friend to fall in love because she still believes in love. So everything this new guy does is going to be sweet and amazing.

The special teams coach is the woman that will break down all your bad habits. The conditioning coach is going to take a look at you and think, “Boy, he could dress a little bit better. Can you believe the shirt that he wore? He's still a project.” The secondary coach is going to notice how you touch and look at her friend. She'll comment if you have too many hands on her, not enough hands on her, or not enough eye contact with her.

## **Expert Love Advice on How to Sway Her Friends' Opinion of You**

That's what you're up against. It's literally an entire football team of coaches, and that's why it's so important to get to know her friends. So what do you do to impress them? You act like the perfect gentleman. A little PDA is fantastic. A few kisses are great. A compliment here and there is amazing. Being in tune and paying attention to your girlfriend's stories is good.

My expert love advice is to listen carefully to *everything* her friends tell you. Be the life of the party that night. Talk to every one of her pals and get to know them. They need to see the amazing guy that your girlfriend sees. Remember that they're coming in with a checklist of things that they already do or don't like about you. So be nice to them, engage them,

ask them about what they do for work. Be interested in who they are. Maybe even set them up with one of your friends if you see a potential match!

**Related Link:** [4 Ways To Know You're Dating a 'Man-Boy', Not a Man](#)

Expressing your feelings for your girlfriend in front of them is even better. Something like, "That's why I like her so much – it's the way her mind works. God, I love listening to her." Ding, ding, ding! They already know that you're into her sexually. They want to know that you're into her emotionally too, that you're going to support her dreams and aspirations.

This expert love advice can save your next relationship and love. Think of it as a football game: You're going to meet all of her friends, all the coaches. You're going to be pulled aside. You're going to need to be affectionate but not overly affectionate. When you leave, you're going to need to give each of them a big hug and tell them that you absolutely enjoyed your time with them. Meeting her friends is the ultimate four-quarter game that you're going to play, and you need to be able to do it really well. It's that simple. It really is.

*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 advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.*

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# Expert Dating Advice: Why You Should Talk About Your Ex on a First Date



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

Other relationship experts may discourage you from talking about your ex on a first date, but in this week's [dating advice](#) video, relationship expert, and E!'s *Famously Single* dating coach, [Laurel House](#) says otherwise. "More than revealing your past, it can also set the standard of expectation for your future," she explains. "It can even make him feel good about himself!"

**Related Link:** [The Best Dating Question to Ask on a First Date](#)

# Laurel House From E!'s *Famously Single* Shares Expert Dating Advice for Your Next First Date

The *Screwing the Rules* relationship author elaborates, “The key to ex talk is that you *both* reveal. Once you bring up your ex, encourage him to chime in about his too.” Before discussing your past relationship and love, consider this expert dating advice:

DO talk about the most interesting men you’ve dated, but don’t go on and on.

DO express regrets but explain that you learned from those mistakes.

DON’T sound bitter, broken, jaded, or angry.

DON’T talk as though you’re still in love with him.

DON’T mention things that no guy wants to hear about (like your sex life) or things that you wouldn’t want to get back to your ex.

The relationship author then shares her best tips for *how* to bring up your ex. “Do it strategically. Don’t go on and on. Don’t talk about them for more than 20 minutes total. Don’t make it a sob session, a therapy session, or a show-off session,” she says.

For more expert dating advice from House, click [here](#).

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

**Have you ever brought up an ex on a first date? Tell us your story in the comments below!**